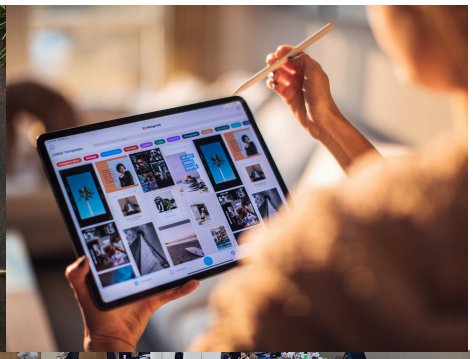
the YMCA FOREVERWELL® Newsletter

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!







The holidays are busy, so take time to connect with your Y family!

Join us this month to learn about aging in place, enjoy our holiday potluck, and get technology tips and support from Quantum.

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

Outdoor engagement will return in the new year.



Together Time

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

- Bring 3 dozen of your favorite homemade cookies
- Share the joy of baking
- Leave with an assortment of festive treats

Jackie & Steve Kane Center
Wreath Making Workshop, December 2nd 10:30am
Learn how to make an evergreen wreath and spray while enjoying the Christmas spirit with your YMCA community!

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

- Come celebrate the Holiday with your Y family!
- Bring a dish to share!
- Please sign up with the Welcome Center.

Wisdom Wednesday

Jackie & Steve Kane Center
December 9th at 11:30
Our Changing and Aging Brains
Join Sheri Fairman and Jay's Legacy to learn more about how our brains evolve

Sturgeon Bay Program Center
December 9th at 11:30am
Aging in Place Door County
Join Do Good Door County and learn more about aging in place and how you can volunteer to help neighbors stay in their homes.

Tech Talks with Quantum

December 2nd @ 11:00am
Sturgeon Bay

December 30th @ 11:00am
Kane Center (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



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



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

Sturgeon Bay Program Center

Holiday POTLUCK

WEDNESDAY, DECEMBER 16 AT 11:30AM

Come join the fun, we will be hosting our Holiday Potluck event on Wednesday, December 16 with a social beginning at 11:30am. All are invited to come and share some camaraderie and Holiday Spirit! We ask that you bring a dish to pass. The YMCA will provide ham and beverages. If you are interested in coming please register at the front desk by Friday, December 11 so we are able to plan accordingly.

PLEASE BRING A DISH TO SHARE!

Please stop at the Sturgeon Bay Welcome Center to Register!

DECEMBER 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Tech Talk 11:00am SB Wreath Making 10:30am KC	3 Page Turner's Book Club 11:45am SB The author will be joining the discussion!	4	5 Ugly Sweater Fun Run at KC 
6	7 Soup Day at both Centers 	8 Cookie Exchange & Bake Sale 9:00am KC	9 Wisdom Wednesday 11:30am SB Wisdom Wednesday 11:30am KC	10	11	12
13	14	15	16 Christmas Potluck 11:30am SB	17	18	19
20	21	22	23	24  Christmas Eve Y CLOSES at 11:00am	25  Merry Christmas! Y CLOSED	26
27	28	29	30 Tech Talk 11:00am KC	31  New Year's Eve Y CLOSES at 5pm	1 Happy New Year!  Y CLOSED	

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.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