

WINTER SEASON: January—March 2020

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Wellness Office: (231) 733-8643

Inside this Issue

Membership Information	2
Member Corner	3
Groups & Services	4
Special Events	5
Merchandise & Mobility	6
Survey Results	7
Art Program	8
Art Program	9
Fitness Class Descriptions	10
Fitness Class Calendar	11

Letter from the Director

Dear Wellness Center Members,

As we welcome in the New Year of 2020, it is also an exciting time to welcome new programming into the Wellness Center.

First, we are pleased to be able to expand our art program offerings beginning in January. We will be adding an additional four-week art class in January, February and March. These shorter class sessions will include oil painting, watercolor painting and mixed media. We will also be offering one-time classes once a month in January, February and March. These classes are designed for novice and experienced artists. They have the goal of attracting new art students to the program and will be set up to provide necessary instruction regardless of how much experience you have. These one-time classes will consist of acrylic pour flow art, guided painting and painting on wood.

Second, the Wellness Center survey results showed us our members see a need for tech-related classes and new programs. We listened and will be offering new tech support classes in the coming months. These classes will be geared around specific technology issues or projects. For example, in January, look for a technology class to help with the uploading and printing of holiday photos. The survey also told us that our members love movies. So, in February, we will be hosting a movie night. We will be featuring Groundhog Day along with Free popcorn and beverages. This will be a great time to socialize, as well as enjoy an evening out.

Also look for us to sell Wellness Center merchandise—hats, water bottles, shirts and bags! Be sure to stop by and take a look at our selection. Not only are these cool items that can help keep you hydrated during a workout or help carry your personal belongings, it is a great way to promote our Wellness Center while you are out in the community.

Lastly, we are thrilled to begin accepting Renew Active in January! Renew Active is a fitness program from UnitedHealthcare, available with select Medicare Advantage plans. If you have this insurance, it will pay for your membership, which gives you access to our Fitness Room, Library, Computers and Discounted Pricing on Art, Fitness and Educational Programs.

As always, we are so glad you are with us, enjoying all of the activities the Wellness Center has to offer. Thank you!

Kris Collee

Executive Director

Our Mission

AgeWell invites you to redefine age! We provide vital connections to keep you nourished, active, learning and living independently.

AgeWell Services Wellness Center

Tanglewood Park
560 Seminole Rd, Muskegon, 49444

Web:
agewellservices.org/wellness-program

MEMBERSHIP INFO / PRICING

WINTER SEASON: January 6—March 27, 2020

*AgeWell Services Wellness Center and Café CLOSED on the following dates:
January 20 & February 17

Membership

\$9/month, \$99/year or Accepted Insurances (*Renew Active, Silver & Fit and SilverSneakers*)

Includes:

- Fitness Room Access
- Library Access
- Computer Access
- Discounted Pricing on Art, Fitness and Educational Programs



Member Pricing for Art & Fitness

Art

- \$12 per drop-in for any class
 - \$5 per Open Art Studio drop-in
- * Cost of supplies not included*

Fitness

- \$36 per month for unlimited classes
- \$5 per drop-in for any class

* More detailed pricing on page 8 & 9

Nonmember Pricing for Art & Fitness

Art

- \$14 per drop-in for any class
 - \$7 per Open Art Studio drop-in
- * Cost of supplies not included*

Fitness

- \$7 per drop-in for any class

* More detailed pricing on page 8 & 9

Wellness Office Contact Information

Mission Services Director

Laura Beechnau
(231) 683-2609

Wellness Program Manager

Greg Sischo
(231) 733-8636

Wellness Program Assistant

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Mission Services Senior Manager

Angela Weaver
(231) 683-2649

Fitness Specialist

Francine Calandro
(231) 733-8642

Wellness Receptionist

Jessica Shagonaby
(231) 733-8643

MEMBER CORNER

AgeWell Wellness Center Success Stories

Name: Tim Karppinen

AgeWell Member Since: 2019

How has coming to AgeWell improved your health/life?

