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 activites 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)

- <u>The Neal Fitness Center</u> (Accepts Silver Sneakers and if you mention you are a Wellness Partcipant 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.

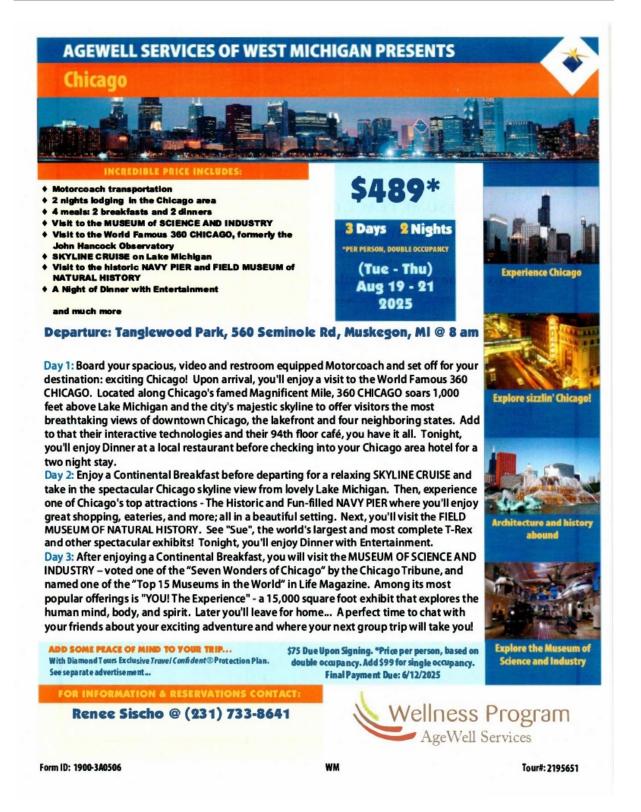


Text Link

Join Us on a Special Trip to Chicago!

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!



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

AgeWell Services | 560 Seminole Rd | Muskegon, MI 49441 US

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