

Redefining age through connections that support health & wellness.

June/July 2023

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Wellness Office: (231) 733-8643

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



Wellness Program

Supporting your health and wellness through fitness classes and equipment, social and creative opportunities, and educational sessions. Programs and classes are offered in the Wellness Center at Tanglewood Park and at Lunch & Activities Centers.

AgeWell Wellness Center at Tanglewood Park

(231) 733-8643

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

agewellservices.org/wellness-program

Facebook: facebook.com/awswellness

Wellness Program Team

Mission Services Director

Laura Beechnau

Mission Services Senior Manager

Angela Weaver

Wellness Manager

Renee Sischo

Fitness Specialist

Francine Calandro

Wellness Receptionist

Jessica Squires

Meal Sites Manager

Ashley Foster

Insurance Benefits

The Wellness Center offers insurance benefits to those with eligible plans, 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 eligibility, call our Wellness Office at (231) 733-8643.



RenewActive
by UnitedHealthcare



SilverSneakers
by Tivity Health



Silver&Fit



peerfit

**The Wellness Center and
Driftwood Café will be closed
on July 4 for Independence Day.**

Check for weather related closings at
agewellservices.org/closings

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

Or call 231-733-8643 to confirm class.

Project Fresh

Eating healthy with fresh local food!



If you are a low-income senior citizen over the age of 60 and live in Muskegon or Oceana county, this program is for you!

You will receive \$25 worth of coupons to spend on fresh Michigan grown produce at your local Farmers Market. Tips on nutrition are also included.

Appointments are required and will be accepted beginning in May; coupon distribution will begin in June. To make an appointment or for more information, please call Renee at 231-733-8641.



Senior Project FRESH
Market Fresh Food

Check out page 4 to learn about a fun group trip to the Muskegon Farmer's Market!


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YOU may be eligible!
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LifeCircles-PACE.org

Quarterly Birthday Celebrations

Jefferson Towers | 1077 Jefferson St., Muskegon | (231) 375-9521
Monday, June 12 at 11 am



Pine Grove Manor | 1764 E Apple Ave., Muskegon | (231) 375-9402
Tuesday, June 13 at 11 am

Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 559-0225
Wednesday, June 14 at 11 am

Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 559-0225
Thursday, June 15 at 11 am

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 760-1348
Friday, June 16 at 11:30 am



Farmer's Market Trips

Tuesday, June 6 - leave from Orchard View Community Ed at 10 am with a stop at Pine Grove; return is at 1 pm.

Thursday, June 8 - leave from Holton United Methodist Church at 10 am with stops at Egelcraft and Jefferson Towers; return is at 1 pm.

Please come along on our trip to the Downtown Muskegon Farmers Market. We will provide a boxed lunch and you will have time to walk around the market to shop! Suggested \$5 donation.

To register, please call Renee at 231-733-8641. Spots are limited.



Make Your Own Salsa

Tanglewood Park ~ Thursday, June 8 from 2 - 3:30 pm

Learn how to make a delicious, quick, and easy salsa using fresh summer ingredients. Suggested donation is \$5.

To register, please call Renee at 231-733-8641.

Participants must be at least 60 years of age and a Muskegon County resident.

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
June 6
July 11
2 - 4 pm

Join us for BINGO
 at Tanglewood Park.
 Only 25 cents per card!



Ping Pong
Wednesdays 2-4 pm
Thursdays 1-3 pm

Come 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 - 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.

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WELLNESS CENTER GROUPS & 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 AT TANGLEWOOD PARK

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. Each 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

June 2 ♦ June 23

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)

Pastel Painting

June 9 ♦ June 16

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)

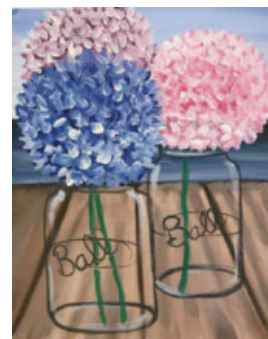
Guided Painting Classes

Join us in the Art Room at Tanglewood Park for a guided painting class led by Katrina from the Art Creation Station!