"Before coming to AgeWell, I had spent three months in Spectrum Heart Center and two weeks at Mary Free Bed. After I left Mary Free Bed, I ended up back in the hospital three or four more times, each time hindering my progress towards my goals. I joined Planet Fitness, but to no avail. In quiet desperation, I came to AgeWell to see what it had to offer. Much to my surprise, the classes were challenging and beneficial, and in two weeks, the ladies in my classes actually began to speak to me. They spoke guardedly at first, but now some actually know my name. The instructors, other members and staff have helped me with encouragement, understanding and smiles. I am well on my way to physical and mental health as direct result of spending time at AgeWell."



Renew Active Insurance

As of January 1, 2020, AgeWell will be accepting Renew Active insurance as payment for your membership. Renew Active is a fitness program from UnitedHealthcare, available with select Medicare Advantage plans. If you have this insurance, it will pay for your membership, which gives you access to our Fitness Room, Library Computers and Discounted Pricing on Art, Fitness and Educational Programs. To check your eligibility or to get enrolled, visit the Wellness Office.



RenewActive™
by UnitedHealthcare

Member Photos

Beginning in January, we will be taking photos of our current and new members. The health and safety of our members is one of our top priorities. By adding photos of each member to their profile in our database, it will assist with this. These photos will not be seen by anyone other than the Wellness Office staff.



Wellness Facebook Page

55% of wellness survey respondents said they would like to see a Wellness Center Facebook Page created, that would help improve communication between the wellness center staff and the members. You spoke and we listened. We have created a Wellness Center Facebook Page and have begun posting on it. This will be a great place to see upcoming events, receive announcements, see if a class is cancelled and receive other important news. This will be especially important as we get into the winter months, as we will be posting closings on here as well. All you have to do is go to Facebook and search "AgeWell Services Wellness Center" and click on the page. You can also visit the link below. Make sure to like the page and follow along for information about the wellness center. If you have any questions or would like to see us share specific information on the Facebook page, feel free to stop by the wellness office and let us know.



Facebook.com/awswellness

New Art Classes—No Prior Art Experience Needed

Have you always been interested in taking an art class but you have limited experience and are intimidated by the beautiful art pieces our students have created? We have the perfect classes for you. Beginning in January, we will be offering a 1-day art class once a month. These classes are great whether you are a seasoned veteran or a new artist. Classes include instruction and all supplies. Stencils are available. See page 9 for more information.



GROUPS & SERVICES

Groups & Clubs

Card Making Group

Join this thoughtful group and create beautiful handmade cards to be given out on special occasions. Some supplies are provided. This group meets on Mondays at 10:00 am in the art room.



Fly Tying Club

Bring your fly tying supplies and join this group for good conversation and comradery. This club meets on Wednesdays from 1-4 pm in the art room.



Stitcher's Club

Bring your latest knitting/crocheting project and join this friendly group for good conversation and some comradery as you craft your beautiful work. This club meets on Wednesdays at 2:00 pm in the library.



Wood Carving Club

Bring your latest wood carving project and supplies and join this group for good conversation and idea sharing. This club meets on Wednesdays from 1-4 pm in the art room.



Bingo

Join us once per month for BINGO at Tanglewood Park. 25 cents per card.

Prizes awarded for each game.

January 14, February 4 & March 10



Services

Advance Directives

The Charted 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.

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

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 (optional).

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



Call Lynda at (231) 343-9798 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).

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

Tech with Tara

Tara leads a group technology class where anyone can come and ask questions about anything tech related. This group meets on Mondays from 1-3 pm in the library.

Call the Wellness Office for more information.



SPECIAL EVENTS

Uploading Holiday Photos Tech Class

Friday, January 10 from 10am—12pm

Upload and print your holiday photos!

This class will work through the process of taking photos from your phone or camera and uploading them to the computer so they can be printed. Tara, from "Tech with Tara" will be leading the class and will make sure everyone is comfortable with this process. The class will consist of group instruction with individual instruction as needed.

Cost:

\$2 for AgeWell member / \$5 for nonmember

Register by calling (231) 733-8643 or stop by the AgeWell Services Wellness Office. Class will be held at Tanglewood Park.



