

Mecosta County Classes
Tai Chi Program



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

[read more](#)

Tai Chi Program

Mecosta County Commission on Aging

1:45p - 2:25p

Repeats every Tuesday and Friday

Location:

Mecosta County Commission on Aging

12954 80th Avenue
Mecosta, MI

Contact:

phone(231) 972-2884

Organization:

Mecosta County Commission on Aging

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

Mecosta County Senior Center

7:30a - 8:30a

Monday / Wednesday / Friday

Location:

Mecosta County Senior Center

12954 80th Avenue
Mecosta, MI

Contact:

phone(231) 972-2884

Facilitator:

Shawn Sredersas

Organization:

Mecosta County Senior Center

Enhance Fitness For Seniors

Mecosta County Senior Center

8:30a - 9:30a

Monday / Wednesday / Friday

Location:

Mecosta County Senior Center

12954 80th Avenue
Mecosta, MI

Contact:

phone(231) 972-2884

Facilitator:

Shawn Sredersas

Organization:

Mecosta County Senior Center

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

Mecosta County Senior Center

September 22nd – November 10th

1:00p - 3:00p

Repeats every Friday

Location:

**Mecosta County Senior
Center**

12954 80th Avenue
Mecosta, MI

Contact:

phone(231) 972-2884

Facilitator:

Shawn Sredersas

Organization:

Mecosta County
Commission on Aging

Matter Of Balance Class

Big Rapids Housing Commission

April 20th – June 8th

1:00p - 3:00p

Repeats every Thursday

Location:

**Big Rapids Housing
Commission**

9 Parkview Village
Big Rapids, MI

Contact:

phone(231) 972-2884

Facilitator:

Cynthia Mallory

Organization:

Mecosta County
Commission on Aging

Matter Of Balance Class

Mecosta County Senior Center

September 7th – October 26th

1:00p - 3:00p

Repeats every Thursday

Location:

**Mecosta County Senior
Center**

12954 80th Avenue
Mecosta, MI

Contact:

phone(231) 972-2884

Facilitator:

Shawn Sredersas

Organization:

Mecosta County
Commission on Aging
