



# Arthritis Foundation®

*Schedule effective September 13, 2021 but is subject to change*

## What you need to know:

- Due to COVID restrictions, registration is required!
- Masks are strongly recommended at all in person classes.
- Classes available at a suggested donation of \$3.00/class
- SilverSneakers members attend at no cost!
- Focus is on strengthening, balance, conditioning, flexibility and having fun!
- Are safe and effective for older adults!

Schedules and COVID precautions  
subject to change

Masks are strongly recommended

### In Person Classes available at:

**Cascade Christian Church,  
2829 Thornapple River Dr.  
Grand Rapids, MI**  
Tuesdays and Thursdays at 1

**Schneider Manor,  
725 Bowes Rd., Lowell MI**  
Tuesdays and Thursdays at 10:30

**Sparta Senior Neighbors Center  
100 Ida Red, Sparta MI**  
Tuesdays and Thursdays at 10:30

### Zoom Classes Available:

Wed. at 11am with Dani

Tues. and Thurs. at 10:00am with  
Darcy

Call 616-233-0283 for  
more information!

*Senior*  
**NEIGHBORS**  
no longer alone

*Kent County  
Senior Millage*



*The Source for Seniors*

