



FITNESS

Live Well. Connect Often.
BELONG HERE.

WEEKLY FITNESS SCHEDULE

CLASSES ARE FREE TO THE COMMUNITY EVERY TUESDAY!

LEAVE FEEDBACK
FOR A CHANCE TO
WIN PRIZES!

ASK US HOW!

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
9:30-10:00 Cardio Drumming	9:00-9:30 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

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! Contact Jordan Garcia to join today!

MONTHLY WELLNESS TIP

- Keep Up With Preventive Care
- protect social and mental health
- challenge your brain
- Prioritize sleep
- Maintain proper hydration even when temperatures drop and thirst cues decrease.
- move daily - aim for 150 minutes of moderate aerobic activity weekly

UMCH ADULT CENTER

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Medicare 101

Get the answers to your Medicare questions!

Join us for an informative session hosted by UMCH and Wellcare.

Tuesday, October 1st
10:00 AM

900 Division Ave S.

Coffee and donuts will be provided!

Free and open to anyone
who has questions about Medicare!

United Methodist Community House

wellcare

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.

Steps to Safety

Prevent fires and falls at home

October 15
12:00 pm - 1:00 pm

Free 60-minute Session

RSVP Required

Corewell Health

United Methodist Community House

Older Adult Advisory Committee Presents:

Fall Masquerade

MATURE MIXER

\$4 ENTRY

Friday, October 16
3:00 pm - 6:00 pm

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

All are Welcome

JOIN US ON SOCIAL



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