

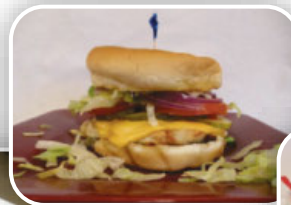
SPRING 2022 SESSION 1: February 27 — April 21, 2023

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Wellness Office: (231) 733-8643

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**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

Check for weather related closings at
www.agewellservices.org/closings

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

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

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.



Did You Know?

A recent Harvard University study showed a strong link between regular physical activity and feeling a greater sense of purpose in life.

It makes you happier.

Physical activity releases chemicals in the brain that relieve anxiety and depression and make you happier almost instantly.

It helps you bond with others.

Research shows that physical activity actually primes our brains for socialization and makes us more likely to trust others. Exercising with someone creates a different kind of connection.

It gives you a sense of accomplishment.

After physical activity, we feel more powerful and capable of taking on other challenges in life. It shifts your mindset to 'I can do this'.

WELLNESS NEWS

Hello!

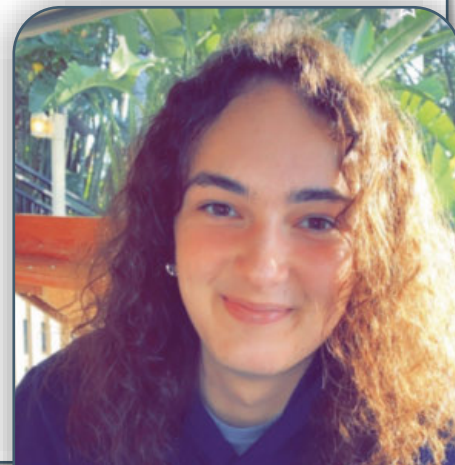
My name is Alora Paluch. I am the new Intern at AgeWell. I am currently in my last semester of college at Grand Valley State University. In April, I will obtain my Bachelor's Degree in Exercise Science with an Emphasis in Health Fitness Instruction and a Minor in Psychology. I plan to go on to Graduate School for Occupational Therapy.

I chose to intern here at AgeWell because of the welcoming atmosphere and to gain further experience in fitness instruction. I aspire to provide the best service through my time here at AgeWell.

Fun Fact: I have a German Shepherd Akita mix named Greta who is just under a year old. I love to go on walks with her, take her to the dog park, and spend time outdoors during the warmer months.

Thanks for having me!

Alora




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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

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 12:00 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.

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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 staff from AgeWell 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

SHAWL Apartments | 225 S Hall St., Whitehall | (231) 375-9061
Thursday, April 27 at 12:30 pm



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.

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.




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CONTACT ME Terry Sweeney

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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) 			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) 			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



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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

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