Cost: \$30 (includes supplies)

Dolphins - June 30, 10 am - 12 pm

Flowers - July 21, 10 am - 12 pm



Pre-registration is required for all specialty art classes.

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

Reminiscing Pictures

Reminisce about the past while looking at old pictures to spark feelings of nostalgia with positive memories.



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

Monday, July 10 at 12 pm

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

Tuesday, July 11 at 12 pm

Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 559-0225

Wednesday, July 12 at 12 pm

Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI 49442 | (231) 559-0225

Thursday, July 13 at 12 pm

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

Monday, July 17 at 12 pm

Lunch & Learn - Hearing Clinic

Tanglewood Park

Monday, July 10 at 12 pm



Join Peg Simon from the Hearing Wellness Center for a discussion of over-the-counter hearing aids, hearing loss, and how it can impact your health.

Box lunch will be provided.

To register, call Renee at 231-733-8641 or visit the Wellness Office.

Participants must be at least 60 years of age and a Muskegon County resident.



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

Discount Dining

Enjoy nutritious meals for only \$4!
 Monday - Friday Breakfast and Lunch
 Tuesday and Thursday Buffet Dinners

If you are 60 and over, you can enjoy healthy, freshly prepared meals in the Driftwood Café at Tanglewood Park for only \$4 with our Discount Dining Card. It's easy to sign up online at AgeWellServices.org/senior-discount-dining-program/ or at the Wellness Office, 231-733-8643.

Stop by the Café to browse the menus or view them on our website on the Discount Dining page.

Enjoy breakfast from 7 to 10:30 am and lunch from 11 am to 2 pm. Our Discount Dining Buffet Style Dinner is served Tuesday & Thursday: 4 to 6 pm.




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EXERCISE CLASS SCHEDULE

See pages 11 and 12 for 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	Spin Class (Francine) 		Spin Class (Laura) 	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) 	Stretch & More (Gayle) 	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					
5–5:45 pm					
6–6:45 pm				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)

EXERCISE CLASS DESCRIPTIONS

BEGINNER LEVEL



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

Stretch & More: a combination of relaxation techniques and stretching exercises. Work at your own pace to increase flexibility and reduce levels of pain and stiffness. Class can be done standing or sitting.

EASY LEVEL



Line Dancing: a choreographed line dance with a repeated sequence of steps.

Mobility & More: the focus is on joint mobility in shoulders, hips and knees, along with total body mobility to help your entire body move more easily. Combines joint exercises, strength training and stretching to help the lower body stay well footed and bring awareness to how your body moves.

Move To The Beat In A Chair: includes exercises that are easy and fun without even leaving your seat! Seated dancing includes salsa, cumbia, disco, and more.

Sit & Fit Balance: a seated, low-impact cardio and strength training class. 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.

Tai Chi: Often described as “meditation in motion”, this is a combination of slow, deliberate movement and meditation.



- 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
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EXERCISE CLASS DESCRIPTIONS

MODERATE LEVEL

Active Senior Intermix Cardio & Strength: mix of low and moderate moves mixed with strength training with hand weights or resistance tubes, ending with leg weights/abs and a nice cool down.

Cardio Circuit: challenging bursts of cardio with 30 seconds of various muscular conditioning with weights.

Cardio Drumming: a fun, high energy class using drums and cardio to help keep you strong.

Cardio Drums Alive: three classes in one - Silver Fun & Fit, Zumba Gold, and Cardio Drums!

Lower Body & Core Strength: a lower body and core strength workout with exercises targeting the glutes, hips, thighs, abs, and back. Can be done seated or standing.

Move & Groove: dance to the beats of salsa, bachata, and more while grooving that body!

Upper Body & Core Strength: an upper body and core strength workout with exercises targeting the chest, back, triceps, biceps, shoulders, and abs. Can be done seated or standing.

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

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

CHALLENGING LEVEL

Spin/Core: this class challenges you while allowing you to participate at your own pace.

Dumbbells & Weights: challenge and build muscular strength and endurance.

Energy Booster Spin: sprint and climb on the bike while listening to fast-paced music.

Spin Class: this class challenges you while allowing you to participate at your own pace.



Meet

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7 years with Sytsema Funeral & Cremation Services

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LET'S PLAY A GAME!

