

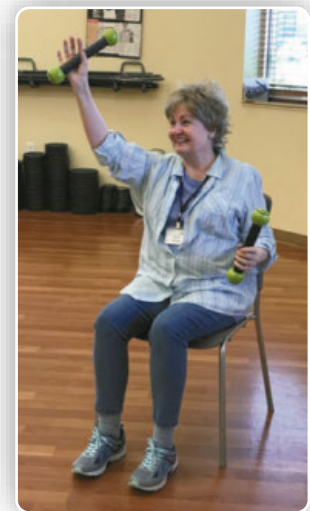
**SPRING 2023 SESSION 2: February 27 — April 21, 2023**

The Advantage is published monthly  
by AgeWell Services of West MI.  
Volume 16, Issue 4

Wellness Office: (231) 733-8643

### Inside this Issue

Wellness Program Info .....	2
Discount Dining.....	3
Senior Center Activities.....	4 & 8
Groups & Services .....	5 & 6
Art Program.....	7
Community Partner Sites.....	9
Exercise Class Calendar.....	10
Save the Date .....	11



**Join us for food, fun,  
fitness, and friendship!**

# AGEWELL SERVICES WELLNESS PROGRAM



AgeWell  
Wellness Center  
at Tanglewood Park

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

Facebook: [www.facebook.com/awswellness](http://www.facebook.com/awswellness)

Phone: (231) 733-8643

Hours: Monday - Thursday 7 am to 4 pm  
Friday 7 am to 2 pm

## Wellness Program Team

### Mission Services Director

Laura Beechnau

### Mission Services Senior Manager

Angela Weaver

### Fitness Specialist

Francine Calandro

### Interim Wellness Manager

Renee Sischo

### Wellness Receptionist

Jessica Squires



**"I do weights for muscle health, cardio for heart health and chocolate for mental health."**

## 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.



**The Wellness Center and  
Driftwood Café  
will be closed on  
Thursday, March 23rd  
for our staff training day.**

Check for weather related closings at  
[www.agewellservices.org/closings](http://www.agewellservices.org/closings)

Watch our Facebook page for  
class cancellations and updates:  
[www.facebook.com/agewellservices](http://www.facebook.com/agewellservices)

Or you can call 231-733-8643  
to confirm class.

**JOIN US FOR DINNER!**

**Driftwood**  
CAFÉ





**Discount Dining Buffet Style Dinner is served Tuesday & Thursday: 4-6 p.m.**

<p><b>Tuesday, March 7</b> Taco Salad in Tortilla Bowl or Wet Burrito, Spanish Rice, Refried Beans &amp; Cheese, Escaloped Apples, Churros</p>	<p><b>Tuesday, March 14</b> Stuffed Chicken Rice Pilaf Asparagus Carrots Diced Pears</p>	<p><b>Tuesday, March 21</b> BBQ Chicken Wings Baked Potato Sautéed Cabbage Cali Blend Vegetables Applesauce</p>	<p><b>Tuesday, March 28</b> Cabbage Rolls Au Gratin Potatoes Peas &amp; Carrots Mandarin Oranges</p>
<p><b>Thursday, March 9</b> Crispy Baked Chicken Red Skin Potatoes Sautéed Cabbage Applesauce Corn Muffin</p>	<p><b>Thursday, March 16</b> Salisbury Steak &amp; Gravy Mashed Potatoes Broccoli Fruit Cocktail</p>	<p><b>Thursday, March 23</b> <i>AgeWell Services and Driftwood Café closed for staff training.</i></p>	<p><b>Thursday, March 30</b> Sliced Ham Sweet Potatoes Euro Blend Vegetables Pineapple Tidbits</p>

*All meals include Dinner Roll, Beverage, and Petite Dessert.*

Dinners are \$4 per meal with a Discount Dining Card; \$7 without a card. Registration forms are available online at [AgeWellServices.org/senior-discount-dining-program/](http://AgeWellServices.org/senior-discount-dining-program/) or at the Wellness Office, 231-733-8642.

