

State-Wide Listing November 2009



The Arthritis Foundation Exercise Program is a fun and invigorating recreational exercise program, led by specially-certified instructors, for anyone who is limited by impaired joint motion and/or strength can benefit from its range of motion and muscle strengthening exercises.

The goal of the program is to:

- ✓ Increase joint flexibility
- ✓ Increase strength and endurance
- ✓ Decrease pain and stiffness
- ✓ Improve posture
- ✓ Improve performance in daily activities
- ✓ Enhance personal growth
- ✓ Promote a feeling of fun and well being
- ✓ Decrease pain and stiffness
- ✓ And much, much more . . .

Pre-registration is required. Please call individual sites for information on class schedules and costs. If you don't see your community listed, please call us for more information.

New classes are forming now!

ARTHRITIS FOUNDATION CLASSES ARE BEING HELD IN THESE COUNTIES:

ALPENA COUNTY

ALPENA

Alpena Senior Center
501 River Street
(989) 356-3585

CALHOUN COUNTY

MARSHALL

Marshall House Apartments
200 East Spruce Street
(269) 781-2391

CHARLEVOIX COUNTY

BEAVER ISLAND

Beaver Island Senior Center
26215 Main Street
(231) 237-0103

BOYNE CITY

Boyne Area Senior Center
411 E. Division Street
(231) 237-0103

CHARLEVOIX

Charlevoix Public Library
220 W. Clinton
(231) 237-0103

EAST JORDAN

East Jordan Senior Center
114 Main Street
(231) 237-0103

EMMET COUNTY

PETOSKEY

Friendship Centers
1322 Anderson Road
(231) 347-3211

- Over please -

GENESEE COUNTY

BURTON

Burton Senior Center
G3410 S. Grand Traverse
(810) 744-0960
50+ ONLY, PLEASE

FLINT

McFarlan Home
700 E. Kearsley Street
RESIDENTS ONLY, PLEASE

GRAND TRAVERSE COUNTY

TRAVERSE CITY

Premier Health & Fitness
1209 S. Garfield
(231) 935-0690

HURON COUNTY

BAD AXE

Huron Medical Center
1100 S. Van Dyke
(989) 269-9521 X4393

INGHAM COUNTY

HOLT

Holt Community Education
2020 Park Lane
(517) 694-3411

LANSING

Riverview Fitness
1106 N. Cedar St.
(517) 485-3638

MASON

First United Methodist
Church of Mason
201 East Ash Street
(517) 676-9449

WILLIAMSTON

Williamston Free Methodist Church
4400 N. Williamston Road
(517) 243-2204

IONIA COUNTY

IONIA

Heartland of Ionia
814 E. Lincoln Avenue
(616) 527-0080

Ionia County Commission on Aging
115 Hudson
(616) 527-5365

KALAMAZOO COUNTY

KALAMAZOO

Senior Services, Inc.
918 Jasper Street
(269) 382-0515

KENT COUNTY

BYRON CENTER

Byron Center Manor
2115 84th Street SW
(616) 878-3300

GRAND RAPIDS

Crystal Springs Retirement
Community
1175 68th Street
RESIDENTS ONLY, PLEASE

Heartland of Greenview

1700 Leonard St. NE
RESIDENTS ONLY, PLEASE

Senior Neighbors
Salvation Army Senior Center
1235 E. Fulton
(616) 233-0283

Senior Neighbors Downtown Center
333 S Division, Ste 100
(616) 233-0283

KENTWOOD

Senior Neighbors
Kentwood Parks & Recreation
355 48th Street
(616) 233-0283

ROCKFORD

Senior Neighbors of Rockford
Rockford Reformed Church
4890 11 Mile Rd
(616) 233-0283

SPARTA

Sparta Senior Neighbors Center
100 Ida Red
(616) 233-0283

WALKER

Walker Senior Neighbors
Walker Firehouse Café
4101 Lake Michigan Drive
(616) 233-0283

