

Senior Fitness & Fun



The Kool Family Community Center
Tai Chi at Kool Family Community Center
Urbandale-Christ United Methodist
Clarence Township Hall
Tai Chi at Homer Public Library
Homer First Presbyterian Church
Tekonsha Community Hall
Cherry Hill
Hickory Hills Village
Battle Creek Eagles #299
Nottawaseppi Huron Band of Potawatomi
The Village at Mill Creek
Trinity Episcopal Church Marshall
Athens Town Hall
Forks Senior Center

M & W 10:30 am
Fridays 10:30 am **
Mondays 10:30 am
Mondays 10:30 am
Mondays 9:00 am **
Tuesdays 9:00 am
Tuesdays 10:00 am
Tuesdays 10:15 am
Tuesdays 10:00 am
Tuesdays 1:00 pm
Wednesdays 11:00 am
Wednesdays 10:30 am
Wednesdays 1:30 pm
Thursdays 10:00am
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.