



ForeverWell

SPRING 2024 • April 22 - June 16

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 |
|----------------------------|-----|----------|----------|--------|--------|----------|---------|---------|------------|----------|
| Sturgeon Bay Center | | | | | | | | | | |
| Yoga-Chair | Mon | 10:15 AM | 11:15 AM | Apr 22 | Jun 10 | May 27 | \$31.50 | \$63.00 | Suzanne H. | Studio 1 |

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 | Apr 22 | Jun 10 | May 27 | \$14.00 | \$56.00 | Bonnie S. | Studio A |
| ForeverWell Strength | Wed | 9:15 AM | 10:00 AM | Apr 24 | Jun 12 | | \$14.00 | \$56.00 | Bonnie S. | Studio A |
| Silver Sneakers BOOM MUSCLE | Wed | 10:15 AM | 11:00 AM | Apr 24 | Jun 12 | | FREE | \$39.50 | Bailey C. | Gym |
| Silver Sneakers Classic | Mon | 10:15 AM | 11:00 AM | Apr 22 | Jun 10 | May 27 | FREE | \$39.50 | Kay N. | Gym |
| Silver Sneakers Classic | Tue | 10:15 AM | 11:00 AM | Apr 23 | Jun 11 | | FREE | \$39.50 | Kim D. | Gym |
| Silver Sneakers Classic | Thu | 10:15 AM | 11:00 AM | Apr 25 | Jun 13 | May 16 | FREE | \$39.50 | Kim D. | Gym |
| Silver & Fit | Fri | 10:15 AM | 11:00 AM | Apr 26 | Jun 14 | | FREE | \$39.50 | Bailey C. | Gym |
| Sturgeon Bay Center | | | | | | | | | | |
| ForeverWell Strength | Mon | 7:50 AM | 8:25 AM | Apr 22 | Jun 10 | May 27 | \$14.00 | \$56.00 | Dwight Z. | Gym Ctr. |
| ForeverWell Strength | Thu | 8:50 AM | 9:25 AM | Apr 25 | Jun 13 | | \$14.00 | \$56.00 | Mary Claire M. | Gym Ctr. |
| ForeverWell Strength | Thu | 8:50 AM | 9:25 AM | Apr 25 | Jun 13 | | \$14.00 | \$56.00 | Mary Claire M. | Virtual |
| ForeverWell Strength | Fri | 7:50 AM | 8:25 AM | Apr 26 | Jun 14 | | \$14.00 | \$56.00 | Abby T. | Gym Ctr. |
| Silver Sneakers BOOM MUSCLE | Mon | 9:00 AM | 9:45 AM | Apr 22 | Jun 10 | May 27 | FREE | \$39.50 | Abby T. | Gym C |
| Silver Sneakers BOOM MUSCLE | Wed | 9:00 AM | 9:45 AM | Apr 24 | Jun 12 | May 15 | FREE | \$39.50 | Abby T. | Gym C |
| Silver Sneakers Classic | Mon | 10:30 AM | 11:15 AM | Apr 22 | Jun 10 | May 27 | FREE | \$39.50 | Heidi B. | Gym A/B |
| Silver Sneakers Classic | Tue | 8:00 AM | 8:45 AM | Apr 23 | Jun 11 | | FREE | \$39.50 | Linda W. | Gym A/B |
| Silver Sneakers Classic | Wed | 10:30 AM | 11:15 AM | Apr 24 | Jun 12 | May 15 | FREE | \$39.50 | Kim D. | Gym A/B |
| Silver Sneakers Classic | Thu | 8:00 AM | 8:45 AM | Apr 25 | Jun 13 | | FREE | \$39.50 | Christine M. | Gym A/B |
| Silver Sneakers Classic | Fri | 9:15 AM | 10:00 AM | Apr 26 | Jun 14 | | FREE | \$39.50 | Abby T. | Gym A/B |
| Silver Sneakers Classic | Fri | 9:15 AM | 10:00 AM | Apr 26 | Jun 14 | | 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 |
| 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 | | | -- | FREE | FREE | -- | Social Lounge |
| Together Tuesday | Tue | 11:00 AM | 1:00 PM | Apr 22, May 6, May 20, Jun 10 | | | FREE | FREE | -- | Social Lounge |
| Wisdom Wednesday | Wed | 11:00 AM | 12:30 PM | 2nd & 4th Tuesday of the month | | | FREE | FREE | -- | Social Lounge |
| Sturgeon Bay Center | | | | | | | | | | |
