

WINTER 2022 SESSION 2: January 2—February 24, 2023

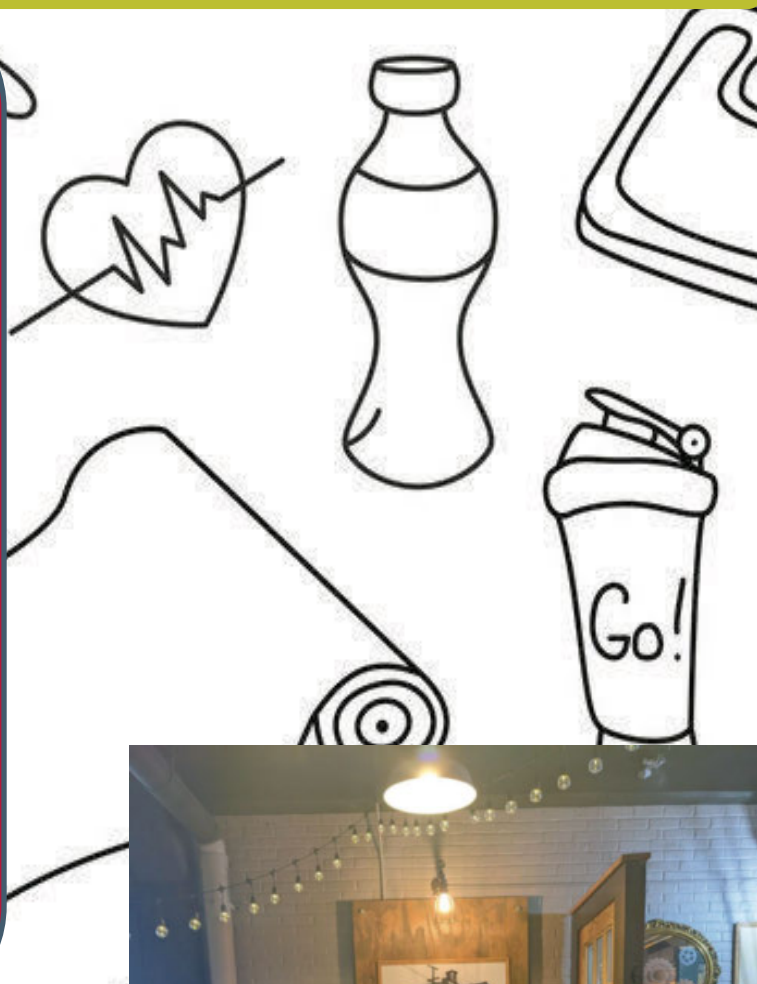
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Wellness Office: (231) 733-8643

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AGEWELL SERVICES WELLNESS PROGRAM

Beginning on January 2, 2023, the Wellness Center will open at 7 am.

Insurance Benefits

The Wellness Center offers insurance benefits to those with eligible insurances, including Renew Active, Silver & Fit, Peerfit, and SilverSneakers. Benefits for these insurances will include FREE unlimited access to our Fitness Room. For more information, or to verify insurance eligibility, call our Wellness Center office at (231) 733-8643.



Wellness Program Team

Mission Services Director

Laura Beechnau

Mission Services Senior Manager

Angela Weaver

Wellness & Site Activities Manager

Kaytie Drake

Fitness Specialist

Francine Calandro

Wellness & Site Activities Assistant

Renee Sischo

Wellness Receptionist

Jessica Squires



AgeWell Wellness Center at Tanglewood Park

Website: [agewellservices.org/wellness-program](https://www.agewellservices.org/wellness-program)

 <https://www.facebook.com/awswellness>

Phone: (231) 733-8643

Hours: Monday - Thursday 7 am to 4 pm

Friday 7 am to 2 pm

The Wellness Center will be closed the following dates in observance of the following holidays:

Monday, December 26th—Observance of Christmas

Tuesday, December 27th—Observance of Christmas

Thursday, December 29th—Observance of New Years Eve

Friday, December 30th—Observance of New Year's Day

LUNCH & LEARN

The Hope Project—January 11, 2023

The Wellness Center at Tanglewood Park Training Rooms A&B

National Human Trafficking Awareness Day on January 11 raises awareness of the persistent issue of human trafficking. Though the entire month of January has already been recognized as National Slavery and Human Trafficking Prevention Month, this day is specifically dedicated to awareness and prevention of this illegal practice.

