

LUNCH & LEARN PROGRAMS

These Lunch & Learns offer an education program, followed by a to-go lunch. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Lunch & Learns will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the start of the session. To register for these Lunch & Learns, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

SafeSeniors Presentation

Tuesday, June 1

10:00 a.m. to 11:00 a.m.



Join us to learn how people pretending to be your friend are using the internet, phone and email to try to take advantage of you, and how you can protect yourself from their tactics. Chris Burnaw, SafeSeniors Coordinator, will be giving the presentation. They work to identify, advocate, and seek justice for adults victims of abuse, neglect, and financial exploitation within the Muskegon, Ottawa and Oceana counties.

Cost

Free

* To-go boxed meal included

Nourish

May 17 to June 7

Mondays from 4:00 p.m. to 5:00 p.m.



A fresh look at nutrition, Nourish is an interactive nutrition experience program by Masterpiece Living. The Nourish experience connects nutrition to the 4 components of wellness: social, spiritual, intellectual and physical. Topics include: food recommendations, Blue Zones diets, food as energy, mindful eating, the dining experience, calories, organic/locally grown/natural foods, superfoods and food legacies. Learn, discuss and explore nutrition in new ways to support your successful aging journey.

Cost

\$5 for 4-week class

* To-go boxed meal included

Nourish

May 19 to June 9

Wednesdays from 5:00 p.m. to 6:00 p.m.



A fresh look at nutrition, Nourish is an interactive nutrition experience program by Masterpiece Living. The Nourish experience connects nutrition to the 4 components of wellness: social, spiritual, intellectual and physical. Topics include: food recommendations, Blue Zones diets, food as energy, mindful eating, the dining experience, calories, organic/locally grown/natural foods, superfoods and food legacies. Learn, discuss and explore nutrition in new ways to support your successful aging journey.

Cost

\$5 for 4-week class

* To-go boxed meal included

MISC. WELLNESS PROGRAMS

Social Media Help

May 5 to June 9

Wednesdays from 11:00 a.m. to 12:00 p.m.

Every Wednesday from May 5 to June 9 from 11:00 a.m. to 12:00 p.m., our Wellness Receptionist, Jessica Shagonaby will be available to answer any questions about various social media platforms. This will be a casual, drop-in as needed opportunity and will not require any registration. She will be able to provide assistance on anything from creating an account to accessing all of the cool features the social media platform offers.



Movement Matters

Movement Matters is a month-long campaign centered on increased movement and overall wellbeing. The goal is for us to find special motivation to move more and to sustain this throughout the year. Movement Matters is also about moving with a purpose and incorporating the four components (spiritual, intellectual, social, and physical) into movement. The Wellness Center will be calling May the Movement Matters month! We are encouraging everyone to get out and move a little more than normal. This could be as simple as going on an extra walk each day or exercising for 15 minutes longer. Make sure to share how you are increasing your movement on our Facebook page, *AgeWell Services Wellness Center*.



The SafeSeniors partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation. The team is committed to:

- Education and awareness regarding elder abuse, neglect and financial exploitation.
- Advocacy for policies and programs that ensure the safety of our older adult population.
- Investigation and prosecution of perpetrators of these crimes to seek justice and restitution for victims.

**If you suspect abuse, neglect, or exploitation,
call Adult Protective Services at (855) 444-3911.**

Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or financial exploitation.

SafeSeniors partners include Adult Protective Services, law enforcement, prosecutors, financial and legal services, health care, and organizations serving the older population, all working as a team to make sure that seniors in our community are healthy, safe, and financially secure.

SafeSeniors is hosted by AgeWell Services and supported with grants from Senior Resources of West Michigan, through the Muskegon County Senior Millage and the Older Americans Act.

Learn more at www.safeseniors.info

ART CLASSES

Open Art Instruction

May 4 to June 8

Tuesdays from 12:30 p.m. to 2:30 p.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting.



Cost

\$85

Acrylic Art Class

May 5 to June 9

Wednesdays from 9:30 a.m. to 11:30 a.m.

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 many not always be available.



