



# ForeverWell

Summer 2024 • June 17 - August 25

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>Jackie and Steve Kane Center</b> |     |          |          |                   |        |          |         |         |            |          |
| Yoga-Chair                          | Tue | 10:15 AM | 11:00 AM | Jun 18            | Aug 27 |          | \$47.00 | \$93.50 | Mynn L.    | Studio C |
| <b>Sturgeon Bay Center</b>          |     |          |          |                   |        |          |         |         |            |          |
| Yoga-Chair                          | Mon | 10:15 AM | 11:15 AM | Returning in Fall |        |          |         |         | 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 | Jun 17 | Aug 26 |               | \$19.50     | \$77.00 | Bonnie S.      | Studio A |
| ForeverWell Strength                | Wed | 9:15 AM  | 10:00 AM | Jun 19 | Aug 28 |               | \$19.50     | \$77.00 | Bonnie S.      | Studio A |
| Silver Sneakers BOOM MUSCLE         | Wed | 10:15 AM | 11:00 AM | Jun 19 | Aug 21 |               | <b>FREE</b> | \$49.50 | Bailey C.      | Gym      |
| Silver Sneakers Classic             | Mon | 10:15 AM | 11:00 AM | Jun 17 | Aug 19 |               | <b>FREE</b> | \$49.50 | Dale J.        | Gym      |
| Silver Sneakers Classic             | Tue | 9:15 AM  | 10:00 AM | Jun 18 | Aug 20 |               | <b>FREE</b> | \$49.50 | Mynn L.        | Gym      |
| Silver Sneakers Classic             | Thu | 10:15 AM | 11:00 AM | Jun 20 | Aug 22 | Jul 4         | <b>FREE</b> | \$49.50 | Dale J.        | Gym      |
| Silver & Fit                        | Fri | 10:15 AM | 11:00 AM | Jun 21 | Aug 23 |               | <b>FREE</b> | \$49.50 | Bailey C.      | Gym      |
| <b>Sturgeon Bay Center</b>          |     |          |          |        |        |               |             |         |                |          |
| ForeverWell Strength                | Mon | 7:50 AM  | 8:25 AM  | Jun 17 | Aug 19 |               | \$17.50     | \$70.00 | Dwight Z.      | Gym Ctr. |
| ForeverWell Strength                | Thu | 8:50 AM  | 9:25 AM  | Jun 20 | Aug 22 | Jul 4         | \$17.50     | \$70.00 | Mary Claire M. | Gym Ctr. |
| ForeverWell Strength                | Thu | 8:50 AM  | 9:25 AM  | Jun 27 | Aug 22 | Jun 20, Jul 4 | \$17.50     | \$70.00 | Mary Claire M. | Virtual  |
| ForeverWell Strength                | Fri | 7:50 AM  | 8:25 AM  | Jun 21 | Aug 23 | Jul 5         | \$17.50     | \$70.00 | Abby T.        | Gym Ctr. |
| Silver Sneakers BOOM MUSCLE         | Mon | 9:00 AM  | 9:45 AM  | Jun 17 | Aug 19 |               | <b>FREE</b> | \$49.25 | Abby T.        | Gym C    |
| Silver Sneakers BOOM MUSCLE         | Wed | 9:00 AM  | 9:45 AM  | Jun 19 | Aug 21 |               | <b>FREE</b> | \$49.25 | Abby T.        | Gym C    |
| Silver Sneakers Classic             | Mon | 9:15 AM  | 10:00 AM | Jun 17 | Aug 19 |               | <b>FREE</b> | \$49.25 | Heidi B.       | Gym A/B  |
| Silver Sneakers Classic             | Tue | 8:00 AM  | 8:45 AM  | Jun 18 | Aug 20 |               | <b>FREE</b> | \$49.25 | Linda W.       | Gym A/B  |
| Silver Sneakers Classic             | Wed | 9:15 AM  | 10:00 AM | Jun 19 | Aug 21 |               | <b>FREE</b> | \$49.25 | Kim D.         | Gym A/B  |
| Silver Sneakers Classic             | Thu | 8:00 AM  | 8:45 AM  | Jun 20 | Aug 22 | Jul 4         | <b>FREE</b> | \$49.25 | Christine M.   | Gym A/B  |
| Silver Sneakers Classic             | Fri | 9:15 AM  | 10:00 AM | Jun 21 | Aug 23 | Jul 5         | <b>FREE</b> | \$49.25 | Abby T.        | Gym A/B  |
| Silver Sneakers Classic             | Fri | 9:15 AM  | 10:00 AM | Jun 28 | Aug 23 | Jun 21, Jul 5 | <b>FREE</b> | \$49.25 | 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                         |     | --       | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| Mahjongg- Beginner                  | Fri | 10:30 AM | 12:00 PM | Beginner Play Every Friday            |     |          | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| Mahjongg-Advanced                   | Fri | 1:00 PM  | 3:00 PM  | Advance Play Every Friday             |     |          | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| Crafty Ladies                       | Tue | 9:30 AM  | 11:00 AM | 2nd & 4th Tuesday of the month        |     | --       | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| Ukulele Jam                         | Mon | 1:00 PM  | 2:45 PM  | Jun 24, Jul 8, Jul 22, Aug 12, Aug 26 |     | --       | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| Together Tuesday                    | Tue | 11:00 AM | 1:00 PM  | 2nd & 4th Tuesday of the month        |     |          | <b>FREE</b> | <b>FREE</b> |      | Social Lounge |
| Tech Talks with Quantum             | Wed | 11:00 AM | 12:00 PM | Last Wednesday of the month           |     |          | <b>FREE</b> | <b>FREE</b> |      |               |
| Wisdom Wednesday                    | Wed | 11:00 AM | 12:30 PM | Third Wednesday of the month          |     |          | <b>FREE</b> | <b>FREE</b> |      | Studio A      |
| <b>Sturgeon Bay Center</b>          |     |          |          |                                       |     |          |             |             |      |               |
| Together Tuesday                    | Tue | 11:30 AM | 12:30 PM | 1st and 3rd Tuesday of the month      |     |          | <b>FREE</b> | <b>FREE</b> |      | Comm Rm       |
| Wisdom Wednesday                    | Wed | 11:30 AM | 12:30 PM | 2nd Wednesday of the month            |     |          | <b>FREE</b> | <b>FREE</b> |      | Comm Rm       |

