



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!



Join us for some fun activities this month!

If you have suggestions for new activities please reach out to Abby or Laura!

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.

ForeverWell Programming is Proudly Sponsored by:



Door County Medical Center

IN PARTNERSHIP WITH HOSPITAL SISTERS HEALTH SYSTEM

WHAT'S HAPPENING AT THE Y

Outdoor Engagement Opportunities

Nature Hike – Aug 27th at 10:00am

White Cliff Nature Preserve – located at 8248 White Cliff Road. Limited parking is available along the side of the road near the preserve entrance. Additional parking is available at the public boat launch located northeast of the preserve entrance.

Register online or at the Welcome Center.



Wisdom Wednesday

CapTel Closed Captioning Phones

Sturgeon Bay: August 12th @ 11:30

Join us and learn more about CapTel and their services for the hard of hearing. See if you may qualify for a free CapTel phone.

Dementia Care Education

Kane Center: J August 27th @ 11:30

Join us as we welcome Sheri Fairman as she discusses dementia care education. Sheri will discuss caring for those with dementia, and how to care for yourself as well.

Together Time

SAVE THE DATE: Tailgate Parties

Sturgeon Bay Center, September 24th at 10:00am

Kane Center: September 24th at 11:30am

Join us as we kickoff football season with a good old fashioned tailgate. The YMCA will be grilling up hotdogs and we invite you to bring your favorite tailgate food to share. Wear your best green and gold as we prepare for the Packers first Thursday night game.



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.



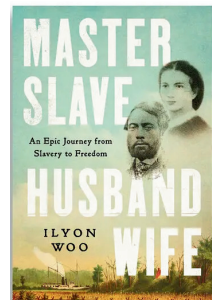
- Sturgeon Bay: 8/5 @ 11:00am
- Kane Center: 8/26 @ 11:00am (registration required)

Page Turners Book Club

Sturgeon Bay Program Center

August 27 at 11:45am

Master Slave Husband Wife
by Ilyon Woo



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-Fri 7:00am–12:00pm
 - Sturgeon Bay Program Kitchen
- Plating Snacks: Mon-Fri 11:30am–12:00pm
 - Sturgeon Bay Program Center

Various Upcoming Events

- SB Community Carnival Day – August 12

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

Name: _____

Date: _____



August Crossword



Across

4. Refreshing summer drink
6. Boat powered by wind
10. Activity in the great outdoors
12. Frozen fruit treat on a stick
14. Camping shelter
15. Prolonged period of hot weather
17. Observing the night sky
19. Red skin from too much sun
20. Insect that glows at night
21. Activity with a rod and reel
24. Place to swim that's not a beach
25. Going to different places
28. Small summer fruit

Down

1. Sandy spot by the ocean
2. Time away from school or work
3. Activity in a pool or lake
5. Sleeping in a tent outdoors
6. Protection from UV rays
7. Eighth month of the year
8. Sport played in the summer
9. Outdoor meal on a blanket
11. Sculpture made at the beach
13. Cold treat on a hot day
16. Casual summer footwear
18. Unwind during the summer break
19. Headwear for sun protection
22. Temperature in the summer sun
23. Diving underwater with gear
26. Bright celestial body in the sky
27. Outdoor cooking on a grill

Word Bank



August
Baseball
BBQ
Beach
Blueberries
Camping
Firefly
Fishing
Flip-Flops
Heat Wave
Hiking
Hot
Ice Cream
Lemonade
Picnic

Pool
Popsicle
Relax
Sailboat
Sandcastle
Scuba
Stargazing
Sun
Sunburn
Sunhat
Sunscreen
Swim
Tent
Travel
Vacation





AUGUST 2026



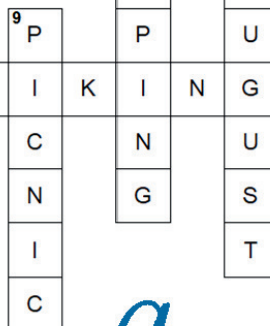
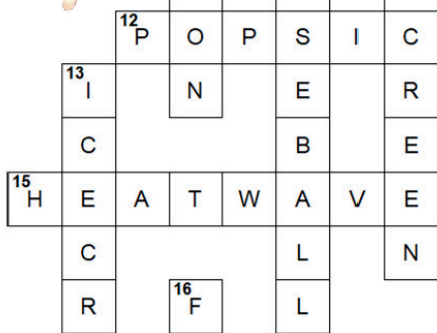
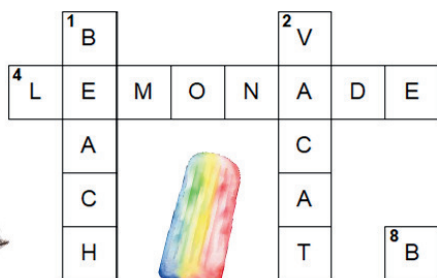
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Tech Talk 11:00am SB	6	7	8
9	10	11	12 CapTel Presentation 11:30am SB	13	14	15
16	17	18	19	20	21	22
23	24	25	26 Tech Talk 11:00am KC	27 Nature Hike White Cliff Preserve @ 10:00am Dementia Care 11:30am KC Book Club 11:45am SB	28	29
30	31	Sturgeon Bay Events (SB) will be in orange Kane Center Events (KC) will be in green Events happening 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	920-256-5055 920-256-5011	229 North 14th Avenue Sturgeon Bay, WI 54235	dclir.org
Mental Health Crisis Hotline	988		
Neighbor to Neighbor	920.743.7800	62 S. 3rd Avenue Sturgeon Bay, WI 54235	https://neighbor-to-neighbor.org/

DOOR COUNTY FOOD PANTRIES

NAME	PHONE	ADDRESS	WEBSITE
Bay View Church	920-743-4705	340 W Maple St Sturgeon Bay, WI 54235	https://bayviewlutheranchurch.com/
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.holynamenameofmary.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



August Solution

