

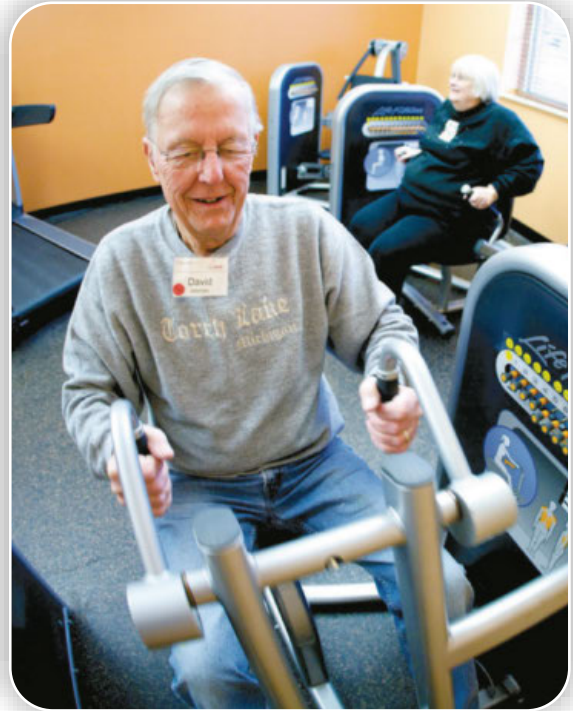
WINTER 2022 SESSION 2: January 2 — February 24, 2023

The Advantage is published monthly
by AgeWell Services of West MI.
Volume 16, Issue 2

Wellness Office: (231) 733-8643

Inside this Issue

Wellness Program Info	2
Wellness News	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

Facebook: 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

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 will be closed on these dates in observance of the holidays:

Monday, January 16 - Martin Luther King Jr Day

Monday, January 20 - Presidents Day

To check for weather related closings visit:
www.agewellservices.org/closings

Watch our Facebook page for class cancellations and updates:
www.facebook.com/agewellservices

WELLNESS NEWS

Kaytie Drake, Wellness Manager, has left the agency for another role in the community. We wish her well and much success!

As we say goodbye to Kaytie, I am so excited to share that our own Renee Sisco has taken the role of the Interim Wellness Manager. Renee is a familiar face in the Wellness Center and at our Lunch & Activity Centers across Muskegon County. She has a deep understanding of the Wellness Center and, with her passion and knowledge of fitness and feeding the body and mind, we have no doubt she is going to do great things for YOU!

Please stop in and congratulate Renee on her new role in Wellness!

Warmly,
 Angela Weaver
 Mission Services Senior Manager



Over 60 Years of Service
 100 North Third Street • Grand Haven
 p: 616.842.3030 • f: 616.846.6621
 www.scholtenfant.com



Overwhelmed by Medicare options?
I can help make it simple



Kristin March | (616) 953-9837
 Licensed Insurance Agent | kmarch@HealthMarkets.com

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.

ARE YOU ELIGIBLE



FOR MORE HELP AT HOME?



People 55+ with income up to \$2523/month may be eligible for:

- Housekeeping and personal care
- Medical house calls & transportation
- Prescription box set up & delivery
- Help staying strong with therapies
- Equipment like ramps & wheelchairs etc.

Call today!
YOU may be eligible!
616-347-3477
LifeCircles-PACE.org

Hope Project Lunch & Learn

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

Wednesday, February 8th at 12:00 pm. Limited spots available.

For more information and to register, call the Wellness Office at (231) 733-8643

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., Whitehall | (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 or call the corresponding Lunch & Activity Center - be sure to reserve a meal too!

WELLNESS CENTER GROUPS & SERVICES

Bingo

February 14, March 14
2 - 4 pm

Join us once a 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

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



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

- Compassionate Care
- Complete Audiology Services
- Customized Hearing Aids

Shoreline
Hearing Center



Call Today for a Diagnostic Hearing Evaluation
231-755-0552

Located Across from the Station Grill in Roosevelt Park
www.shorelinehearingcenter.com

EVERYTHING YOU NEED IN A SENIOR COMMUNITY!



