



START WHERE YOU ARE  
USE WHAT YOU HAVE  
DO WHAT YOU CAN

Engaging Wellness classes are designed specifically for older adults. Community partners throughout West Michigan are dedicated to helping older adults stay active and independent.

**Arthritis Foundation Exercise Program classes are:**

- For anyone with or without arthritis
- Safe and effective for older adults
- Focusing on joint friendly gentle stretching
- Great for endurance and balance



*A Program of the Area Agency on Aging of Western Michigan*



Designed for  
Older Adults



In Person & Online  
Classes



Community-  
Centered



Certified Instructors  
& Coaches



Where Available

KENT COUNTY



[www.seniorneighbors.org](http://www.seniorneighbors.org)

# SENIOR NEIGHBORS 616-233-0283

Cascade Christian Church  
2829 Thornapple River Dr.  
Grand Rapids  
Tues/Thurs  
1:00p –2:00p

**This class is located in “Centennial Hall” across the courtyard from the sanctuary.**

**Wear comfortable clothes, good shoes and bring water!**

Kent County Community Action  
121 Franklin St. SE  
Grand Rapids MI  
Wed/Fri  
10:00a –11:00a

**This class will begin September 5! Bilingual Instructor speaking Spanish and English!**

**Wear comfortable clothes, good shoes and bring water!**

Schneider Manor  
725 Bowes Rd.  
Lowell MI  
Tues/Thurs  
10:30a –11:30a

**This class is located in the community room at Schneider Manor. Anyone age 60 or older is welcome!**

**Wear comfortable clothes, good shoes and bring water!**

Classes available at a suggested donation of \$3/class!

SilverSneakers members attend at no cost!

Schedules and Covid precautions are subject to change.

Zoom Class!

Tues/Thurs  
10:00a –11:00a

**This is a Zoom class available for you to do from anywhere! Pre-registration required**

**Wear comfortable clothes, good shoes and bring water!**

Interested in teaching Arthritis Foundation Exercise Program to older adults? Call for more information.

616-233-0283

## COMMUNITIES FOR AGING STRONG

Area Agency on Aging of Western Michigan | Grand Rapids Community College | Ionia County Commission on Aging  
Ludington Senior Center | Mecosta County Commission on Aging  
The Salvation Army | Senior Neighbors  
St. Ann’s Senior Services



*Kent County Senior Millage*