



# 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 month we enjoyed pumpkin painting, a nature walk, and our Community Healthy Living Fair!

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 Potawatomi State Park. A state park sticker will be needed to enter. We will meet by the ski hill overlook.

**November 11 at 12:00pm**

Register online or at the Welcome Center!

### 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.

- Sturgeon Bay: 11/6 @ 11:00am
- Kane Center: 11/27 @ 11:00am (registration required)



### Together Tuesday/Wednesday

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:

- 11/12 at 11:00am - Games and snacks

#### Kane Center:

- 11/20 at 11:30am - Thanksgiving Potluck (registration required)

Looking Ahead - Sturgeon Bay will be hosting a Holiday Potluck in mid-December!

### Page Turners Book Club

#### Sturgeon Bay Program Center

**December 5 at 11:45am**

The Ride of Her Life by Elizabeth Letts

## Wisdom Thursday

**Sturgeon Bay: 11/7 at 9:00am**

**Kane Center: 11/7 at 11:00am**

Join us to learn more about the warning signs of dementia and Alzheimers from the Alzheimer Association.

In the United States alone, nearly 7 million individuals are living with Alzheimer's. Join us to learn about:

- The difference between Alzheimer's and dementia
- What happens in a brain affected by Alzheimer's
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association and other community resources



## Winter Bus Trip

**December 4 - Fireside Dinner Theater**

**DEADLINE TO REGISTER: NOVEMBER 1!**

Travel with us to the Fireside Dinner Theater in Fort Atkinson, WI and see Miracle of 34th Street as you enjoy a delicious meal! Based on the beloved Christmas movie, Miracle On 34th Street is a big brassy Broadway musical with a heart. The Macy's Thanksgiving Day Parade needs a new Santa. Enter Kris Kringle, a sweet and jolly old man who claims that he is the real Santa Claus. Thus begins this funny, warm, tuneful, and inspirational musical as Kris has to prove his claim in court and teach his cynical neighbor and her daughter to believe in the goodness and love that is Christmas.

**Registration is now open!**

**Members: \$155 Community Members: \$175**

Your ticket will include your lunch, show, and gratuities for both the bus driver and serving staff.



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# BUS TRIP

to the

## FIRESIDE DINNER THEATER

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## Wednesday, December 4

**Pricing:**

Members: \$155

Community

Members: \$175

Trip cost includes meal, show, gratuities, and bus cost.



\*Disclaimer: Registration closes November 1st and you have until then to cancel and get refunded otherwise it's nonrefundable.

Limited Spots Available

Register Online or with the Welcome Center!

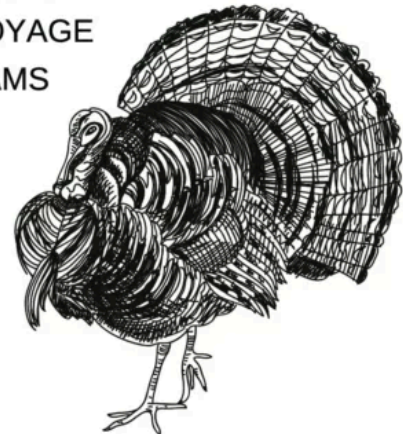


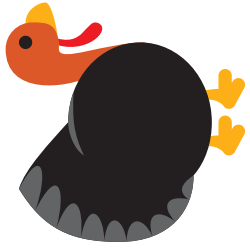
# THANKSGIVING WORD SEARCH

B J O G R A V Y E D E G Z K E D Y N N W  
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## WORD LIST:

APPLE	DINNER	HARVEST	STUFFING
AUTUMN	DINNER	LEAVES	THANKS
BEANS	FAMILY	MAYFLOWER	TRADITION
BLESSING	FEAST	NATIVE	TURKEY
CARVING	FRIENDS	PILGRIM	VOYAGE
CORNBREAD	GOBBLE	POTATOES	YAMS
CORNUCOPIA	GRATEFUL	PUMPKIN	
CRANBERRY	GRAVY	SHARING	





# NOVEMBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4	5	6 Tech Talk @ 11:00 SB	7 Wisdom Thursday @ 9:00 SB Wisdom Thursday @ 11:00 KC	8	9
10	11 Nature Hike @ 12:00	12 Together Tuesday @ 11:00 SB	13	14	15 American Red Cross Blood Drive - SB	16
17	18	19	20 Together Wednesday @ 11:30 KC	21	22	23
24	25	26	27 Tech Talk @ 11:00 KC	28	29	30
31						

Sturgeon Bay Events (SB) will be in orange

Kane Center Events (KC) will be in blue

Events or days happening at both locations or offsite will be in black

## DOOR COUNTY RESOURCES

NAME	PHONE	ADDRESS	WEBSITE
<b>Adult Protective Services (Elder Abuse)</b>	24/7: 2.833.586.0107 Local: 920.746.7155	421 Nebraska Street Sturgeon Bay, WI 54235	<a href="https://www.co.door.wi.gov/349/Adult-Protective-Services-Program">https://www.co.door.wi.gov/349/Adult-Protective-Services-Program</a>
<b>Advocates in Home Care</b>	920.746.2000 877.746.2001	111 Michigan St Sturgeon Bay, WI 54235	<a href="https://advocatesforindependentliving.org/">https://advocatesforindependentliving.org/</a>
<b>Aging &amp; Disability Resource Center</b>	920.746.2372	916 N. 14th Ave. Sturgeon Bay, WI 54235	<a href="https://www.adrcdoorcounty.org/">https://www.adrcdoorcounty.org/</a>
<b>Alzheimer's Association</b>	24/7: 800.272.3900 GB Office: 920.469.2110	2700 Vernon Dr. Ste. 340 Green Bay, WI 54304	<a href="https://www.alz.org/wi/about-us">https://www.alz.org/wi/about-us</a>
<b>DCMC Senior Life Solutions</b>	920.746.3778	Door County Medical Center	<a href="https://www.dcmedical.org/medical-services/senior-life-solutions">https://www.dcmedical.org/medical-services/senior-life-solutions</a>
<b>Do Good Door County</b>	920.659.5159	185 E. Walnut St Sturgeon Bay, WI 54235	<a href="https://dogooddoorcounty.org/">https://dogooddoorcounty.org/</a>
<b>Door County Courier</b>	920.559.0339	359 Louisiana St #325 Sturgeon Bay, WI 54235	<a href="https://www.doorcountycourier.com/">https://www.doorcountycourier.com/</a>
<b>Door County Learning in Retirement NWTc</b>	920.746.4947	229 North 14th Avenue Sturgeon Bay, WI 54235	<a href="https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir">https://www.nwtc.edu/about-nwtc/nwtc-locations/sturgeon-bay/door-county-learning-in-retirement-dclir</a>
<b>Mental Health Crisis Hotline</b>	988		
<b>Neighbor to Neighbor</b>	920.743.7800	62 S. 3rd Avenue P.O. Box 626 Sturgeon Bay, WI 54235	<a href="https://neighbor-to-neighbor.org/">https://neighbor-to-neighbor.org/</a>

## DOOR COUNTY FOOD PANTRIES

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