



# ForeverWell

Winter 2 2024 • February 26 - April 21

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 | Feb 26 | Apr 15 |          | \$31.50 | \$63.00 | Suzanne H. | Studio 1 |
| Yoga-Chair                 | Mon | 10:15 AM | 11:15 AM | Feb 26 | Apr 15 |          | \$31.50 | \$63.00 | Suzanne H. | Virtual  |

## 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 | Feb 26 | Apr 15 |          | \$14.00 | \$56.00 | Bonnie S.      | Studio A |
| ForeverWell Strength                | Wed | 9:15 AM  | 10:00 AM | Feb 28 | Apr 17 |          | \$14.00 | \$56.00 | Bonnie S.      | Studio A |
| Silver Sneakers BOOM MUSCLE         | Tue | 9:15 AM  | 10:00 AM | Feb 27 | Apr 16 |          | FREE    | \$39.50 | Kim D.         | Gym      |
| Silver Sneakers BOOM MUSCLE         | Wed | 10:15 AM | 11:00 AM | Feb 28 | Apr 17 |          | FREE    | \$39.50 | Bailey C.      | Gym      |
| Silver Sneakers Classic             | Mon | 10:15 AM | 11:00 AM | Feb 26 | Apr 15 |          | FREE    | \$39.50 | Kay N.         | Gym      |
| Silver Sneakers Classic             | Tue | 10:15 AM | 11:00 AM | Feb 27 | Apr 16 |          | FREE    | \$39.50 | Kim D.         | Gym      |
| Silver Sneakers Classic             | Thu | 10:15 AM | 11:00 AM | Feb 29 | Apr 18 |          | FREE    | \$39.50 | Kim D.         | Gym      |
| Silver & Fit                        | Fri | 10:15 AM | 11:00 AM | Mar 1  | Apr 19 |          | FREE    | \$39.50 | Bailey C.      | Gym      |
| <b>Sturgeon Bay Center</b>          |     |          |          |        |        |          |         |         |                |          |
| ForeverWell Strength                | Mon | 7:50 AM  | 8:25 AM  | Feb 26 | Apr 15 |          | \$14.00 | \$56.00 | Dwight Z.      | Gym Ctr. |
| ForeverWell Strength                | Thu | 8:50 AM  | 9:25 AM  | Feb 29 | Apr 18 |          | \$14.00 | \$56.00 | Mary Claire M. | Gym Ctr. |
| ForeverWell Strength                | Thu | 8:50 AM  | 9:25 AM  | Feb 29 | Apr 18 |          | \$14.00 | \$56.00 | Mary Claire M. | Virtual  |
| ForeverWell Strength                | Fri | 7:50 AM  | 8:25 AM  | Mar 1  | Apr 19 |          | \$14.00 | \$56.00 | Abby T.        | Gym Ctr. |
| Silver Sneakers BOOM MUSCLE         | Mon | 9:00 AM  | 9:45 AM  | Feb 26 | Apr 15 |          | FREE    | \$39.50 | Abby T.        | Gym C    |
| Silver Sneakers BOOM MUSCLE         | Wed | 9:00 AM  | 9:45 AM  | Feb 28 | Apr 17 |          | FREE    | \$39.50 | Abby T.        | Gym C    |
| Silver Sneakers Classic             | Mon | 10:30 AM | 11:15 AM | Feb 26 | Apr 15 |          | FREE    | \$39.50 | Heidi B.       | Gym A/B  |
| Silver Sneakers Classic             | Tue | 8:00 AM  | 8:45 AM  | Feb 27 | Apr 16 |          | FREE    | \$39.50 | Linda W.       | Gym A/B  |
| Silver Sneakers Classic             | Wed | 10:30 AM | 11:15 AM | Feb 28 | Apr 17 |          | FREE    | \$39.50 | Kim D.         | Gym A/B  |
| Silver Sneakers Classic             | Thu | 8:00 AM  | 8:45 AM  | Feb 29 | Apr 18 |          | FREE    | \$39.50 | Christine M.   | Gym A/B  |
| Silver Sneakers Classic             | Fri | 9:15 AM  | 10:00 AM | Mar 1  | Apr 19 |          | FREE    | \$39.50 | Abby T.        | Gym A/B  |
| Silver Sneakers Classic             | Fri | 9:15 AM  | 10:00 AM | Mar 1  | Apr 19 |          | 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  | 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 |
| <b>Sturgeon Bay Center</b>          |     |          |          |                                |     |          |        |       |      |               |