The Hope Project began in 2006 as an outreach program to educate and inform the community about the issue of human trafficking. The more they learned and the more they became aware of the prevalence of this issue, they soon asked the question, who takes care of these children? What happens to the young women who are removed from prostitution? What treatment is available to help them overcome this life of pain and agony they have suffered? Lacking any satisfactory answers to these questions, they decided to provide an answer.

Participants must be 60+ and a resident of Muskegon County to attend. Boxed lunch will be provided. Limited spots available, so please pre-register by calling the Wellness Office at (231) 733-8643 by Monday, December 21, 2022.



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COMMUNITY SENIOR CENTER ACTIVITIES

January Activities

Trivia

Join staff from AgeWell Services for an exciting game of trivia. There will be a prize for the participant with the most correct answers.

Jefferson Towers | 1077 Jefferson St., Muskegon | (231) 375-9521

Monday, January 23rd at 11:30 AM

SHAWL Apartments | 225 S Hall St., Whitehall | (231) 375-9061

Friday, January 20th at 12:00 pm



Bingo

Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 557-4825

Thursday, January 19th at 11:30 am

Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 577-4825

Wednesday, January 18th at 11:30 am

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 760-1348

Wednesday, January 25th at 12:00 pm

Pine Grove Manor | 1764 E Apple Ave., Muskegon | (231) 375-9402

Friday, January 27th at 11:30 am

To register for these activities, visit the corresponding Lunch & Activity Center and be sure to reserve a meal while you are there!



WELLNESS CENTER GROUPS & SERVICES

Bingo

*January 10, February 14
2 - 4 pm*

Join us once per month
for BINGO at
Tanglewood Park.

Only 25 cents per card.



Fly Tying & Wood Carving

*Thursdays from 1 - 3 pm
in the Art Room*

Bring your fly tying/wood
carving supplies and
join this group for good
conversation and
camaraderie.

Tech Club

*Thursdays from
12 - 2 pm*

This group will be
available for anyone to
come and ask questions
about anything tech
related.



Card Playing Group

*Mondays from 12:00-3:30 pm
in the Art Room*

Mary will be here to facilitate friendly games of cribbage and euchre.
Four players are required for each game, so let us know you're
coming by calling [\(231\) 733-8643](tel:2317338643).

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15-0812

GROUPS AND SERVICES CONTINUED

Stitcher's Group

***Wednesdays from
2-4 pm***

Bring your latest knitting/
crocheting project to the Wellness
Community Room and join this
friendly group.



Free Blood Pressure Checks

***Wednesdays from 11 am-2 pm
in the Community Room***

We are excited to offer FREE
blood pressure checks every
Wednesday.



Free Legal Services

Parmenter Law offers half hour no charge introductory meetings every first Monday of the month at Tanglewood Park. Call (231) 722-5400 to schedule an appointment.

In addition to Parmenter Law, Attorney Michael Herring of MAPLE offers free consultations at Tanglewood Park by appointment. Contact the Wellness Office to schedule your 30-minute appointment: (231) 733-8643.

Aquatics Exercise Classes

Mondays & Wednesdays from 9:10-10:10 am OR 10:20-11:20 am

AgeWell Services in partnership with Muskegon Heights Public School Aquatics Center

Aquatics exercise classes are great for increasing stability, mobility, muscle strengthening and will help you become healthier.

Classes are filled on a first come, first served basis when registration opens the last full calendar week of the month. If you have any questions about the class, or if you would like to register, call Kaytie at (231) 354-2215.

To participate you must be at least 60 years of age and a resident of Muskegon County.
Suggested minimum donation of \$2 per class.

ART PROGRAM

Pre-registration is required for all art classes except open art instruction.
To register, call the Wellness office at 231-733-8643.

Open Art Instruction

Tuesdays from
1 - 4 pm

Cost:

\$96 for 8-week session OR
\$12 Drop-In per class

Acrylic Art Class

Wednesdays from
9 am - 12 pm

Cost:

\$96 for 8-week session OR
\$12 Drop-In per class

Open Art Instruction

Wednesdays from
12:30 pm - 3:30 pm

Cost:

\$96 for 8-week session OR
\$12 Drop-In per class

Oil Painting

1-Day Class

January 6, 2023

10 am - 1 pm

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: \$30

Oil Painting

1-Day Class

January 13, 2023

10 am—1 pm

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

Cost: \$30

Collage Mixed Media

1-Day Class

January 20

10 am - 1 pm

In this class you will learn about common materials and how each media within the piece works and interacts with others. Supplies and instruction are included.

