

"Nothing happens until something moves." — Albert Einstein

Many seniors over the age of 60 begin having trouble with joints, balance, and mobility, but not Sue K. During routine doctor exams, Sue proudly reports that she has NO history of falling, something she and her doctors attribute to her decade of participation in the Senior Neighbors' Enhanced Fitness Program. Yes, a decade! Improving strength and balance aren't the only benefits Sue has received, however; she also has made great connections and friendships with classmates and instructors.

Sue enjoys class-to-class flexibility, and the freedom to just show up and participate. She wants to encourage seniors who might be interested in giving this class a try to not let skill level or embarrassment hold them back. The class is set up so that doing your best is enough to succeed. To anyone who thinks endurance, balance, strength, and flexibility are skills they want to improve upon, Sue would say, "It's never too late to begin! The sooner the better. It is so much easier to start when you still feel mobile. Don't wait until you need it!"

Impact Spotlight Sue is not the only participant who has benefitted from the Healthy Aging Classes, many local seniors credit these gatherings with helping them gain new, life-long friendships.



You're Invited

Wednesday, November 16 at 6 p.m.
Frederik Meijer Gardens & Sculpture Park

Reserve your seat at
SeniorNeighbors.org/16over60

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Kent County
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Join us in our mission:
Ensure seniors are no longer alone!



Consider making a donation at seniorneighbors.org or sending a check in the mail.

Volunteering is a great way to directly serve seniors and support our programming. We have numerous opportunities.



Leaving a gift to Senior Neighbors in your will could dramatically impact the lives of local seniors. Gifts to our endowment help provide and expand services in perpetuity.



Tell a friend about our great work! We appreciate referrals and recommendations.



A journey is best measured in friends, rather than miles.

Staying mobile is a big part of staying independent, which is why Senior Neighbors has partnered with the Michigan Department of Health and Human Services and West Michigan Bike & Fitness to enhance Senior Neighbors' Healthy Aging classes. For no cost, seniors have access to two bicycles, two tricycles, and an assortment of adjustable walking poles, as well as helmets, bike locks, and other accessories. Outings with this equipment help maintain strength and balance, while improving social lives.

The inspiration for this program came when the Grandville seniors enjoyed a highly informative experience with a local physical therapist who educated them on the importance of maintaining movement as you age. Once the desire for a program became apparent, Senior Neighbors secured the necessary resources and evolved the existing program to meet the emerging need. The new walking poles provide additional stability, as well as engage core and upper body muscles while the bikes and trikes help stretch and strengthen muscles and improve balance and coordination. For any seniors looking for a way to stay mobile or just to spend time with others, Senior Neighbor's Enhanced Fitness Program is a great option.

Impact Spotlight

Because of generous community members like you, seniors are able to access new programs to meet their changing needs and aspirations.

Senior NEIGHBORS
no longer alone

For more information on how to get involved, please contact:

(616) 459-6019
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