



AdvantAge

Redefining age through connections that support health & wellness.

February/March 2025

The AdvantAge is published by
AgeWell Services of West Michigan.

Volume 18, Issue 1

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:

February 14th (AgeWell Services Closed)

February 17th - President's 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

**February 11
March 11
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!

Staying Strong, Aging Well

Laura Hichue has been a dedicated member of the AgeWell Wellness Center since 2015, and she credits the classes taught by Francine for transforming her health and recovery journey. "When I needed open-heart surgery last year, I knew the physical strength I had built in the Wellness Center classes would make a difference," Laura shared. "I was able to get moving in the hospital quickly after surgery, and the medical staff was amazed by how strong my legs were." For Laura, the strengthening classes with Francine played a key role, not only in her recovery but also in maintaining her overall health as she ages. "This place is so important to me and my family—they know these classes keep me strong and healthy. Staying active is the most important thing we can do to age well." After eight years, Laura continues to inspire others by showcasing the transformative power of staying active and building meaningful connections at the Wellness Center.

Pictured: Francine, Fitness Specialist, with Laura



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

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



**Join us for a
fun & creative
art class!**



Reminiscing Pictures

Join us for a nostalgic event filled with iconic images of actors, TV shows, movies, athletes, and more. Let's spark those cherished memories and celebrate the moments that shaped our lives!



Egelcraft Mobile Home Park

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

Thursday, February 20 at 11:30 am

Holton United Methodist Church

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

Wednesday, February 19 at 11:30 am

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

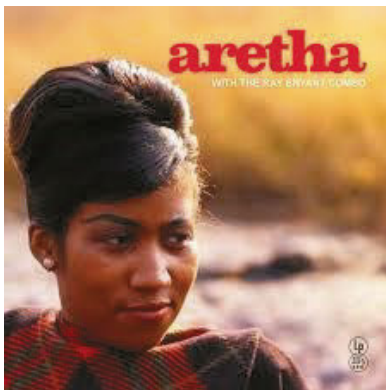
Tuesday, February 18 at 11:30 am

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

Monday, February 17 at 12:00 pm

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

Friday, February 21 at 11:30 am



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



Quarterly Birthday Party!

We'll be celebrating quarterly birthdays in March. Join us for a special treat!



Egelcraft Mobile Home Park

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

Thursday, March 13 at 11:30 am

Holton United Methodist Church

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

Wednesday, March 12 at 11:30 am

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

Tuesday, March 11 at 11:30 am

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

Monday, March 10 at 12:00 pm

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

Friday, March 14 at 11:30 am

COGIC | 2140 Valley Street., Muskegon | (231) 722-3219

Tuesday, March 18 at 11:30 am



**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 pm to 1 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,
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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	Zumba (Lydia) 	Tai Chi (Melissa) 	Zumba (Lydia) 		Move & Groove (Francine) 
1 - 1:45 pm	Mobility & More (Becky) 	Zumba (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!



Movies at Tanglewood Park?

We are wanting to know if anyone is interested in a movie showing of "Old Heart" at Tanglewood Park. You can learn about the movie here:

<https://www.rogerrapoport.com/oldheartmovie/screenings>

Adapted from Peter Ferry's award winning novel, *Old Heart* tells the story of Tom Johnson, an American soldier who is part of the Allied liberation of the Southern Netherlands in the fall of 1944. He works with a Jewish translator, Sarah van Praag, to smuggle food and supplies to starving residents of northern cities trapped behind Nazi lines. And they fall in love.



- 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



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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. Can be done standing or sitting.

EASY LEVEL



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

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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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 paced 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.

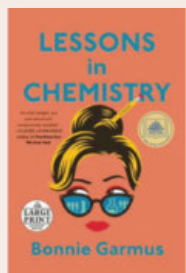
Dumbbells & Weights: challenge and build muscular strength and endurance by incorporating dumbbells (hand weights) and weights (with a bar) designed to work the major muscle groups.

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.

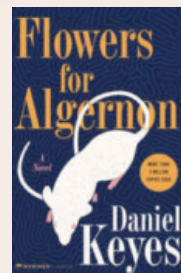
Spin Class: this class challenges you while allowing you to participate at your own pace.

Wellness Center Happenings



February 18th - 1 pm

**Lessons in
Chemistry
by
Bonnie Garmus**



March 18th - 1 pm

**Flowers for
Algernon
by
Daniel Keyes**

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.



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.



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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

and much more

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*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.