Cost: \$35

Collage Mixed Media

1-Day Class

January 27

10 am - 1 pm

This class will introduce students to the essential information needed to draw and paint still life, landscape, and the figure using pastel medium. Supplies and instruction are included.

Cost: \$35

SENIOR CENTER ACTIVITIES

February Activities

Hope Project Lunch and Learn

Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 577-4825

Wednesday, February 8th at 12:00 pm—Please see page 3 for details about this presentation.

DIY Snowman Lantern

Staff from AgeWell Services will guide you through creating your own snowman lantern. All materials will be provided.

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 760-1348

Monday, February 13th at 12:00 pm

SHAWL Apartments | 225 S Hall St., Witehall | (231) 375-9061

Thursday, February 2nd at 12:30 pm

Pine Grove Manor | 1764 E Apple Ave., Muskegon | (231) 375-9402

Tuesday, February 28th at 12:00 pm



Trivia

Join staff from AgeWell Services for an exciting game of trivia. There will be a prize for the participant with the most correct answers.

Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 557-4825

Thursday, February 9th at 12:00 pm

Bingo

Jefferson Towers | 1077 Jefferson St., Muskegon | (231) 375-9521

Monday, February 27th at 12:00 pm

To register for these activities, visit the corresponding Lunch & Activity Center and be sure to reserve a meal while you are there!

PAJAMA DAY AT THE WELLNESS CENTER

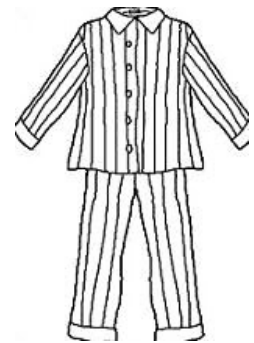
Join us for a cozy celebration of December's festivities by wearing your favorite pajamas to the Wellness Center on Wednesday, December 28, 2022.

Special Schedule for December 28, 2022:

- 8 am—Spin with Fran
- 10 am—Dumbbells & Weights with Fran
- 11 am—Yoga with Victoria
- 12 pm—Zumba with Fran
- 1 pm—Sit & Fit Balance with Fran

All classes are \$4 each

The Wellness Center will be open from 8 am—4 pm



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EXERCISE CLASS SCHEDULE

Visit agewellservices.org/fitness-programming to view class descriptions

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8—8:45 am		45 min Spin/Core (Francine) 		Energy Booster Spin (Francine) 	Spin Class (Francine) 
9—9:45 am	Dumbbells & Weights (Renee) 		Spin Class (Renee) 	Yoga for Seniors (Victoria) 	Yoga for Seniors (Victoria) 
10—10:45 am	Stretch & More (Gayle) 	Upper Body & Core (Renee) 	Cardio Circuit (Francine) 	Lower Body & Core Strength (Francine) 	Stretch & More (Gayle) 
11—11:45 am	Yoga for Seniors (Victoria) 	Active Senior Intermix (Francine) 	Dumbbells & Weights (Renee) 		Cardio Drums Alive (Francine) 
12—12:45 pm	Zumba (Francine) 	Tai Chi (Caroline) 	Zumba (Francine) 	Move to the Beat in a Chair (Francine) 	Move & Groove (Francine) 
1—1:45 pm	Mobility & More (Courtney) 	Zumba (Francine) 	Sit & Fit Balance (Francine) 		Line Dancing (Gayle) 
2—2:45 pm	Chair Yoga (Courtney) 				
5—5:45 pm		Cardio Drumming (Renee) 		Full Body HIIT (Renee) 	
6—6:45 pm	Yoga (Victoria) 			Exercise Class Difficulty Level Beginner  Easy  Moderate  Challenging 	

Exercise Class Cost: \$32 for 8-week session

OR \$4 per class

Fitness Room Cost: \$2 per visit *Free with accepted insurances

SAFESENIORS SCAM ALERT

Gift Cards are for gifts, not for scammers!



Watch out for calls, texts, and emails from scammers pretending to be the IRS, Medicare, Social Security, 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.

Report abuse, neglect and financial exploitation at 855-444-3911 or call local police or 911.



SafeSeniors partners work together to keep our older adults healthy, safe and financially secure, through awareness, investigation, and prosecution.


To learn more: www.safeseniors.info • safeseniors@agewellservices.org • 231-726-7104

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



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Anna Urick Duggins
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AgeWell Services of West Michigan
Tanglewood Park
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PLEASE HELP US KEEP YOUR RECORD UP TO DATE!

Is your name and mailing address correct?
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