



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.

**Tai Chi for Arthritis classes are:**

- Focused on learning a series of movements
- Safe and effective for older adults
- Known for improving balance
- Slow paced mindful movements
- Great for people of all different abilities



*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

Grandville Kent  
District Library  
4055 Maple St. SW  
Grandville  
T/Th  
1:00p –2:00p

**This Beginner session  
will start Sept. 19<sup>th</sup>!**

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

Third Reformed  
Church  
2060 Michigan St. NE  
M/W  
12:30p –1:30p

**This is an Advanced  
Level class- Tai Chi  
experience  
recommended, but not  
required.**

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

Wesley Park  
United Methodist  
1150 32<sup>nd</sup> St. SW  
Wyoming MI  
T/Th  
4:00p –5:00p

**This Beginner session  
will start Sept. 12<sup>th</sup>!**

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

Westview CRC  
2929 Leonard NW  
Grand Rapids  
W/F  
11:00a –12:00p

**Mixed Level Tai Chi**

**Join us in the lower  
level- use the northern  
entrance!**

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

Zion Lutheran  
582 Lamoreaux Dr.  
NW  
Comstock Park  
T/Th  
10:15a-11:15a  
(Advanced Class)  
Or  
11:30a-12:30p  
(Intermediate Class)

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

Class schedules and  
Covid precautions  
are subject to  
change.

## 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*