

AgeWell SERVICES **Advantage**

Redefining age through connections that support health & wellness.

December 2024/January 2025

The Advantage is published by
AgeWell Services of West Michigan.
Volume 17, Issue 6

Wellness Office: (231) 733-8643

Inside this Issue

Wellness Center Info.....	2
Wellness News & Notes	3
Groups & Services	4
DTE Holiday Meal.....	5
Art Program	6
Senior Center Activities	7-8
Lunch & Activity Centers	9
Exercise Class Calendar	10
Something New?.....	11
Exercise Class Descriptions	12-13
Wellness Center Happenings.....	14
Healthy Harvest News.....	15



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, at Lunch & Activity Centers, and at other partner locations.

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

Program Assistant

Cindy Rood

Assessor & Meal Site Manager

Ashley Foster

Insurance Benefits

The Wellness Center offers insurance benefits to those with eligible plans, including Renew Active, Silver & Fit, FitOn Health 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**

 **FIT ON**
HEALTH

Holiday Closings December - January

Wellness Center: *

12/23-27 ♦ 12/31 ♦ 1/1 ♦ 1/20

Driftwood Café:

12/23 through 1/3 ♦ 1/20

Lunch & Activity Centers:

12/24-25 ♦ 12/31 ♦ 1/1 ♦ 1/20

Check for weather related closings at
agewellservices.org/closings

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

Or call 231-733-8643 to confirm class.

*** There will be a revised fitness schedule for December 30 - January 3. Check with the office for details.**

Wellness News & Notes

Please welcome Cindy Rood to the Wellness Team!

Cindy has been with Agewell Services for the past five years as a Program Assistant with the Meals on Wheels and Lunch & Activity Center programs.

She will now be joining us four days a week in the Wellness Center. Her knowledge about the organization is an asset to the Wellness Team and we are so excited to have her join us! She has also been a business owner for much of her life and brings a wealth of knowledge on customer service to our team.

Cindy is married to Scott Rood and has 3 sons with whom she enjoys spending time when they visit!



“Good actions give strength to ourselves and inspire good actions in others.”
- Plato



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- ♥ Spread Kindness
- ♥ Volunteer Today

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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!



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.



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.



Bingo

**December 10
January 14
2 - 4 pm**

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

Ukulele Club

Tuesdays 2 pm

Join us as we learn the
ukulele & have some fun!



Tech Club

**Thursdays
12 - 2 pm**



Have a tech question?
Stop by and ask this
group for a hand!

Card Playing Group

Mondays from 12 - 3:30 pm in the Art Room

Mary will facilitate friendly
games of cards - players choice!



We are accepting bingo prize donations! If you have something that you think would make a great bingo prize that you'd like to donate, please drop it off at the Wellness Office. Thanks!

HOLIDAY MEAL

12 ❄️ 12 ❄️ 2024

**AgeWell Services will offer its annual
Holiday Meal on Thursday, December 12!**

Reservations will be accepted November 11th - December 6th
Visit AgeWellServices.org/dte-energy-holiday-meal for more information



Local Help WITH YOUR Medicare Questions



Emily Sykes
231-373-5115



Gary Tripp
AGENCY

emily@garytrippagency.com

Serving West Michigan Seniors

We do not offer every plan available in your area. We represent 10 MA organizations which offer plans in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

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15-0812

Art Program at Tanglewood Park

Open Art Instruction

Tuesdays from 1 - 4 pm OR Wednesdays from 12:30 - 3:30 pm

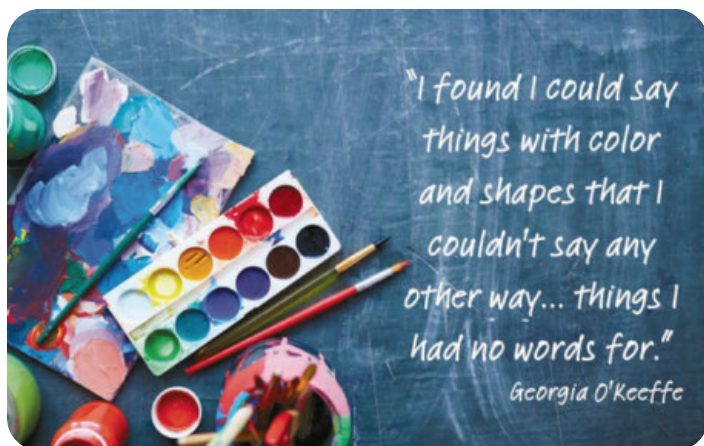
This class gives students the opportunity to paint using any medium of painting they prefer while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting. Students will have the option of using their own supplies or using Wellness Center supplies.

Cost: \$12 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. Specific colors may not always be available.

Cost: \$12 per class



Join us for a
fun & creative
art class!



Christmas Cookie Decoration

Create beautiful cookies that will taste as good as they look!