| Together Tuesday | Tue | 11:30 AM | 12:30 PM | 1st and 3rd Tuesday of the month | | | FREE | FREE | | Comm Rm |
| Wisdom Wednesday | Wed | 11:30 AM | 12:30 PM | 2nd Wednesday of the month | | | FREE | FREE | | 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 |
|--|------|----------|----------|--------------------------------------|--------|--------------------------------|----------|----------|------------------------------|-----------------|
| Jackie and Steve Kane Center | | | | | | | | | | |
| Knee & Hip Joint | T/Th | 11:15 AM | 12:00 PM | Apr 23 | Jun 13 | May 16 | \$14.00 | \$28.00 | Rotation/DCMC | Gym |
| Twinges & Hinges | Thu | 10:00 AM | 10:30 AM | Apr 25 | Jun 13 | May 16 | FREE | \$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 |
| Sturgeon Bay Center | | | | | | | | | | |
| Aquatic Knee & Hip Joint | M/W | 11:30 AM | 12:15 PM | Apr 22 | Jun 5 | May 15, May 27, Jun 10, Jun 12 | \$10.50 | \$21.00 | Mary Claire M./Sarah G./DCMC | Rec Pool |
| Knee & Hip Joint | T/Th | 11:45 AM | 12:30 PM | Apr 23 | Jun 13 | | \$14.00 | \$28.00 | Christine M./DCMC | Studio 2/3 |
| Land Arthritis | Tue | 10:30 AM | 11:15 AM | Apr 23 | Jun 11 | | FREE | \$39.50 | Christine M. | Studio 2/3 |
| Land Arthritis | Thu | 10:30 AM | 11:15 AM | Apr 25 | Jun 13 | | FREE | \$39.50 | Christine M. | Virtual |
| Land Arthritis | Thu | 10:30 AM | 11:15 AM | Apr 25 | Jun 13 | | FREE | \$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. | | | FREE | FREE | Abby T./Megan S. | Studio 1 |
| STAYSTRONG | Tue | 2:30 PM | 3:15 PM | Apr 23 | Jun 11 | | FREE | \$39.50 | Abby T./Megan S. | Wellness Ctr. |
| LIVESTRONG® at the YMCA Alumni | Mon | 11:30 AM | 12:00 PM | Apr 22 | Jun 10 | May 27 | FREE | \$39.50 | Christine M. | Comm Rm |
| LIVESTRONG® at the YMCA Alumni | Mon | 11:30 AM | 12:00 PM | Apr 22 | Jun 10 | May 27 | FREE | \$39.50 | 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 | Apr 23 | Jul 16 | Jul 4 | \$75.00 | \$95.00 | 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 | Apr 22 | Jun 10 | May 27 | FREE | FREE | Abby T./Sue P. | ADRC |
| Twinges | Mon | 9:30 AM | 10:15 AM | Apr 22 | Jun 3 | May 27, Jun 10 | FREE | \$39.50 | Ann E. | Rec Pool |
| Twinges | Tue | 8:30 AM | 9:15 AM | Apr 23 | Jun 4 | Jun 11 | FREE | \$39.50 | Becky G. | Rec Pool |
| Twinges | Wed | 9:30 AM | 10:15 AM | Apr 24 | Jun 5 | May 15, Jun 12 | FREE | \$39.50 | Ann E. | Rec Pool |
| Twinges | Thu | 8:30 AM | 9:15 AM | Apr 25 | Jun 6 | Jun 13 | FREE | \$39.50 | Becky G. | Rec Pool |
| Twinges | Fri | 9:30 AM | 10:15 AM | Apr 26 | Jun 7 | Jun 14 | FREE | \$39.50 | Ann E. | Rec Pool |
| Y's Weight Loss Program | Tue | 8:30 AM | 9:30 AM | May 21 | Aug 6 | | \$100.00 | \$125.00 | Tess J. | Comm Rm |
| Y's Weight Loss Program | Tue | 10:00 AM | 11:00 AM | Apr 23 | Jul 9 | | \$100.00 | \$125.00 | Tess J. | Comm Rm |
| Y's Weight Loss Alumni Club | Tue | 11:15 AM | 11:45 AM | Apr 23 | Jun 11 | | \$14.00 | \$28.00 | Tess J. | Comm Rm |
| 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 |
| Art Exploration for Adults with Disabilities | Wed | 10:30 AM | 11:30 AM | May 8 | May 8 | | \$10.00 | \$10.00 | Becky B. | Studio 3 |

