



# ForeverWell

SPRING 2024 • April 22 - June 16

Sturgeon Bay Program Center • 920.743.4949 • 1900 Michigan St. Sturgeon Bay, WI 54235  
 Jackie & Steve Kane Center • 920.868.3660 • 3866 Gibraltar Rd. Fish Creek, WI 54212

**ForeverWell is a new program designed for people 55 and older. ForeverWell takes a holistic approach to wellness by addressing five components of health; mind, body, spirit, community, and nature. We aim to not only improve physical health but also deepen social engagement, create meaningful relationships, and improve quality of life. For more information contact Abby Tesch (920) 743-4949 or Mae Daniels (920) 868-3660**

## MIND AND SPIRIT

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Sturgeon Bay Center</b>										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Apr 22	Jun 10	May 27	\$31.50	\$63.00	Suzanne H.	Studio 1

## BODY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Bonnie S.	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Apr 24	Jun 12		\$14.00	\$56.00	Bonnie S.	Studio A
Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Apr 24	Jun 12		FREE	\$39.50	Bailey C.	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Kay N.	Gym
Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Apr 23	Jun 11		FREE	\$39.50	Kim D.	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Apr 25	Jun 13	May 16	FREE	\$39.50	Kim D.	Gym
Silver & Fit	Fri	10:15 AM	11:00 AM	Apr 26	Jun 14		FREE	\$39.50	Bailey C.	Gym
<b>Sturgeon Bay Center</b>										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Apr 22	Jun 10	May 27	\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Apr 25	Jun 13		\$14.00	\$56.00	Mary Claire M.	Virtual
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Apr 26	Jun 14		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Apr 24	Jun 12	May 15	FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Apr 22	Jun 10	May 27	FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Apr 23	Jun 11		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Apr 24	Jun 12	May 15	FREE	\$39.50	Kim D.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 14		FREE	\$39.50	Abby T.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Apr 26	Jun 14		FREE	\$39.50	Abby T.	Virtual

## COMMUNITY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Sheepshead	Tue	12:00 PM	3:00 PM	Every Tuesday		--	FREE	FREE	--	Social Lounge
Mahjongg- Beginner	Fri	10:30 AM	12:00 PM	Beginner Play Every Friday			FREE	FREE	--	Social Lounge
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday			FREE	FREE	--	Social Lounge
Crafty Ladies	Tue	9:30 AM	11:00 AM	2nd & 4th Tuesday of the month		--	FREE	FREE	--	Social Lounge
Ukulele Jam	Mon	1:00 PM	2:45 PM			--	FREE	FREE	--	Social Lounge
Together Tuesday	Tue	11:00 AM	1:00 PM	Apr 22, May 6, May 20, Jun 10			FREE	FREE	--	Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	2nd & 4th Tuesday of the month			FREE	FREE	--	Social Lounge
<b>Sturgeon Bay Center</b>										
Together Tuesday	Tue	11:30 AM	12:30 PM	1st and 3rd Tuesday of the month			FREE	FREE		Comm Rm
Wisdom Wednesday	Wed	11:30 AM	12:30 PM	2nd Wednesday of the month			FREE	FREE		Comm Rm

## NATURE

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
See ForeverWell Newsletter for more information										

