

Armchair Exercise

A seated exercise class helping to maintain muscle strength, flexibility, range of motion and balance. Come join us Monday mornings!



The Ionia County Commission on Aging is funded by:

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

Michigan Department of Transportation Funds received through City of Ionia/Dial-A-Ride.

Ionia County Board of Commissioners support in various forms.

Community Support in the form of client donations and fund raising events.

Ionia County Senior Millage for supportive services.



An exercise program created specifically for older adults
ENHANCE FITNESS

focuses on

- **Muscle strength**
- **Balance**
- **Cardio**
- **Flexibility**
- **Having fun!**



ENHANCE FITNESS classes meet at the Ionia County Commission on Aging on Monday, Wednesday and Friday!

WII BOWLING

Do you like to bowl or would you like to learn? Would it be easier if you didn't have to pick up a heavy bowling ball? Wii Bowling may be your answer!

Our Wii Bowling Group currently meets Tuesdays And Thursdays at the Ionia County Commission on Aging!



HERE'S TO YOUR HEALTH!
JOIN US for Wellness Classes offered at our Ionia Senior Center!



IONIA COUNTY COMMISSION ON AGING
115 Hudson St.
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Toll free 1-888-527-5365

Tai Chi

The movements of Tai Chi are gentle, graceful, relaxing -- and a safe way to relieve arthritis pain and gain balance, strength, and flexibility.



Tai Chi is one of many alternative therapies that can provide relief from pain, possibly letting you cut back on pain medications.

The movements of Tai Chi keep the body fresh and allow you to find a freer range of motion in the joints, greater flexibility and better balance.

MATTER OF BALANCE



Do you have concerns about falling?

Have you fallen in the past?

In this program you will learn to:

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

Call the Ionia County Commission on Aging to register for a scheduled class or to be notified of an upcoming class.

“Good Time Cloggers”

Clogging is great for cardiovascular exercise, building strength, and social interaction.

From NOVICE to EXPERIENCED, all are welcome at the COA Senior Center.



Diabetes PATH



Learn to manage your diabetes and take control of your health!

Learn ways to:

- Deal with the symptoms of diabetes such as fatigue, pain and stress
- Understand emotions such as fear, anger, frustration and depression
- Develop healthy eating habits
- Include physical activity to improve strength and endurance
- Use medication appropriately
- Talk with doctors, nurses and family about your diabetes



Arthritis Exercise classes are designed for those with joint pain, although those without arthritis are welcome to attend as well.

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Individuals will see a reduction in pain and an increase in:

- Mobility
- Range of Motion
- Flexibility
- Strength

