

# 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 10:30 am
Homer First Presbyterian Church	Tuesdays 9:00 am
Tekonsha Community Hall	Tuesdays 10:00 am
Cherry Hill	Tuesdays 10:15 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



## Senior Health Partners

A community partnership of Bronson Battle Creek, Calhoun County Senior Services,  
Battle Creek Family YMCA, Senior Care Partners PACE and Summit Pointe

Funded by the  
Calhoun County  
Senior Millage.