Senior Health and Wellness Day (Skin Cancer Screening, Fall and Memory Assessments, and more)

| Jackie and Steve Kane Center | | | | | | | | | | |
|--|------|-------|-------|------------------------------------|--|--|----------|--|--|-----------|
| Session 1 | | | | | | | | | | |
| Tick Bites/ Preventing Lyme disease | 5/16 | 9:00 | 9:45 | Lindsey Donohue | | | Studio A | | | 30 People |
| What is Senior Life Solutions | 5/16 | 9:00 | 9:45 | Jennalee Lundquist | | | Studio C | | | 30 People |
| Session 2 | | | | | | | | | | |
| Memory Questions Answered | 5/16 | 10:00 | 10:45 | Christy Wisniewski | | | Studio A | | | 30 people |
| Silver Sneakers BOOM | 5/16 | 10:00 | 10:45 | Kim DeCock | | | Gym | | | 30 People |
| Session 3 | | | | | | | | | | |
| The benefits of anti-inflammatory foods | 5/16 | 11:00 | 11:45 | Cathy Keller | | | Studio A | | | 30 People |
| CredibleMind Door County: Mental Health at your fingertips | 5/16 | 11:00 | 11:45 | Shauna Blackledge/DC Public Health | | | Studio C | | | 30 People |

| Sturgeon Bay Center | | | | | | | | | |
|---|------|-------|-------|------------------------------------|------------|--|--|--|-----------|
| Session 1 | | | | | | | | | |
| The benefits of anti-inflammatory foods | 5/15 | 9:00 | 9:45 | Cathy Keller | Studio 2/3 | | | | 50 People |
| What is Senior Life Solutions | 5/15 | 9:00 | 9:45 | Jennalee Lundquist | Studio 1 | | | | 30 People |
| Silver Sneakers BOOM Muscle | 5/15 | 9:00 | 9:45 | Abby Tesch | Gym A/B | | | | 45 People |
| Guided Meditation | 5/15 | 9:00 | 9:45 | Sara Oswald | Gym C | | | | 30 People |
| Session 2 | | | | | | | | | |
| Advanced Directives | 5/15 | 10:00 | 10:45 | John Hauser and Erin Szakala | Studio 2/3 | | | | 50 People |
| Preparing for Retirement: Income and Health Insurance Options | 5/15 | 10:00 | 10:45 | Jessica Flores | Studio 1 | | | | 30 People |
| Fall Prevention | 5/15 | 10:00 | 10:45 | Abby Tesch | Gym C | | | | 30 People |
| Chair Yoga | 5/15 | 10:00 | 10:45 | Suzanne Holvenstot | Gym A/B | | | | 45 People |
| Session 3 | | | | | | | | | |
| Caring for our feet as we age | 5/15 | 11:00 | 11:45 | Dr. Ellen Barton | Studio 2/3 | | | | 50 People |
| CredibleMind Door County: Mental Health at your fingertips | 5/15 | 11:00 | 11:45 | Shauna Blackledge/DC Public Health | Studio 1 | | | | 30 People |
| Twinges | 5/15 | 11:00 | 11:45 | Sarah Gavin | Rec Pool | | | | 20 People |
| Silver Sneakers Classic | 5/15 | 11:00 | 11:45 | Heidi Bader | Gym A/B | | | | 45 People |
| YMCA Weight Loss | 5/15 | 11:00 | 11:45 | Tess Johnson | Meeting Rm | | | | 20 People |