

JOIN US FOR



**Arthritis
Foundation®**



About this program:

Get one hour of physical activity all while having fun! Safe and effective for anyone with or without arthritis.

These classes will focus on:

- Joint friendly, gentle stretches!
- Endurance
- Balance
- Arthritis Education



Classes offered for a suggested donation of \$3/class or use your SilverSneakers benefit!



Call 616-233-0283 for more information!

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 resume Spring 2024. 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