Decades Team Trivia

Thursday, June 29 from 2:00 - 4:00 pm
Tanglewood Park Community Room

Join us for an afternoon of trivia and snacks!

Bring your own team or let us make one for you. \$8 per person or \$20 per team of 3.

Limit 15 people. Call the Wellness Center at 231.733.8643 or stop in to sign up.



Scrabble anyone?

Do you love Scrabble?

Interested in meeting new friends?

Please call the Wellness office at 231-733-8643 to let us know. If we get enough interest, we'll get something on the calendar!

Summertime Word Search

T C I N C I P H G N I M M I W S
 S L A D N A S E S H O L I D A Y
 U D D E N G B A B A S E B A L L
 P P E A N F R O A P N C E E O F
 M U S I S H E R A O O N O O M S
 A F K T E E R S A T I O U S U M
 M I R E S R R A T H I T L I N C
 H S E R S G I S S I D N O N A E
 O U W E A F N N T O V E G N H E
 M N O M L K U I O O U A O R E C
 I B M M G S C R N C M E L P R A
 E U S U N S S O E E I I V S E M
 S R P S U E C B M N D T A C L P
 E N S O S F R T G M H R E P L I
 A N T T R A V E L W A O A R L N
 D P T B B J B K J M H H R G G G



Find the words listed below in the grid. Words can be horizontal, vertical, and diagonal, in all directions. When done, the unused letters will spell out a hidden message when you pick them out from left to right, top to bottom.

Barbecue
Baseball
Boating
Camping
Canoeing
Festivals
Gardening

Hammock
Hiking
Holiday
Mower
Outdoors
Picnic
Pool

Sandals
Summer
Sunburn
Sunglasses
Sunshine
Swimming
Travel

Help AgeWell Help You!

Survey

In June, a survey will be emailed to Wellness and Lunch & Activity Center participants regarding our current activities offerings and what you would like to see in the future. If you are unable to fill out the survey online or you don't receive it, please see the Wellness Team in the office at Tanglewood Park or your site coordinator at Lunch & Activity Centers. They will be able to assist you with filling it out on the touchscreen or computer. We value you and your feedback!

Advisory Committee

We are looking for 12 volunteers to be on our Wellness Advisory Committee. This group will meet to discuss our programs, giving us valuable feedback to make sure we are providing the best opportunities for our participants. The quarterly meetings will last about 1.5 hours.

Thank you to those who have already volunteered! We still need participants from the following sites: Pine Grove Manor, Egelcraft, Orchard View Community Education, Jefferson Towers.

If you are interested or would like more information, please call Renee at 231-733-8641 by June 14.

NEWS & NOTES

Heels for Meals & More

Thank you to everyone who joined us for our annual fundraiser! A record breaking 260 people attended the event this year! Together, we raised \$89,000 to benefit programs at AgeWell Services!

The Best Shoe Contest was a hit as always, with some beautiful shoes, some crazy shoes, so many sparkly and light up shoes, plus a whole crew wearing slippers in honor of our retiring Advancement Director, Diane Szewczyk-Smith!



SafeSeniors Super Heroes

Kenneth and Elaine Dulyea were honored at Heels for Meals & More for their help in catching thieves who were preying on older adults in our community using the grandchild scam. Their quick thinking and willingness to help our team lay a trap for the bad guys put two of them behind bars! They shared their story on the news in order to raise awareness of this type of scam and how easy it is to believe the tale the scammers weave. Learn more about keeping safe from scams and other types of abuse at SafeSeniors.info.

Lending a Helping Hand

We love our volunteers! Last year, we had 373 wonderful individuals volunteer for a total of 22,081 hours. Words cannot adequately express how much we appreciate the commitment of our volunteers to make life better for those who are in need!

To learn more about volunteering with AgeWell, visit agewellservices.org/support-agewell-services/volunteer-opportunities or contact our Volunteer Coordinator, Jessica Squires: jessica@agewellservices.org or (231) 559-0476.



Spread the Word!

Do you love AgeWell Services? The next time you're at Tanglewood Park or one of our Lunch & Activity Centers, grab a few of our new brochures to share with friends and family. It has information on all of our programs, plus how to connect with us to learn more.



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