



NEW Programs Offered



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

Senior Fitness & Fun

Tuesdays, 1 – 2 p.m.
Studio One

Exercises anyone can do with a focus on stretching, flexibility, balance and strength. Uses resistance bands and light weights

Health Screenings and Education available from a nurse

Class is free and open to adults 60 years of age and older who are residents of Calhoun County with funding from the Calhoun County Senior Millage.

A great way to introduce a friend to all the benefits offered at the Y.

Walk With Ease

Arthritis Foundation exercise program that reduces pain and improves health. If you can be on your feet for 10 minutes without increased pain, you can benefit from this program.

FREE

Classes are one-hour each, three times a week for 6-weeks.

Meets in SHP Space, Lower Level Near Therapy Pool

Registration Required. Call to Sign Up for the next class.

269.441.0948

Funded in Part by Area Agency on Agency

Monthly Support Groups – Free and Open to the Public

Caregivers Group	2 nd Tuesday	10:00 – 11:30 a.m.
Dementia/Memory Loss	4 th Thursday	2:00 – 3:30 p.m.
Parkinson's	3 rd Tuesday	10:00 – 11:30 a.m.
Young Onset Parkinson's	1 st Thursday	4:30 – 6:00 p.m.

Support Groups meet in the SHP space, lower level near the therapy pool.



Creating Connections Through Art

A monthly program for persons with memory loss to explore their creativity in a supported environment. Meets 4th Thursday at 2p.m. Register by calling 441.0957. Caregivers are encouraged to attend the support group offered during this program.

Meets in SHP Space, Lower Level, Near the Therapy Pool.

Parkinson's Cycling Class

Mondays and Thursdays, 11 a.m. – Noon beginning April 8

Contact Susan VanderWeide, RN, qualified and trained coach for pre-class assessment and registration.

269.441.0957

This cycling class uses "forced exercise" or pedaling at a rate faster than voluntary cadence. It is not a cure for PD but can help with tremors and other symptoms.

Participants experience:

- Symptomatic management
- Cardiovascular enhancement
- Peer support