



# 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!



We have an exciting month ahead! This month we will be having pumpkin painting, a nature walk, and registration opens for our latest bus trip! We hope you join us!

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 Bayshore Blufflands Nature Preserve. Meet at the Reynolds Road Entrance.

**October 14 at 11:00am**

Register online or at the Welcome Center!

### Tech Talks with Quantum Technologies

This month we will discuss artificial intelligence (AI). We'll go over the basics of what it is, how to use it, and how to identify AI scams and misinformation. Enjoy an educational talk from Quantum and ask all your questions about your devices or online accounts.



- Sturgeon Bay: 10/2 @ 11:00am
- Kane Center: 10/30 @ 11:00am (registration required)

## OCTOBER 12 IS: WORLD ARTHRITIS DAY

October 12th is World Arthritis Day. We wanted to take this opportunity to provide you with information and raise awareness. There are over 100 different types of arthritis that affect 1 in 4 adults in the US. Gentle exercise is proven to reduce the symptoms of arthritis and improve joint pain and stiffness. Come check out our land and water arthritis classes and see how movement can make a difference in your health. Below are some Free Try-It classes at both branches. We hope to see you there!

### Land Arthritis

October 31-10:30am-11:15am (Sturgeon Bay)

### Twinges (Water Arthritis)

October 30-9:30am-10:25am (Sturgeon Bay)

October 31-10:00am-10:30am (Kane Center)

## Together Tuesday

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:

- 10/15 at 11:00am - Pumpkin Painting
  - \$10.00 - registration required

### Kane Center:

- 10/15 at 11:30am - Pumpkin Painting
  - \$10.00 - registration required

## Wisdom Wednesday

**Sturgeon Bay: 10/9 at 11:30am**

**Kane Center: 10/16 at 11:00am**

Paula Wiese, VP - Regional Retail Manager at Nicolet Bank will walk you through many examples of modern day scam artists who prey on innocent folks for their financial gain. How do they hook you? How can you tell it's a scam? What are some best practices to help you protect your money and your mental health? All these questions - and more - are answered in our Frauds and Scams Seminar! We want YOU to be safe, secure, and protected!



## 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!

**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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COMMUNITY HEALTHY LIVING FAIR

Tuesday, October 22  
8:30am-12:00pm  
STURGEON BAY PROGRAM CENTER

**WELCOME TO ALL**  
FREE TO ATTEND THE FAIR.

- \*SKIN SCREENINGS
- \*FLU SHOT CLINIC
- \*TDAP Vaccines

Tetanus, Diphtheria, Pertussis vaccines for ages 19 and older regardless of insurance

**\*PRE-REGISTRATION REQUIRED**

Registration will begin October 2nd. Call the Welcome Center at 920.743.4949.

**MENTAL HEALTH RESOURCES**



**BLOOD PRESSURE SCREENS**

**FALL SCREENS**



**A1C TESTING AND EDUCATION**

The A1C test is a common blood test used to diagnose type 1 and type 2 diabetes.



No appointment needed! No fasting!

**VIDEO OTOSCOPE SCREENS**



**Bring your expired prescription drugs for disposal!**



**DOOR PRIZES**

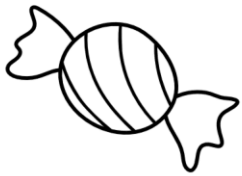
Sponsored by:



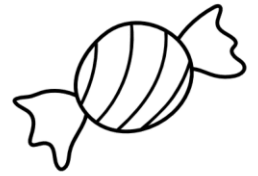
**Door County Medical Center**

**PLUS FREE REFRESHMENTS & MUCH, MUCH MORE!**

Transportation a problem? Call Door County Transportation Department at 920-746-5982



# HALLOWEEN



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

## WORD LIST

BAT  
 BLACK  
 BOO  
 BROOMSTICK  
 CANDY  
 CAT  
 CAULDRON  
 CHOCOLATE

COSTUME  
 CREEPY  
 DOORBELL  
 FRIGHT  
 GHOST  
 GRAVEYARD  
 HALLOWEEN  
 HAUNTED

JACK O LANTERN  
 MONSTER  
 OCTOBER  
 PUMPKIN  
 SCARY  
 SKELETON  
 SPIDER

SPOOKY  
 TOMBSTONE  
 TREAT  
 TRICK  
 VAMPIRE  
 WITCH  
 ZOMBIE





# OCTOBER 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Tech Talk @ 11:00 SB	3	4	5
6		8	9 Wisdom Wednesday @ 11:30 SB	10	11	12 World Arthritis Day
13	14 Nature Hike @ 11:00	15 Pumpkin Painting @ 11:00 SB Pumpkin Paintng @ 11:30 KC	16 Wisdom Wednesday @ 11:00 KC	17	18	19
20	21	22 Health Fair SB 8:30am - 12:00pm	23	24	25	26
27	28	29	30 Tech Talk @ 11:00 KC	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.holynamenameofmary.church">www.holynamenameofmary.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>