	 <p><b>Scholten Fant</b> Attorneys</p> <p><i>Over 60 Years of Service</i></p> <p>100 North Third Street • Grand Haven p: 616.842.3030 • f: 616.846.6621 <a href="http://www.scholtenfant.com">www.scholtenfant.com</a></p>	 <p><b>Overwhelmed by Medicare options?</b> <b>I can help make it simple</b></p> <p><b>Kristin March</b>   (616) 953-9837 Licensed Insurance Agent   <a href="mailto:kmarch@HealthMarkets.com">kmarch@HealthMarkets.com</a></p> <p><small>HealthMarkets Insurance Agency, Inc. is licensed as an insurance agency in all 50 states and the District of Columbia. Not all agents are licensed to sell all products. Service and product availability varies by state. Sales agents may be compensated based on enrollment. No obligation to enroll.</small></p> 
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<p><b>ARE YOU ELIGIBLE</b></p>		<p><b>FOR MORE HELP AT HOME?</b></p>
 <p><b>LifeCircles</b> A Porter Hills PACE Partnership</p>	<p><b>People 55+ with income up to \$2523/month may be eligible for:</b></p> <ul style="list-style-type: none"> <li>• Housekeeping and personal care</li> <li>• Medical house calls &amp; transportation</li> <li>• Prescription box set up &amp; delivery</li> <li>• Help staying strong with therapies</li> <li>• Equipment like ramps &amp; wheelchairs etc.</li> </ul>	<p><b>Call today!</b> <b>YOU may be eligible!</b></p> <p><b>616-347-3477</b></p> <p><b>LifeCircles-PACE.org</b></p>

## QUARTERLY BIRTHDAY PARTY CELEBRATION



**Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 760-1348**  
Monday, March 6 at 12:00 pm

**Pine Grove Manor | 1764 E Apple Ave., Muskegon | (231) 375-9402**  
Friday, March 10 at 12:00 pm

**Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 557-4825**  
Thursday, March 9 at 12:00 pm

**Jefferson Towers | 1077 Jefferson St., Muskegon | (231) 375-9521**  
Monday, March 13 at 12:00 pm

**Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 577-4825**  
Wednesday, March 8 at 12:00 pm



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

**Tuesdays and Fridays at 3:30 pm from March 7 - May 12**

Bingocize® combines exercise, tips on how to stay healthier in your home longer, and the game of bingo. This class meets twice per week for one hour each time.

## Hearing Center of West Michigan Presentation

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

Wednesday, March 15 at 12:00 pm

Discussion of over-the-counter hearing aids, hearing loss, and how it can impact your health.

**To register for these activities, visit or call the corresponding Lunch & Activity Center - be sure to reserve a meal too!**



# WELLNESS CENTER GROUPS & SERVICES



## Bingo

March 14  
April 11  
2 - 4 pm

Join us for BINGO  
at Tanglewood Park.

Only 25 cents per card!



## Ping Pong

Thursdays  
1-2 pm

Come join our Intern, Alora,  
to play a friendly game of  
Ping Pong. Equipment  
will be provided!



## Tech Club

Thursdays  
12 - 2 pm

Have a tech question?  
Stop by and ask this  
group for a hand!

## 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.

## Card Playing Group

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

Mary will 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.

## Reconnect...to the Sounds of Life

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# WELLNESS CENTER GROUPS AND SERVICES

## Stitchers 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 12 pm-2 pm in the Community Room**

We are excited to offer FREE blood pressure checks every Wednesday! No appointment needed, just stop by and see us.



## Free Legal Services at Tanglewood Park

- ◆ Parmenter Law offers free introductory meetings by appointment on the first Monday of each month. Contact them at (231) 722-5400 to schedule a time to meet.
- ◆ Michael Herring of Michigan Attorneys Practicing Law for the Elderly (MAPLE) offers free consultations by appointment. Contact the Wellness Office at (231) 733-8643 to schedule your 30 minute appointment.

## Aquatics Exercise Classes

**Mondays & Wednesdays**

**9:10-10:10 am OR 10:20-11:20 am**

**AgeWell Services in partnership with the  
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 Renee at (231) 733-8641.

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

## **Open Art Instruction** *Tuesdays from 1 - 4 pm* **OR** *Wednesdays from 12:30 - 3:30 pm*

This class gives 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. Students will have the option of using their own supplies or using Wellness Center supplies.

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

## **Acrylic Art Class** *Wednesdays from 9 am - 12 pm*

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

## **Specialty Art Classes - one day class from 10 am to 1 pm**

### **Pour Painting**

**March 3 ♦ April 28**

Pour Painting is an abstract application of layers of color which flow into unexpected art images. No experience required. **Cost: \$30 per class** *(includes supplies)*

### **Mixed Media**

**March 10**

Mixed Media is a spontaneous combination of found objects, materials, and surfaces which often becomes a go with the flow approach to creating art. Participants are encouraged to bring their own assemblage materials or choose from our collections. No experience required, just an active imagination. **Cost: \$30 per class** *(includes supplies)*

### **Watercolor/Pen & Ink**

**March 17 ♦ March 24**

Learn to combine watercolor with pen and ink drawing. See how each can enhance the other. No experience necessary. **Cost: \$30 per class** *(includes supplies)*

