



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

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 9:15**

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*