\$1 Movie Night

Thursday, February 6, 2020, Movie starts at 7 pm
Fitness Activity Room at Tanglewood Park

Join us for a night out!

Groundhog Day is a 1993 American fantasy comedy film. It stars Bill Murray as Phil Connors, a TV weatherman who, during an assignment covering the annual Groundhog Day event, is caught in a time loop, repeatedly reliving the same day. Andie MacDowell and Chris Elliott co-star.



Popcorn, water, and coffee will be provided.

Want to make a date out of it? Enjoy a plated dinner from 4—6pm in the Driftwood Café. Suggested donation for the meal is \$4. To reserve your spot or for more information about the Senior Dine program, call 231-733-8644.

Cost:

\$1 donation at the door



A Matter of Balance

Wednesdays January 8—February 26
10 am—12pm

A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels.

You will learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change your environment to reduce fall risk factors, and exercise to increase strength and balance.



Cost:

Suggested donation at the door

Register by calling (231) 733-8643 or stop by the AgeWell Services Wellness Office. Limited spots available.

Center for Vein Restoration Presentation

Monday, February 24 from 1-2 pm

The Center for Vein Restoration (CVR) is nationally recognized as the leader in the treatment of varicose and spider veins. They are dedicated to relieving leg pain, reducing swelling, treating the vascular cause of severe leg wounds, and eliminating unsightly veins, allowing our patients to look better, feel better, and live better.



CVR is proud to present an educational lecture on the signs, symptoms, and treatment options available for vein disease. If you are one of the 30 million Americans suffering from vein disease or have a friend or family member suffering from vein disease, please join us for more information!

Cost:

FREE for AgeWell member / \$3 for nonmember

Register by calling (231) 733-8643 or stop by the AgeWell Services Wellness Office.

MERCHANDISE & MOBILITY REVIEW

Wellness Center Merchandise

We are now selling AgeWell Wellness Center merchandise! Stop by the wellness office to pick yours up today. If you don't see something you like, make sure to let the wellness office know what new items you would like to see. Cash, Check and Credit Card are accepted.



AgeWell T-Shirt

\$12

*tax included



AgeWell Water Bottle

\$15

*tax included



AgeWell Bag

\$10

*tax included



AgeWell Hat

\$16

*tax included

Mobility Review & New Partnership

AgeWell Services has forged a new partnership with Masterpiece Living (MPL). MPL is an organization that provides tools and resources that help us create a culture that promotes successful aging. Our goal is to help our members grow in whatever ways possible. MPL helps us do this by providing us tools to create opportunities for growth.



We will be doing a **Mobility Review** at Tanglewood Park on **January 28 from 12—3pm. Appointments are required!** We will also be holding individual appointments, at various times, during the following two weeks. Call (231) 733-8643 to schedule your appointment.

The mobility review measures upper and lower body strength, flexibility, gait, agility, fall risk and general mobility. The review consists of 8 different activities and will take roughly 15-20 to minutes to complete. Upon completion, you will receive a printed handout of your results and a printed handout highlighting what fitness classes would be suggested based on your results. The results from the mobility review will not only help you gain a better understanding of your general fitness level, but it will help us to provide programs that are relevant to the fitness levels of our members.

Everyone who participates in this mobility review will be entered to win a door prize. If you are 60 or older, you can receive a free boxed lunch upon completion of the review.

Made Possible By:

SeniorResources
Our Name. Our Focus.

Muskegon County
Senior Millage



WELLNESS SURVEY RESULTS

72.5% of respondents said they keep coming back to AgeWell because of the **Friendly Staff**. Other top reasons include: the **Teachers and instructors** (61%), the **fitness classes** offered (55%), because they are in search of **friendship and companionship** (50%) and because their **friends attend** (42%).

