

SUMMER 2 SIX-WEEK SESSION: July 26 - September 3, 2021

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Wellness Office: (231) 733-8643

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Letter from the Mission Services Director



Dear AgeWell Wellness Members,
I hope you have been enjoying the summer and some sense of “normalcy” with most places now being open in some capacity. For a while, I thought this was never going to happen; but am thrilled that it has been going well so far at AgeWell Services.

During the upcoming session, an important item to point out is the fact that we are now able to extend our hours throughout the week. We have also returned to offering full programming of the classes.

Many have been asking about the return of membership dues. Though we are not ready to announce anything official, it is worth noting that we have been discussing some changes with the membership structure recently. As of right now we will continue to do all classes as a “drop-in” fee until planning is complete. This will most definitely continue through the end of our fiscal year, September 30. Once plans are finalized we will be sure to make an announcement, likely towards the beginning of our next fiscal year. We are unsure yet

if changes will be significant or minimal, as we are in the very early stages of planning.

Last but certainly not least, on behalf of our entire Wellness staff we want to give a heart felt “THANK YOU” for your patience and grace given to our team during a very unpredictable year. During every pivot, we have gotten an overwhelming amount of support from our members and the positivity is contagious. Your commitment to the Wellness center does not go unnoticed!

Our Hours

Monday to Thursday
8:00 a.m. to 4:00 p.m.

Friday
8:00 a.m. to 2:00 p.m.

AgeWell Services Wellness Center

Tanglewood Park
560 Seminole Rd, Muskegon, 49444

Web:
agewellservices.org/wellness-program

MEMBERSHIP UPDATE

****If you are a resident of Fruitport Township, please stop by the Wellness Office and ask about discounted pricing on Art and Exercise classes****

We are very happy to announce that our Wellness Center no longer has any capacity restrictions. Since we were able to eliminate these restrictions, we have been receiving a lot of questions about membership options, specifically insurance memberships. We wanted to let everyone know that we have not forgotten about memberships or those of you who have insurance memberships. We have used the time during COVID-19 to re-evaluate how we structure our memberships compared to other senior centers throughout the state of Michigan.

We are excited to announce that beginning October 4, 2021, the Wellness Center will begin accepting insurances again. Please note, this will likely look different than it did prior to COVID-19. Our ultimate goal is to provide wellness services and activities to anyone interested at a reasonable price for everyone. There will be more information coming in September 2021 regarding future pricing, insurance benefits and what memberships will look like.

We are sure that many people are also still wondering about leftover membership dues from before COVID-19. Since we closed, we have not been charging membership dues, nor have we been tracking who owes membership dues. We froze all memberships on March 16, 2020. Whatever your membership status was on March 16, 2020 is what your current membership status is.

We want you all to know that we will do everything we can to complete the entire six weeks of programming without any cancellations. However, please understand that the pandemic is still going on and it is entirely possible that, at some point, a class may have to be cancelled or you may not be able to attend a class you registered for due to illness of your own. In most instances, refunds will not be awarded if a class is cancelled or you are unable to attend a class. This is a part of the risk you are assuming by registering for our programs. If there is an instance of extenuating circumstances, we will handle that on a case-by-case basis. Our intention is to be fair and these policies will remain fluid and change if necessary.

Thank you for your understanding. We are excited to have our Wellness Center moving in the direction of what our normal programming should look like!

Wellness Program Contact Information

Mission Services Senior Manager
Angela Weaver
(231) 683-2649

Wellness Program Manager
Greg Sischo
(231) 733-8636

Wellness Program Assistant
Renee Sischo
(231) 733-8641

Site Activities Manager
Kaytie Drake
(231) 354-2215

Fitness Specialist
Francine Calandro
(231) 733-8642

Wellness Receptionist
Jessica Shagonaby
(231) 733-8643

COMMUNITY SENIOR CENTER ACTIVITIES

Bingocize®



Ravenna First Reformed Church | 3327 Mortimer St., Ravenna

Wednesdays & Fridays from 3:00 p.m. to 4:00 p.m.

Beginning on July 21st, join AgeWell Services as we play Bingocize® ! This activity combines exercise and health information with the familiar game of bingo. It is a great way to move your body and have some fun with friends.

Must be 60+ and a Muskegon county resident to participate.

Stretch & More

Fruitland Township | 4545 Nestrom Rd., Whitehall

Thursdays from 2:00 p.m. to 3:00 p.m.

In this class, you will learn a combination of health tips (arthritis and other), relaxation techniques and a majority of stretching exercises. You will work at your own pace to increase flexibility and reduce levels of pain and stiffness. This class can be done sitting in a chair or standing. *This class is endorsed by the Arthritis Foundation.

