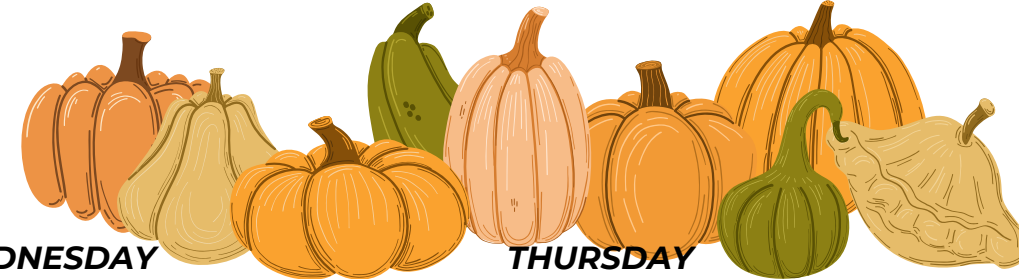


OCTOBER 2026



Live Well. Connect Often.
BELONG HERE.

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

***Calvin Nursing students
are on site Tuesdays &
Wednesdays**

***GVSU Nursing students
are on site Thursdays**

5



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



All Day! Movie Monday

12



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



All Day! Movie Monday

19



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



All Day! Movie Monday

26



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



All Day! Movie Monday
Halloween Edition!

6



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



**10:00 - 1:00 West MI
Fall Senior Expo**

13



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



9:00-11:00
Fall craft

20



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



8:30 - 11:30 Errand
Tuesday Shuttle Service

27



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



8:30 - 11:30 Errand
Tuesday Shuttle Service

7



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



9:30-10:30
Fall Craft

14



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



10:00-11:00 Wellness
Wednesday

21



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



9:30 - 11:00
Fall Craft

28



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



9:00 - 9:30 Wellness
Wednesday Presentation

1



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



10:00- 11:00 Medicare
101 with Wellcare

8



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



12:00 - 1:00 Technology
class - Cell phone



12:00 - 1:00 Adult Advisory
Counsel Meeting

15



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



12:00 - 1:30 Steps To
Safety with Corewell
Health

22



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



10:00- 11:00 In The
Image (appointment
required)

29



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



12:00 - 1:00
Halloween Bingo \$5

2



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



Walmart Shopping
10am

9



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



9:00- 1:00 Bargain
Shopping Day!

16



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



3:00-6:00 Fall
Masquerade Mature
Mixer

23



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



9:00-11:00 @ 904
Autumn Social: hot cider,
baked goods, and more!

30



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



11:00-1:00pm Bowling @
TBD

3

4

10

11

17

18

24

25

31



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

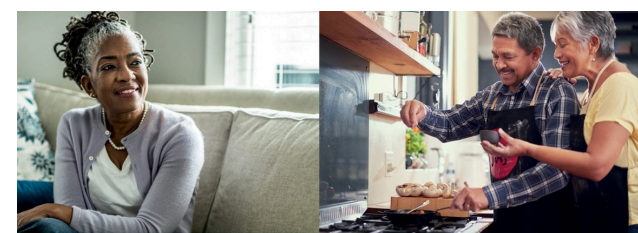
Signing up is easy! Contact Jordan Garcia to join today!

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

Live Well. Connect Often.
BELONG HERE.



Steps to Safety

Prevent fires and falls at home
October 15
Noon-1:30p.m.

Join Corewell Health Trauma Team for a **free** 60-minute course for older adults on home fire and fall prevention.

Overview

Steps to Safety was created by the National Fire Prevention Association. This program is centered around 16 key safety messages developed by experts from national and local safety organizations.

Benefits

Participants leave with education, resources and a safety checklist.



RSVP: Scan the QR code for class dates, times and location



Corewell Health

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United Methodist
Community House



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



UMCH Older Adult Advisory Council Meetings

900 DIVISION AVE S
LOWER LEVEL CONFERENCE ROOM



2nd Thursday
of the month
12:00pm

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

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

WWW.UMCHOUSEGR.ORG 616-452-3227 900 DIVISION AVE. SE GRAND RAPIDS MI 49507

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