



# Advantage

**FALL SEASON: October - December 2018**

The Advantage is published quarterly by AgeWell Services, 560 Seminole Rd., Muskegon, MI 49444.

Volume 10, Issue 4

Wellness Office  
(231) 733-8643

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**The following activities are made possible by the Muskegon County Senior Millage and Senior Resources and will be provided on a donation basis.** Must call the AgeWell Wellness Office to reserve your spot by calling 231-733-8643

**MCC Lakeshore Fitness – Senior Swim Days** 900 W. Western Ave. September 25 - November 1 - Tuesday and Thursdays 2:00P – 3:00P  
MCC Lakeshore Fitness is opening their doors to us. You must register for each day you would like to attend. This is not an open swim, but a variety of water classes in the shallow end of the pool. *Limited to 25 participants per day.*

**Nuveen Community Center of the Arts – Wire Wrap Necklace** 106 E Colby St October 18, 6-7:30  
Learn basic wrapping techniques while you make your own wire wrap necklace. Stones will be provided, but you can bring your own. *Limited to 15 participants*

**Nuveen Community Center of the Arts – Mosaic Letters** 106 E Colby St November 5, 3 – 4:30PM  
*Pick a letter and mosaic with glass for a fun and functional home decor piece. Limited to 15 participants*

### Lunch & Learns

The goal of the Lunch & Learns is to enhance the skills, knowledge, thinking, and learning abilities of participants based on the AgeWell Services Dimensions

of Wellness—SPINS (Social, Physical, Intellectual, Nutritional and Spiritual). They are provided in a relaxing, informal environment where participants have the opportunity to learn about something new and interesting. New topics every month!

Participants must meet the following requirements:

1. 60 years or older
2. Muskegon County Resident
3. Register with AgeWell Services 1 week in advance, 231-733-8643

12-1:30 PM

Boxed lunch will be provided on a donation basis

Arrive 15 minutes early to check-in and pick up your lunch

### LOCATIONS:

White Lake Area Community Education - (Oct. 22, Nov. 19, Dec. 17)

Orchard View Community Education - (Oct. 17, Nov. 14, Dec. 19)

MCC Lakeshore Fitness - (Oct. 12, Nov. 9, Dec. 14)

RPNIA Rebecca Lenoir Center/River Road - (Oct. 24, Nov. 27, Dec. 18)

Made Possible By: **SeniorResources**  *Our Name. Our Focus.*

 **Muskegon County Senior Millage**

## Letter from the Director

Dear Members and Potential New Members:

It's a great time to take "Advantage" of membership to the Tanglewood Park Wellness Center! Our team is working hard to listen to your feedback so we can schedule classes and activities that generate interest for a wide variety of ages, stages and abilities. Have a special field of interest or hold a skill set that could benefit others? Or maybe you're passionate about a specific craft or game you'd like to share with others? Let our team know! We're always open to new ideas.

In September, our extended team from AgeWell Services is hosting a Lunch & Learn series throughout Muskegon County, supported by the Muskegon County Senior Millage administered by our partners at Senior Resources. Hot topics will be scheduled based on feedback we receive from attendees. Surveys and focus groups will be conducted at each location to determine topics. See inside for dates and times! We hope to see you or your friends in White Lake, Muskegon Heights, Orchard View, Reeths-Puffer, and Muskegon Community College's Lakeshore Fitness Center. Please help us spread the word!

We are also proud to announce a new partnership with the Muskegon YMCA by hosting their LIVESTRONG program at the Wellness Center. The goal of LIVESTRONG with the YMCA is to empower adult cancer survivors to reclaim their health by building cardiovascular endurance, muscular strength, core flexibility and balance and reducing the severity of treatment side effects. As a donor to the YMCA, I have heard excellent testimonies from previous participants about how much this helped them cope through their cancer journey. Not only was the exercise important to their recovery, so were the connections they made with others.

Last, we are thrilled to welcome back Mary Gherardi into the Wellness Office! Mary is a familiar face to so many of you. She continues to wrap up another successful year with the Project Fresh Program while assisting members and potential members with enrollment, questions and tours. We love having her back on the team with Francine and Kathie. What an awesome trio!

See you soon!

Kris Collee, Executive Director

### AgeWell Wellness Center Success Story

**Name:** Orrin Cutler

**AgeWell Member Since:** 2012

#### What classes have you taken at AgeWell?

I have been coming for at least 5 or 6 years and working out in the exercise room. I am usually there Monday through Friday, five days a week, for one or two hours.

