



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!



In February we enjoyed a Chili Cook Off in both centers!

Sturgeon Bay Winner:
Cowboy Chili – Robert Graham
Kane Center Winner:
Cranberry Chili – Peggy Walters

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

Check back in April for more hikes!

Wisdom Wednesday

Care That Transitions With You: Join Unity Hospice and learn about how holistic care supports the quality of life for patients, families, and caregivers. The following topics will be addressed: ten signs it's time for home care, Hospice and Palliative philosophy of care and common myths, difference between Unity's Hospice Care and Supportive Care Management programs, and breadth of services provided by Unity Grief and Education Center.

- Sturgeon Bay: 3/12 @ 11:30am
- Kane Center: 3/19 @ 11:15am (registration required)

Together Time

Kane Center - March 17 @ 11:00am-1:00pm

Jeopardy and St. Patrick's Day Themed Snacks!

Sturgeon Bay - March 18 @ 11:30am

Lights, Camera, Relaxation! Come in, relax, and enjoy some snacks while watching "The Intern."

Movie Description: Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker (Robert De Niro) seizes the opportunity to become a senior intern at an online fashion site. Ben soon becomes popular with his younger co-workers, including Jules Ostin (Anne Hathaway), the boss and founder of the company. Whittaker's charm, wisdom and sense of humor help him develop a special bond and growing friendship with Jules.

Page Turners Book Club

Sturgeon Bay Program Center

March 27 at 11:45am

Hello Stranger by Katherine 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: 3/5 @ 11:00am
- Kane Center: 3/26 @ 11:00am (registration required)

Volunteer Opportunities

After-School Foods Program

Volunteer with our After-School Foods Program at both program centers! This volunteer opportunity includes serving meals cafeteria-style by plating 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

Teen Nerf Night

Help make Teen Nerf Night a success! We're looking for volunteers to set up, supervise, and keep things running smoothly. Whether you're assisting with the battlefield, monitoring the action, or handling snacks, your support is key to an epic night.

- Kane Center: March 4, 5:00pm-7:00pm

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 please reach out to Annette at 920.743.4949 or by email at avarnes@doorcountyyymca.org.



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

ASH WEDNESDAY

LEPRECHAUN

PANCAKES

SPRING

BIRDS

MARDI GRAS

PARADE

ST. PATRICKS DAY

FAT TUESDAY

MASKS

SHAMROCK

TIME CHANGE



MARCH 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Tech Talk 11:00am SB	6	7	8
9	10	11	12 Wisdom Wednesday Care That Transitions With You 11:30am SB	13	14	15
16	17 Together Time Jeopardy & St. Patrick's Day Snacks 11:00am-1:00pm KC	18 Together Time Movie - The Intern 11:30am SB	19 Wisdom Wednesday Care That Transitions With You 11:15am KC	20	21	22
23	24	25	26 Tech Talk 11:00am KC	27 Book Club 11:45am SB	28	29
30	31					

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