

Sister Bay's
**WINTER WELLNESS
WEEKEND ITINERARY**
Jan 16 - 18, 2026

Each activity is thoughtfully created to help you slow down, unwind, and enjoy a bit of self-care, all hosted by wonderful Sister Bay businesses. Pick and choose whatever calls to you and build a weekend that feels just right.

Some activities are free, others have a small cost; a few are drop-in, while some require reservations or tickets. Take a moment to look over the itinerary and make any needed plans ahead of time so you can simply relax and enjoy.

WEEKEND-LONG ACTIVITIES

TREAT YOURSELF SALE

SPOT & SPACE /FRI-SUN, 10AM-5PM

Spot and Space will be doing a 20% off storewide sale, plus a gift with purchase. What better way to take care of yourself than to treat yourself!

RETAIL THERAPY

ON DECK / FRI & SAT
CLOTHING 9AM-6PM, SUN
COMPANY 9AM-5PM

In store specials for the weekend. Sip and Shop Saturday. Prize Drawing Sunday.

FROSTFIT CHALLENGE WEEKEND

SISTER BAY /FRI-SUN
ATHLETIC CLUB 8AM-NOON

Come test your endurance, strength, and flexibility with fast-paced challenges. See how fast you can burn a certain amount of calories, measure grip strength, and see how far you can reach, all with brief insights into the science behind each test. Enjoy daily leaderboards, small prizes for every participant, a snack and drink bar, and fun activities to keep kids entertained.

MIDSÖMMAR

APOTHECARY / FRI & SAT
10AM-6PM,
SUN 10AM-4PM

Midsommar Apothecary offers an expansive variety of teas, tinctures, electuaries and sundry herbal remedies, along with a specialty selection of Craft Bitters & Botanicals for making cocktails, mocktails & euphorics. We have an affinity for beeswax candles, teaware, folk art, Lake Michigan hagstones and gnomes. There's a tasting bar at the apothecary, and knowledgeable herbalists at the counter. Located in the heart of downtown Sister Bay and open year-around.

FRIDAY

WINTER WELLNESS WEEKEND KICK-OFF OPEN HOUSE

THE DÖRR HOTEL / 4-7PM

Stop by the Dörr Hotel to snack, mingle, and pick up a copy of the full schedule of events being offered throughout the weekend.

HEALTHY DINING

THE CLEAT /FRI 4-9PM
& SAT 11AM-9PM

Our menu features numerous healthy options, including salads and bowls using grilled fish, grilled chicken, and fresh veggies. We have lots of GF and DF options, plus we offer delicious mocktails.

NOURISHING NIBBLES

SIP /FRI-SUN, 7AM-8PM

Sip will be offering a special 'Nourishing Nibbles Wellness Menu' featuring dishes that nourish the soul. With an order from the Wellness Menu, guests will receive a complimentary Sipper or tea.

WINTER LINK LOUNGE

THE DÖRR HOTEL X / 4-7PM
TRILLIANT
DIAMONDS &
JEWELRY

Join us Friday at the Dörr Hotel to kick off Winter Wellness weekend for our Winter Link Lounge!

Free gift for the first 25 people to arrive at the Trilliant table!

Questions about a specific activity?

Reach out to the host listed with each activity for questions or additional details.

DON'T MISS SATURDAY
& SUNDAY'S EVENTS



SATURDAY

30 MIN HIT EXPRESS CLASS

DOOR COUNTY / 8AM
FITNESS STUDIO

This is a fun fast-paced small group workout that is both challenging and scalable.

H.I.T. (High intensity training) is effective at burning fat and building muscles. It is a unique blend of aerobic & anaerobic conditioning, calisthenics and strength & endurance training. Trish will lead and guide the workout so that everybody will get a full body workout. Trish can modify exercises, making this workout inclusive.

Limited spots available. [Register early for a discounted rate.](#)

ENERGY ALCHEMY: ENERGY HEALING FOR PEOPLE, SPACES, AND LAND

KINDGOODS / TBD

kindgoods will be hosting Mother Alchemy at the shop on Saturday where she will be available to answer questions and provide information about her energy healing services.

LIVE MUSIC

PEACH BARN / 3-6PM
BREWING

Settle in at the brewery for an early evening of live music designed to complement the calm, cozy energy of Wellness Weekend. Enjoy acoustic sets that blend mellow rhythms, warm vocals and comforting melodies - the kind of music that lets you exhale, unwind and just be.

GUIDED WALK

COUNTRY / 9AM & 12PM
HOUSE HAPPY HOUR:
RESORT 12-3PM

Join us for a free guided walk from our waterfront property down the trail with beautiful views into downtown Sister Bay, then back up the hill to the resort (about 1.3 miles). You're welcome to join for the full walk or return at your own pace after reaching the waterfront trail. Coffee, hot cocoa, and scones follow the morning walk; complimentary coffee, cocoa, tea, and cookies follow the afternoon walk, with beer and wine available for purchase during happy hour from 12-3pm in the lobby. Please note: our resort is adults-only, 13+.

GLOW WITHIN: WINTER WELLNESS TAROT POP-UP

PEACH BARN / 1-4PM
BREWING

Join us for an intimate tarot pop-up with Amelia Wood, a Brooklyn-based reader, writer and bruja rooted in Mexican folk magic and decolonize spiritual practice. Amelia's readings are known for being warm, direct and deeply grounding—offering clarity when you need it most. Pop into the Brewery on Friday to reserve your Saturday spot with Amelia or drop in Saturday. Readings are on a first-come basis.

WELLNESS POP-UP BOUTIQUE

KINDGOODS / TBD

A pop-up style boutique of fair trade and women made wellness items (think candles, essential oils, incense, etc) as well as a selection of books.