WYOMING

Aurora Pond Retirement Community
2380 Aurora Pond Drive
(616) 530-2511

Waldon Woods Retirement Villa
2600 Waldon Woods
RESIDENTS ONLY, PLEASE

MACOMB COUNTY

CLINTON TOWNSHIP

Clinton Township Senior
Adult Life Center
40730 Romeo Plank Road
(586) 286-9333

Macomb County Adult
Day Service Program
21885 Dunham Road Ste #6
(586) 469-5579

HARRISON TOWNSHIP

St. John North Shores Hospital
26755 Ballard Road
(586) 466-5234

MACOMB COUNTY

ST. CLAIR SHORES

Macomb County Adult
Day Service Program
25401 Harper Street
(586) 466-6817
MEMBERS ONLY, PLEASE

STERLING HEIGHTS

American House Sterling II
33433 Schoenherr
(586) 979-5340

Pine Ridge Retirement Community

43707 Hayes Rd
RESIDENTS ONLY, PLEASE

Pine Ridge Retirement Community

8350 Plumbrook
(586) 274-2500

Sterling Heights Senior Center

40200 Utica Road
(586) 446-2750

WARREN

Windemere Park Independent &
Assisted Living

31800 Van Dyke
RESIDENTS ONLY, PLEASE

MONTCALM COUNTY

CARSON CITY

The Laurels of Carson City
620 North Second St
(989) 584-6100

MUSKEGON COUNTY

MUSKEGON

AgeWell Services
Tanglewood Park
560 Seminole Rd
(231) 733-8643

OAKLAND COUNTY

FARMINGTON HILLS

Botsford Commons
21300 Archwood Circle
RESIDENTS ONLY, PLEASE

HAZEL PARK

American House Hazel Park
777 Woodward Hts
(248) 545-0707

WEST BLOOMFIELD

American House West Bloomfield
5859 W. Maple
(248) 538-5283

Meer Jewish Apartments

6760 West Maple Road
RESIDENTS ONLY, PLEASE

OSCODA COUNTY

MIO

Oscoda County Council on Aging
429 North Mount Tom Road
(989) 826-3025

OTTAWA COUNTY

GRAND HAVEN

Grand Haven Senior Center
NOCCOA
422 Fulton St
(616) 842-9210

Sawyer Family Homes

15255 Clovernook Drive
RESIDENTS ONLY, PLEASE

HOLLAND

Evergreen Commons
480 State St
(616) 355-5108

Oak Crest Communities of Holland

11909 James Street
(616) 393-2174

JENISON

Oakcrest Manor
8001 Cottonwood
RESIDENTS ONLY, PLEASE

ROSCOMMON COUNTY

HOUGHTON LAKE

Houghton Lake Senior Center
2625 Town Line Road
(989) 366-9168

SAINT CLAIR COUNTY

FORT GRATIOT

Sanctuary of Mercy Village
4170 24th Ave
(810) 989-7446

WASHTENAW COUNTY

ANN ARBOR

One on One Athletic Club
2875 Boardwalk
Contact: "Honey"
(734) 761-4440

WAYNE COUNTY

CANTON

Summit on the Park
46000 Summit Parkway
(734) 394-5460

DEARBORN

Henry Ford Village
15101 Ford Road
(313) 584-1000 x1252

DETROIT

Friendship Meadows
3930 Rivard
(313) 832-9908

St. Paul AME Zion Church

11359 Dexter Ave.
(313) 933-1822

- Over please -

WAYNE COUNTY

GARDEN CITY

Maplewood Community Center
31735 Maplewood
(734) 793-1850

LIVONIA

American House Livonia II
11525 Farmington Rd
(734) 425-3050

Livonia Civic Park Senior Center
15218 Farmington Road
Contact Karl Peters
(734) 466-2555

RIVERVIEW

American House Riverview
20300 Fort St.
(734) 479-1010

VAN BUREN TOWNSHIP

September Days Senior Center
46425 Tyler Road
(734) 699-8918

WESTLAND

American House Westland I - Venoy
1660 Venoy Rd
(734) 326-7777

American House Westland II - Joy
39201 Joy Rd
(734) 454-9838