**SPECIALTY PROGRAMS**

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
<b>Jackie and Steve Kane Center</b>										
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Apr 23	Jun 13	May 16	\$14.00	\$28.00	Rotation/DCMC	Gym
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Apr 25	Jun 13	May 16	FREE	\$54.50	Bonnie	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Will be back in Summer			\$14.00	\$56.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Will be back in Summer			\$14.00	\$56.00	Bill W	Pool
<b>Sturgeon Bay Center</b>										
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Apr 22	Jun 5	May 15, May 27, Jun 10, Jun 12	\$10.50	\$21.00	Mary Claire M./Sarah G./DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Apr 23	Jun 13		\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Apr 23	Jun 11		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Apr 25	Jun 13		FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	For more information contact Abby T.			FREE	FREE	Abby T./Megan S.	Studio 1
STAYSTRONG	Tue	2:30 PM	3:15 PM	Apr 23	Jun 11		FREE	\$39.50	Abby T./Megan S.	Wellness Ctr.
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$39.50	Christine M.	Comm Rm
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Apr 22	Jun 10	May 27	FREE	\$39.50	Christine M.	Virtual
M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			FREE	FREE	Christine M/DCMC	Studio 2/3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Apr 23	Jul 16	Jul 4	\$75.00	\$95.00	Abby T./Sarah G.	Studio 2/3
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly			\$45.00	\$75.00	Christine M./DCMC	Studio 2/ Gym C
Stepping On	Mon	1:00 PM	3:00 PM	Apr 22	Jun 10	May 27	FREE	FREE	Abby T./Sue P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Apr 22	Jun 3	May 27, Jun 10	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Apr 23	Jun 4	Jun 11	FREE	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Apr 24	Jun 5	May 15, Jun 12	FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Apr 25	Jun 6	Jun 13	FREE	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Apr 26	Jun 7	Jun 14	FREE	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	May 21	Aug 6		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Apr 23	Jul 9		\$100.00	\$125.00	Tess J.	Comm Rm
Y's Weight Loss Alumni Club	Tue	11:15 AM	11:45 AM	Apr 23	Jun 11		\$14.00	\$28.00	Tess J.	Comm Rm
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	Apr 17	Apr 17		\$10.00	\$10.00	Becky B.	Studio 3
Art Exploration for Adults with Disabilities	Wed	10:30 AM	11:30 AM	May 8	May 8		\$10.00	\$10.00	Becky B.	Studio 3

**Senior Health and Wellness Day (Skin Cancer Screening, Fall and Memory Assessments, and more)**

<b>Jackie and Steve Kane Center</b>										
<b>Session 1</b>										
Tick Bites/ Preventing Lyme disease	5/16	9:00	9:45	Lindsey Donohue			Studio A			30 People
What is Senior Life Solutions	5/16	9:00	9:45	Jennalee Lundquist			Studio C			30 People
<b>Session 2</b>										
Memory Questions Answered	5/16	10:00	10:45	Christy Wisniewski			Studio A			30 people
Silver Sneakers BOOM	5/16	10:00	10:45	Kim DeCock			Gym			30 People
<b>Session 3</b>										
The benefits of anti-inflammatory foods	5/16	11:00	11:45	Cathy Keller			Studio A			30 People
CredibleMind Door County: Mental Health at your fingertips	5/16	11:00	11:45	Shauna Blackledge/DC Public Health			Studio C			30 People

Sturgeon Bay Center									
<b>Session 1</b>									
The benefits of anti-inflammatory foods	5/15	9:00	9:45	Cathy Keller	Studio 2/3				50 People
What is Senior Life Solutions	5/15	9:00	9:45	Jennalee Lundquist	Studio 1				30 People
Silver Sneakers BOOM Muscle	5/15	9:00	9:45	Abby Tesch	Gym A/B				45 People
Guided Meditation	5/15	9:00	9:45	Sara Oswald	Gym C				30 People
<b>Session 2</b>									
Advanced Directives	5/15	10:00	10:45	John Hauser and Erin Szakala	Studio 2/3				50 People
Preparing for Retirement: Income and Health Insurance Options	5/15	10:00	10:45	Jessica Flores	Studio 1				30 People
Fall Prevention	5/15	10:00	10:45	Abby Tesch	Gym C				30 People
Chair Yoga	5/15	10:00	10:45	Suzanne Holvenstot	Gym A/B				45 People
<b>Session 3</b>									
Caring for our feet as we age	5/15	11:00	11:45	Dr. Ellen Barton	Studio 2/3				50 People
CredibleMind Door County: Mental Health at your fingertips	5/15	11:00	11:45	Shauna Blackledge/DC Public Health	Studio 1				30 People
Twinges	5/15	11:00	11:45	Sarah Gavin	Rec Pool				20 People
Silver Sneakers Classic	5/15	11:00	11:45	Heidi Bader	Gym A/B				45 People
YMCA Weight Loss	5/15	11:00	11:45	Tess Johnson	Meeting Rm				20 People