

Ionia County Classes
Tai Chi Program



Tai Chi is proven to reduce pain and improve mental well-being.

[read more](#)

Tai Chi Program

Ionia County COA

9:00a - 9:45a

Repeats every Tuesday / Thursday

Advanced Class

Location:

Ionia County COA

115 Hudson Street

Ionia, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

Tai Chi Program

Ionia County COA

9:30a - 10:15a

Repeats every Monday / Wednesday

Beginner Class

Location:

Ionia County COA

115 Hudson Street

Ionia, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

Tai Chi Program

Portland City Hall

August 2nd – October 4th

1:00p - 1:45p

Repeats every Wednesday

Beginner Class

Location:

Portland City Hall

259 Kent Street

Portland, MI

Contact:

phone(616) 527-5365

email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

Enhance Fitness For Seniors



EnhanceFitness®, a nationally recognized multi-component community-based physical activity program designed for fit and frail older adults.

[read more](#)

Enhance Fitness For Seniors

Ionia County Commission on Aging

8:30a - 9:30a

Repeats every Monday / Wednesday / Friday

Location:

Ionia County Commission on Aging

115 Hudson Street
Ionia, MI

Contact:

phone(616) 527-5365
email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County Commission on Aging

Enhance Fitness For Seniors

Ionia County Commission on Aging

10:15a - 11:15a

Repeats every Monday / Wednesday / Friday

Location:

Ionia County Commission on Aging

115 Hudson Street
Ionia, MI

Contact:

phone(616) 527-5365
email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County Commission on Aging

Walk with Ease Arthritis Foundation



Take Control. We Can Help.™

The Arthritis Foundation Walk with Ease program is a walking program designed specifically for those with Arthritis

[read more](#)

Walk with Ease

Ionia County COA

August 23rd

11:00a - 12:00p

Repeats every Tuesday / Thursday

Location:

Ionia County COA

115 Hudson Street

Ionia, MI

Contact:

phone(616) 527-5365
email

ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County COA

Exercise Program Arthritis Foundation



Take Control. We Can Help.™

The Arthritis Foundation Exercise Program uses gentle activities to help increase joint flexibility, range of motion and maintain muscle strength. While the program is designed specifically for those with arthritis, anyone can participate.

[read more](#)

Exercise Program

Ionia County Commission on Aging

August 23rd

10:00a - 11:00a

Repeats every Tuesday/Thursday

Location:

**Ionia County Commission
on Aging**

115 Hudson Street
Ionia, MI

Contact:

phone(616) 527-5365
email
sjones@ioniacounty.org

Facilitator:

Sherry Jones

Organization:

Ionia County Commission
on Aging

Matter Of Balance Class



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

an award-winning program designed to manage falls and increase activity levels in older adults.

[read more](#)

Matter Of Balance Class

Portland District Library

June 29th – August 17th

10:30a - 12:30p

Repeats every Thursday

Location:

Portland District Library
334 Kent St
Portland, MI

Contact:

phone(616) 527-5365
email
ryenchar@ioniacounty.org

Facilitator:

Rachel Yenchar

Organization:

Ionia County Commission
on Aging