#### What is your greatest success since becoming an AgeWell member?

I have met a lot of people! More in 5 or 6 years than I did in all the rest of my life.

#### Hear it from Orrin:

"I'm 73 years young and many of the people are my age or younger, and I enjoy them all! I especially enjoy Francine and the office staff. Thank you AgeWell Services and all the staff for keeping me younger and happier with my life!!"



**Membership Info / Pricing**

FALL SEASON: October 1 - December 21, 2018

\*AgeWell Services Wellness Center and Café CLOSED: November 1, 22 & 23, December 24, 25 & 31

Benefits	General Membership (\$9/month or \$99/year)	Priority Health Membership (Included with select Priority Health Insurance Plans)	Unlimited Fitness Membership (\$45/month)	Walk-in Visitor (\$5 per drop-in fitness class)
Fitness Room Access	✓	✓	✓	✗
Library Access	✓	✓	✓	✗
Computer Lab	✓	✓	✓	✗
Special Education Opportunities	✓	✓	✓	✗
\$5 Per Fitness Class	✓	✓	✗	✓
Unlimited Fitness Classes	✗	✗	✓	✗
1 Free Class	✗	✓	✗	✗

Benefits	1 Art Class Membership (\$107/Season)	2 Art Class Membership (\$187/Season)	Walk-in Visitor (\$10 per drop-in art class)
1 Art Class/week for the Season	✓	✓	✗
2 Art Classes/week for the Season	✗	✓	✗
3-Month General Membership (see above)	✓	✓	✗
\$10 Per Art Class	✗	✗	✓

**Wellness Office Contact Information**

Executive Director  
Kris Collee  
(231) 733-8630

Mission Services Senior Manager  
Angela Weaver  
(231) 683-2649

Wellness Program Assistant  
Kathie Olsen  
(231) 733-8643

Mission Services Director  
Laura Beechnau  
(231) 683-2609

Fitness Specialist  
Francine Calandro  
(231) 733-8642

Wellness Program Assistant  
Mary Gherardi  
(231) 733-8641

# ACTIVITY & EVENT DESCRIPTIONS

## SPECIAL EVENTS & ACTIVITIES

### Advance Directives

The Chartered Healthcare Planning Coalition recommends that adults over the age of 18 have an Advance Directive in place. This allows an individual's designated healthcare proxy to make medical decisions on their behalf if they are no longer able to make their wishes known.

Harbor Hospice offers this FREE service on the 2nd Thursday of every month from 10 a.m.-Noon at Tanglewood Park.

Call the Wellness Office at (231) 733-8643 to schedule your 1-hour appointment.

### BINGO

Join us once per month for BINGO at Tanglewood Park! 25 cents per card. Oct. 9, Nov. 6 & Dec. 4. Prizes awarded for each game.

### Foot Care by Lynda

Take care of your feet with Lynda, licensed cosmetologist for only \$15! Appointment includes: foot soak, nail trim, massage, lotion and polish.

The \$15 fee is to be paid to Lynda on the day of service.

Call the Wellness Office at (231) 733-8643 to schedule your 20 minute appointment.

### FREE Blood Pressure Checks

Did you know AgeWell Services offers FREE blood pressure checks every Monday? Stop by the Game Room between 9:30 a.m.-Noon.

FREE and open to the public. No appointment necessary.

### FREE Legal Services

Free legal advice available from Attorney Michael Herring of Michigan Attorneys Practicing Law for the Elderly (MAPLE).

Attorney Michael Herring is at Tanglewood Park the 1st and 3rd Thursday of every month from 10 a.m.-Noon.

Contact the Wellness Office to schedule your 30 minute appointment: (231) 733-8643.

### Nutrition Counseling with a Registered Dietitian

Do you want to lose weight, eat healthier and reduce your risk of chronic disease?

AgeWell Services offers individualized nutrition counseling for a variety of conditions and lifestyle changes including: weight management, diabetes, general nutrition information, meal planning for older adults and specialty diets.

Call our Wellness Office at (231) 733-8643 to schedule your initial session. Cost is \$50 for the initial 1 hour session and \$30 for any follow up sessions of 30 minutes.

### Group Connections

These FREE sessions will be with Sheri Goik-Kurn, Masters of Science on Thursdays, from October 4 - December 20. Possible topics include: Creating Healthy Boundaries, Understanding Feelings and Defenses, Co-Dependency, How old tapes and self-talk affect our attitudes, Tossing out that old baggage & Serenity-Courage to Change.

