



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

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 April 3rd
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