|                  |     |  |  |                                  |  |             |             |  |         |
|------------------|-----|--|--|----------------------------------|--|-------------|-------------|--|---------|
| Together Tuesday | Tue |  |  | 1st and 3rd Tuesday of the month |  | <b>FREE</b> | <b>FREE</b> |  | Comm Rm |
| Wisdom Wednesday | Wed |  |  | 2nd 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 |
|---|-----|-------|-----|-------|-----|----------|--------|-------|------|-----|
| 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           | Feb 27                               | Apr 18            |          | \$14.00            | \$28.00            | Rotation/DCMC                | Gym                |
| Twinges & Hinges                             | Thu            | 10:00 AM           | 10:30 AM           | Feb 29                               | Apr 18            |          | <b>FREE</b>        | \$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           | Feb 26                               | Apr 17            |          | \$14.00            | \$28.00            | Mary Claire M./Sarah G./DCMC | Rec Pool           |
| Knee & Hip Joint                             | T/Th           | 11:45 AM           | 12:30 PM           | Feb 27                               | Apr 18            |          | \$14.00            | \$28.00            | Christine M./DCMC            | Studio 2/3         |
| Land Arthritis                               | Tue            | 10:30 AM           | 11:15 AM           | Feb 27                               | Apr 16            |          | <b>FREE</b>        | \$39.50            | Christine M.                 | Studio 2/3         |
| Land Arthritis                               | Tue            | 10:30 AM           | 11:15 AM           | Feb 27                               | Apr 16            |          | <b>FREE</b>        | \$39.50            | Christine M.                 | Virtual            |
| Land Arthritis                               | Thu            | 10:30 AM           | 11:15 AM           | Feb 29                               | Apr 18            |          | <b>FREE</b>        | \$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. |                   |          | <b>FREE</b>        | <b>FREE</b>        | Abby T./Megan S.             | Studio 1           |
| STAYSTRONG                                   | Tue            | 2:30 PM            | 3:15 PM            | Feb 27                               | Apr 16            |          | <b>FREE</b>        | \$39.50            | Abby T./Megan S.             | Wellness Ctr.      |
| LIVESTRONG® at the YMCA Alumni               | Mon            | 11:30 AM           | 12:00 PM           | Feb 26                               | Apr 15            |          | <b>FREE</b>        | \$39.50            | Christine M.                 | Comm Rm            |
| LIVESTRONG® at the YMCA Alumni               | Mon            | 11:30 AM           | 12:00 PM           | Feb 26                               | Apr 15            |          | <b>FREE</b>        | \$39.50            | 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           | For more information contact Abby T. |                   |          | \$65.00            | \$85.00            | 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            | For more information contact Abby T. |                   |          | <b>FREE</b>        | <b>FREE</b>        | Sarah G./Abby T.             | ADRC               |
| Twinges                                      | Mon            | 9:30 AM            | 10:15 AM           | Feb 26                               | Apr 15            |          | <b>FREE</b>        | \$39.50            | Ann E.                       | Rec Pool           |
| Twinges                                      | Tue            | 8:30 AM            | 9:15 AM            | Feb 27                               | Apr 16            |          | <b>FREE</b>        | \$39.50            | Becky G.                     | Rec Pool           |
| Twinges                                      | Wed            | 9:30 AM            | 10:15 AM           | Feb 28                               | Apr 17            |          | <b>FREE</b>        | \$39.50            | Ann E.                       | Rec Pool           |
| Twinges                                      | Thu            | 8:30 AM            | 9:15 AM            | Feb 29                               | Apr 18            |          | <b>FREE</b>        | \$39.50            | Becky G.                     | Rec Pool           |
| Twinges                                      | Fri            | 9:30 AM            | 10:15 AM           | Mar 1                                | Apr 19            |          | <b>FREE</b>        | \$39.50            | Ann E.                       | Rec Pool           |
| <del>Y's Weight Loss Program</del>           | <del>Tue</del> | <del>5:15 AM</del> | <del>6:15 AM</del> | <del>Feb 27</del>                    | <del>May 14</del> |          | <del>\$65.00</del> | <del>\$85.00</del> | <del>Tess J.</del>           | <del>Comm Rm</del> |
| Y's Weight Loss Program                      | Tue            | 8:30 AM            | 9:30 AM            | Feb 27                               | May 14            |          | \$65.00            | \$85.00            | Tess J.                      | Comm Rm            |
| Y's Weight Loss Alumni Club                  | Tue            | 11:30 AM           | 12:00 PM           | Feb 27                               | May 14            |          | \$14.00            | \$28.00            | Tess J.                      | Comm Rm            |
| Art Exploration for Adults with Disabilities | Wed            | 10:30 AM           | 11:30 AM           | Mar 13                               | Mar 13            |          | \$10.00            | \$10.00            | Becky B.                     | Studio 3           |
| 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           |