## CLASSES

### Fitness

Boot Camp  
Cardio Circuit  
Drums Alive Combo  
Dumbbells & Weights (D&W)  
Early Bird Stretch with Ball  
Enhanced Fitness  
Friday Fun Cardio  
Hatha Yoga 2  
Hatha Yoga 3  
Hot Dog Weights  
Line Dancing - Advanced  
Line Dancing - Beginner  
Line Dancing - Intermediate  
Seated Hatha Yoga 1  
Seated Zumba  
Seated Stretch and Balance  
Senior Shape Up  
Silver FUN & Fit  
Sit 'N Fit  
Step Aerobics & Pilates  
Stretch 'N More  
Tai Chi  
Zumba  
Zumba Gold

### Art

Acrylic Painting

### LIVESTRONG Fitness Class

LIVESTRONG with the YMCA is a 12-week, small group physical activity program led by specially trained YMCA Instructors. The goal of this program is to empower adult cancer survivors to reclaim their health by building cardiovascular endurance, muscular strength, core flexibility and balance and reducing the severity of the treatment side effects.

Call Melissa at the Muskegon YMCA for more information: (231) 722-9622 X249




# October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Early Bird Stretch <b>9:30 Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit <b>10:00 Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	2 9:00 Seated Yoga <b>9:00 Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp <b>1:00 Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	3 9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance <b>1:00 Fly Tying Club</b> <b>1:00 Wood Carving Club</b> 2:00 Line Dancing <b>2:00 Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	4 10:00 Step Aerobics <b>10:00 Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit <b>12:00 Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	5 9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <b>1:00 Open Game Room</b> <b>2:00 Happy Hour/Café Special</b>	6
7	8 9:00 Early Bird Stretch <b>9:30 Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit <b>10:00 Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	9 9:00 Seated Yoga <b>9:00 Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp <b>1:00 Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	10 9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance <b>1:00 Fly Tying Club</b> <b>1:00 Wood Carving Club</b> 2:00 Line Dancing <b>2:00 Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	11 10:00 Step Aerobics <b>10:00 Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit <b>12:00 Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	12 9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <b>1:00 Open Game Room</b> <b>2:00 Happy Hour/Café Special</b>	13
14	15 9:00 Early Bird Stretch <b>9:30 Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit <b>10:00 Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	16 9:00 Seated Yoga <b>9:00 Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp <b>1:00 Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	17 9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance <b>1:00 Fly Tying Club</b> <b>1:00 Wood Carving Club</b> 2:00 Line Dancing <b>2:00 Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	18 10:00 Step Aerobics <b>10:00 Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit <b>12:00 Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	19 9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <b>1:00 Open Game Room</b> <b>2:00 Happy Hour/Café Special</b>	20
21	22 9:00 Early Bird Stretch <b>9:30 Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit <b>10:00 Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	23 9:00 Seated Yoga <b>9:00 Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp <b>1:00 Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	24 9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance <b>1:00 Fly Tying Club</b> <b>1:00 Wood Carving Club</b> 2:00 Line Dancing <b>2:00 Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	25 10:00 Step Aerobics <b>10:00 Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit <b>12:00 Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	26 9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <b>1:00 Open Game Room</b> <b>2:00 Happy Hour/Café Special</b>	27
28	29 9:00 Early Bird Stretch <b>9:30 Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit <b>10:00 Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	30 9:00 Seated Yoga <b>9:00 Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp <b>1:00 Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	31 9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance <b>1:00 Fly Tying Club</b> <b>1:00 Wood Carving Club</b> 2:00 Line Dancing <b>2:00 Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	<p><b>Color Code Calendar Key</b></p> <p><span style="color: blue;">Art Classes</span></p> <p><span style="color: green;">Cafe Special Events</span></p> <p><span style="color: black;">Fitness Classes</span></p> <p><span style="color: red;">Wellness Activities</span></p>		

# November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>Color Code</b> <b>Calendar Key</b> <span style="color: blue;">Art Classes</span> <span style="color: green;">Cafe Special Events</span> <span style="color: red;">Fitness Classes</span> <span style="color: red;">Wellness Activities</span>				<b>CLOSED FOR TEAM TRAINING</b>  	<b>1</b>  9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <span style="color: red;">1:00 Open Game Room</span> <span style="color: green;">2:00 Happy Hour</span>	<b>2</b>  9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio <span style="color: red;">1:00 Open Game Room</span> <span style="color: green;">2:00 Happy Hour/Café Special</span>	<b>3</b>
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# December 2018

