



# 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!



Spring has sprung, and there's no shortage of activities at the Y to keep you busy!

- Learn more about technology from Quantum
- Get crafty and paint some windchimes
- Enjoy some time outside at Crossroads

## 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 – Cross Roads Nature Hike

April 14 @ 1:00 pm

- Meet at the Crossroads Learning Center and join us for a peaceful spring hike.

### Wisdom Wednesday 2025 YMCA Bus Trips

Looking to plan a trip away? Come learn about the bus trips we have planned for 2025 and share ideas for future trips.

- Sturgeon Bay Wednesday, April 9 @ 11:30 am
- Kane Center Wednesday, April 16 @ 11:15 am

### Together Time

#### Paint your own windchime

Looking to get into the spring spirit? Come paint your own windchimes and enjoy the company of your fellow Y members.

- **Sturgeon Bay**
  - **Tuesday, April 29, 11:30 am**
  - **Registration Required!**
  -

#### Diamond Painting – Kane Center

Join us for the hottest new craft–Diamond Painting. Diamond Painting is a new craft hobby that's a mix between Paint By Numbers and Cross Stitch. We will all be making a floral design in spring colors. This event is Free but you must register by April 11th so we have enough supplies.

- **Kane Center**
  - **Wednesday, April 23 11:15 am**
  - **Registration Required by April 11**

### Page Turners Book Club

#### Sturgeon Bay Program Center

April 24 at 11:45 am

## Tech Talks with Quantum Technologies

Safe Browsing and Ad Blockers: Look at how to identify ads, avoid bad websites, and learn about ad blockers.

- April 2 at 11:00 am Sturgeon Bay
- April 30 at 11:00 am Kane Center (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 11:00 am–12:00 pm
  - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon–Thurs 3:00 pm–5:30 pm
  - 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: April 2, 5:00 pm–7:00 pm

### 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, 6:00 pm–8:00 pm

**For more information about these opportunities please reach out to Annette at 920.743.4949 or by email at [avarnes@doorcountyyymca.org](mailto:avarnes@doorcountyyymca.org).**

### Healthy Kids Days

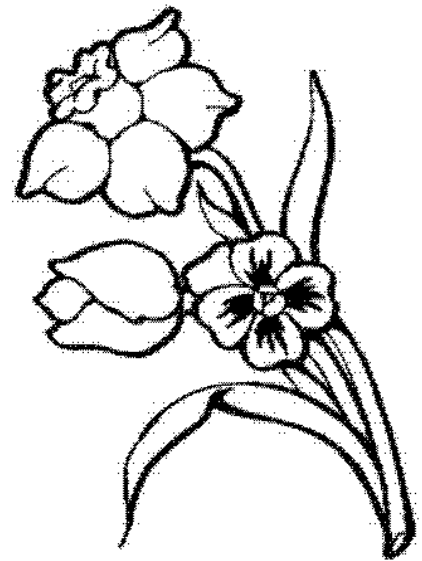
Volunteers are needed to help set up, clean up, and assist with the bounce house, food stations, and welcoming families to the festivities.

- Kane Center – April 26 10:00 am–1:00 pm
- Sturgeon Bay Program Center–May 3 10:00 am–1:00 pm

# Spring Word Search

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

April	fog	puddle	stem
baseball	garden	rainbow	storm
bird	grow	raincoat	sunshine
bloom	hatch	rainy	thaw
butterfly	insect	roots	tulip
caterpillar	kite	season	umbrella
chick	leaf	seed	violet
cloud	lilac	shovel	warm
daffodil	March	shower	water
dig	May	soil	weed
earth	nest	spring	wind
egg	picnic	sprout	worm
flower	plant		



# APRIL 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Tech Talk 11:00am SB	3	4	5
6	7	8	9 Wisdom Wednesday 2025 Y Bus Trips 11:30am SB	10	11	12
13	14	15	16 Wisdom Wednesday 2025 Y Bus Trips 1115am KC	17	18	19
20	21	22	23 Together Time: Diamond Painting 1115am KC	24 Women;s HEART 9:45am SB Page Turner Book Club 11:45am SB	25	26
27	28	29 Together Time Paint your own Windchime 11:30am SB Registration Required	30 Tech Talk 11:00am KC			

**Sturgeon Bay Events (SB) will be in orange**

**Kane Center Events (KC) will be in green**

**Events 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>