

MARCH Wellness & Social Activities at the Ionia Senior Center

MON.	TUES.	WEDS.	THURS.	FRI.
2 EnhanceFitness 8:30-9:30 & 10:15-11:15 Armchair Exercise 9-10	3 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Bridge 1-4	4 Cloggers 8 - 11 EnhanceFitness 8:30-9:30 & 10:15-11:15 Lunch to Go 11:30-12:30 Euchre 12:30-3:30	5 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Dinner 5-6 Grand Valley Strings 6:00	6 EnhanceFitness 8:30-9:30 & 10:15-11:15
9 EnhanceFitness 8:30-9:30 & 10:15-11:15 Armchair Exercise 9-10	10 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Bridge 1-4	11 Cloggers 8 - 11 EnhanceFitness 8:30-9:30 & 10:15-11:15 Lunch to Go 11:30-12:30 Euchre 12:30-3:30	12 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Dinner 5-6 Grand Valley Strings 6:00	13 EnhanceFitness 8:30-9:30 & 10:15-11:15
16 EnhanceFitness 8:30-9:30 & 10:15-11:15 Armchair Exercise 9-10	17 Tai Chi 9:00 small room Wii Bowling canceled Baked Potato Bar 11:00 early bird 60+ 11:30 open to all ages Caregiver Support 1:00 Bridge 1-4	18 Cloggers 8 - 11 EnhanceFitness 8:30-9:30 & 10:15-11:15 Lunch to Go 11:30-12:30 Euchre 12:30-3:30	19 Tai Chi canceled Wii Bowling canceled Spring Luncheon 11:30 Parkinson's Support Group 1:30 - 3:30 Dinner 5-6 Grand Valley Strings 6:00	20 EnhanceFitness 8:30-9:30 & 10:15-11:15
23 EnhanceFitness 8:30-9:30 & 10:15-11:15 Armchair Exercise 9-10 State Retirees Luncheon 11:00	24 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Bridge 1-4	25 Cloggers 8 - 11 EnhanceFitness 8:30-9:30 & 10:15-11:15 Lunch to Go 11:30-12:30 Euchre 12:30-3:30	26 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Dinner 5-6 Grand Valley Strings 6:00	27 EnhanceFitness 8:30-9:30 & 10:15-11:15 Retiree's Breakfast 9:30
30 EnhanceFitness 8:30-9:30 & 10:15-11:15 Armchair Exercise 9-10	31 Tai Chi 9:00 -9:45 Wii Bowling 10:15-11:15 Lunch/Bingo 11:30 Bridge 1-4		If Ionia Public schools are closed/delayed due to inclement weather, wellness classes are canceled for the day	Suggested donation of \$2 a class for Tai Chi and EnhanceFitness classes

BENEFITS OF EXERCISE FOR OLDER ADULTS:

Reduces symptoms of anxiety and depression,
and fosters improvements in mood and feelings of well-being.

Source: CDC (Centers for Disease Control and Prevention)