|                         |     |          |          |                            |    |      |      |  |             |
|-------------------------|-----|----------|----------|----------------------------|----|------|------|--|-------------|
| WomenHeart              | Thu | 9:00 AM  | 10:30 AM | 3rd Thursday of the month  | -- | FREE | FREE |  | Meeting Rm. |
| Tech Talks with Quantum | Wed | 11:00 AM | 12:00 PM | 1st Wednesday of the month | -- | FREE | FREE |  | Comm Rm     |

**NATURE**

| CLASS  | DAY | START    | END      | START  | END    | NO CLASS | MEMBER | COMM. | INST | LOC                              |
|--|-----|----------|----------|--------|--------|----------|--------|-------|------|----------------------------------|
| Peterson Park: Spring Flowers                            | Wed | 10:30 AM | 11:30 AM | Jun 5  | Jun 5  |          | FREE   | FREE  |      | Peterson Park                    |
| Door County Land Trust: Lautenbach Woods Nature Preserve | Mon | 12:00 PM | 1:00 PM  | Jun 17 | Jun 17 |          | FREE   | FREE  |      | Lautenbach Woods Nature Preserve |
| Door County Land Trust: Three Springs Nature Preserve    | Mon | 12:00 PM | 1:00 PM  | Jul 15 | Jul 15 |          | FREE   | FREE  |      | Three Springs Nature Preserve    |
| Peterson Park: Early Summer Flowers                      | Wed | 10:30 AM | 11:30 AM | Jul 17 | Jul 17 |          | FREE   | FREE  |      | Peterson Park                    |
| Door County Land Trust: Sturgeon Bay Ship Canal Preserve | Mon | 12:00 PM | 1:00 PM  | Aug 19 | Aug 19 |          | FREE   | FREE  |      | Sturgeon Bay Ship Canal Preserve |
| Peterson Park: Late Summer Flowers                       | Wed | 10:30 AM | 11:30 AM | Aug 28 | Aug 28 |          | FREE   | FREE  |      | Peterson Park                    |