Must be 60+ and a Muskegon county resident to participate.

To register for this programs, please call Kaytie at (231) 354-2215.



Outdoor Zumba

Community Center Park | 3106 Roosevelt Rd., Roosevelt Park

Thursdays from 10:00 a.m. to 11:00 a.m.

Join us every Thursday at Community Park for an outdoor Zumba class! Class will be FREE for all Muskegon County residents. Non-Muskegon County residents will pay the full price per class of \$7, which can be paid upon arrival for the class.

This outdoor class is sponsored by the City of Roosevelt Park through Muskegon County Senior Millage funding.



Zumba

Fruitport Township Hall Chamber Room | 5865 Airline Rd., Fruitport

Wednesdays from 12:00 p.m. to 1:00 p.m.

Join us on Wednesdays in Fruitport Township for Zumba with Fran! If you are a Fruitport Township resident and 60 years of age or older, the cost will be \$4 per class.

If you are not a Fruitport Township resident or are under the age of 60, the cost will be \$7 per class.

*Class fees can be paid via cash at the beginning of each class, or you may purchase multiple classes with a punch card.



WELLNESS CENTER CLUBS & ACTIVITIES

Bingo

2:00 p.m. to 4:00 p.m.

August 10, September 14, October 12

Join us once per month for BINGO at Tangelwood Park. 25 cents for each game.



Free Legal Services

In addition to Parmenter Law offering free legal consultations (see info below), we are excited to welcome Attorney Michael Herring of Michigan Attorneys Practicing Law for the Elderly (MAPLE) back to Tangelwood Park.

Contact the Wellness Office to schedule your 30 minute appointment : (231) 733-8643.



NEW Client Portal

The Wellness Team is currently in the process of implementing a new 'Client Portal'. Each Wellness participant will have access to their own Client Portal, where they will be able to register and pay for classes, view their class schedules, update their information and much more. We will have more information available in the coming weeks and will begin to offer individual tutorials on how to get your Client Portal set-up. The Client Portal is the future of class registration for the Wellness Center and we are excited to offer this great service to our Wellness Participants. Now is a great time to verify we have an updated email for you on file.

Welcome to our client portal!

Please login to the site and explore general agency information, along with activities and services to register for.

We're looking forward to seeing you soon.

[Having Trouble? Click here to let us know.](#)

LOG IN

User Name

Password

Remember me on this computer

Login

[Forgot Password?](#)

Lunch & Learns

Visit agewellservices.org/lunch-learns to view available Lunch & Learns. You may also visit the Wellness Office and pick up a complete list.



An Elder Law Paralegal for Attorney Anna Urick Duggins, of Parmenter Law, will offer half hour no-charge introductory meeting every first Monday of the month, from 9am to 12pm at Tangelwood Park. Topics to discuss include Elder Law services such as Estate Planning, Long Term Care Planning, Medicaid Planning, and VA Aid & Attendance

Please call (231) 722-5400 to schedule an appointment.

ART CLASSES

Open Art Instruction

July 27 to August 31

Tuesdays from 1:00 p.m. to 4:00 p.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting.



Cost

\$85 for 6-week session OR \$14 Drop In per class

Acrylic Art Class

July 28 to September 1

Wednesdays from 9:00 a.m. to 12:00 p.m.

This class uses acrylic paint to create paintings of the lakeshore, native Michigan animals, flowers and much more. This class will include instruction through demonstration, coaching and practice. Supplies are included. Special requests for specific colors many not always be available.



Cost

\$85 for 6-week session OR \$14 Drop In per class

Open Art Instruction

July 28 to September 1

Wednesdays from 12:30 p.m. to 3:30 p.m.

This class gives the students the opportunity to paint using any medium of painting they prefer, while the instructor leads a class on a specific topic. Each class will cover a different aspect of painting.



Cost

\$85 for 6-week session OR \$14 Drop In per class



Free Starbucks Gift Card with your zoom tour of an assisted living community near you!

Call us today to discuss your needs



231-683-2002



WestMI.CarePatrol.com

SPECIAL ART EVENTS

Oil Painting

Friday, July 30
9:30 a.m. to 12:30 p.m.



This course will cover the basics of oil painting. It will cover techniques of oil painting and will develop color mixing and composition skills. All supplies and instruction are included.

Cost: \$35

Pastel Painting

Friday, August 6 & 13
11:00 a.m. to 2:00 p.m.



This class will introduce students to the essential information needed to draw and paint still life, landscape, and the figure using the pastel medium. Supplies and instruction are included.

