

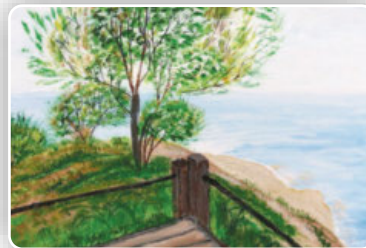
SPRING 2023 SESSION 2: April 24 - June 16, 2023

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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

The Wellness Center and Driftwood Café will be closed on May 29 for Memorial Day.

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

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

Or 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 eligibility, call our Wellness Office at (231) 733-8643.



Help AgeWell Help You!

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.

We are looking for participants from the following sites:

- Pine Grove Manor
- Orchard View Community Education
- Holton
- Egelcraft
- Jefferson Towers
- Tanglewood Park

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

HEALTHY EATING WITH PROJECT FRESH!

Senior Project FRESH

Market Fresh Food



Project Fresh is right around the corner!

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 \$25.00 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 @ 231-733-8641.


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- Housekeeping and personal care
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- Equipment like ramps & wheelchairs etc.

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

Medicare/Medicaid Presentations

Tanglewood Park | 560 Seminole Road, Norton Shores | (231) 733-8643

Tuesday, May 2 at 12:00 pm

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

Tuesday, May 9 at 11:30 am

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

Wednesday, May 10 at 11:30 am

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

Wednesday, May 17 at 11:30 am

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

Thursday, May 18 at 11:00 am

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

Wednesday, May 24 at 12:00 pm



Canvas Painting Class

Montague United Methodist Church, 8555 Cook Street, Montague

Monday, May 8 at 2:00 pm

Join us in a guided painting class led by Katrina from the Art Creation Station!

Suggested \$5.00 donation.

To sign up for this class, please call Renee @ 231-733-8641.

Lunch and Learn with SafeSeniors

Tanglewood Park, Tuesday, May 16 at 12:00 pm

Not Everyone is a Friend: Protecting Your Assets, Your Identity, and Yourself!

Chris Burnaw from SafeSeniors will share information on how to spot scammers and others who would have you think they are a friend, but are not! She will also speak about signs of abuse, neglect, and financial exploitation, and how we can all work together to watch out for each other.

Box lunch will be provided. To register, call Renee at 231-733-8641 or visit the Wellness office.



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

May 9
June 13
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 12:00-3:30 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.

Congratulations to Bart Robinson for his high score of 28 in March!

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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. 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

April 28 ♦ June 2

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)*



Watercolor Painting

May 5 ♦ May 12

This class introduces the essential information needed to paint with watercolors. No experience required.

Cost: \$30 per class *(includes supplies)*



Oil Painting

May 19 ♦ May 26

This class covers the techniques of oil painting and helps develop color mixing and composition skills. All supplies and instruction are included.

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)*

Pre-registration is required for all specialty art classes.

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

Quarterly Birthday Celebrations

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

Thursday, June 15 at 11:00 am

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

Wednesday, June 14 at 11:00 am

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

Monday, June 12 at 11:00 am

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

Tuesday, June 13 at 11:00 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 10:00 am with a stop at Pine Grove; return is at 1:00 pm.

Thursday, June 8 - leave from Holton United Methodist Church at 10:00 am with stops at Egelcraft and Jefferson Towers; return is at 1:00 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 \$5.00 donation.

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



Music Class

Are you interested in learning how to play the Recorder? Learn to play songs by note reading with the help of an instructor. If you are interested, please stop by the Wellness Office or call 231-733-8643.

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

SPIRIT WEEK AT TANGLEWOOD PARK: MAY 8 - 12

The kids do it at school, now it's time for the adults to get in on the fun!

Monday, May 8 - Decades Day

Wear attire from the decade you were born and bring a baby and/or high school photo to share!

Tuesday, May 9 - Crazy Pants Day

Time to pull those colorful golf pants or leggings out of the closet!

Wednesday, May 10 - Crazy Hair Day

Anything goes... wild colors, Cindy Lou Who braids, spike it up!

Thursday, May 11 - Favorite Team Day

Celebrate your favorite team, anything from school teams to the pros!

Friday, May 12 - Beach Day

Let's bring the beach to us! Dress in your favorite Luau outfit.



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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	Spin Class (Francine) 			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		Beginner Line Dancing (Gayle) 			
5–5:45 pm		Cardio Drumming (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!



Senior Symposium: Stronger Together, Staying Connected.

SAVE THE DATE!

June 14, 2023

8:00 am - 2:00 pm,

Check-in starts at 7:30

Folkert Community Hub,
640 Seminole Rd, Norton Shores

FREE to attend! Registration Required.

Includes Breakfast & Lunch • Expo • Door Prizes

Please plan to join us for an informative day from SafeSeniors! Hear from experts on topics that will help keep you and your assets safe:

- ♦ Watching Out For Scams
- ♦ Predatory Lending/Reverse Mortgages
- ♦ Power of Attorney/Advance Planning
- ♦ Palliative Care
- ♦ Dementia Friends



For more info, visit safeseniors.info/senior-symposium.



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

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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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Family Service Counselor
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