



FOREVERWELL® Newsletter

WHAT IS FOREVERWELL?

The ForeverWell program serves active older adults by keeping them engaged physically, educationally, spiritually, and socially. Programming is offered in many areas to engage our members and improve their quality of life. Each month a newsletter will be released with information on what's happening at the Y and a calendar of events like guest speakers, hikes around Door County, pop-up social events, etc. We look forward to creating new opportunities to keep you engaged and create new relationships with fellow members.

We look forward to seeing you at the Y soon!



Fall is here! We have some fun activities planned for you this month. Learn more about technology from Quantum, join us for a charcuterie board social and aging in place seminar. Get into the halloween spirit and paint a pumpkin.

FOREVERWELL FOCUSES ON WHOLE PERSON WELLBEING

Take care of yourself, your whole person by including a focused and intentional variety of activities.

BODY

Try a different class • Connect with eye and hand coordination games- Pickleball, Basketball, Volleyball!

MIND

Learn something new- Sign up for a workshop or talk this week! Sign up to give a talk or lead an activity at the Y this month.

SPIRIT

Be aware of your sleep. Get a good night's rest. • Enjoy relaxation with a Y Meditation, Tai Chi or Yoga Class.

COMMUNITY

Introduce yourself to a Y member you don't know. • Learn a new card game at the Y with other FW members who will teach you.

ENVIRONMENT

Be with nature. Take time to take even a short walk or breathing break in the fresh air. Grab a little bit of sunshine even if temperatures are low.

ForeverWell Programming
is Proudly Sponsored by:



**Door County
Medical Center**

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

WHAT'S HAPPENING AT THE Y

Outdoor Engagement Opportunities

Nature Hike – October 16 at 11:00am

Cave Point County Park

- Registration Required
- 1.6 Mile hike along uneven/rocky terrain



Register online or at the Welcome Center.

Wisdom Wednesday

Fish Creek– October 14 @ 11:30

Charcuterie Board Social + Aging in Place Seminar

- Join Jay's Legacy and take part in a meaningful discussion about maintaining independence and quality of life at home as we age. Connect with others while learning about helpful resources.

Together Time

Pumpkin Painting October 27 at 11:30

Sturgeon Bay Program Center

Decorate a pumpkin and get into the fall spirit!
\$10 fee for supplies registration required

Pumpkin Painting October 29 at 11:00am

Kane Program Center

Decorate a pumpkin and get into the fall spirit!
\$10 fee for supplies registration required

Tech Talks with Quantum Technologies

Join us for Tech Talks with Quantum Technologies and learn more about technology and ask any tech questions you may have! Each month, Quantum will be discussing different tech tips and they will be available to help you with any tech questions or problems.

- October 4th @ 11:00 Sturgeon Bay
- October 28th @ 11:00 Kane Center (registration required)



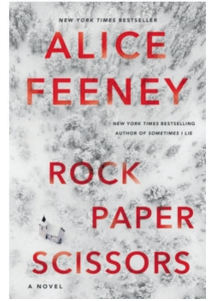
Page Turners Book Club

Sturgeon Bay Program Center

October 29, 2026

Rock, Paper, Scissors

by Alice Feeney



Volunteer Opportunities

After-School Foods Program

Volunteer with our After-School Foods Program at both program centers! This volunteer opportunity includes serving meals cafeteria-style by plating food for kids as they come through the line.

- Meal Prep: Mon–Fri 7:00am–12:00pm
 - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon–Thur 2:30pm–4:30pm
 - Sturgeon Bay Program Center

Waterslide Attendant

Super Kids Fun Night

For more information about these opportunities please reach out to Annette at 920.743.4949 or by email at avarnes@doorcountyyymca.org.

Community Healthy Living Fair

Tuesday, October 20 8:30am–12pm

Sturgeon Bay Program Center

FREE Health Screenings

- Vision and hearing*
- A1C (diabetes)*
- Skin Cancer*
- Video Otoscope
- Blood Pressure
- Flu Shot Clinic (insurance only)*

*Register with the Welcome Center for select screenings. Registration OPENS Oct 1st!



DOOR COUNTY Y COMMUNITY

HEALTHY LIVING FAIR

A healthier you is a healthier community.

**20
OCT
2026**



TUESDAY, OCTOBER 20



8:30 AM - 12:00 PM



**DOOR COUNTY YMCA
STURGEON BAY PROGRAM CENTER
1900 Michigan Street**

PRESENTATIONS

**9:00-9:45 with Sara Oswald, Transformational Coach
and Meditation Guide**

Dipping Your Toe into the Calm and Peace of Meditation

10:00-10:45 Dr. Candance Cohen, Psychiatrist

**Aging Gracefully, mental health symptoms, diagnoses
and challenges across the adult lifespan.**

Open to All. Free to Attend.