**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 | Jun 18   | Aug 29 | Jul 4    | \$19.50  | \$38.00  | Amy J./DCMC                  | Gym             |
| Twinges & Hinges                             | Thu  | 10:00 AM | 10:30 AM | Jun 20   | Aug 29 | Jul 4    | FREE     | \$54.50  | Bonnie                       | Pool            |
| Senior Stretch & Tone                        | Mon  | 11:15 AM | 12:00 PM | Jun 17   | Aug 26 |          | \$19.50  | \$77.00  | Bill W                       | Pool            |
| Senior Stretch & Tone                        | Fri  | 11:15 AM | 12:00 PM | Jun 21   | Aug 30 |          | \$19.50  | \$77.00  | Bill W                       | Pool            |
| <b>Sturgeon Bay Center</b>                   |      |          |          |  |        |          |          |          |                              |                 |
| Aquatic Knee & Hip Joint                     | M/W  | 11:30 AM | 12:15 PM | Jun 17   | Aug 21 |          | \$17.50  | \$35.00  | Mary Claire M./Sarah G./DCMC | Rec Pool        |
| Knee & Hip Joint                             | T/Th | 11:45 AM | 12:30 PM | Jun 18   | Aug 22 | Jul 4    | \$17.50  | \$35.00  | Christine M./DCMC            | Studio 2/3      |
| Land Arthritis                               | Tue  | 10:30 AM | 11:15 AM | Jun 18   | Aug 20 |          | FREE     | \$49.25  | Christine M.                 | Studio 2/3      |
| Land Arthritis                               | Tue  | 10:30 AM | 11:15 AM | Jun 25   | Aug 20 | Jun 18   | FREE     | \$49.25  | Christine M.                 | Virtual         |
| Land Arthritis                               | Thu  | 10:30 AM | 11:15 AM | Jun 20   | Aug 22 | Jul 4    | FREE     | \$49.25  | Christine M.                 | Studio 2/3      |
| LIVESTRONG® at the YMCA                      | T/Th | 1:00 PM  | 2:15 PM  | Returning in Fall 2024! Contact Abby Tesch to Register |        |          | FREE     | FREE     | Abby T./Megan S.             | Studio 1        |
| STAYSTRONG                                   | Tue  | 1:30 PM  | 2:15 PM  | Jun 18   | Aug 20 |          | FREE     | \$49.25  | Abby T./Megan S.             | Wellness Ctr.   |
| LIVESTRONG® at the YMCA Alumni               | Mon  | 11:30 AM | 12:00 PM | Jun 17   | Aug 19 |          | FREE     | \$49.25  | Christine M.                 | Comm Rm         |
| LIVESTRONG® at the YMCA Alumni               | Mon  | 11:30 AM | 12:00 PM | Returning in Fall 2024! Contact Abby Tesch to Register |        |          | FREE     | \$49.25  | 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 | Returning in Fall 2024! Contact Abby Tesch to Register |        |          | \$75.00  | \$49.25  | Abby T./Sarah G.             | Studio 2/3      |
| Parkinson's Exercise                         | T/Th | 1:15 PM  | 2:15 PM  | Monthly  |        |          | \$45.00  | \$49.25  | Christine M./DCMC            | Studio 2/ Gym C |
| Stepping On                                  | Mon  | 1:00 PM  | 3:00 PM  | Returning in Fall 2024! Contact Abby Tesch to Register |        |          | FREE     | FREE     | Abby T./Sue P.               | ADRC            |
| Twinges                                      | Mon  | 9:30 AM  | 10:15 AM | Jun 17   | Aug 19 |          | FREE     | \$49.25  | Ann E.                       | Rec Pool        |
| Twinges                                      | Tue  | 8:30 AM  | 9:15 AM  | Jun 18   | Aug 20 |          | FREE     | \$49.25  | Becky G.                     | Rec Pool        |
| Twinges                                      | Wed  | 9:30 AM  | 10:15 AM | Jun 19   | Aug 21 |          | FREE     | \$49.25  | Ann E.                       | Rec Pool        |
| Twinges                                      | Thu  | 8:30 AM  | 9:15 AM  | Jun 20   | Aug 22 | Jul 4    | FREE     | \$49.25  | Becky G.                     | Rec Pool        |
| Twinges                                      | Fri  | 9:30 AM  | 10:15 AM | Jun 21   | Aug 23 | Jul 5    | FREE     | \$49.25  | Ann E.                       | Rec Pool        |
| Y's Weight Loss Program                      | Tue  | 10:00 AM | 11:00 AM | Jun 18   | Sep 3  |          | \$100.00 | \$125.00 | Tess J.                      | Comm Rm         |
| Y's Weight Loss Program                      | Tue  | 8:30 AM  | 9:30 AM  | Oct 1  | Dec 17 |          | \$100.00 | \$125.00 | Tess J.                      | Comm Rm         |
| Y's Weight Loss Alumni Club                  | Tue  | 8:00 AM  | 8:30 AM  | Jun 18   | Aug 27 |          | \$17.50  | \$35.00  | Tess J.                      | Comm Rm         |
| Y's Weight Loss Alumni Club                  | Tue  | 11:05 AM | 11:35 AM | Jun 18   | Aug 27 |          | \$17.50  | \$35.00  | Tess J.                      | Comm Rm         |
| Art Exploration for Adults with Disabilities | Wed  | 10:30 AM | 11:30 AM | Jun 19   | Jun 19 |          | \$10.00  | \$10.00  | Becky B.                     | Studio 3        |
| Art Exploration for Adults with Disabilities | Wed  | 10:30 AM | 11:30 AM | Jul 10   | Jul 10 |          | \$10.00  | \$10.00  | Becky B.                     | Studio 3        |
| Art Exploration for Adults with Disabilities | Wed  | 10:30 AM | 11:30 AM | Aug 14   | Aug 14 |          | \$10.00  | \$10.00  | Becky B.                     | Studio 3        |