



## Coming in June:

### **Effective Cycling**

June 11<sup>th</sup> and 12<sup>th</sup>

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

Our friends Marshall Rakosky and Karen Kalk will offer this class to help you get both yourself and your bike ready to hit the road this year.

Some of the topics include:

**Safety**

**Proper Attire**

**Etiquette**

**Changing a Tire**

**Basic Tools Needed**

**Gears & Shifting**

.....and much more.

Sign up in the Wellness Office. Cost is \$5.00

## ~MAY NEWSLETTER~

*Things happening this month at AgeWell Services*

### **FRIDAY, MAY 15<sup>TH</sup>**

Join some of the AgeWell staff, along with other employees of Tanglewood Park, as we 'ride our bikes to work' for the.....

**"Ride On! Muskegon County - Bike to Work Day!"** The goal for this year is to have over 1,000 Muskegon County residents and more than 150 local businesses participate in this event. Whether you're riding to **'work'** or just to **'work out'**, join in on the FUN!

Additional dates; Fridays; June 19, July 17 and August 21.

### **THURSDAY, MAY 21<sup>ST</sup>**

Birding Expedition! Meet in the parking lot of Tanglewood Park (we will car pool) at 9:00 a.m. Bring your binoculars if you have them. Janet Helmer is excited to show off Muskegon birds, especially the migrating warblers at this time of year! Cost is \$5.00

### **THURSDAY, MAY 7<sup>th</sup> and 21<sup>ST</sup>**

Have you had a chance to check out our book club? If not, join us as we read and discuss "*Memory Keepers Daughter*" by Kim Edwards and "*Midnight in the Garden of Good & Evil*" by John Berendt. This club meets every other Thursday at 1:00 p.m. in the Life Long Learning Room and is FREE to our Members.

### **MONDAY, MAY 25<sup>TH</sup>**

We will be **CLOSED** for Memorial Day.

### **WEDNESDAY, MAY 27<sup>TH</sup>**

***NATIONAL SENIOR HEALTH AND FITNESS DAY!***

See other side of flyer for more details!

#### meals

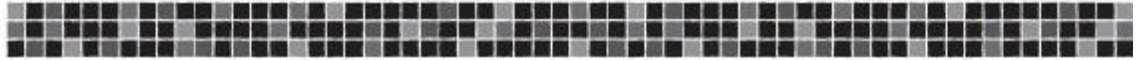
Want something sweet and delicious for breakfast? Try the café's 'Sweet Cranberry Walnut French Toast' - one of our specialties!

#### motion

A new class that's been a real hit... belly dancing! We have some coin covered 'hip-skirts' that you can purchase to make the class even more fun!

#### morale

One of our members lost 10 lbs and decreased her insulin by 3 units by joining our Weigh Down Wednesday class and staying active at AgeWell Services!



Wednesday, May 27<sup>th</sup>  
9:00am - 2:00pm

National  
Senior Health & Fitness Day  
at the NEW  
**TANGLEWOOD PARK**

560 Seminole ~ Muskegon

Sponsored by **AgeWell Services**

AgeWell Services will be open to the public for FREE!

Come and try one of our fitness classes.

A different class will be held every half hour.

FREE lunch, health screenings and door prizes!

9:00 - Yoga	9:30 - Sit 'N Fit
10:00 - Line Dancing	10:30 - Step Class
11:00 - Tai Chi	11:30 - Stretch - Arthritis Foundation
12:00 - Zumba	12:30 - Nordic Walking
1:00 - Tai Chi & Zumba Demo Outside	1:30 - Abs 'N More
	2:00 Pickleball Play