



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.

Join us at these open houses to learn more about all our programs!

- Meet the Instructors
- Question and Answer Time
- Snacks
- Participate in Class for FREE- No Commitment
- Learn more about Engaging Wellness Classes
- See Reverse Side for Open House Listings
- Can't make it to an open house? Call for more info! Senior Neighbors 616-233-0283

A Program of the Area Agency on Aging of Western Michigan



Designed for
Older Adults



In Person & Online
Classes



Community-
Centered



Certified Instructors
& Coaches



Covered



www.seniorneighbors.org

SENIOR NEIGHBORS 616-233-0283

Grandville Senior
Neighbors Center
3380 Division,
Grandville MI
Wed. May 3rd

Open House:
9:00am-9:30am
EnhanceFitness Class:
9:30am-10:30am

**Stop by and learn
more! No charge!
No equipment
necessary!**

Alpine Baptist
Church
692 7 Mile Rd.
Comstock Park MI
Fri. May 5th

Open House:
10:30am-11:00am
EnhanceFitness Class:
11:00am-12pm

**Stop by and learn
more! No charge
No equipment
necessary!**

Westview CRC
2929 Leonard NW
Grand Rapids MI
Fri. May 12th

Open House:
9:00am-9:30am
EnhanceFitness Class:
9:30am-10:30am
Tai Chi class:
11am-12pm

**Stop by and learn
more! No charge
No equipment
necessary!**

Schneider Manor
Community Room
725 Bowes Rd.
Lowell, MI
Tues. May 16th

Open House:
10:00am-10:30am
**Arthritis Foundation
Exercise Program:**
10:30am-11:30am

**Stop by and learn
more! No charge
No equipment
necessary!**

Journey Church
9185 Cherry Valley
Ave. SE,
Caledonia, MI
Tues. May 23rd

Open House:
10:30am-11:00am
EnhanceFitness Class:
11am-12pm

**Stop by and learn
more! No charge!
No equipment
necessary!**

**These open houses
are designed to be
informal and
informational. Stop
by during the open
house and stay for all
or part of the class-
participate or
observe at your
comfort level!**

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*