

Senior Fitness & Fun



The Kool Family Community Center	M – W 10:30 am
Tai Chi at Kool Family Community Center	Fridays 10:30 am **
Urbandale-Christ United Methodist	Mondays 10:30 am
Clarence Township Hall	Mondays 10:45 am
Homer First Presbyterian Church	Tuesdays 9:00 am
Tekonsha Community Hall	Tuesdays 10:00 am
Cherry Hill	Tuesdays 10:30 am
Hickory Hills Village	Tuesdays 10:00 am
Battle Creek Eagles #299	Tuesdays 1:00 pm
Nottawaseppi Huron Band of Potawatomi	Wednesdays 11:00 am
The Village at Mill Creek	Wednesdays 10:30 am
Trinity Episcopal Church Marshall	Wednesdays 1:30 pm
Athens Town Hall	Thursdays 10:00am
Forks Senior Center	Thursdays 11:00 am

****Exercise only, no nurse for marked classes**

Make Friends, Get Fit, Have Fun!

Stretching, Flexibility, Balance and Strength Exercises that *ANYONE* can do.
Reduce illness, while improving your health.



Health Screenings

Blood Pressures, Blood Sugars,
Pulse Ox, Wellness Education,
Medication Management

269.441.0948

Cost is free and open for adults age 60 and over



 **Senior Health Partners**
A community partnership of Bronson Battle Creek,
Calhoun County Senior Services, CentraCare and Summit Pointe

Funded by the
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Senior Millage.