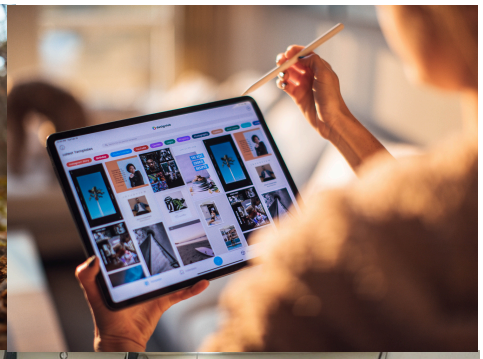
the FOREVERWELL® Newsletter

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!







November is here, and the holidays are just around the corner!

Join us this month for Tech Talks with Quantum Technologies, our Thanksgiving Potluck, a Nature Hike, Hot Chocolate Social, Wisdom Wednesday talks, and more!

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 a 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

Bayshore Blufflands Nature Preserve
November 19th at 10:00
Meet at the entrance off Reynolds road
Registration Required



Together Time

Sturgeon Bay Program Center
Hot Chocolate Social November 24th at 11:30

- Warm up with some hot chocolate and socialize with friends
- Bring a food dish to share if you'd like

Jackie & Steve Kane Center
Thanksgiving Potluck, November 19th at 11:30

- Come celebrate Thanksgiving with your Y family!
- We provide Turkey and Ham
- Bring a dish to share!

Jackie & Steve Kane Center
Cookie Exchange & Bake Sale, December 8th
9:00 - 11:00

- Bring your favorite homemade cookies
- Share the joy of baking
- Leave with an assortment of festive treats

Sturgeon Bay Program Center
Holiday Potluck, December 16th 11:30-1:00

- Come celebrate the Holiday with your Y family!
- Bring a dish to share!

Wisdom Wednesday

Jackie & Steve Kane Center

- **November 12th at 11:30am**
  - Have you ever acted or wanted to act? Come learn about Reader's Theatre with Sea Daniel, a local acting enthusiast. Find out about this fun group!

Sturgeon Bay Program Center

- **November 11th at 11:30am**
  - What can you do to reduce your risk of Alzheimer's?
    - Join Julie Davids, owner of Senior Stride Home Care and Community Educator for Alzheimer's Association for an educational talk on healthy living for your brain and body.

Tech Talks with Quantum

Sturgeon Bay Program Center
November 4th @ 11:00 Sturgeon Bay

Jackie & Steve Kane Center
November 25th @ 11:00 (registration required)

Page Turners Book Club



Sturgeon Bay Program Center
Thursday, December 3rd 11:45am
Into the Storm by JK Palmer
The author will be joining the discussion!

Volunteer Opportunities

Foods Program Volunteer
Help ensure every child in our community stays safe, healthy, and nourished.

- Meal Prep
- Meal Server

Super Kids Fun Nights
Ensure children have a safe and welcome time playing games, swimming and hanging with friends.

- Hall Monitor
- Concessions
- Pool Monitor
- Craft Monitor
- Dance Monitor

Soup Day - Monday, December 7th

Jackie & Steve Kane Center
Sturgeon Bay Program Center



Soup Day! Do you love to make soup? Want to share you great talent. We are looking for donations of soup for our soup day. Please reach out our staff for more information on how to donate soup.

Kane Center - Holly Butenhoff 920.868.3660
Sturgeon Bay - Makayla Thoma 920.743.4949

the YMCA ForeverWell

THANKSGIVING FEAST

Bring a dish to pass!

Join us for the ultimate Thanksgiving Feast at the Jackie & Steve Kane Program Center. Come and have some fun with fellow ForeverWell members! Please sign up at the front desk.











THURSDAY, NOVEMBER 19
11:30AM
JACKIE & STEVE KANE CENTER

Please sign up at the front desk.



Cookie Exchange

AND BAKE SALE

Get into the Christmas spirit and take part in our community!
Bring your favorite homemade cookies, share the joy of baking, and leave with an assortment of festive treats to sweeten your holiday season.
Proceeds go to ForeverWell Programming at the Kane Center.

DECEMBER 8, 2026 | 9:00-11:00 AM

Jackie & Steve Kane Center
3866 Gibraltar Road, Fish Creek, WI
DoorCountyYMCA.org | 920-868-3660

the YMCA



Holiday Wreath Making Workshop

WEDNESDAY, DECEMBER 2 | 10:30 AM

Learn how to make an evergreen wreath and spray while enjoying the Christmas spirit with your YMCA community!

Cost: $10

Please bring a glue gun, ball ornaments, and any special ribbons you'd like to use or share!

This event is open to all – bring a friend to the YMCA!
Jackie & Steve Kane Center | Fish Creek





NOVEMBER 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk 11:00am SB	5	6	7
8	9	10	11  Wisdom Wednesday 11:30am SB	12 Wisdom Thursday 11:30am KC	13	14
15	16	17	18	19 Thanksgiving Potluck 11:30am KC Nature Walk at Bayshore Bluffs 10:00am Registration required	20	21
22	23	24 Hot Chocolate Social 11:30am SB	25 Tech Talk 11:00am KC	26 Happy Thanksgiving!  Y CLOSED	27	28
29	30					

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in green

Events happening offsite will be in black

Soup Day - Monday, December 7



Jackie & Steve Kane Center • Sturgeon Bay Program Center

Soup Day! Do you love to make soup? Want to share you great talent. We are looking for donations of soup for our soup day. Please reach out our staff for more information on how to donate soup.

Kane Center - Holly Butenhoff 920.868.3660
Sturgeon Bay - Makayla Thoma 920.743.4949

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.holynameofmary.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