

# TAI CHI

a program for better living



## State Wide Listing Michigan 2014

---



Arthritis Foundation Tai Chi Program is a fun, joint friendly, recreational program led by specially-certified instructors designed to make a positive impact on your daily life. Participants learn a series of graceful, flowing movements adapted from the ancient Chinese discipline of Sun-style Tai Chi, plus special warm-up, cool-down and breathing exercises. Tai Chi may improve:

- Relaxation
- Balance and coordination
- Range of motion and flexibility
- Muscle strength and stamina
- Concentration and memory
- Feelings of well being
- Ability to manage pain
- And much, much more . . .

*Anyone* can benefit from the program, including those interested in maintaining healthy joints as well as those living with mild to moderate arthritis.

Class size is limited; therefore, pre-registrations is suggested. Please call individual sites for information about class schedules and costs. If you don't see your community listed, please call the Arthritis Foundation for more information. New classes are forming now!

### **ARTHRITIS FOUNDATON TAI CHI CLASSES LISTED BY COUNTY:**

#### **ALCONA COUNTY**

##### **LINCOLN**

Alcona Health Center  
117 N. Barlow  
(989) 736-8157

#### **CHARLEVOIX COUNTY**

##### **CHARLEVOIX**

Charlevoix Area Hospital  
14700 Lakeshore Dr.  
(231) 547-4024

#### **CHEBOYGAN COUNTY**

##### **CHEBOYGAN**

Cheboygan County COA  
Senior Center  
1531 Sand Rd.  
(231) 627-7234

#### **DELTA COUNTY**

##### **ESCANABA**

Escanaba Civic Center  
225 North 21<sup>st</sup> Street  
(906) 280-1083

#### **EATON COUNTY**

##### **CHARLOTTE**

Hayes Green Beach Hospital  
Wellness Center  
123 Lansing St.  
(517) 543-9575

#### **EMMET COUNTY**

##### **HARBOR SPRINGS**

Perry Farm Village  
4241 Village Circle Dr.  
(231) 526-1500

**PETOSKEY**

Demmer Wellness Pavilion  
820 Arlington Ave.  
(800) 248-6777

**GENESEE COUNTY****FLINT**

McLaren Regional Medical Center  
Cardiac Rehab Gym  
401 S. Ballenger Hwy.  
(810) 342-2356

**FLUSHING**

McLaren Flushing  
Coming soon!

**GRAND BLANC**

Genesys Athletic Club  
801 Health Park Blvd.  
(810) 606-7817  
For members and non-members

Grand Blanc Senior Center  
12632 Pagels Dr.  
(810) 695-3202

**GRAND TRAVERSE****TRAVERSE CITY**

Grand Traverse YMCA  
Coming Soon!

**INGHAM COUNTY****LANSING**

Grace Lutheran Church  
528 N. Martin Luther King Jr Blvd  
(517) 372-5830

**MASON**

First United Methodist  
Church of Mason  
201 E Ash St  
(517) 676-9449

**IONIA COUNTY****IONIA**

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

**JACKSON COUNTY****JACKSON**

Crouch Senior Center  
1715 Lansing Avenue  
(517) 788-4364  
*RESIDENTS 60+ PLEASE*

Spring Arbor Senior Center  
122 Star Road  
(517) 750-1010

Village of Spring Meadows I & II  
3501 Cherry Blossom Dr.  
(517) 788-6679

**KALAMAZOO COUNTY****KALAMAZOO**

Auro Physical Therapy  
7900 Owen Drive  
(269) 903-2273

Kalamazoo Family YMCA  
1001 W. Maple St.  
(269) 345- 9622

**KENT COUNTY****GRAND RAPIDS**

Covenant Village of Great Lakes  
2510 Lake Michigan Drive NW  
*RESIDENTS ONLY, PLEASE*

