

**Tentative list of Senior Health and Fitness Day Activities in Michigan**

<p><b>CITY</b>  <b>CONTACT INFO</b>  <b>NAME OF EVENT</b>  <b>LOCATION</b>  <b>TIME</b>  <b>ACTIVITIES</b></p>	<p><b>Detroit</b>  313-446-4444  Healthy Aging Walk  Belle Isle  9:00-2:00  9:00-10:00 Registration (vendor booths, health screenings)  10:15: Kick Off  10:45: 1 Mile Walk  11:00: Lunch (additional walking, vendor displays, health screenings)  1:00: Evaluation and door prizes  2:00 Conclusion</p>
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<b>CITY</b> <b>CONTACT INFO</b> <b>NAME OF EVENT</b> <b>LOCATION</b> <b>TIME</b> <b>ACTIVITIES</b>	<b>Wyandotte</b> 734-324-7295 Wyandotte Senior Fitness Day William R. Copeland Center 9:00-3:45 9-9:45: Low-impact aerobics 10-10:45-Sittercise aerobics 11-11:45-Strength and body toning 1-1:45-Low impact aerobics 2-2:45-Sittercise aerobics 3-3:45-Strength and body toning
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	<p>*1:20 to 1:40 – Learn low impact aerobics          *1:40 to 2:00 – Try Tai Chi</p>
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	Canoeing/Kayaking, Sample of Fitness Classes (Water & Land Classes), Arm Chair Exercise Classes, Relay Races (Land & Water), Health Fair, Life Line Screenings, Strength Training, Healthy Cooking Demo, Table Tennis Tournament, Weight Lifting Contest, Billiards Tournament, Fruit Walk (Game), Drum Class, Lecture, Lunch, & Learn Presentation, RX Brown Bag Review, and much more!
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<b>CITY</b>	<b>Coldwater</b>
<b>CONTACT INFO</b>	517-279-6565
<b>NAME OF EVENT</b>	Community Fitness Walk
<b>LOCATION</b>	H & C Burnside Senior Center 65 Grahl Drive Heritage Park Western Ave
<b>TIME</b>	Transportation leaves senior center at 8:40 and will return after walk at 10:30
<b>ACTIVITIES</b>	Walk at park

<b>CITY</b>	<b>Three Rivers</b>
<b>CONTACT INFO</b>	269-279-8083, or 800-641-9899
<b>NAME OF EVENT</b>	Health and Fitness: A Win/Win Combination
<b>LOCATION</b>	HealthTrac 501 S. Health Parkway
<b>TIME</b>	8:30-2:30
<b>ACTIVITIES</b>	8:30 – 9:10 a.m. – Moving Easy (basic exercise class) 10:15 – 11:15 a.m. – AFYAP (arthritis swim class) 11:30 a.m. – 1:00 p.m. – Basic Nutrition class 1:30 –2:30 p.m. – Water Aerobics (easy)

<b>CITY</b>	<b>Flint</b>
<b>CONTACT INFO</b>	1-800-978-6275
<b>NAME OF EVENT</b>	Valley Area Senior Fitness Day
<b>LOCATION</b>	Flint UM Recreation Center 303 E. Kearsley
<b>TIME</b>	10:00-3:00
<b>ACTIVITIES</b>	Physical therapists will be teaching classes, doing

	demonstrations, and answering questions.
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<b>CITY</b> <b>CONTACT INFO</b> <b>NAME OF EVENT</b> <b>LOCATION</b>  <b>TIME</b> <b>ACTIVITIES</b>	<b>Williamston</b> 517-887-1440 Williamston Senior Health and Fitness Day Williamston Area Senior Center 201 School St. Williamston Community Pool 3939 Vanneter Rd. 9:00-12:00 Pool Activity will be between 9:30-10:30 Balance, Chair Exercise, Resistance Bands, Endurance, Flexibility/Range of Motion, Line Dancing, Step, Strength, Tai Chi, Water Aerobics
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<b>CITY</b> <b>CONTACT INFO</b> <b>NAME OF EVENT</b> <b>LOCATION</b>  <b>TIME</b> <b>ACTIVITIES</b>	<b>Bay City</b> (800) 858-1673 Walk for the Walk of It Region VII Area Agency on Aging 1615 S. Euclid Avenue 2:00-4:00 Meet in parking lot to walk, learn about the benefits of walking, information from local fitness classes, nutrition education.
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<b>CITY</b> <b>CONTACT INFO</b>	<b>Grand Rapids</b>
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<b>NAME OF EVENT</b>	(616) 222-7011
<b>LOCATION</b>	Kent County Senior Health and Fitness Day
<b>TIME</b>	TBA
<b>ACTIVITIES</b>	TBA Introduction to fitness classes offered at various community sites. Senior Strength and Stretch class, Eating Better-Moving More, Enhance Fitness.

<b>CITY</b>	<b>Traverse City</b>
<b>CONTACT INFO</b>	(231) 922-4911
<b>NAME OF EVENT</b>	Traverse City Senior Center
<b>LOCATION</b>	801 E. Front Street
<b>TIME</b>	All Day, call for specific info
<b>ACTIVITIES</b>	All day events throughout the community. Free exercise classes including Tai Chi, ski walking, strength training, and osteoporosis prevention. Activities including football toss, softball throw, Frisbee toss, shuffleboard, horseshoes, and bocce ball.

<b>CITY</b>	<b>Marquette</b>
<b>CONTACT INFO</b>	(906) 228-0456
<b>NAME OF EVENT</b>	Fitness Class for Seniors
<b>LOCATION</b>	Marquette Senior Center 300 W. Spring Street
<b>TIME</b>	10:30 am
<b>ACTIVITIES</b>	Armchair aerobics class, walking, prizes

<b>CITY</b>	<b>Negaunee</b>
<b>CONTACT INFO</b>	(906) 475-6266

<b>NAME OF EVENT</b>	Negaunee Senior Fitness Day
<b>LOCATION</b>	Negaunee Senior Center 410 Jackson Street
<b>TIME</b>	9:30-11:30
<b>ACTIVITIES</b>	Workout with trainer, Nutrition education

<b>CITY</b>	<b>Ishpeming</b>
<b>CONTACT INFO</b>	906-485-5527
<b>NAME OF EVENT</b>	Greater Ishpeming Senior Fitness Day
<b>LOCATION</b>	Ishpeming Multi-Purpose Senior Center 320 S. Pine St 1:00 pm
<b>TIME</b>	Healthy Moves, a workshop for seniors, including those with limited mobility, will be conducted. Seniors will participate in Tai Chi
<b>ACTIVITIES</b>	

<b>CITY</b>	<b>Muskegon</b>
<b>CONTACT INFO</b>	800-442-6769
<b>NAME OF EVENT</b>	Fitness Carnival
<b>LOCATION</b>	McGraft Park Muskegon
<b>TIME</b>	9:00-3:00
<b>ACTIVITIES</b>	Pedometer walking, biking, golf, tennis, shuffleboard, bowling/bocce ball, croquet, frisbee golf, low fat cooking class, osteoporosis education, new food pyramid, horseshoes, beach volleyball, dancing, yoga, strength training, Tai Chi, May Pole Dance. Earn "fitness bucks" for each activity you try and exchange fitness bucks for fitness related prizes.