

Our New Wellness Program and Community Resource Guide: Special Edition



Updated Wellness Programs and Schedules

As our Wellness Center closes on May 22, your wellness journey doesn't have to pause! We're excited to continue offering fitness classes at new community locations. Check out the current exercise class schedule below.

Several of our groups have also found new spaces to meet and grow together independently. While we will no longer be facilitating these clubs, we encourage you to stay involved and help keep them thriving.

Please stay connected! Sign up for our emails and follow us on social media for updates. You'll also find a list of additional community resources in this newsletter to help keep you moving, motivated, and well.

**Sign up for emails:
Here**

Follow us on Facebook: Here

New Wellness Classes in the Community!



Community Exercise Class Schedule

AgeWell Admin Building—275 W Clay Ave, Muskegon, MI 49440

June 3—September 30

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8—8:45 am		Spin Class (Francine)		Spin Class (Francine)	
11—11:45 am		Full Body Strength (Francine)		Cardio Drums Alive (Francine)	
12—12:45 pm			Zumba (Francine)		

Roosevelt Park Community Center—3106 Roosevelt Rd, Muskegon, MI 49441

June 11—September 24 (NO CLASS on August 6)

*FREE for Roosevelt Park Residents who are 60+

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:30—2:15 pm			Sit & Fit Balance (Francine)		

Norton Shores Library—705 Seminole Rd, Norton Shores, MI 49441

June 2—July 21

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9—9:45 am	Stretch & More (Gayle)				

Edgewood Lutheran Church—2525 East Pontaluna Rd, Fruitport, MI 49415

May 29—June 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30—10:15 am				Gentle Yoga (Barbara)	

Muskegon County Residents who are 60+ - Suggested Donation: \$3.00

All Others - Drop In Fee: \$6.00

These Clubs Found a New Home!



Book Club

3rd Tuesday of the month | 1:00 pm

Norton Shores Library

Join our book enthusiasts as we gather to discuss our book club selections. June's book is *Atlas Shrugged* by Ayn Rand



Card Playing Group

Mondays | 12:00 PM
The Community House
We facilitate a friendly game of cards - players choice!



Stitchers Group

Wednesdays | 2:00 pm
Forest Park Covenant Church
Bring your latest knitting/crocheting project and join our friendly group.

Resources in the Community



Community Resources for Senior Activities

There are numerous other senior activities going on in our community that we wanted to share with you.

Orchard View Community Education has many senior activities including: Bingo, Euchre, Cribbage, Grief Group, Craft Classes and Seminars, Wood Carving, Sewing Groups and more.

You can visit the website here:

<https://orchardviewce.org/senior-programs/>

Another great resource is our **Muskegon Area District Library**. The Norton

Shores branch has various adult programming including: Tech Talks, Book Clubs, Craft Club, Knit and Crochet, Yarn Crafters, Chair Yoga and more. You can visit the website here:

<https://madl.org/>

Community Resources for Fitness

Additional fitness and wellness options in our community include:
(This is not an exhaustive list, click on the links for more information)

- [**The Neal Fitness Center**](#) (Accepts Silver Sneakers and if you mention you are a Wellness Participant the \$50.00 membership fee will be waived!)
- [**Planet Fitness**](#)
- [**Root Down**](#)
- [**Muskegon Yoga**](#)

Community Resources for Legal Support

Article Heading

Putting in writing a request that you share in your newsletters that Michael Herring will continue appointments at Tanglewood Park, through Senior Resources. Appointments can be made by calling 231-739-5858. He will be here the first and third Wednesdays of the month from 9:30 a.m. to noon. The first week in June, however, he will be here June 5 instead of the 4th.

Text Link



Join Us on a Special Trip to Chicago!

Explore Chicago with AgeWell Services! Seating is limited!

Join us for a 3-day, 2-night trip to Chicago – August 19–21, 2025 for just \$489/person (double occupancy)!

Call Renee at (231) 733-8641 to reserve your seat today!

AGEWELL SERVICES OF WEST MICHIGAN PRESENTS

Chicago



INCREDIBLE PRICE INCLUDES:

- ♦ Motorcoach transportation
- ♦ 2 nights lodging in the Chicago area
- ♦ 4 meals: 2 breakfasts and 2 dinners
- ♦ Visit to the MUSEUM of SCIENCE AND INDUSTRY
- ♦ Visit to the World Famous 360 CHICAGO, formerly the John Hancock Observatory
- ♦ SKYLINE CRUISE on Lake Michigan
- ♦ Visit to the historic NAVY PIER and FIELD MUSEUM of NATURAL HISTORY
- ♦ A Night of Dinner with Entertainment

and much more

\$489*

3 Days 2 Nights
*PER PERSON, DOUBLE OCCUPANCY
(Tue - Thu)
Aug 19 - 21
2025

**Experience Chicago**

**Explore sizzlin' Chicago!**

**Architecture and history abound**

**Explore the Museum of Science and Industry**

Departure: Tanglewood Park, 560 Seminole Rd, Muskegon, MI @ 8 am

Day 1: Board your spacious, video and restroom equipped Motorcoach and set off for your destination: exciting Chicago! Upon arrival, you'll enjoy a visit to the World Famous 360 CHICAGO. Located along Chicago's famed Magnificent Mile, 360 CHICAGO soars 1,000 feet above Lake Michigan and the city's majestic skyline to offer visitors the most breathtaking views of downtown Chicago, the lakefront and four neighboring states. Add to that their interactive technologies and their 94th floor café, you have it all. Tonight, you'll enjoy Dinner at a local restaurant before checking into your Chicago area hotel for a two night stay.

Day 2: Enjoy a Continental Breakfast before departing for a relaxing SKYLINE CRUISE and take in the spectacular Chicago skyline view from lovely Lake Michigan. Then, experience one of Chicago's top attractions - The Historic and Fun-filled NAVY PIER where you'll enjoy great shopping, eateries, and more; all in a beautiful setting. Next, you'll visit the FIELD MUSEUM OF NATURAL HISTORY. See "Sue", the world's largest and most complete T-Rex and other spectacular exhibits! Tonight, you'll enjoy Dinner with Entertainment.

Day 3: After enjoying a Continental Breakfast, you will visit the MUSEUM OF SCIENCE AND INDUSTRY – voted one of the "Seven Wonders of Chicago" by the Chicago Tribune, and named one of the "Top 15 Museums in the World" in Life Magazine. Among its most popular offerings is "YOU! The Experience" - a 15,000 square foot exhibit that explores the human mind, body, and spirit. Later you'll leave for home... A perfect time to chat with your friends about your exciting adventure and where your next group trip will take you!

ADD SOME PEACE OF MIND TO YOUR TRIP...
With Diamond Tours Exclusive Travel Confident® Protection Plan.
See separate advertisement...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$99 for single occupancy.
Final Payment Due: 6/12/2025

FOR INFORMATION & RESERVATIONS CONTACT:

Renee Sischo @ (231) 733-8641

 **Wellness Program**
AgeWell Services

Form ID: 1900-3A0506

WM

Tour#: 2195651

**After June 27th please contact Cindy
at: 231.733.8632 for reservations.**

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