

Quotes from our Members!

~ My Silver Fun & Fit Class with Francine is good exercise for my heart. I most enjoy Fran's bubbly personality and the low impact moves!

~Julie Swanson

~ Marna's Tai Chi class is so good for my body AND mind. I enjoy stretching, relaxing, and learning new tai chi forms.

~ Penny Henderson

~ I'm 82 years old and love the instructors and friendliness of everybody here at AgeWell Services. It keeps me **moving!**

~ Elnora Krug

~ I think someone did a good job hiring kind, knowledgeable and FUN people here at AgeWell! I always get a good workout and have lots of fun. My metabolism has improved along with my dexterity!

~Bette Vanderwerp

~DECEMBER NEWSLETTER~

HOLIDAY SCHEDULE

December 21st through January 1st there will be no classes scheduled. Classes will resume on Monday, January 4th.

AgeWell Services Wellness Department (Fitness Room, Game Room, Computer Lab and Library) will be open for members Monday, Tuesday and Wednesday December 21st through 23rd.

Facility CLOSED on Thursday and Friday, **December 24th and 25th**

Our Café WILL BE OPEN on Monday, Tuesday and Wednesday, December 28th through 30th but the Wellness Department will be closed to members. We will use this time to re-do our Activity Room floor and do some building maintenance.

Facility CLOSED on Thursday and Friday, **December 31st and Jan 1st**

BLOOD PRESSURE

We are now offering a FREE blood pressure clinic EVERY Monday from 9:30am – 12:00pm.

FREE LEGAL ADVICE

Make your appointment at the Wellness Office to meet with Attorney Michael Herring from MAPLE. (Michigan Attorneys Practicing Law for the Elderly) He will sit down with you for a 15 minute time slot to answer your legal questions. He will be here Thursdays, December 3rd and December 17th from 10:00 am to 12:00 pm.

meals

Try our December special in the café!
Cranberry Walnut French Toast...

Sweet cranberry walnut bread dipped in eggs, cream and cinnamon. Served with butter and warm syrup.

motion

Want to stay fit this holiday season?

Pick up an extra class of Zumba, Silver Fun & Fit, Tai Chi or Line Dancing.

morale

Don't forget to tell your friends and family about our "Gift Cards" for a perfect answer to your holiday wish list.

Now available in ANY amount! Use for membership, classes or the café.



AgeWell Services' WISH LIST

Coming Next Month!



January

Something NEW!!!

Calligraphy Class

This 6 week class will be held on Mondays from 5:00 to 6:30 pm. Debbie Dahlquist will be our instructor. She has taught calligraphy for several years for Community Ed classes as well as at the local colleges. Everything you need will be included in the class price. Class starts Monday, January 18th. Sign up today!

Cost: \$30 for Members and \$40 for Non-Members

Next Session Dates:

January 18th – April 9th



If you're wondering how you can give something 'special' this holiday season..... why not donate something towards your great facility that has brought so much to so many people.

Things needed that we would appreciate:

- Cribbage boards**
- Hand sanitizer**
- Disinfectant wipes for the Fitness Room**
- Your time as a volunteer**
- The gift of a scholarship for someone in need**
- Have a Skill? Volunteer to teach a Class**
- Donation towards mirrors in the Activity Center**
- Wii Accessories & Games**
- Hand Weights**
- Equipment for Activity Center**
- Art Supplies**
- Keyboard for Music Class**
- Computer Lab Paper or Ink Cartridges**
- CD Player & Music CD's for Art & Life Long Learning Rooms**

\$Donation.... For those of you who don't wish to shop, we'll do it for you! Bring your donations to the Wellness Office.