



ForeverWell

Fall 2 2023 • October 30–December 23

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	Oct 31	Dec 19		\$31.50	\$55.00	Mynn	Studio C
Sturgeon Bay Center										
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$31.50	\$63.00	Suzanne H.	Studio 1
Yoga-Chair	Mon	10:15 AM	11:15 AM	Oct 30	Dec 18		\$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	Oct 30	Dec 18		\$14.00	\$56.00	Bonnie	Studio A
ForeverWell Strength	Wed	9:15 AM	10:00 AM	Nov 1	Dec 20		\$14.00	\$56.00	Bonnie	Studio A
Silver Sneakers BOOM MUSCLE	Wed	10:15 AM	11:00 AM	Nov 1	Dec 20		FREE	\$39.50	Bailey	Gym
Silver Sneakers Classic	Mon	10:15 AM	11:00 AM	Oct 30	Dec 18		FREE	\$39.50	Kay	Gym
Silver Sneakers Classic	Thu	10:15 AM	11:00 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Trish	Gym
Silver & Fit	Fri	10:15 AM	11:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Bailey	Gym
Sturgeon Bay Center										
ForeverWell Strength	Mon	7:50 AM	8:25 AM	Oct 30	Dec 18		\$14.00	\$56.00	Dwight Z.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Gym Ctr.
ForeverWell Strength	Thu	8:50 AM	9:25 AM	Nov 2	Dec 21	Nov 23	\$14.00	\$56.00	Mary Claire M.	Virtual
ForeverWell Strength	Fri	7:50 AM	8:25 AM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Abby T.	Gym Ctr.
Silver Sneakers BOOM MUSCLE	Mon	9:00 AM	9:45 AM	Oct 30	Dec 18		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers BOOM MUSCLE	Wed	9:00 AM	9:45 AM	Nov 1	Dec 20		FREE	\$39.50	Abby T.	Gym C
Silver Sneakers Classic	Mon	10:30 AM	11:15 AM	Oct 30	Dec 18		FREE	\$39.50	Heidi B.	Gym A/B
Silver Sneakers Classic	Tue	8:00 AM	8:45 AM	Oct 31	Dec 19		FREE	\$39.50	Linda W.	Gym A/B
Silver Sneakers Classic	Wed	10:30 AM	11:15 AM	Nov 1	Dec 20		FREE	\$39.50	Sarah G.	Gym A/B
Silver Sneakers Classic	Thu	8:00 AM	8:45 AM	Nov 2	Dec 21		FREE	\$39.50	Christine M.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	FREE	\$39.50	Abby T.	Gym A/B
Silver Sneakers Classic	Fri	9:15 AM	10:00 AM	Nov 3	Dec 22	Nov 24	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		Nov 24	FREE	FREE	--	Social Lounge
Mahjongg-Advanced	Fri	1:00 PM	3:00 PM	Advance Play Every Friday		Nov 24	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
Sturgeon Bay Center										
Together Tuesday	Tue			1st and 3rd Tuesday of the month			FREE	FREE		Comm Rm
Wisdom Wednesday	Wed			2nd Wednesday of the month			FREE	FREE		Comm Rm
Technology Thursday	Thurs			4th Thursday of the month			FREE	FREE		Comm Rm

NATURE

CLASS	DAY	START	END	START	END	NO CLASS	MEMBER	COMM.	INST	LOC
Peterson Park	11/15	10:30 AM	11:30 AM						Abby T.	

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	Oct 31	Dec 21	Nov 23	\$14.00	\$28.00	Amy J/DCMC	Gym
Twinges & Hinges	Thu	10:00 AM	10:30 AM	Nov 2	Dec 21	Nov 23	FREE	\$54.50	Bonnie	Pool
Senior Stretch & Tone	Mon	11:15 AM	12:00 PM	Oct 30	Dec 18		\$14.00	\$56.00	Bill W	Pool
Senior Stretch & Tone	Fri	11:15 AM	12:00 PM	Nov 3	Dec 22	Nov 24	\$14.00	\$56.00	Bill W	Pool
Sturgeon Bay Center										
Aquatic Knee & Hip Joint	M/W	11:30 AM	12:15 PM	Oct 30	Dec 20		\$14.00	\$28.00	Mary Claire M. /Sarah G./DCMC	Rec Pool
Knee & Hip Joint	T/Th	11:45 AM	12:30 PM	Oct 31	Dec 21	Nov 23	\$14.00	\$28.00	Christine M./DCMC	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Studio 2/3
Land Arthritis	Tue	10:30 AM	11:15 AM	Oct 31	Dec 19		FREE	\$39.50	Christine M.	Virtual
Land Arthritis	Thu	10:30 AM	11:15 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Christine M.	Studio 2/3
LIVESTRONG® at the YMCA	T/Th	1:00 PM	2:15 PM	In session.Contact Abby T for more details		Nov 23	FREE	FREE	Abby T.	Studio 1
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		FREE	\$39.50	Christine M.	Studio 2
LIVESTRONG® at the YMCA Alumni	Mon	11:30 AM	12:00 PM	Oct 30	Dec 18		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 Alumni	Mon	10:30 AM	11:00 AM	Oct 30	Dec 18		\$14.00	\$28.00	Sarah G./Abby T.	Studio 2
Parkinson's Exercise	T/Th	1:15 PM	2:15 PM	Monthly		Nov 23	\$45.00	\$75.00	Christine M./DCMC	Studio 2/Gym C
Stepping On	Wed	1:00 PM	3:00 PM	Contact Abby T. for more details			FREE	FREE	Sarah G./Abby T.	ADRC
Twinges	Mon	9:30 AM	10:15 AM	Oct 30	Dec 18		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Tue	8:30 AM	9:15 AM	Oct 31	Dec 19		FREE	\$39.50	Claire M.	Rec Pool
Twinges	Wed	9:30 AM	10:15 AM	Nov 1	Dec 20		FREE	\$39.50	Ann E.	Rec Pool
Twinges	Thu	8:30 AM	9:15 AM	Nov 2	Dec 21	Nov 23	FREE	\$39.50	Abby T.	Rec Pool
Twinges	Fri	9:30 AM	10:15 AM	Nov 3	Dec 22	Nov 24	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.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Nov 28	Feb 20		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	4:00 PM	5:00 PM	Nov 28	Feb 20		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	5:30 PM	6:30 PM	Nov 28	Feb 20		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	8:30 AM	9:30 AM	Jan 4	Mar 21		\$65.00	\$85.00	Tess J.	Virtual
Y's Weight Loss Program	Tue	11:30 AM	12:30 PM	Jan 9	Mar 26		\$65.00	\$85.00	Tess J.	Comm Rm
Y's Weight Loss Program	Tue	10:00 AM	11:00 AM	Jan 23	Apr 9		\$65.00	\$85.00	Tess J.	Comm Rm