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9:00 Early Bird Stretch 9:30 <b>Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit 10:00 <b>Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	9:00 Seated Yoga 9:00 <b>Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp 1:00 <b>Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance 1:00 <b>Fly Tying Club</b> 1:00 <b>Wood Carving Club</b> 2:00 Line Dancing 2:00 <b>Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	10:00 Step Aerobics 10:00 <b>Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit 12:00 <b>Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio 1:00 <b>Open Game Room</b> 2:00 <b>Happy Hour/Café Special</b>		
16	17	18	19	20	21	22
9:00 Early Bird Stretch 9:30 <b>Blood Pressure</b> 9:30 Hot Dog Weights 10:00 Silver FUN & Fit 10:00 <b>Card Making</b> 11:00 D&W 12:00 Zumba 1:00 Stretch 'N More 2:00 Hatha Yoga 2 3:00 Line Dancing 5:30 Boot Camp 6:15 Zumba	9:00 Seated Yoga 9:00 <b>Acrylic Painting</b> 10:00 Senior Shape Up 11:00 Enhanced Fitness 12:00 D&W Boot Camp 1:00 <b>Acrylic Painting</b> 1:00 Sit 'N Fit 2:30 Tai Chi 4:30 LIVESTRONG 6:00 Hatha Yoga 3	9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance 1:00 <b>Fly Tying Club</b> 1:00 <b>Wood Carving Club</b> 2:00 Line Dancing 2:00 <b>Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	10:00 Step Aerobics 10:00 <b>Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit 12:00 <b>Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio 1:00 <b>Open Game Room</b> 2:00 <b>Happy Hour/Café Special</b>		
23	24	25	26	27	28	29
<b>CLOSED FOR HOLIDAY</b>  	<b>CLOSED FOR HOLIDAY</b>  	9:00 Hatha Yoga 2 10:00 Seated Zumba 10:30 Hot Dog Weights 11:00 Stretch 'N More 12:00 Zumba/10 Min Abs 1:00 Stretch & Balance 1:00 <b>Fly Tying Club</b> 1:00 <b>Wood Carving Club</b> 2:00 Line Dancing 2:00 <b>Stitcher's Club</b> 3:00 Line Dancing 5:30 Boot Camp/Circuit 6:15 Zumba	10:00 Step Aerobics 10:00 <b>Legal Services</b> 11:00 Zumba Gold 12:00 D&W 1:00 Sit 'N Fit 12:00 <b>Group Connections</b> 2:00 Enhanced Fitness 3:00 Seated Yoga 4:30 Yoga for the Back 5:30 LIVESTRONG	9:30 Hot Dog Weights 10:00 Stretch 'N More 11:00 Drums Alive 12:00 Fun Cardio 1:00 <b>Open Game Room</b> 2:00 <b>Happy Hour/Café Special</b>		
30	31					
<b>CLOSED FOR HOLIDAY</b>  	<b>Color Code Calendar Key</b> Art Classes Cafe Special Events Fitness Classes Wellness Activities					



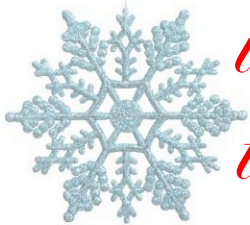
AgeWell Services of West Michigan  
560 Seminole Rd.  
Muskegon, MI 49444

Current Resident Or

**PLEASE HELP US KEEP YOUR RECORD UP TO DATE!**

Is your name and mailing address correct?  
Please contact Kathie Olsen in our Wellness Office with any changes:  
Email: [Kathie@agewellservices.org](mailto:Kathie@agewellservices.org)  
Phone: (231) 733-8643

AgeWell Services of West Michigan in  
partnership with The DTE Energy Foundation  
and Senior Resources



*invites seniors 60+ years old  
to a **FREE** holiday meal on*

**Thursday, December 20**



**Please call 231-733-1155 to find a location nearest you.**

**RSVP required, Mon. - Fri. 9am-4pm from November 19 - December 14**



**DTE Energy  
Foundation**

SeniorResources   
*Our Name. Our Focus.*

 Muskegon County  
Senior Millage

**2-1-1**  
*Get Connected. Get Answers.*  
Community Access Line of the Lakeshore