



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!



Photo from Nature Hike at Bayshore Blufflands

Join us this month for a variety of fun activities including a chili cook off, tech talks, and nature hikes!

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.

February 10 at 12:00pm

Register online or at the Welcome Center!

Tech Talks with Quantum Technologies

This month's topic is about Using the Apple Ecosystem. Explore how to seamlessly integrate and optimize Apple devices within your daily life. This class covers the features and tools available across Apple's ecosystem, including iPhones, iPads, Macs, and Apple services, to help you enhance productivity and get the most out of your devices.

- Sturgeon Bay: 2/5 @ 11:00am
- Kane Center: 2/26 @ 11:00am (registration required)



Wisdom Wednesday

February is Heart Health Awareness Month! Learn more about heart health and ways you can keep your heart healthy as you age. Also hear about Women Heart Group and the work they do here in the community.

- Sturgeon Bay: 2/12 @ 11:30am
- Kane Center: 2/19 @ 11:15am (registration required)

Page Turners Book Club

Sturgeon Bay Program Center

February 27 at 11:45am

Miss Morgan's Book Brigade by Janet Skeslien Charles

Together Tuesday/Wednesday

Celebrate National Chili Day with us and join in on the chili cook off! Register to make a batch of chili or come and sample some chili and help us pick the best! Sign up to cook chili at the Welcome Center.

- Sturgeon Bay: 2/25 @ 11:00am-1:00pm
- Kane Center: 2/26 @ 11:00am-1:00pm

Volunteer Opportunities

After-School Foods Program

Volunteer with our After-School Foods Program at both program centers! This volunteer opportunity includes serving snacks cafeteria-style by plating prepared food for kids as they come through the line.

- Meal Prep: Mon-Thurs 11:00am-12:00pm
 - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon-Thurs 3:00pm-5:30pm
 - Sturgeon Bay Program Center
 - Kane Program Center

After-School Foods Monitor

Join us in creating a positive, safe, and fun after school environment! As a volunteer, you'll support students, encourage positive behavior, and ensure the facility runs smoothly – think of it as being a friendly, supportive presence (like a high school hall monitor, but way more fun!).

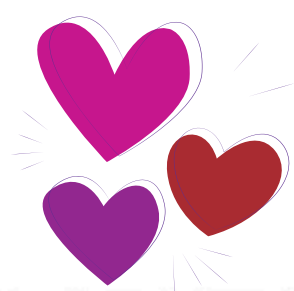
- Kane Center: Mon-Thurs 3:30pm-5:30pm

Father Daughter Ball

We invite volunteers to help us bring this fairytale to life: assist with setting up and taking down, oversee the delicious refreshments, and help guests with registration.

- Sturgeon Bay: April 5, 6:00pm-8:00pm

For more information about these opportunities or to sign up please reach out to Annette Varnes at avarnes@doorcountyyymca.org or by calling 920.743.4949.



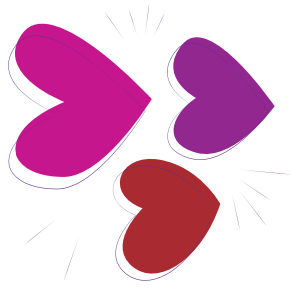
FEBRUARY

WORD SEARCH

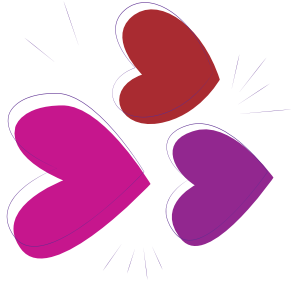
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ARROW
 CHILI DAY
 CHINESE NEW YEAR
 CHOCOLATE
 CUPID
 FEBRUARY
 FLOWERS
 FRIENDS
 GROUNDHOG DAY
 KINDNESS
 LEAP YEAR
 LOVE
 MARDI GRAS
 NUTELLA
 PARTY
 PRESIDENTS DAY
 SUPER BOWL
 SWEETHEART
 VALENTINES
 WINTER





FEBRUARY 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3	4	5 Tech Talk 11:00am SB	6	7	8
9	10 Nature Hike Lautenbach Woods Nature Preserve @ 12:00	11	12 Wisdom Wednesday Heart Health 11:30am SB	13	14	15
16	17	18	19 Wisdom Wednesday Heart Health 11:15am KC	20	21	22
23	24	25 Together Tuesday Chili Cook Off 11:00am-1:00pm SB	26 Tech Talk 11:00am KC Together Wednesday Chili Cook Off 11:00am-1:00pm KC	27 Book Club 11:45am SB	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.holynamemary.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