### **Pastel Painting**

**March 31 ♦ April 7**

Pastels are permanent pigment in a dry base. We learn to apply and blend colors directly on paper to create depth and value in background, middle ground, and foreground of our paintings. No experience required. **Cost: \$30 per class** *(includes supplies)*

### **Oil Pastel Painting**

**April 14 ♦ April 21**

Come learn a new medium with us! Oil pastels are clear, brilliant colors which are easily applied and blended. Learn how to produce the effects of oil painting, pastel painting, and staining. No experience required. **Cost: \$30 per class** *(includes supplies)*

**Pre-registration is required for all specialty art classes.**

**Please register by visiting or calling the Wellness office at 231-733-8643.**

## Growing Into Spring!

Join us in welcoming springtime with the planting of a flower in a mini pot! All materials will be provided.



**Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 557-4825**  
Thursday, April 13 at 12:00 pm

**Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 577-4825**  
Wednesday, April 12 at 12:00 pm

**Jefferson Towers | 1077 Jefferson St., Muskegon | (231) 375-9521**  
Thursday, April 20 at 12:00 pm

**Pine Grove Manor | 1764 E Apple Ave., Muskegon | (231) 375-9402**  
Thursday, April 6 at 12:00 pm

**Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 760-1348**  
Wednesday, April 26 at 12:00 pm



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

**Tuesdays and Fridays at 3:30 pm from March 7 - May 12**

Bingocize® combines exercise, tips on how to stay healthier in your home longer, and the game of bingo. This class meets twice per week for one hour each time.

**To register for these activities, visit or call the corresponding Lunch & Activity Center - be sure to reserve a meal too!**



# COMMUNITY PARTNERS

## Stretch & More Class

Learn a combination of health tips (arthritis and other), relaxation techniques, and stretching exercises. Work at your own pace to increase flexibility and reduce levels of pain and stiffness. This class can be done sitting or standing. Endorsed by the Arthritis Foundation.

**Holton Branch Library | 8776 Holton-Duck Lake Rd, Holton**  
**Tuesdays at 2 pm from March 7 to April 25**

**North Muskegon Library | 1522 Ruddiman Drive, North Muskegon**  
**Thursdays at 10 am from March 2 to April 20**

## Senior Resources MI Choice Waiver Program

This Medicaid-funded program provides services to help medically frail, moderate-income adults remain in their own home for as long as possible - and there is currently no wait list! Services include adult day care, homemaking, personal care, respite care, and emergency response systems. For more information, contact Senior Resources Options Counselors at 231-733-3585 or email [contactoptions@seniorresourceswmi.org](mailto:contactoptions@seniorresourceswmi.org).



## Volunteer FOR DENTAL

**Can't afford dental care?**

We offer no cost dental services when you volunteer in the community.

**Call our office to qualify and get started at 231.773.1360**

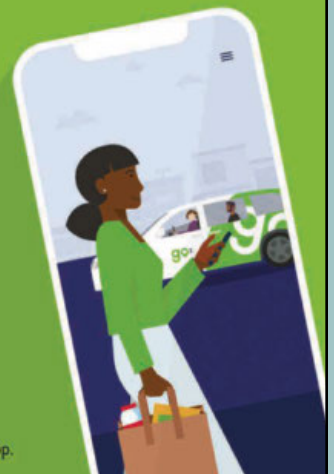


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# EXERCISE CLASS SCHEDULE

To view class descriptions, visit:  
[agewellservices.org/fitness-programming](http://agewellservices.org/fitness-programming)

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) 			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) 	Beginner Line Dancing (Gayle) 			
5–5:45 pm		Cardio Drumming (Renee) 		Full Body HIIT (Renee) 	
6–6:45 pm	Yoga (Victoria) 			<b>Exercise Class Difficulty Level</b> 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 (see page 2)

MARK YOUR CALENDAR!

# TICKETS

On SALE NOW

AgeWell Services of West Michigan Presents

## Heels for Meals & More

SATURDAY  
APRIL  
22 2023

6PM COCKTAILS  
7PM DINNER

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Visit [agewellservices.org/heels-for-meals](http://agewellservices.org/heels-for-meals)



- Elder Law
- Medicaid Planning
- VA A&A Attendance
- Powers of Attorney
- Wills & Trusts
- Long Term Care Planning
- Guardianships
- Conservatorships
- Probate & Trust Administration

**Anna Urick Duggins**  
Elder Law & Estate Planning Attorney

231-722-5400  
[elderlaw@parmenterlaw.com](mailto:elderlaw@parmenterlaw.com)



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Page 11 15-0812



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

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

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

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