Cost

\$85

Open Art Instruction

May 6 to June 10

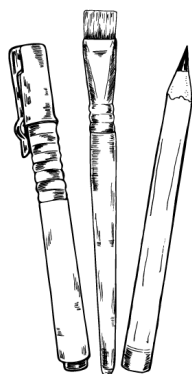
Thursdays from 12:30 p.m. to 2:30 p.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting.



Cost

\$85



Register with our online registration form at
[https://www.surveymonkey.com/r/wellness-activity-](https://www.surveymonkey.com/r/wellness-activity-registration)
registration

or call us at (231) 733-8642

SPECIAL ART EVENTS

These special event art classes are designed for all art lovers, no matter the experience. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Classes will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the start of the session. To register for these special art events, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

Acrylic Pour Flow Art

Friday, May 7

9:30 a.m. to 11:30 a.m.

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 require three days of drying before pickup.

Cost: \$30



Ink & Watercolor

Friday, May 14

9:30 a.m. to 11:30 a.m.

This class will use both ink and watercolor paint. Using both mediums you will have the ability to create a piece of art to take home with you. Supplies and instruction are included. No prior art experience is needed.

Cost: \$30



Guided Painting with Wine

Friday, May 21 & May 28

2:00 p.m. to 4:00 p.m.

No prior art experience needed. This class will offer detailed instruction to help create a finished masterpiece. Supplies and instruction are included. Artwork will be taken with you at the end of the 2-week class. Two glasses of wine will be provided.

Cost: \$60



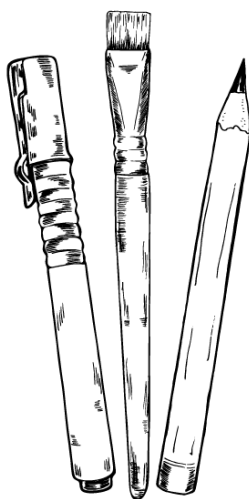
Oil Painting

Friday, June 4 & June 11

9:30 a.m. to 11:30 a.m.

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: \$60



Hugh Randle, ATP

Senior Rehab Sales Specialist

(616) 361-7559

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FITNESS ROOM TIME SLOTS


These are the time slots available to register for. Limit 1 time slot per day. Due to social distancing guidelines, there are limited spots available for each time slot. This means you are not guaranteed a spot in the specific time slot you registered for. Time slots will be filled on a first-come, first-served basis. You will be notified of the time slots you are able to attend prior to the start of the session.

This registration is for the 6-week session beginning on May 3 and ending on June 11. When you register for one time slot, you are registering for that time slot for the entire 6-week session. The cost of each time slot is \$12 for the session.

Register for the fitness room time slots, as well as other wellness center activities by filling out online registration form: <https://www.surveymonkey.com/r/wellness-activity-registration> or by calling us at (231) 733-8643.

Monday to Friday

8:00 a.m. to 9:00 a.m.	11:00 a.m. to 12:00 p.m.
9:00 a.m. to 10:00 a.m.	12:00 p.m. to 1:00 p.m.
10:00 a.m. to 11:00 a.m.	1:00 p.m. to 2:00 p.m.



Your goals
help guide
your care.

HARBOR
PALLIATIVE CARE

231.722.0382 EmbraceTheTime.org

Gift Cards are for gifts, not for scammers!



Watch out for calls, texts, and emails from scammers pretending to be the IRS, your bank, or companies like Apple or Amazon. They will tell you a story about an unauthorized order or an unpaid fee and claim that a gift card is the only way to resolve the situation. **DON'T BELIEVE THEM!**

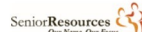
A reputable company, bank, or government agency will never ask you to buy gift cards to pay fees or resolve a billing situation. Hang up the call, ignore the text or email, and report the scam to the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud) or call 877-382-4357.

SafeSeniors
Educate. Advocate. Seek Justice.

Stay Informed.
Stay Safe.

SafeSeniors identifies and seeks justice for older adult victims of abuse, neglect, and financial exploitation. **If you are experiencing or suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.**

For more information:
www.safeseniors.info



FITNESS CLASS DESCRIPTIONS

Classes will have a limited capacity and will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the start of the session. To register for classes, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8643.

