



Our Weekly Rhythm



MOVE

Stay active with fitness classes, walking and wellness.



EXPLORE

Discover new places and enjoy adventure and other group trips.



LEARN & GROW

Nourish your mind through workshops and learning opportunities.



CONNECT & CREATE

Build friendships and express your creativity.



SIGNATURE EVENTS

Special experiences to enjoy and share.

Bring a friend. 
Make a difference.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT/SUN

1

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **9:00 - 9:30 Wellness Wednesday** Presentation

2

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **10:00-1:00** Open Art

3

Closed in honor of Independence day



4



5

6

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **All Day!** Movie Monday

7

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **8:30 - 11:30** Errand Tuesday Shuttle Service

8

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **9:00 - 9:30 Wellness Wednesday** Presentation

9

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **12:00 - 1:00** WellCare Presentation & BINGO

12:00 - 1:00 Adult Advisory Counsel Meeting

10

 **8:00 - 3:00** Fitness Lab Open to Pass Holders

 **10:00-1:00** Ice Cream Party- **UMCH Intergenerational Park**

11

12

113

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **All Day!** Movie Monday **Michael Movie \$2**

14

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **9:00-12:00** Thrift Crawl Trip **\$10 fee and RSVP**

15

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **9:30-11:00** Riverside Park Walk & Talk

16

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **10:00 - 10:30** Intergenerational Activities

17

 **8:00 - 3:00** Fitness Lab Open to Pass Holders

18

19

20

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **All Day!** Movie Monday

 **11:00-12:45** **Bethlehem Center** Children's Reading Book Day

21

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **8:30-11:30** Errand Tuesday Shuttle Service

22

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **9:30 - 11:15 Wellness Wednesday** Presentation

23

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **10:00-11:00** Trivia Time

24

 **8:00 - 3:00** Fitness Lab Open to Pass Holders

 **9:00-1:00** South Haven Beach Day! **\$5 fee**

25

26

27

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **All Day!** Movie Monday

28

 **8:00 - 11:30** Fitness Classes (see Schedule)

 **9:30-11:00** Creative Workshop: Cute as a Button!

29

 **9:30 - 11:15** Fitness Classes (see Schedule)

 **9:00** Worship Music Hour

30

 **8:00 - 11:30** Fitness Classes (see Schedule)

31

 **8:00 - 3:00** Fitness Lab Open to Pass Holders

FITNESS

Live Well. Connect Often.
BELONG HERE.

WEEKLY FITNESS SCHEDULE

CLASSES ARE FREE TO THE COMMUNITY EVERY TUESDAY!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
9:30-10:00 Cardio Drumming		9:00-9:45 Chair Yoga	
10:00-10:30 Cardio Drumming	9:30-10:15 Chair Yoga	10:00-10:30 Cardio Drumming	9:30-10:15 Chair Yoga
10:30-11:15 Strong & Steady	10:30-11:30 *Chair Yoga 2	10:30-11:15 Strong & Steady	10:30-11:30 *Chair Yoga2

Rotation class:

- 1st and 3rd week Cardio Drumming
- 2nd and 4th week Fascia Class with tennis ball

Class descriptions are available on our website

BECOME A PASS HOLDER!

Fitness passes are available for \$10 a month. A fitness pass entitles you to:

- Participation in all class offerings
- Independent use of the fitness lab during open hours
- Discounts on paid Center activities

Signing up is easy! Reach out to Jordan Garcia to join today!

LEAVE FEEDBACK
FOR A CHANCE TO
WIN PRIZES!

ASK US HOW!

UMCH ADULT CENTER

Live Well. Connect Often.
BELONG HERE.

THRIFT Crawl

Busses will leave from UMCH @ 9am!

JULY 14

Call Arsema @ 616-452-3227 x3049 to RSVP today!

900 Division Ave S

\$10

South Haven Beach Day

24 JUL | 9AM

BUS MEETS AT 900 DIVISION AND DEPARTS AT 9AM!

COST: \$5

CALL (616) 452-3227 X 3049 TO REGISTER

LAST DAY TO REGISTER: 7/22!

LIMITED SPACE FOR MOST EVENTS SO RSVP TODAY!

EVENT RSVPS AND APPOINTMENTS TO REGISTER FOR PROGRAMS AND SERVICES CAN BE MADE WITH ARSEMA AT EXT. 3049

TRIVIA time

QUIZ * GAMES * FUN

Come test your knowledge at UMCH's trivia time!

THURSDAY, JULY 23 | 10:00 AM

900 DIVISION AVE S.

There will be coffee and music to pass the time. Just show up and join a table! Stay for lunch after!

616-452-3227 x3049

UMCH Older Adult Advisory Council Meetings

900 DIVISION AVE S
LOWER LEVEL CONFERENCE ROOM

United Methodist Community House

2nd Thursday of the month 12:00pm

Join Carla and Jordan as we discuss and collaborate on ideas to enhance the Center experience.

All are Welcome

JOIN US ON SOCIAL