Attendance by Membership Type



New Educational Seminars Interest Level

45% of want more **Technology Classes**

45% of want more seminars that address **Legal Topics**

43% of want more **Nutrition Classes**

43% of want more **Fitness Education Seminars**

Branded Merchandise Interest Level

58% are interested in **T-Shirts**

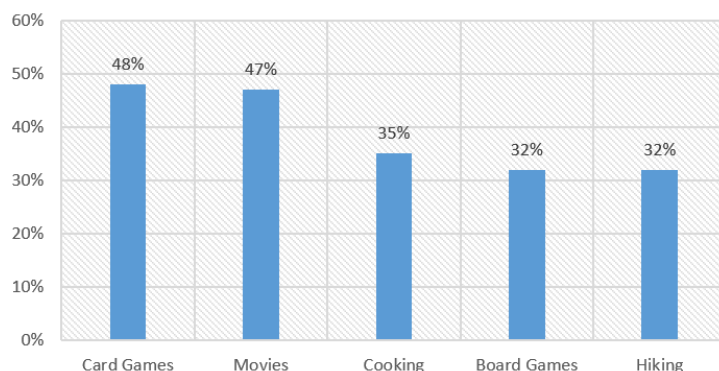
33% are interested in **Hats**

31% are interested in **Water Bottles**

29% are interested in **Bags**



Favorite Social Activities



53% of respondents said they originally heard about our programs through a **Friend**. Other top answers were **Family, Advertisements and Senior Perspectives**.

55% of respondents wanted a **Wellness Center Facebook Page** to help improve communication



86% of respondents feel our instructors are **Above Average or Exceeding Expectations**

Acrylic Art Class

January 7—March 24

Tuesday's from 9am—12pm

Explore Michigan! This class uses acrylic paint to create paintings of the lakeshore, native Michigan animals, flowers and much more. This class will include instruction through demonstration, coaching and practice. Supplies are included. Special requests for specific colors may not always be available.



Cost

M: \$120 for entire 12 weeks OR \$12 per drop-in

NM: \$140 for entire 12 weeks OR \$14 per drop-in

Drawing 101 Art Class

January 8—March 25

Wednesday's from 2pm—4pm

This class will introduce concepts, tools and techniques to help students understand the fundamental principles of drawing. They will be instructed in the use of tools, materials and techniques to achieve this goal. Supplies and instruction through demonstration are included.



Cost

M: \$120 for entire 12 weeks OR \$12 per drop-in

NM: \$140 for entire 12 weeks OR \$14 per drop-in

Open Art Studio

January 7—March 24

Tuesday's from 1pm—4pm

Enjoy the opportunity to work on your individual art projects while interacting with other artists.

This is a great opportunity to get some extra time working on other art class projects or bring your project from home. Bring your own supplies or purchase supplies from the wellness office. No instruction is available.



Cost

M: \$5 per visit

NM: \$7 per visit

Supplies

M:

General Supplies (paint, brushes, paper towel, paint trays): \$3

Canvas (if available) : \$4

NM:

General Supplies (paint, brushes, paper towel, paint trays): \$5

Canvas (if available) : \$5

Register by calling (231) 733-8643 or stop by the AgeWell Wellness Office

Oil Painting Class

January 9, 16, 23, 30
1pm—4pm

This course will cover the basics of oil painting. It will cover techniques of oil painting and will develop color mixing and composition skills. All supplies and instruction are included.



Cost

M: \$40 for entire 4 weeks OR \$12 per drop-in

NM: \$50 for entire 4 weeks OR \$14 per drop-in

Watercolor Painting Class

February 6, 13, 20, 27
1pm—4pm

This class will focus on the basics of watercolor. You will learn the techniques of painting and color-mixing, as well as the difference between soft and hard edges. All supplies and instruction are included.



Cost

M: \$40 for entire 4 weeks OR \$12 per drop-in

NM: \$50 for entire 4 weeks OR \$14 per drop-in

Mixed Media Art Class

March 5, 12, 19, 26
1pm—4pm

This class will cover the basics and teach you how to lay out a mixed media art piece. You'll learn about common materials and how each media within the piece works with others. Supplies and instruction are included.