Salvation Army Senior Center  
1235 E. Fulton  
(616) 454-1459 x1504

**GRANDVILLE**

Visser Family YMCA  
3540 Fairlanes Ave SE  
(616) 530-9199

**MACOMB COUNTY****CHESTERFIELD**

Village of East Harbor  
33875 Kiely Dr.  
(586) 716-7164

Macomb Community College  
44575 Garfield- Center Campus  
(586) 445-7225

**CHESTERFIELD**

Chesterfield Twp. Senior Center  
47275 Sugar Bush  
(586) 949-0400 x1138

**MACOMB**

Sunrise Retirement Community  
46471 Hayes  
(586) 532-9559

**STERLING HEIGHTS**

Waltonwood Lakeside  
14750 Lakeside Circle  
*RESIDENTS ONLY, PLEASE*

**WARREN**

Village of Warren Glenn  
2920 E. 12 Mile Rd.  
(586) 751-5090

**MISSAUKEE COUNTY****LAKE CITY**

Belle Oakes Assisted Living  
2353 S. Lachance Rd.  
*Residents Only Please*

**MONROE COUNTY****MILAN**

Milan Parks and Recreation  
45 Neckel Ct.  
(734) 439-1549

## **MONTCALM COUNTY**

### **STANTON**

Montcalm County Commission  
on Aging  
613 N State Street  
(989) 831-7476

## **NEWAYGO COUNTY**

### **FREMONT**

Tamarac Wellness Facility  
1401 W. Main  
(231) 924-3195

## **OAKLAND COUNTY**

### **AUBURN HILLS**

Auburn Hills Community Center  
1827 N. Squirrel Rd.  
(248) 370-9353

North Oakland YMCA  
3378 E. Walton Blvd.  
(248) 370-9622

### **CLARKSTON**

Yoga Oasis  
6160 Dixie Highway  
(248) 770-5388

### **COMMERCE TOWNSHIP**

Richardson Senior Center  
Coming Soon!

### **ROCHESTER**

Barclay Physical Therapy  
555 Barclay Circle, Ste. 110  
(248) 853-5853

Boulevard Health Center  
3500 W. South Blvd.  
*RESIDENTS ONLY, PLEASE*

Crittenton Hospital Medical Center  
1101 W. University Drive  
(248) 652-5000

## **ROYAL OAK**

Beaumont Health Center  
4949 Coolidge Hwy.  
(248) 655-5800

## **SOUTHFIELD**

Alzheimer's Association- Sakawa  
20300 Civic Center Drive, Ste. 100  
*INDIVIDUALS W/MEMORY  
DISORDER ONLY, PLEASE*

The Park at Trowbridge  
24111 Civic Center Drive  
(248) 352-0208 x203

## **WATERFORD**

Waterford Parks and Rec  
50+ Program  
5640 Willias Lake Rd  
(248) 674-4881

## **WEST BLOOMFIELD**

ActiveRX Active Aging Center  
6018 W. Maple Rd.  
Suite 850  
(248) 932-0111

W. Bloomfield Parks & Recreation  
4640 Walnut Lake Rd.  
(248) 451-1900  
*RESIDENCY NOT REQUIRED*

## **OCEANA COUNTY**

### **HART**

Lakeside Comprehensive Rehab  
601 E. Main St.  
(231) 873-3577

## **OTTAWA COUNTY**

### **ZEELAND**

Zeeland Community Hospital  
8333 Felch Street  
(616) 748-2834

## **ROSCOMMON COUNTY**

### **ROSCOMMON**

The Craf Center  
606 Lake Street  
(989) 821-4419

## **SANILAC COUNTY**

### **LEXINGTON**

Prostaff Physical Therapy  
5590 Main St. Suite 4  
(810) 359-8700

## **SHIAWASSEE COUNTY**

### **MORRICE**

Morrice Senior Center (S.C.O.A)  
101 W. Mason  
(517) 625-4270

## **ST CLAIR COUNTY**

### **PORT HURON**

Cutting Edge Health & Fitness  
3520 Pine Grove Ave.  
(810) 966-0606

## **WAYNE COUNTY**

### **BELLEVILLE**

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

### **DEARBORN**

Henry Ford Village  
15101 Ford Road  
*RESIDENTS ONLY, PLEASE*

### **DETROIT**

Alzheimer's Association  
Comstock Adult Day Program  
66 Lothrop  
*INDIVIDUALS W/MEMORY  
DISORDER ONLY, PLEASE*

# TAI CHI

a program for better living



Hannan Foundation  
4750 Woodward Ave.  
(313) 833-1300

Riverview North Health Center  
18300 Warren Ave. E  
*RESIDENTS ONLY, PLEASE*

## **FLAT ROCK**

Bridgewater By DelWeb  
24190 Bridgewater  
*RESIDENTS ONLY, PLEASE*

## **GARDEN CITY**

Garden City Health Enhancement  
Center- Westland Mall  
6245 Inkster  
(734) 458-3249

Maplewood Community Center  
31735 Maplewood  
(734) 793-1856

## **LIVONIA**

St. Mary Mercy Hospital  
36475 Five Mile Road  
(734) 655-1310

## **PLYMOUTH**

Independence Village of Plymouth  
14707 Northville Rd.  
*RESIDENTS ONLY PLEASE*

## **REDFORD**

Redford Community Center  
12121 Hemingway  
(313) 387-2788

## **SOUTHGATE**

Southgate Manor  
15400 Trenton Rd.  
*RESIDENTS ONLY, PLEASE*

## **WAYNE**

The Manor of Wayne  
4427 Venoy Rd  
*RESIDENTS ONLY, PLEASE*

## **WESTLAND**

Dyer Senior Center  
36745 Marquette  
(734) 419-2426

Village of Westland, PVM  
32001 Cherry Hill Dr.  
(734) 728-5222

Westland Friendship Center  
1119 N. Newburgh  
(734) 722-7628

## **WYANDOTTE**

Henry Ford Wyandotte  
Physical Rehabilitation  
3323 Biddle Ave.  
(734) 284-4499