



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 a fun Holiday Potluck at the Sturgeon Bay Program Center!

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

Nature Hike

Join us for a winter hike or snowshoe (weather permitting) through the beautiful Door County Land Trust Property: Lautenbach Woods Nature Preserve.

January 8 at 12:00pm

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies

This month's topic is about safe and proper password management. This class will teach you essential strategies for creating, storing, and managing strong passwords to keep your online accounts secure. You'll learn how to avoid common pitfalls, understand password managers, and implement best practices for protecting your personal and business information.

- Sturgeon Bay: 1/8 @ 11:00am
- Kane Center: 1/29 @ 11:00am (registration required)



Wisdom Wednesday

Kane Center: 1/15 at 11:30am

Nicolet National Bank will be joining us this month to teach about how to spot scams, protect your money, and stay secure. We'll cover common tactics used by scammers and share best practices to keep you safe and stress-free.

Sturgeon Bay: 1/22 at 11:30am

Nicolet National Bank will be joining us this month to teach about how to log in to online banking, transfer funds securely, and use tools like Venmo with ease. We'll guide you step-by-step, answer your questions, and help you bank confidently!

Page Turners Book Club

Sturgeon Bay Program Center

January 30 at 11:45am

The House in the Cerulean Sea by TJ Klune

Together Tuesday/Thursday

Sturgeon Bay: 1/7 at 11:30am

FREE - Registration Required

Let your creativity flow as we dive into a Paint by Numbers session! Whether you're a seasoned artist or just looking for a way to unwind, this activity is perfect for all skill levels. You'll get to enjoy some delicious snacks while following simple, numbered guides to create a beautiful piece of art. It's a great way to de-stress, tap into your artistic side, and connect with others in a laid-back, social setting.

Kane Center: 1/23 at 11:30am

FREE - Registration Required

Join Door County artist Nancy Sargent for a fun, hands-on visit to the Peninsula School of Art! Tour Nancy's 65-year retrospective of bold, colorful abstract works, then create your own playful drawings using soft pastels. Wrap up with a group discussion to share your discoveries. No experience needed; materials and refreshments provided.

Winter Bus Trip

January 15 - Lambeau Field Tour

Join us as we travel to the frozen tundra on January 15th! Tour Lambeau Stadium and get an interactive tour of the Hall of Fame. We will also get a presentation on the history of the Draft as Green Bay gets excited to host the 2025 NFL Draft. After our exciting morning at Lambeau, we will head over to the famous Kroll's and enjoy some lunch before heading back to Sturgeon Bay.

Registration is now open!

Members: \$77 Community Members: \$97

Stay tuned for the 2025 bus program guide to come out. Get excited for future bus trips next year!

Lambeau Field Bus Trip

January 15

Join us for a fun-filled day at Lambeau Field, featuring a behind-the-scenes tour of the iconic stadium and Hall of Fame, complete with a private, hands-on presentation. Explore the rich history and tradition of one of football's most legendary teams, then enjoy lunch at the famous Kroll's West (lunch is on your own). Your bus ticket, tour, and tips are all included, making this an easy and enjoyable outing!

The bus departs from the Sturgeon Bay Program Center at 8:00 AM and returns by 4:00 PM.

Don't wait—registration closes January 8, and refunds won't be available after that date.



Price: Members - \$77.00 | Community Members - \$97.00



WINTER

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

FROSTBITTEN
BOBSLED
HOCKEY
FLAKES
IGLOO
MELT
MUG

AVALANCHE
FLANNEL
LAYERS
NIPPY
WHITE
COZY
HAT

EARMUFFS
JANUARY
SHOVEL
SLEET
SCARF
WARM
HOT

BLUSTERY
SNOWMAN
FROSTY
SLUSH
COCOA
COLD

FREEZING
WINTER
GLOVES
BOOTS
HEART
SNOW



JANUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			8 Tech Talk 11:00am SB Nature Hike Lautenbach Woods Nature Preserve @ 12:00	9	10	11
		7 Together Tuesday Paint by Numbers 11:30am SB	15 Wisdom Wednesday Nicolet Bank 11:30am KC Bus Trip to Lambeau Field	16	17	18
			22 Wisdom Wednesday Nicolet Bank 11:30am SB	23 Together Thursday Peninsula School of Art 11:30am KC	24	25
			29 Tech Talk 11:00am KC	30 Book Club 11:45am SB	31	
5	6					
12	13	14				
19	20	21				
26	27	28				

Sturgeon Bay Events (SB) will be in orange
Kane Center Events (KC) will be in blue

Events 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.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