

# Spring & Summer Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<b>AFEP</b> – Davison Sr. Center; 6:15am (ongoing class)	<b>AFEP</b> – Loose; 6:30am (ongoing class)	<b>AFEP</b> – Hasselbring Sr Cetner – 6am (ongoing class)	<b>Dementia Caregiver Series</b> – Loose - March 7 – 21, 2024; 6:30am	<b>AFEP</b> – Eastside Sr Center – 6:30am (ongoing class)
<b>MOB</b> - Imlay City Sr. Center – March 4 – April 15, 2024; 12:30pm	<b>AFEP</b> – Grand Blanc Sr. Center; 10am (ongoing class)	<b>AFEP</b> – Davison Sr Center – 10am (ongoing class)	<b>AFEP</b> – Grand Blanc Sr Center – 10am (ongoing class)	<b>Stability</b> – Brennan Sr Center – April 5 – May 10, 2024; 10am
<b>Dementia Caregiver Series</b> – The Bells (Almont) – March 4 – 18, 2024; 10am	<b>Stability</b> – Carman Ainsworth Sr Center; 11:15am (ongoing class)	<b>AFEP</b> – Brennan Sr. Center – 11am (ongoing class)	<b>AFEP</b> – Loose; 11am (ongoing class)	<b>AFEP</b> – Swartz Creek Sr. Center; 11am (ongoing class)
<b>Dementia Caregiver Series</b> – Swartz Creek Sr. Center – March 11 -25, 2024; 1:30pm	<b>AFEP</b> – Durand Sr. Center; March 5 – May 28, 2024; 12:45pm	<b>AFEP</b> – Forest Twp Sr Center – 10am (ongoing class)	<b>Dementia Caregiver Series</b> – Imlay City Sr Cetner – April 11- 25, 2024; 1pm	<b>AFEP</b> – Genesys Athletic Club; 11:45am (ongoing class)
<b>Stability</b> – Eastside Sr. Center – April 8 – May 20, 2024; 10am	<b>Stability</b> – Flushing Sr Center; 2pm (ongoing class)	<b>Dementia Caregiver Series</b> – Central Church of Nazarene Flint – April 10-24, 2024; 1pm	<b>Dementia Caregiver Series</b> – Mundy Twp Sr Center – April 18 – May 2, 2024; 1pm	
<b>Dementia Caregiver Series</b> - Forest Twp Sr. Center – April 29 – May 13, 2024; 12:15pm	<b>DPATH</b> – Imlay City Sr. Center; June 4 – July 9, 2024; 12:30pm	<b>DPATH</b> – Burton Sr. Center – April 17 – May 15, 2024; 12:30pm	<b>MOB</b> - Grand Blanc Sr Center – May 2 – June 13, 2024; 12:30pm	
	<b>AFEP</b> – Grand Blanc Sr. Center; 2pm (ongoing class)	<b>Dementia Caregiver Series</b> – Via Zoom – June 5 – 19, 2024 – 12:30pm	<b>Dementia Caregiver Series</b> – YMCA Pierson Rd – April 4 – 18; 6:30pm	
	<b>Dementia Caregiver Series</b> – Davison Sr. Center – June 25 – July 9, 2024; 5:30pm	<b>DPATH</b> – Swartz Creek Sr. Center – July 24 – August 28, 2024; 12:30pm		

## Wellness Classes

**A Matter of Balance (MOB)**- Is designed to reduce the fear of falling and increase activity levels of older adults who have concerns about falls. During the 8 weeks, participants learn how to view falls as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk, and exercise to increase strength and balance.

**Dementia Caregiver Series**- 3 weeks, 90 minutes each week, A program for family members caring for a loved one with dementia and/or memory loss. 90-minute sessions are held once a week and lead by dementia care specialists. In the program, caregivers will learn what dementia is, how to deal with difficult behaviors and how to incorporate family and local resources into their daily caregiving.

**Diabetes Personal Action Towards Health (DPATH)** - is a six-week community workshop that meets two and one-half hours, one day per week. It is designed to benefit adults with pre diabetes, Type 1 and Type 2 Diabetes.

**Arthritis Foundation Exercise Program (AFEP)** - a low-impact activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises that are suitable for every fitness level.

**SilverSneakers Stability** - Low-impact exercises focusing on balance and gait issues.

To register for a class, please reach out to the center listed. For additional information, please reach out to Abbie Mars, Health and Wellness Program Manager, VAAA at (810) 600-0633 or marsa@valleyaaa.org.