Cost

M: \$40 for entire 4 weeks OR \$12 per drop-in

NM: \$50 for entire 4 weeks OR \$14 per drop-in

Acrylic Pour Flow Art

Friday,
January 17
10am—12pm

No prior art experience is needed. In this fun, interactive class, you will learn pour methods and create your own masterpiece. Each student will get a canvas, paints and all other materials required to create one pour painting in class. Artwork will required three days of drying before pickup.



Cost: \$20 (M), \$30 (NM)

Guided Painting Class

Friday, February 14
9am—12pm

No prior art experience needed. This class will offer step-by-step instruction to help create a finished masterpiece. Supplies and instruction are included. Artwork will be taken with you at the end of the class.



Cost: \$20 (M), \$30 (NM)

Painting on Wood

Friday, March 13
9am—12pm

No prior art experience is needed. This class will allow you the opportunity to create a masterpiece on a piece of wood. Free-hand draw or use stencils to create your one of a kind piece. All supplies and instruction are included. Artwork will be taken with you at the end of the class.



Cost: \$20 (M), \$30 (NM)

Register by calling (231) 733-8643 or stop by the AgeWell Wellness Office

Art Instructor



Joy Hulst has been drawing and painting ever since she can remember. With the exception of living in Alaska for a couple of years, she was born and raised in West Michigan. She studied art at Aquinas College and has been creating wonderful pieces of art ever since. She enjoys all forms of art, but pastels have always been her favorite. She enjoys working with art students of all abilities and looks forward to hopefully working with new students in the coming sessions.

FITNESS CLASS DESCRIPTIONS

Beginner Level Classes

Seated Hatha Yoga 1: In this class you will be guided through a safe and gentle series of exercises to improve relaxation, flexibility, strength, range of motion, mental focus and breathing. Modifications for those with special needs will be offered. This entire class is done in a chair and there is no floor work.

Hot Dog Weights: Do you have lower extremity joint pain & stiffness due to osteoarthritis? Using 1/2 lb. to 10 lb. weights, we will build up your leg strength, improve your balance & increase your self confidence while managing your arthritis.

Seated Cardio Drum Class & Strength: This class starts with a stretch, continue into drumming and shakers moving the body and having fun. This is a seated class, moving the body and just plain fun. This is great for people with walkers, canes or wheelchairs. All are welcome.

Stretch 'N More: In this class you will learn a combination of health tips (arthritis and other), relaxation techniques and a majority of stretching exercises. You will work at your own pace to increase flexibility and reduce levels of pain and stiffness. This class can be done sitting in a chair or standing. *This class is endorsed by the Arthritis Foundation.

Easy Level Classes:

Early Bird Stretch with Ball: In this class you will revitalize your body by stretching all of your major muscle groups. This class will help keep your back healthy with some stretches on the stability ball. This class gets on the floor, with the option of staying seated

Seated Zumba Toning: Zumba class from your chair. Burn calories and exercise muscles using toning sticks. Enjoy exercise done to Latin music.

Balance & Stretch: 15 min. of stretching in a chair with some cardio to move the legs. 10 min. of standing balance exercise.

Tai Chi: This is often described as “meditation in motion”. Combination of slow, deliberate movements and mediation.

Moderate Level Classes:

Drums Alive Combo: In this class you will enjoy drums, cardio, and hand weights to help keep you strong. It is three classes in one: Silver Fun & Fit, Zumba Gold and Drums.

Hatha Yoga 2: In this class you will work on relaxation, strength, balance and flexibility techniques with emphasis on proper body alignment and improved breathing. You should have prior yoga experience or be comfortable standing, sitting and getting up and down from the floor.

Line Dancing 1: In this class you will have moderate movements to keep your heart healthy and burn calories.

Active Senior Intermix Cardio & Strength: Combination of low and moderate moves mixed with strength training with hand weights or resistance tubes, ending with leg weights and abs. Big ball will be used in this class. Nice cool down at end.

Senior Shape Up: In this class you will work on strengthening your muscles and enjoy some aerobic walking and dancing.

Silver FUN & Fit: In this class you will enjoy a variety of fun, low impact aerobics, light weights, tubes and balance.