PLEASE NOTE: Masks are required during all programs. Classes in the Challenging Level category will be difficult to do while wearing a mask. If you have reservations about wearing a mask while exercising, we suggest you avoid these classes for now.

Beginner Level Classes

Beginner Line Dancing: This class follows a choreographed line dance with a repeated sequence of steps.

Seated Mini Ball Workout: This beginner level class focuses on full body movements while using a mini exercise ball. Most of the class will be done seated.

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.

Seated Yoga: This class will guide you through a safe and gentle series of exercise to improve relaxation, flexibility, strength, range of motion, mental focus and breathing. This entire class is done in a chair and there is no floor work.

Easy Level Classes:

Sit & Fit with Balance: A seated low-impact cardio and strength training class. This is a great class for those wanting to improve balance, mobility and cardio strength, while limiting the amount of side-to-side and up/down movement.

Stretch & More: This class will focus on a combination of relaxation techniques and stretching exercises. You will work at your own pace to increase flexibility and reduce levels of pain and stiffness. Class can be done standing or sitting in a chair.

Walk & Tone: This class will help build muscular strength and endurance in your legs and torso, while also helping to tone and tighten your abdomen and lower body. Class will happen outside (with exception of thunderstorms), so dress for the weather.

Moderate Level Classes:

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.

Drums Alive Combo: This high energy class will allow you to enjoy drums, cardio and hand weights to help keep you strong.

Interval Cardio & Spin: This class is perfect for those who want to use the spin bikes in a fun way. You will alternate spinning, weights and rest. Great for building endurance and bone density.

Yoga for Seniors: In this class you will work on relaxation, strength, balance and flexibility techniques with emphasis on proper body alignment and improved breathing. This class includes floor work.

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

Challenging Level Classes:

Boot Camp: This class utilizes challenging bursts of cardio with 30 seconds of difference muscular conditioning with weights. Resistance bands may also be incorporated.

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.

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

Spin Class: 30 minutes of spinning. This class allows you to participate at your own pace, but will challenge you.

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**



**Renee
Sischo**



**Victoria
Clifford**



**Gayle
Patterson**

FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45 a.m.		Beginner Spin Class <i>(Francine)</i>		Beginner Spin Class <i>(Francine)</i>	
9:00 - 9:45 a.m.	Walk & Tone <i>(Francine)</i>	Seated Cardio Drum Class <i>(Renee)</i>	Seated Mini Ball Workout <i>(Renee)</i>	Yoga for Seniors <i>(Victoria)</i>	Yoga for Seniors <i>(Victoria)</i>
10:00 - 10:45 a.m.	Stretch & More <i>(Gayle)</i>	Interval Cardio & Spin <i>(Renee)</i>	Boot Camp <i>(Francine)</i>	Zumba Gold <i>(Francine)</i>	Stretch & More <i>(Gayle)</i>
11:00 - 11:45 a.m.	Yoga for Seniors <i>(Victoria)</i>	Active Senior Intermix Cardio & Strength <i>(Francine)</i>	Seated Yoga <i>(Victoria)</i>	Stretch & More <i>(Gayle)</i>	Drums Alive Combo <i>(Francine)</i>
12:00 - 12:45 p.m.	Zumba <i>(Francine)</i>	Dumbbells & Weights <i>(Renee)</i>	Zumba <i>(Francine)</i>	Beginner Line Dancing <i>(Gayle)</i>	Friday Fun Cardio <i>(Francine)</i>
1:00 - 1:45 p.m.	Beginner Spin Class <i>(Renee)</i>	Zumba Gold <i>(Francine)</i>	Sit & Fit <i>(Francine)</i>	Interval Cardio & Spin <i>(Francine)</i>	

We are very excited to be able to offer a limited fitness class schedule. Due to social distancing guidelines, there are limited spots available for each class. This means you are not guaranteed a spot in the specific class you registered for. Classes will be filled on a first-come, first-served basis. You will be notified of the classes you are able to attend prior to the start of the new session. To register for these classes, fill out our online registration form at <https://www.surveymonkey.com/r/wellness-activity-registration> or call us at (231) 733-8642.

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