Cost: \$65

Acrylic Pour Flow Art

Friday, August 20
10:00 a.m. to 12:00 p.m.



In this fun, interactive class, you will learn pour methods and create your own masterpiece. All supplies and instruction will be included.

Cost: \$30

Guided Painting with Wine

Friday, September 3
12:00 p.m. to 3:00 p.m.



This class will offer detailed instruction to help create a finished masterpiece. Supplies and instruction are included. Artwork will be taken with you at the end of the class. Two glasses of wine will be provided.

Cost: \$35



Your goals
help guide
your care.

HARBOR
PALLIATIVE CARE

231.722.0382 EmbraceTheTime.org

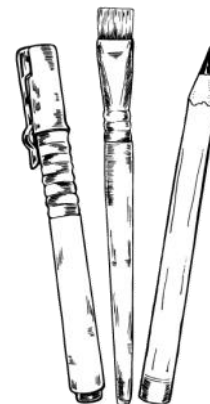
Hugh Randle, ATP
Senior Rehab Sales Specialist
(616) 361-7559
amigomobilitycenter.com



Let us come to YOU!



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EXERCISE CLASS SCHEDULE

Visit agewellservices.org/exercise-classes
to view class descriptions

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 - 8:45 a.m.		Spin Class <i>(Francine)</i>		Spin Class <i>(Francine)</i>	
9:00 - 9:45 a.m.	9:15 - 9:45 a.m. Hot Dog Weights <i>(Gayle)</i>	Seated Cardio Drum Class <i>(Renee)</i>		Yoga for Seniors <i>(Victoria)</i>	Yoga for Seniors <i>(Victoria)</i>
10:00 - 10:45 a.m.	Stretch & More <i>(Gayle)</i>	Interval Cardio & Spin <i>(Renee)</i>	Boot Camp <i>(Francine)</i>	Seated Zumba Toning <i>(Gayle)</i>	Stretch & More <i>(Gayle)</i>
11:00 - 11:45 a.m.	Yoga for Seniors <i>(Victoria)</i>	Active Senior Intermix Cardio & Strength <i>(Francine)</i>	Dumbbells & Weights <i>(Renee)</i>	Stretch & More <i>(Gayle)</i>	Drums Alive Combo <i>(Francine)</i>
12:00 - 12:45 p.m.	Zumba <i>(Francine)</i>	Enhanced Fitness <i>(Meisha)</i>	Mobility & More <i>(Jennifer)</i>	Beginner Line Dancing <i>(Gayle)</i>	Friday Fun Cardio <i>(Francine)</i>
1:00 - 1:45 p.m.	Beginner Spin Class <i>(Renee)</i>	Zumba Gold <i>(Francine)</i>		Interval Cardio & Spin <i>(Francine)</i>	
2:00 - 2:45 p.m.	Sit & Fit Balance <i>(Francine)</i>		Sit & Fit Balance <i>(Francine)</i>		
3:00 - 3:45 p.m.	Cardio Drumming <i>(Renee)</i>	Tai Chi <i>(Caroline)</i>	Yoga for Seniors <i>(Victoria)</i>		
6:00 - 6:45 p.m.		Intermediate Spin Class <i>(Renee)</i>			

DROP INS NOW ACCEPTED

Exercise Class Cost:
\$42 for 6-week session
OR \$7 per class

Fitness Room Cost:
\$2 per visit



AgeWell Services of West Michigan
560 Seminole Rd.
Muskegon, MI 49444

Current Resident Or

PLEASE HELP US KEEP YOUR RECORD UP TO DATE!

Is your name and mailing address correct?
Please contact Jessica Shagonaby in our Wellness Office with any changes:
Email: jessica@agewellservices.org
Phone: (231) 733-8643



The SafeSeniors partners work together to identify, advocate, and seek justice for older adult victims of abuse, neglect, and financial exploitation. The team is committed to:

- Education and awareness regarding elder abuse, neglect and financial exploitation.
- Advocacy for policies and programs that ensure the safety of our older adult population.
- Investigation and prosecution of perpetrators of these crimes to seek justice and restitution for victims.

If you suspect abuse, neglect, or exploitation, call Adult Protective Services at (855) 444-3911.

Every year an estimated 1 in 10 older Americans are victims of elder abuse, neglect, or financial exploitation.

SafeSeniors partners include Adult Protective Services, law enforcement, prosecutors, financial and legal services, health care, and organizations serving the older population, all working as a team to make sure that seniors in our community are healthy, safe, and financially secure.

SafeSeniors is hosted by AgeWell Services and supported with grants from Senior Resources of West Michigan, through the Muskegon County Senior Millage and the Older Americans Act.

Learn more at www.safeseniors.info