



# 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	--	<b>FREE</b>	<b>FREE</b>		Meeting Rm.
Tech Talks with Quantum	Wed	11:00 AM	12:00 PM	1st Wednesday of the month	--	<b>FREE</b>	<b>FREE</b>		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		<b>FREE</b>	<b>FREE</b>		Peterson Park
Door County Land Trust: Lautenbach Woods Nature Preserve	Mon	12:00 PM	1:00 PM	Jun 17	Jun 17		<b>FREE</b>	<b>FREE</b>		Lautenbach Woods Nature Preserve
Door County Land Trust: Three Springs Nature Preserve	Mon	12:00 PM	1:00 PM	Jul 15	Jul 15		<b>FREE</b>	<b>FREE</b>		Three Springs Nature Preserve
Peterson Park: Early Summer Flowers	Wed	10:30 AM	11:30 AM	Jul 17	Jul 17		<b>FREE</b>	<b>FREE</b>		Peterson Park
Door County Land Trust: Sturgeon Bay Ship Canal Preserve	Mon	12:00 PM	1:00 PM	Aug 19	Aug 19		<b>FREE</b>	<b>FREE</b>		Sturgeon Bay Ship Canal Preserve
Peterson Park: Late Summer Flowers	Wed	10:30 AM	11:30 AM	Aug 28	Aug 28		<b>FREE</b>	<b>FREE</b>		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	<b>FREE</b>	\$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		<b>FREE</b>	\$49.25	Christine M.	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Jun 25	Aug 20	Jun 18	<b>FREE</b>	\$49.25	Christine M.	Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Jun 20	Aug 22	Jul 4	<b>FREE</b>	\$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			<b>FREE</b>	<b>FREE</b>	Abby T./Megan S.	Studio 1
STAYSTRONG	Tue	1:30 PM	2:15 PM	Jun 18	Aug 20		<b>FREE</b>	\$49.25	Abby T./Megan S.	Wellness Ctr.
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Jun 17	Aug 19		<b>FREE</b>	\$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			<b>FREE</b>	\$49.25	Christine M.	Virtual
M.IN.D.	Mon	1:00 PM	3:00 PM	For more information contact Abby T.			<b>FREE</b>	<b>FREE</b>	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			<b>FREE</b>	<b>FREE</b>	Abby T./Sue P.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Jun 17	Aug 19		<b>FREE</b>	\$49.25	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Jun 18	Aug 20		<b>FREE</b>	\$49.25	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Jun 19	Aug 21		<b>FREE</b>	\$49.25	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Jun 20	Aug 22	Jul 4	<b>FREE</b>	\$49.25	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Jun 21	Aug 23	Jul 5	<b>FREE</b>	\$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