2 Lakeshore Locations Featuring Luxury 1 & 2 Bedroom Apartments, Chef Prepared Meals, The Village Bus, Monthly Activity Calendar & More!!



www.heritageseniorcommunities.com



the
VILLAGE GREEN
of grand haven

Looking For a Quiet Community Within the City of Grand Haven With Tree Lined Streets and Sidewalks?

Are You Ready to Downsize and Enjoy Life?

Give us a call or visit our website for a listing of homes available.

1700 Robbins Road, Office @ Lot #301
616-846-1020 • www.villagegreengh.com

Compassionate Care In The Comfort Of Your Home



ChoiceCare
In-Home Care Services LLC

Call Us Today for Your Free In-Home Assessment
231-525-2299 • choicecareihc.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

15-0812

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.
- ◆ 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

Collage Mixed Media - 1 Day Class on January 20 from 10 am to 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**

Pastels - 1 Day Class on January 27 from 10 am to 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**

Please note that this was mistakenly labeled as a Collage Mixed Media class in the last issue of the Advantage.

Pre-registration is required for all specialty art classes.

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



QUARTERLY BIRTHDAY PARTY CELEBRATION

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

Monday, March 6 at 12 pm

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

Friday, March 17 at 12:30 pm

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

Friday, March 10 at 12 pm

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

Thursday, March 9 at 12 pm

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

Monday, March 13 at 12 pm

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

Wednesday, March 8 at 12 pm



Bingocize®

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

Tuesday and Friday at 3:30 pm

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 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!

COMMUNITY PARTNER SITES

Holton Branch Library | 8776 Holton-Duck Lake Rd, Holton

Stretch & More Class

Tuesdays at 2 pm from March 7 to April 25

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.

North Muskegon Library | 1522 Ruddiman Drive, North Muskegon

Stretch & More Class

Thursdays at 10 am from March 2 to April 20

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.




**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*



31 E. Clay Ave. Muskegon 49442
In the United Way building
www.volunteerdental.org



**Fast, easy,
affordable rides
in the Muskegon
metro area.**



Get started today

Powered by **VIA** Sponsored by **MATS**
Contact MATS at 231-724-6420 for help loading the app.



The sooner you call,
the more we can help.

24/7 Support
888-247-5701
or hom.org

Our State. Our Town.
Our Hospice.

A member of the **northstar** Care Community

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!
































CONTACT ME Terry Sweeney

tsweeney@lpicomunities.com • (800) 477-4574 x6407



EXERCISE CLASS SCHEDULE

To view class descriptions, visit:
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) 		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 (see page 2)

MARK YOUR CALENDAR!

SAVE *The* DATE

AgeWell Services of West Michigan Presents

Heels for Meals & More

SATURDAY
APRIL
22 2023

6PM COCKTAILS
7PM DINNER
TRILLIUM
EVENT CENTER



- 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



Grand Haven
616-844-1700
Muskegon/Whitehall
231-728-2211

Let us help you design your own
Cemetery Monument or Marker
Traditional, custom, cremation or bronze —
Together, we can create a meaningful memorial

Preserving the Memories.
Honoring the Life.
Remembering with Love.
FREE Consultations
superiormonument.com



Place Your Ad Here and
Support our Parish!

Instantly create and purchase
an ad with

AD
CREATOR
STUDIO



4lpi.com/adcreator

NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



Visit www.mycommunityonline.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

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
 Phone: (231) 733-8643

Meet

KELLY & CHAD
 Family Service Counselors

As dedicated pre-need counselors, they have helped countless families design the funeral or memorial service they desire.

Call today to learn more!
231.726.5210

 **SYTSEMA**
 FUNERAL & CREMATION SERVICES

KELLY ZEDNIK
 Family Service Counselor
 12 years with Sytsema Funeral & Cremation Services

CHAD DAVIGNON
 Family Service Counselor
 7 years with Sytsema Funeral & Cremation Services

\$275 OFF Pre-Funded Arrangements
 Pre-funded plans only. This coupon must be present at the time of appointment.
 Sytsema Funeral & Cremation Services Expires 11/01/2022

Muskegon // Norton Shores // Spring Lake // Grand Haven // Roosevelt Park
 (231)726-5210 // (616)842-6100 // www.sytsemafh.com



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com

15-0812