Need Transportation?

Call Door County Connect for a FREE ride: 920-746-5982.



ALL ARE WELCOME

- 35+ local vendors and providers, with physical and mental health resources
- Free Health Screenings
 - Vision and hearing*
 - A1C (diabetes)*
 - Skin Cancer*
 - Video Otoscope
 - Blood Pressure
- Flu Shot Clinic (insurance only)*
- Expired RX Disposal
- Free Refreshments
- Door Prizes
- Hand Massages

***Registration required for select screenings - limited spots available.
Call the Y starting Oct. 1 to
reserve your time: 920-743-4949.**

Sponsored by:



**Door County
Medical Center**

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



I T G M T N K G F A L L F O L I A G E V

N M A K S T J M K Z Z F O O T B A L L S

DEXUGQRGRNEEWOLLAHME

I C X C T A U T U M N R I A K S I R B D

G I Q R P U Y A F M N R B N Y K A V Y I

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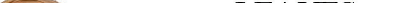
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LEAVES

FRUIT

A woven basket filled with several ripe red apples, lined with a checkered cloth.

RAKING

SCARECROW

SWEATERS

SOUASH

SWEATERS



OCTOBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Tech Talk 11:00am SB	8	9	10
11	12	13	14 Wisdom Wednesday 11:30am KC	15	16 Nature Walk at Cave Point County Park 11:00am Registration required	17
18	19	20	21	22	23	24
25	26	27 Together Time Pumpkin Painting 11:30am SB Registration required.	28 Tech Talk 11:00am KC	29 Book Club 11:45am SB Together Time Pumpkin Painting 11:00am KC Registration required.	30	31 Happy Halloween!

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in green

Events happening offsite will be in black

DOOR COUNTY RESOURCES

NAME	PHONE	ADDRESS	WEBSITE
Adult Protective Services (Elder Abuse)	24/7: 2.833.586.0107 Local: 920.746.7155	421 Nebraska Street Sturgeon Bay, WI 54235	https://www.co.door.wi.gov/349/Adult-Protective-Services-Program
Advocates in Home Care	920.746.2000 877.746.2001	111 Michigan St Sturgeon Bay, WI 54235	https://advocatesforindependentliving.org/
Aging & Disability Resource Center	920.746.2372	916 N. 14th Ave. Sturgeon Bay, WI 54235	https://www.adrcdoorcounty.org/
Alzheimer's Association	24/7: 800.272.3900 GB Office: 920.469.2110	2700 Vernon Dr. Ste. 340 Green Bay, WI 54304	https://www.alz.org/wi/about-us
DCMC Senior Life Solutions	920.746.3778	Door County Medical Center	https://www.dcmedical.org/medical-services/senior-life-solutions
Do Good Door County	920.659.5159	185 E. Walnut St Sturgeon Bay, WI 54235	https://dogooddoorcounty.org/
Door County Courier	920.559.0339	359 Louisiana St #325 Sturgeon Bay, WI 54235	https://www.doorcountycourier.com/
Door County Learning in Retirement NWTC	920-256-5055 920-256-5011	229 North 14th Avenue Sturgeon Bay, WI 54235	dclir.org
Mental Health Crisis Hotline	988		
Neighbor to Neighbor	920.743.7800	62 S. 3rd Avenue Sturgeon Bay, WI 54235	https://neighbor-to-neighbor.org/

DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
Bay View Church	920-743-4705	340 W Maple St Sturgeon Bay, WI 54235	https://bayviewlutheranchurch.com/
Door of Life	920.421.1253	2731 Hwy 42 Sister Bay, WI 54234	https://www.co.door.wi.gov/349/Adult-Protective-Services-Program
Feed & Clothe My People	920.743.9053	204 North 14th Avenue Sturgeon Bay, WI 54235	feedmypeopledoorcounty.com
Holy Name of Mary	920.493.5055 920.493.6867	7491 County Road H Sturgeon Bay, WI 54235	www.holynamenameofmary.church
Koinonia Kupboard at First Baptist Church	920.854.2544	2622 S Bayshore Drive Sister Bay, WI 54234	www.firstbaptistsisterbay.com
Lakeshore CAP	920.743.0192	131 S 3rd Avenue Sturgeon Bay, WI 54235	www.lakeshorecap.org
Shepherd of the Bay	920.854.2988	11836 Hwy 42 Ellison Bay, WI 54202	www.shepherdofthebay.org
Stella Maris	920.868.3241	4019 State Highway 42 Fish Creek, WI 54212	www.stellamarisparish.com
Sturgeon Bay Community Church	920.746.9587	620 N 12th Avenue Sturgeon Bay, WI 54235	www.sbcommunitychurch.com