

Redefining age through connections that support health & wellness.

April/May 2025

The AdvantAge is published by
AgeWell Services of West Michigan.

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Wellness Office: (231) 733-8643

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**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

**The Wellness Center, Driftwood Café and
Lunch & Activity Centers will be closed:**

May 26th for Memorial Day

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.

SAVE THE DATE

AgeWell Services of West Michigan Presents

Heels for Meals & More

Thursday, April 17, 2025 | 6:00pm
Trillium Event Center



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



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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

**April 8
May 13
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!



Free Blood Pressure Checks

Wednesdays from 10 am—12 pm in the Community Room

Dear Wellness Center Friends,

With gratitude and a touch of sadness, we share that Francine Calandro will be retiring at the end of May after nearly 17 amazing years. Francine has been the heart of our wellness program, bringing energy, positivity, and encouragement to every class. Her warmth and enthusiasm have made the Wellness Center a special place for so many.

While we'll miss her bright spirit, we're excited for her next chapter—and who knows? You may still see her leading a class now and then!

Please join us in celebrating Francine and all she has meant to our Wellness Center family. Congratulations, Francine! You'll always be part of our hearts and this wonderful community.

Your Wellness Center Teammates



Local Help WITH YOUR Medicare Questions



Emily Sykes
231-373-5115



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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Art Program at Tanglewood Park

Join us for a fun & creative art class!

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

Art Studio Time ***Tuesdays from 9 am - 12 pm***

We are trying something new! Our studio will be open during this time for you to come and use the space to paint. Supplies are not included, please bring your own. There will not be an instructor during this session. It is your free time to work on your masterpiece!

Cost: \$6 per session



Senior Center Activities

April

Please join us for a fun game of BINGO!

Egelcraft Mobile Home Park

2129 Arrowhead Dr., Muskegon | (231) 744-8613

Thursday, April 17th at 11:30 am

Holton United Methodist Church

9530 Holton-Duck Lake Rd., Holton | (231) 744-8613

Wednesday, April 16th at 11:30 am

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

Tuesday, April 15th at 11:30 am

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

Monday, April 14th at 12:30 pm

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

Friday, April 18th at 11:30 am

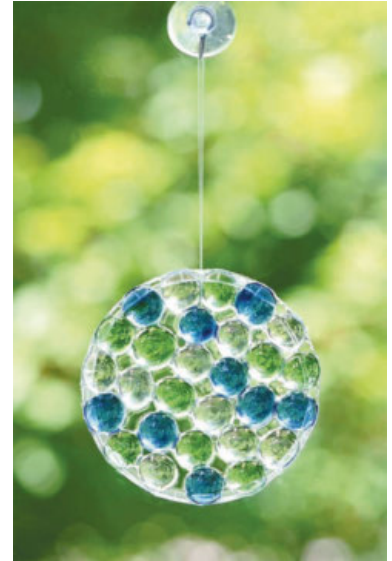


**To register for an activity, visit or call the corresponding
Lunch & Activity Center - be sure to reserve a meal too!**



Let's Make Suncatchers Together!

We'll provide all the materials—come join us and create a suncatcher to brighten up your spring!



Egelcraft Mobile Home Park

2129 Arrowhead Dr., Muskegon | (231) 744-8613

Thursday, May 15th at 11:30 am

Holton United Methodist Church

9530 Holton-Duck Lake Rd., Holton | (231) 744-8613

Wednesday, May 14th at 11:30 am

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Monday, May 12th at 12:30 pm

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

Friday, May 16th at 11:30 am



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



Edgewood Lutheran Church | 2525 Pontaluna, Fruitport, MI | (231) 865-3300

Serving lunch on the second Friday of each Month at 11:30 am

Egelcraft Mobile Home Park | 2129 Arrowhead Dr., Muskegon, MI | (231) 744-8613

Serving lunch on Thursdays from 11 am to 12 pm.

Holton United Methodist Church | 9530 Holton-Duck Lake Rd., Holton | (231) 744-8613

Serving lunch on Wednesdays from 11 am to 12 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) 			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	Zumba (Lydia) 	Tai Chi (Melissa) 	Zumba (Francine) 		Zumba (Francine) 
1 - 1:45 pm	Mobility & More (Becky) 	Zumba (Francine) 	Sit & Fit Balance (Francine) 	Move to the Beat in a Chair (Francine) 	Line Dancing (Lori) 

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



Wellness Team Dances with the Local Stars



Our AgeWell Services team had a blast participating in the Muskegon Women's Division Chamber of Commerce Dancing with the Local Stars' event! This year, our very own Renee, Wellness Manager; Fran, Fitness Specialist; and Brian, Food Services Manager took to the dance floor—raising money and showing off their moves for an incredible event that shattered fundraising records to support local food banks!

We're so proud of our AgeWell Services team for dancing, fundraising, and making a difference!



- 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
Muskegon/Whitehall
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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.

EASY LEVEL



Line Dancing: This class follows a choreographed line dance with a repeated sequence of steps.

Mobility & More: 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.



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Exercise Class Descriptions

MODERATE LEVEL



Active Senior Intermix: 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.

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 paced with less intense positions. Also includes yogi breath work, meditation & relaxation.

Move & Groove: dance to the beats of salsa, bachata, and more while grooving that body!

Upper Body & Core Strength: an upper body and core strength workout with exercises targeting the chest, back, triceps, biceps, shoulders, and abs. Can be done seated or standing.

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

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

Zumba: 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 work.

Dumbbells & Weights: challenge and build muscular strength and endurance by incorporating dumbbells and weights designed to work the major muscle groups.

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

Book Club



April 15th - 1 pm

**Wonderland
Creek**
by
Lynn Austin



May 20th - 1 pm

**Anne of Green
Gables**
by
L.M. Montgomery

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.

Yoga in the Community

Contact Renee at 231-733-8641 to sign up.
Must be 60+ and a Muskegon County Resident

North Muskegon Yoga

Thursdays at 9:00 am

April 17th-May 22nd

Walker Branch Library

1522 Ruddiman Dr

North Muskegon, MI 49445

Holton Chair Yoga

Tuesdays at 10:30 am

April 15th - May 20th

Holton Branch Library

8776 Holton Duck Lake Rd

Holton, MI 49425

Mother's Day Brunch

May 12, 2025
10:00 am at Tanglewood Park

\$8.00
Suggested
Donation

Stop by the Wellness Office to secure your spot
by May 7th. Space is Limited. (Menu TBD)
Must be 60+ and a Muskegon County Resident

Funded in part by Muskegon County Senior Millage

Find great gear for your workouts or for gifts! Visit our online store to start shopping: trophyhousebrands.chippily.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.

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- ♦ SKYLINE CRUISE on Lake Michigan
- ♦ Visit to the historic NAVY PIER and FIELD MUSEUM of NATURAL HISTORY
- ♦ A Night of Dinner with Entertainment

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3 Days 2 Nights

*PER PERSON, DOUBLE OCCUPANCY

(Tue - Thu)
Aug 19 - 21
2025

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!

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FOR INFORMATION & RESERVATIONS CONTACT:

Renee Sischo @ (231) 733-8641

 **Wellness Program**
AgeWell Services



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. 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.