

**Arthritis Foundation Exercise Program, SilverSneakers Stability, A Matter of Balance, Diabetes PATH, Dementia Caregiver Series**

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am</b>			<b><u>Arthritis Exercise</u></b> Hasselbring Sr. Center		
<b>9:30am</b>					<b><u>Arthritis Exercise</u></b> Eastside Sr. Center SilverSneakers Class
<b>10:00am</b>		<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center SilverSneakers Class	<b><u>Arthritis Exercise</u></b> Forest Twp. Sr. Center SilverSneakers Class	<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center SilverSneakers Class	
<b>11:00am</b>	<b><u>SilverSneakers Stability</u></b> Morrice Senior Center (February – March 2025)		<b><u>Arthritis Exercise</u></b> Brennan Community Center		<b><u>Arthritis Exercise</u></b> Swartz Creek Sr. Center SilverSneakers Class
<b>11:30am</b>		<b><u>SilverSneakers Stability</u></b> Carman Ainsworth Sr. Center (January – March 2025)			
<b>1:00pm</b>	<b><u>A Matter of Balance</u></b> Davison Senior Center February 10 - April 7 SilverSneakers Class	<b><u>A Matter of Balance</u></b> Carman Ainsworth Sr Center January 28 – March 11 SilverSneakers Class	<b><u>Dementia Caregiver Series</u></b> Clio Area Senior Center February 5 – 19	<b><u>Diabetes PATH</u></b> Davison Area Senior Center February 27 – March 27	
<b>2:00pm</b>		<b><u>Arthritis Exercise</u></b> Grand Blanc Sr. Center SilverSneakers Class			
<b>6:00pm</b>			<b><u>Dementia Caregiver Series</u></b> Via Zoom February 19 – March 5		