



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!



This past month we had fun with our outdoor engagement activities, Wii Bowling, and Together Tuesdays!

If you have suggestions for new activities please reach out to Abby or Bailey!

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.

WHAT'S HAPPENING AT THE Y

Outdoor Engagement Opportunities

Door County Land Trust Hike

Join us for a fun afternoon enjoying the great outdoors! This month's hike will be at White Cliff Nature Preserve.

September 16 at 12:00pm

Guide: Kim DeCock

Register online or at the Welcome Center!

Peterson Park Walk

School is in session, and fall has kicked off! Enjoy the final glimpse as we observe the fall flowers and seed heads.

September 25 at 10:30am

Guide: Mark Holey

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies

This month we will talk about Home Networking. We will cover how to get the most out of your internet connection. Come enjoy an educational talk from Quantum and ask all your questions about your devices or online accounts.

- Sturgeon Bay: 9/4 @ 11:00am
- Kane Center: 9/25 @ 11:00am



SEPTEMBER IS:

FALL PREVENTION MONTH

September 23-27 is National Fall Prevention Awareness Week. Wisconsin is ranked number one in fall-related deaths. Falling is NOT a normal part of aging! We are dedicated to educating and preventing these falls to keep you independent and healthy. Join us for a free fall risk assessment, and talk about how the Y can benefit you.

September 25th at 11:15am at the Kane Center

September 26th at 11:30am in Sturgeon Bay

Together Tuesday/Thursday

Enjoy time with fellow Y members as we participate in a variety of activities each month! Don't want to participate in the activities but still want to socialize? No problem! Come enjoy some snacks and conversation with your fellow Y members! The YMCA will provide light snacks but feel free to bring a snack to share.

Sturgeon Bay:

- 9/17 at 11:00am - Board Games and Snacks

Kane Center:

- 9/19 at 11:00am - Packer Tailgate Party

Wisdom Wednesday

Sturgeon Bay: 9/11 at 11:00am

Kane Center: 9/18 at 11:00am

- Senior Life Solutions will be coming to both program centers to talk about Mental Health Awareness and play bingo.

Winter Bus Trip

December 4 - Fireside Dinner Theater

- Looking to get into the holiday spirit? Join us for a bus trip down to the Fireside Dinner Theater to see Miracle on 34th Street. Your ticket will include your lunch, show, and gratuities for both the bus driver and serving staff. Registration will open soon and spots are limited! Contact Abby Tesch for more information.

Packer Tailgate Party - Registration Required!

Sturgeon Bay: 9/13 from 9:30am-11:30am

Kane Center: 9/19 from 11:00am-1:00pm

- Share your green and gold spirit at our Tailgate Party! Kick off the Packer's season with food and games. Bring a dish to share and enjoy time with friends.

Board Games and Cribbage Play

Sturgeon Bay: Wednesdays from 1:00-3:00pm

- Cribbage & Open Card Play in the social lounge



FALL WORDSEARCH



N R O C G L H U Z Y Z O C T W U F R S E
 O H P R F L D S Y A N S M O R E S E E M
 M I Y E H A Y R I D E A L C L M N D V C
 E I V B A B T B L X N L T G Z P Y M A L
 V P R M J T S O O B A E O L U X T D E Q
 S I X E P O D F C M X L E M I R S T L E
 K E H V U O J C H T D U P W H U H I J R
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 L A U T U M N A W F I R E P L A C E E I
 P Q D Z K E C A M P F I R E L H Q O V Z

WORD LIST

AUTUMN
 BONFIRE
 CAMPFIRE
 CHILLY
 CORN
 COZY
 CRANBERRY
 FIREPLACE

FOOTBALL
 GOLDEN
 HALLOWEEN
 HARVEST
 HAYRIDE
 LEAVES
 MARSHMALLOW
 NOVEMBER

OCTOBER
 ORANGE
 ORCHARD
 PIE
 PUMPKIN
 QUILT
 RED

SCARECROW
 SCARF
 SMORES
 SOUP
 STARGAZING
 SWEATER
 THANKSGIVING

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tech Talk @11:00 SB	5	6	7
8	9	10	11 Wisdom Wednesday @11:00 SB	12	13 Packer Tailgate Party @ 9:30 SB	14
15	16 Nature Hike @ 12:00	17 Together Tuesday @11:00 SB	18 Wisdom Wednesday @ 11:00 KC	19 Packer Tailgate Party @ 12:00 KC	20	21
22	23	24	25 Peterson Park Walk @ 10:30 Tech Talk @11:00 KC	26	27	28
29	30	31				

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in green

Events or days happening at both locations or 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	920.746.4947	229 North 14th Avenue Sturgeon Bay, WI 54235	https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir
Mental Health Crisis Hotline	988		
Neighbor to Neighbor	920.743.7800	62 S. 3rd Avenue P.O. Box 626 Sturgeon Bay, WI 54235	https://neighbor-to-neighbor.org/

DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
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