



ForeverWell

Fall 1 2023 • Sept 5 - October 29

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
Jackie and Steve Kane Center										
Yoga-Chair	Tue	11:15 AM	12:00 PM	Sept 5	Oct 24		\$31.50	\$55.00	Mynn	Studio C
Sturgeon Bay Center										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Sept 11	Oct 23		\$31.50	\$63.00	Suzanne H.	Virtual

BODY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										
ForeverWell Strength	Mon	9:15 AM	10:00 AM	Sept 11	Oct 23		\$14.00	\$56.00	Bonnie	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Sept 6	Oct 25		\$14.00	\$56.00	Bonnie	Studio A
Silver Sneakers BOOM	Wed	10:15 AM	11:00 AM	Sept 6	Oct 25		FREE	\$39.50	Bailey	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Sept 11	Oct 23		FREE	\$39.50	Kay	Gym
Silver Sneakers Classic	Tue	10:15 AM	11:00 AM	Sept 5	Oct 24		FREE	\$39.50	Mynn	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Sept 7	Oct 26		FREE	\$39.50	Trish	Gym
Silver & Fit	Fri	10:15 AM	11:00 AM	Sept 8	Oct 27		FREE	\$39.50	Bailey	Gym

Sturgeon Bay Center										
Cycle- ForeverWell	Wed	10:15 AM	10:45 AM	Sept 6	Oct 25		\$22.50	\$56.00	Abby T.	Studio 2
ForeverWell Strength (formerly known as Senior Strength)	Mon	7:50 AM	8:25 AM	Sept 11	Oct 23		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength (formerly known as Senior Strength)	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength (formerly known as Senior Strength)	Thu	8:50 AM	9:25 AM	Sept 7	Oct 26		\$14.00	\$56.00	Mary Claire M.	Virtual
ForeverWell Strength (formerly known as Senior Strength)	Fri	7:50 AM	8:25 AM	Sept 8	Oct 28		\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM	Mon	9:00 AM	9:45 AM	Sep 18	Oct 23		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM	Wed	9:00 AM	9:45 AM	Sep 18	Oct 25		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Sept 11	Oct 23		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Sept 6	Oct 25		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Sept 5	Oct 17	Oct 24	FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Sept 8	Oct 27		FREE	\$39.50	Abby T.	Virtual

COMMUNITY

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										

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
Fibromyalgia Support Group	Thu	1:00 PM	3:00 PM	First Thursday of the month	--	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	2nd & 4th Monday	--	FREE	FREE	--	Social Lounge
Together Tuesday	Tue	11:00 AM	1:00 PM	2nd & 4th Tuesday of the month		FREE	FREE	--	Social Lounge
Wisdom Wednesday	Wed	11:00 AM	12:30 PM	Third Wednesday of the month		FREE	FREE	--	Social Lounge
Technology Thursday	Thu	11:00 AM	12:00 PM	First Thursday of the month		FREE	FREE	--	Social Lounge
Women's Bible Study coming soon... stay tuned!									
Sturgeon Bay Center									
Together Tuesday	Tue			1st and 3rd Tuesday of the month		FREE	FREE		Community Room
Wisdom Wednesday	Wed			2nd Wednesday of the month		FREE	FREE		Community Room

NATURE

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Crossroads Hike	Mon			September 11th			FREE	FREE		Call for more information
Eagle Tower/Sentinel Trail	Mon			September 25th			FREE	FREE		Call for more information
Bay Shore Blufflands	Mon			October 16th			FREE	FREE		Call for more information

SPECIALTY PROGRAMS

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Jackie and Steve Kane Center										
Knee & Hip Joint	T/Th	11:15 AM	12:00 PM	Sept 5	Oct 26		\$14.00	\$28.00	Amy J /DCMC	Gym
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Sept 7	Oct 26		FREE	\$54.50	Bonnie	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Sept 11	Oct 23		\$14.00	\$56.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Sept 8	Oct 27		\$14.00	\$56.00	Bill W	Pool
Sturgeon Bay Center										
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Sept 6	Oct 25		\$14.00	\$28.00	Mary Claire M. /Sarah G. /DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Sept 5	Oct 26		\$14.00	\$28.00	Christine M. /DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 24		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Sept 5	Oct 24		FREE	\$39.50	Christine M.	Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Sept 7	Oct 26		FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	Sept 5	Nov 28	Nov 23	FREE	FREE	Abby T.	Studio 3
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$39.50	Christine M.	Studio 3
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Sept 11	Oct 23		FREE	\$39.50	Christine M.	Virtual

M.IN.D.	Mon	1:00 PM	3:00 PM	Contact Abby T. for more details			FREE	FREE	Christine M/DCMC	Studio 2/3
Moving For Better Balance	T/Th	9:15 AM	10:15 AM	Sept 5	Nov 28	Nov 23	\$65.00	\$85.00	Abby T./Sarah G.	Studio 2
Moving For Better Balance Alumni	Mon	10:30 AM	11:00 AM	Sept 11	Oct 23		\$17.00	\$70.00	Sarah G./Abby T.	Studio 1
Parkinson's Exercise	T/Th	2:15 PM	3:15 PM	Monthly			\$45.00	\$75.00	Christine M./DCMC	Studio 2/Gym C
Stepping On	Wed	1:00 PM	3:00 PM	Sept 11	Oct 23		FREE	FREE	Sarah G./Abby T.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Sept 11	Oct 23		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Sept 5	Oct 24		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Sept 6	Oct 25		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Sept 7	Oct 26		FREE	\$39.50	Becky G.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Sept 8	Oct 27		FREE	\$39.50	Ann E.	Rec Pool
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Sept 5	Nov 28	Oct 24	\$65.00	\$85.00	Tess J.	Meeting Rm.