FEEL-GOOD FLOW: DANCE FITNESS WITH TRISH

PEACH BARN / 10-10:45AM
BREWING

Join us for a high-energy, feel-good movement session led by local fitness legend, Trish Araujo. This 45-minute dance workout is designed for every body - no choreography skills needed, just a willingness to move, laugh and let stress melt away. No reservation required. \$25/person. [Book here.](#)

WINTER BUBBLES BAR

TRILLIANT
DIAMONDS & / 10AM-4PM
JEWELRY

Permanent Jewelry Pop up and Champagne will be served! Enter a giveaway for a \$200 gift certificate from Bombshell Beauty. No purchase necessary. 40% off storewide. Some exclusions apply.

FRILUFTSLIV & FIKA

VILLAGE HALL / 1-3PM

Hosted by Misdsömmar Apothecary. Friluftsliv—loosely translated as “open-air life”—reflects a Nordic tradition of unstructured activities like hiking, skiing, and simply being in nature. This conversation will explore the practices of friluftsliv and skogsbad (a Scandinavian form of forest bathing), along with the scientific principles showing how time among trees and water supports well-being. We'll finish with fika, the cherished custom of sharing coffee, tea, pastries, and conversation.

\$35 per person (includes fika), Reserve your spot by emailing apothecary@midsommarherbs.com

Questions about a specific activity?

Reach out to the host listed with each activity for additional details.

WINTER WELLNESS WEEKEND

ECOLOGY SPORTS / 4-6PM

Enjoy mulled wine, hot cider and savory treats as you browse our specials throughout the shop on clothing, footwear and accessories. Any questions? Call (920) 854-5724.

THE WELLNESS POUR

CHOP / 5:30PM

Join us at Chop for a refreshing mocktail-making class designed to nourish your body and inspire your senses. Small Bites available to purchase during class. Limited number of Tickets will be available to reserve on CHOP's website.

FUN WITH FIKA

AL JOHNSON'S / 4-5PM

Join us at Al Johnson's for a cozy Wellness Fika. Enjoy a live Chokladbollar (Swedish chocolate ball) recipe demo, plus plenty of coffee, tea, and warm Glögg as you unwind, connect, and recharge in true Swedish style. Tickets are \$30. RSVP: reservations@aljohnsons.com

WOMEN'S CIRCLE

KINDGOODS / TBD

Throughout the 2 hours of circle, we will move inward through guided meditation, journaling, card pulling, and quiet reflection, and move outward through sharing, deep listening, and shared ritual. It will be \$20 and we will be limited to 8 attendees. More details soon.

WELLNESS SOCIAL GATHERING

MCEVOY'S CULINARIA / 6-10PM

Socializing and connecting with others is part of wellness. Enjoy some food, drinks, music for the soul, self-care ideas with Britta Salon & AVEDA, mental health ideas, fun games, and dancing optional. For more details to follow on @BRITTASALONLLC or @McEvoy's.Culinary

WINTER RESTORE: A CREATIVE WELLNESS WORKSHOP

PEACH BARN BREWING / 3-6PM

In partnership with Woodwalk Gallery + Peach Barn Brewing. We invite you to start 2026 with intention. Create soothing felt projects and simple, beautiful crafts with local artist Joslyn Villalpando of Woodwalk Gallery while enjoying a cozy, come-as-you-are gathering designed to refresh your winter spirit. \$10/person for materials.

SUNDAY

GENTLE YOGA & SOUND HEALING

IRONWOOD YOGA / 11AM-12:15PM

Gentle Yoga + Sound Healing with James @resonance_atelier

Join us for a 75 minute self care practice. In the warm yoga studio, we will move through gentle, lightly flowing poses for 45 minutes to move any caught or resistant energy within our bodies toward a more relaxed fluid state of ease. We will finish with a few slower yin style poses, dropping into each pose with sound bowls played on or above the body to take us deeper into release and relaxation. Svāsana (final rest) will be slow & cozy with bolsters & blankets for support, lulled by the sound waves on an ocean of calming frequencies.

\$40 or \$35 if you sign up early. Tickets available at ironwoodyoga.com.

We're so excited for you to join us at Sister Bay's first Winter Wellness Weekend!

Have questions about Winter Wellness Weekend? Reach out to info@sisterbay.com.

Questions about a specific activity? Reach out to the host listed with the activity.

FIRESIDE CHAT: HEALTHY LIFESTYLES

THE DÖRR HOTEL / 2-3PM

Join Dr. Johnson from Door County Medical Center for a fireside chat on healthy lifestyles—perfect inspiration for your New Year's resolutions.

OPEN MIC MOTH STYLE STORYSLAM

CAMP DOOR COUNTY / 7-8:30PM

Come join us for our First Moth Style Storyslam event to support Winter Wellness. Stories must be true and personal, 5 minutes long using no notes. Event is open to all ages 16 and older and storytellers must register their stories prior by sending a story overview to info@camp-door.com. The Pine Lodge Lounge bar will be open.

GUIDED WINTER HIKE

ECOLOGY SPORTS / 9-11AM

Join us on a guided winter hike through one of our favorite winter trails! We will walk around 3 miles through the woods at Newport State Park.

Reserve a spot for this free event by calling us at (920) 854-5724.

WHAT'S THE COLOR OF HAPPINESS?

HAPPY COFFEE / 1-3PM

happy coffee x Woodwalk wellness workshop

mindful watercolor postcards with local artist Joslyn Villalpando of Woodwalk Gallery

cost: \$38 per person includes water color pallet + 5 blank postcards + coffee/tea & small bites [register here](#)