Egelcraft Mobile Home Park

2129 Arrowhead Dr., Muskegon | (231) 559-0225

Thursday, December 19 at 11:30 am

Holton United Methodist Church

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

Wednesday, December 18 at 11:30 am

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

Friday, December 20 at 11:30 am

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 375-9061

Monday, December 16 at 12:00 pm

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

Tuesday, December 17 at 11:30 am

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

Tuesday, December 17 at 1:00 pm



Quarterly Birthday Celebrations

Cookies and cake?! Yes!

We'll be celebrating quarterly birthdays along with our fun cookie decorating activity!



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



Let's Play a Game!

Join us as we play a fun game - we hope to get everyone involved in the fun!

Egelcraft Mobile Home Park

2129 Arrowhead Dr., Muskegon | (231) 559-0225

Thursday, January 23 at 11:30 am

Holton United Methodist Church

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

Wednesday, January 22 at 11:30 am

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

Friday, January 24 at 11:30 am

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 375-9061

Monday, January 27 at 12:00 pm

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

Tuesday, January 21 at 11:30 am



The Surprising Benefits of Playing Games with Family and Friends

#1 - Boosts Brain Function and Cognitive Skills

Engaging in game playing with family and friends can have a significant impact on brain function and cognitive skills. It's like giving your brain a workout! It also stimulates creativity and imagination.

#2 - Enhances Social Connection and Emotional Bonding

Through the shared experience of playing games, we create lasting memories and inside jokes with our family and friends. There's something magical about the laughter and camaraderie that arises when we compete, collaborate, and strategize together.

#3- Reduces Stress and Promotes Mental Well-being

Playing games with family and friends can also have a significant impact on reducing stress and promoting mental well-being. Engaging in games can be a great way to shift our focus away from the daily demands and challenges we face. Positive social interactions can boost our self-esteem, increase feelings of happiness, and serve as a vital support system during challenging times.

Excerpted from: lightlysketched.com/2023/11/11/benefits-of-playing-games-with-family-and-friends



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



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

Serving lunch on Thursdays from 11 am to 12 pm.

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

Serving lunch on Wednesdays from 11 am to 12 pm.

Holy Trinity Church of God in Christ (COGIC) | 2140 Valley Street, Muskegon | (231) 722-3219

Serving lunch on Tuesdays, Wednesdays, Thursdays from 12:00 pm to 1:00 pm.

Orchard View Community Education | 1765 Ada Ave., Muskegon | (231) 375-9061

Serving lunch on Mondays, Wednesdays, Thursdays, Fridays from 11:30 am to 12:30 pm.

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

Serving lunch Monday - Friday from 11 am to 12 pm.

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

Serving lunch Monday - Friday from 11 am to 12 pm.

Four Pointes | 1051 S Beacon Blvd, Grand Haven | (616) 842-9210

Soup and Salad Bar - Monday - Friday from 11 am to 12:30 pm.

City of Coopersville | 198 East St, Coopersville | (616) 997-2117

Serving lunch the 2nd & 4th Thursday of the month from 12 pm to 1 pm.

Our meals include a
variety of delicious,
healthy options,
certified by our
registered dietitian.

Open to all ages; 60 and older, a suggested donation of \$3.50 - \$8.00 is requested; Under 60, there is a minimum cost of \$8.00 per meal; SNAP Benefits are accepted. Reservations are encouraged by noon one day in advance.

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Exercise Class Schedule

See pages 12 and 13 for class descriptions.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8 - 8:45 am		Soul Cycling (Francine) 		Spin Class (Francine) 	Spin Class (Francine) 
9 - 9:45 am	Spin Class (Marilyn) 	Gentle Yoga (Barbara) 	30 min Spin Class + Arms (Laura) 	Yoga for Seniors (Victoria) 	Yoga for Seniors (Victoria) 
10 - 10:45 am	Stretch & More (Gayle) 	Upper Body & Core Strength (Renee) 	Variety Circuit (Francine) 	Full Body + Tabata (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 am		Tai Chi (Melissa) 	Latin Dance with a Z (Francine) 		Move & Groove (Francine) 
1 - 1:45 pm	Mobility & More (Becky) 	Latin Dance with a Z (Francine) 	Sit & Fit Balance (Francine) 	Move to the Beat in a Chair (Francine) 	Line Dancing (Gayle) 
5:30 - 6:00 pm					
6 - 6:45 pm		Ayurvedic Yoga (Peter) 			

Exercise Class Difficulty Level

Beginner  Easy  Moderate  Challenging 

Exercise Class Cost: Drop in - \$6 per class • Unlimited classes - \$80 per month

Fitness Room Cost: \$3 per visit *Free with accepted insurances (see pg 2)

Fitness Day Pass: \$12 per day for unlimited classes and fitness room use

Want to try something new?

We are trying to gauge interest in adding activities to our regular line-up. Please stop by the Wellness Office or give us a call at 231-733-8641 if you are interested or have a new idea!

Chair Yoga

Would you be interested in having us add a gentle chair yoga class to our schedule?

We're considering an 8 am class or an evening class.

Let us know your thoughts!



How about a Road Trip?

We are looking at offering trips from Diamond Tours through the Wellness Center. These tours would be from 4-11 nights, with transportation by motor coach and lodging included, along with some meals and tickets to shows. We would need 35 or more travelers to join us each trip.

