



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.

## Zoom Classes:

- Same quality classes delivered remotely
- Use your tablet, smart phone, or computer
- Zoom accounts are free to create
- Pre-registration required.

*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

Arthritis  
Foundation  
Exercise Program  
Zoom Class  
Tues/Thurs  
10:00a -11:00a

**This class is safe and effective for anyone with or without arthritis.**

**Focuses on joint friendly stretches, cardio and some strengthening!**

Gentle Yoga  
Zoom Class  
Mondays  
11a-12p

**Gentle stretching, core strength, flexibility and mental balance!**

**This class will encourage you to move slowly and focus on movement and breathing! All you need is water and a sturdy chair!**

ZoomFit  
Zoom Class

**Mondays at 10  
Thursdays at 9:30**

**Stretching, 20 Minutes of Cardio, Strengthening, and Flexibility**

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

**Pre-registration is required for all Zoom classes!**

**Contact Julie at Senior Neighbors at 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*