



JOIN US FOR

Tai Chi for Arthritis



- 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 abilities.

Classes are offered for a suggested donation of \$3/class or covered by SilverSneakers.

Class locations throughout Kent County.

Pre-registration is encouraged.



Call 616-233-0283 to register!

THE FIRST 100 PEOPLE TO ATTEND 20 CLASSES IN 2024 WILL RECEIVE A FREE SHIRT!

616-233-0283 for more information!

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

**This Beginner session
will start January 9th!**

**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!**

Trinity Lutheran
Church
2700 Fulton E.
Grand Rapids

**This Beginner session
will resume in spring
2024!**

Call for spring schedule!

Wesley Park
United Methodist
1150 32nd St. SW
Wyoming MI

**This Beginner session
will resume in spring
2024!**

**Call for spring
schedule!**

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

**Mixed Level Tai Chi
Beginner classes
resume January 10!**

**Use the covered
entrance on the south
side!**

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

**New Beginner session
will resume in spring
2024! Call for spring
schedule!**

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*