

# 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  
Battle Creek YMCA  
Hickory Hills Village  
Battle Creek Eagles #299  
Nottawaseppi Huron Band of Potawatomi  
The Village at Mill Creek  
Trinity Episcopal Church Marshall  
Lighthouse of Athens  
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 1:00 pm  
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.