



Celebrating Seniors

# MARCH 2023

## Wellness and Healthy Aging Schedule

MON.	TUES.	WEDS.	THURS.	FRI.
		<b>1</b> 9am EnhanceFitness, in-person and Zoom	<b>2</b> 9am EnhanceFitness, in-person and Zoom  1pm Tai Chi (Zoom only)	<b>3</b> 9am EnhanceFitness, in-person and Zoom
<b>6</b> 9am EnhanceFitness (Zoom only)	<b>7</b> 9am EnhanceFitness, in-person and Zoom  10:30am Armchair Exercise  1pm Tai Chi, in-person + Zoom	<b>8</b> 9am EnhanceFitness, in-person and Zoom	<b>9</b> 9am EnhanceFitness (Zoom only)  1pm Tai Chi (Zoom only)	<b>10</b> 9am EnhanceFitness, in-person and Zoom
<b>13</b> 9am EnhanceFitness, in-person and Zoom	<b>14</b> 9am EnhanceFitness, in-person and Zoom  10:30am Armchair Exercise  1pm Tai Chi, in-person + Zoom	<b>15</b> 9am EnhanceFitness, in-person and Zoom	<b>16</b> 9am EnhanceFitness, in-person and Zoom  1pm Tai Chi (Zoom only)	<b>17</b> 9am EnhanceFitness, in-person and Zoom
<b>20</b> 9am EnhanceFitness (Zoom only)	<b>21</b> 9am EnhanceFitness, in-person and Zoom  10:30am Armchair Exercise  1pm Tai Chi, in-person + Zoom	<b>22</b> 9am EnhanceFitness, in-person and Zoom	<b>23</b> 9am EnhanceFitness, in-person and Zoom  1pm Tai Chi, in-person + Zoom	<b>24</b> 9am EnhanceFitness, in-person and Zoom
<b>27</b> 9am EnhanceFitness, in-person and Zoom	<b>28</b> 9am EnhanceFitness, in-person and Zoom  10:30am Armchair Exercise  1pm Tai Chi, in-person + Zoom	<b>29</b> 9am EnhanceFitness, in-person and Zoom	<b>30</b> 9am EnhanceFitness, in-person and Zoom  1pm Tai Chi, in-person + Zoom	<b>31</b> 9am EnhanceFitness, in-person and Zoom

Schedule is subject to change. If Ionia Public schools are closed/delayed due to inclement weather, in-person wellness classes will also be cancelled for the day.

Suggested donation of \$2 a class for Tai Chi and EnhanceFitness classes.

**All March 2023 classes are held at the Ionia County Commission on Aging 115 Hudson Street, Ionia**  
**Select classes are also available via Zoom, contact Rachel Yenchar (616) 527-5365 for details and "HOW TO" info.**

**New participants are ALWAYS welcome!**