Some of the tour possibilities include: Show/Spiritual, Canadian, Major City, New England/Coastal, Western, Northern, Gaming, Southern.

If you are interested in this type of group travel opportunity, please let us know!



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

Anna Urick Duggins

Elder Law & Estate Planning Attorney

 231-722-5400
 elderlaw@parmenterlaw.com



Grand Haven
616-844-1700
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Exercise Class Descriptions

BEGINNER LEVEL



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. Can be done standing or sitting.

EASY LEVEL



Line Dancing: This class follows 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 improving balance, mobility and cardio strength while limiting the amount of side-to-side and up/down movement.

Tai Chi: a combination of slow, deliberate movement often described as “meditation in motion”.



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As dedicated pre-need counselors, they have helped countless families design the funeral or memorial service they desire.

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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 and exercise balls. Ends with leg weights/abs and a cool down.

Variety Circuit: a variety of cardio movements such as Cycling and Step (Optional) followed with intervals of full body strength training.

Cardio Drums Alive: three classes in one - Silver Fun & Fit, Zumba Gold, and Cardio Drums! Features a combination of drums, cardio, and hand weights to help keep you strong.

Full Body + Tabata: a full body and core strength workout with exercises targeting all the major muscle groups. Can be done seated or standing.

Gentle Yoga: this class is slower pace with less intense positions. Also includes yogi breath work, meditation & relaxation.

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!

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

Latin Dance with a Z: 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



30 min Spin Class + Arms: spin for 30 minutes followed by 15 minutes of arm exercises.

Ayurvedic Yoga: this class will use breathing, physical movements, meditation and relaxation techniques along with other Ayurvedic knowledge designed to create and maintain a state of physical, mental and spiritual health.

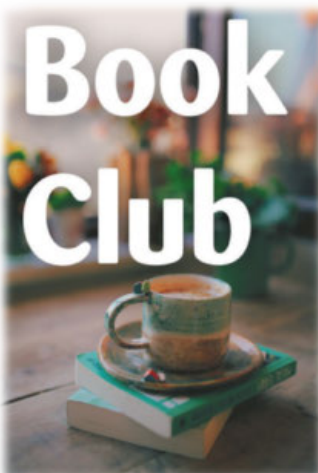
Dumbbells & Weights: challenge and build muscular strength and endurance by incorporating dumbbells (hand weights) and weights (with a bar) designed to work the major muscle groups.

Energy Booster Spin: alternate between sprinting and climbing on the bike to fast paced music.

Soul Cycling: this indoor cycling class features high-intensity cardio, muscle-sculpting strength training, and rhythm-based choreography.

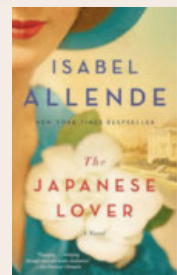
Spin Class: this class challenges you while allowing you to participate at your own pace.

Wellness Center Happenings



**December 17
1 pm**

**Lilac Girls
by
Martha Hall Kelly**



**January 21
1 pm**

**The Japanese Lover
by
Isabel Allende**

Do you enjoy learning about great books to add to your "to be read" pile? Can you talk about books for hours? If so, join us in the Community Room to meet other book enthusiasts and discuss our book for the month.

Quarterly Birthday Celebrations - January 8

Bring a dish/snack to share and join us in the Community Room to celebrate January, February and March birthdays!



We are planning some fun activities to celebrate the holiday season, including holiday treats, festive apparel, and more! Keep an eye out for flyers at the Wellness Center and information on our Facebook Page - facebook.com/awswellness for details!

Find great gear for your workouts or for gifts! Visit our online store to start shopping: trophyhousebrands.chipply.com/agewellwellness/store.aspx
Stop by or call the Wellness Center at 231-733-8643 with any questions.



Be sure to like the AgeWell Wellness Center Facebook page for updates, motivation, news, & more! Find us at facebook.com/awswellness.



October 2024

Mission for Area People - Muskegon Heights, MI

19,765
pounds of food
distributed



400
food kits distributed
578
produce bags filled



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HELPS WITH THE
HIGH PRICES OF
EVERYTHING."

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We are so grateful to our sponsors, community partners and volunteers for helping get fresh fruits, vegetables, and Healthy Harvest Meal Kits into the hands of those in need in our community.

Watch for another Healthy Harvest event in March!



Gabrielle, YMCA CEO, and Chelsea, AgeWell Food Service Director lead the way for Healthy Harvest!

The YMCA camp counselor trainees (and their young helpers) volunteered their time!





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 our Wellness Office with any changes:

Phone: (231) 733-8643



Stop by AgeWell Service's Driftwood Café at Tanglewood Park for breakfast or lunch and check out our new menu! You'll find old favorites, plus new items that are sure to become favorites!

Discount Dine is available for breakfast and lunch - look for the special section on the menu. Plus, we'll have a hot lunch buffet on Tuesdays & Thursdays.

Need catering for an event or meeting? The Café has you covered. From boxed lunches to buffets, from small groups to large, we can serve up what you're looking for! Call us at 231-733-8644 to learn more.