Zumba Gold: This class combines Latin rhythms with easy-to-follow moves to create an enjoyable cardio workout. No twisting.

Challenging Level Classes:

Friday Fun Cardio: This is a non-stop 30 minute class with fun cardio, ending with standing abs.

Dumbbells & Weights: In this class you will challenge both muscular strength and muscular endurance by incorporating dumbbells (hand weights) and weights (with a bar) designed to work the major muscle groups.

Hatha Yoga 3: In this class you will improve your flexibility, strength, balance, while learning additional poses and stretches.

Line Dancing 2: For the crowd who has done more than a year of dancing and like it faster with ‘new moves’. Increase heart rates to target and burn calories.

Step Combo with Weights & Abs: 20 minutes high energy step class (with or without step) followed by working with hand weights and core exercises with a nice stretch.

Zumba: This class combines Latin rhythms with easy-to-follow moves to create an enjoyable cardiovascular workout. This class burns about 800 calories per hour while engaging the core, upper and lower body. (Music is loud!)

Instructors



**Francine
Calandro**



**Gayle
Patterson**



**Peter
Violino**



**Grace
Gonyon**



**Meisha
Brown**



**Caroline
Shircliff**

FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45 a.m.	9:00 – 9:30am Early Bird Stretch w/ Ball (Francine)	Seated Hatha Yoga 1 (Peter)	Hatha Yoga 2 (Peter)		9:30 – 10am Hot Dog Weights (Gayle)
10:00 - 10:45 a.m.	9:30 – 10am Hot Dog Weights (Gayle) Silver FUN & Fit (Francine)	Senior Shape Up (Gayle)	10-10:30am Seated Zumba Toning (Gayle)		Stretch 'N More (Gayle)
11:00 - 11:45 a.m.		Active Senior Intermix Cardio & Strength (Francine)	10:30-11:00am Hot Dog Weights (Gayle) 11am- 12p Stretch 'N More (Gayle)	Zumba Gold (Francine)	Drums Alive Combo (Francine)
12:00 - 12:45 p.m.	Zumba (Francine)	Dumbbells & Weights (Francine)	Zumba (Francine)	Step Combo with Weights & Abs (Francine)	Friday Fun Cardio (Francine)
1:00 - 1:45 p.m.	Stretch 'N More (Gayle)	Seated Cardio Drum Class & Strength (Meisha)	1:00-1:30pm Balance & Stretch (Francine)	Seated Cardio Drum Class & Strength (Francine)	
2:00 - 2:45 p.m.	Hatha Yoga 2 (Peter)	2:30 – 3:15pm Tai Chi (Caroline)	Line Dancing – Intermediate (Grace)		
3:00 - 3:45 p.m.	Line Dancing Beginner (Gayle)		Line Dancing – Advanced (Grace)	Seated Hatha Yoga 1 (Peter)	
4:00 - 4:45 p.m.				Yoga for the Back (Peter)	
5:30 - 6:00 p.m.	Boot Camp (Francine) 5:15-6 pm		Cardio Drumming (Drums Alive) (Francine) 5:15-6 pm		
6:15 - 7:10 p.m.	Zumba (Francine) 6:05-7 pm	6-6:45pm Hatha Yoga 3 (Peter)	Zumba (Francine) 6:05-7 pm		



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 Renee Sischo in our Wellness Office with any changes:

Email: renee@agewellservices.org

Phone: (231) 733-8641

Heels
for
Meals



Step Up For Hunger

SAVE THE DATE!

Saturday, April 18, 2020 6-11 pm

NEW LOCATION: Muskegon Country Club

2801 Lakeshore Dr., Muskegon, MI 49441

Sponsorship Opportunities and Early Bird Table Pricing Available!

- Extraordinary Dinner
- Desserts
- Cocktails
- Cash Bar
- Live, Silent, Greatest Needs & Good Fortune Auctions
- Best Shoes Contest

For More Information Call Heather Delimata, Development Specialist
at (231) 412-7966 or email heatherd@agewellservices.org