



**Experience the
TRANSFORMATIVE POWER
of cognition, drumming, movement,
music and rhythm!**

This NEW program is hosted as a series of eight classes, with classes scheduled at various locations each year.

Reserve your spot in the next class!
(616) 330-4432

ICCOA Newsletter

Get news & info, including menus, special events, new programs and service updates each month in our newsletter!

Call (616) 527-5365 or (888) 527-5365 to sign up or email us at:

iccoa@ioniacounty.org

Newsletter is also available on our website:
www.ioniacounty.org/health/commission/on-aging/

Or find us on Facebook where we regularly post about other news of interest to Seniors and their families!

The Ionia County Commission on Aging is funded by:

The Ionia County Senior Millage.

State Appropriations and Older Americans Act Federal Funds through the Office of Services to the Aging and Area Agency on Aging of Western Michigan, Inc.

Michigan Department of Transportation funding in collaboration with the City of Ionia Dial-A-Ride.

Ionia County Board of Commissioners support in various forms.

Community Support in the form of client donations and memorials, local business and agency donations and other support and fundraising events.



Inclement Weather Can Cause Changes or Delays in Services

WELLNESS CLASSES:

If Ionia Public Schools are closed due to weather, *in-person* classes will be cancelled. For those who sign up, an email to join classes via Zoom will be sent.

ICCOA OFFICES:

Unless the county is CLOSED, our offices are OPEN.



Celebrating Seniors



Wellness Programs

Arthritis Exercise
Drums Alive
EnhanceFitness
A Matter of Balance
Tai Chi
Walk With Ease

Classes are hosted at our Ionia Senior Center and at other locations throughout the county.

Join Us In-Person or on Zoom!

115 Hudson St. Ionia MI 48846
(616) 527-5365 • (888) 527-5365
Office Hours: M-F, 8:30am—5:00pm



It's never too late to start a new fitness routine – to help prevent injuries, to remain fit, and to improve overall well-being. Engaging Wellness classes offer seniors several healthy aging options.

Designed for those aged 60 and older, classes are both fun and engaging.

Classes are hosted at our Ionia Senior Center and at other locations throughout the county.

You can also join us on Zoom! Contact Rachel to register or for more info, (616) 330-4432 or ryenchar@ioniacounty.org.

A MATTER OF BALANCE

Have you fallen in the past? Do you have concerns about falling?

A Matter of Balance is an award-winning program designed for you. In this program you will learn to:

- View falls as controllable
- Make lifestyle changes to reduce falls
- Increase balance with exercise

Classes held regularly throughout the year. Call to reserve your spot in the next class!



EnhanceFitness is a full hour of fun that focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility.

Created specifically for older adults, this program is also suitable for all fitness levels.

EnhanceFitness is a great option to extend and maintain health as we age. This popular class has sessions throughout the week at our Senior Center in downtown Ionia.

Fall/Winter Schedule: M/W/F at 8:45am and M/W at 10:45am. Join in-person at our Ionia Senior Center or on Zoom!



Tai Chi

TAI CHI is a graceful, non-aggressive martial art that helps improve balance, increase flexibility, and improve muscle strength. Each movement builds on the previous to create a smooth, even continuous form. ICCOA regularly offers 10-week sessions at other locations around Ionia County.

Fall/Winter Schedule: Classes meet M/W at 9:45am at Ionia Senior Center and on Zoom!



ARTHRITIS FOUNDATION EXERCISE PROGRAM

Classes are designed for those with joint pain, although those without arthritis that would like to begin an exercise program are welcome to attend. Individuals will see a reduction in pain and an increase in:

- Mobility • Flexibility • Strength
- Range of Motion

Fall/Winter Schedule: Tu/Th 10:30am, at Ionia Senior Center & on Zoom!

WALK WITH EASE

Doctor recommended and developed by the Arthritis Foundation, Walk With Ease is designed to help you safely get physical activity back into your life! Individuals will learn to incorporate a walking program at their own personal level with a trained leader to encourage and guide.

Call to add your name to the list for the next Walk With Ease class!

The Ionia County Commission on Aging is committed to ensuring that no person is excluded from participation in, or denied the benefits of, ICCOA services on the basis of race, color, national origins, gender, age or disability.