

Enjoy
active living
today

STRETCH

ENJOY

LEARN

CREATE

SMILE

DESIGN

DANCE

CONNECT

EXPLORE

BELONG



Enjoy
active**living**
today

Active Living at the Wyoming Senior Center is all about enjoying life.

It's more than a place; it's a community, where we bring together many of the things that make a healthy lifestyle — a comfortable place to hang out with friends, meet people who share your interests, try new things that exercise your body and your mind, and have some fun.

Our facility, which was built in 1977 and is ADA-accessible, is operated by the City of Wyoming Parks and Recreation Department. Most of our programs and events are for people aged 50 and older, but some are open to any adult over the age of 18. You do not need to live in Wyoming to participate.

Every year, more than 60,000 people enjoy the programs and events offered through the Center, which are supported by Wyoming Parks and Recreation and the Wyoming Senior Fellowship Club, Inc.

The Fellowship Club, our non-profit support organization was founded in 1966, and remains a vibrant part of our community with over 800 members. Membership dues are just six dollars (\$6) annually, and provide members with discounts on Club-sponsored programs and events. You do not have to be a member of the Club to participate in any program or event offered through the Center.

In addition to the Active Living opportunities at the Center, we also provide specialized services for Kent County residents aged 60 or older including:

- **Stepping Stones.** If you have been recently discharged from a hospital or rehabilitation center, or are homebound due to recent illness, injury or disability, you may be eligible for this therapeutic recreation program. It will help you or a loved one re-learn favorite leisure activities, or discover new ones.
- **Discounted Go! Bus Transportation.** If transportation is unavailable, you may be eligible for discounted Go! Bus tickets for door-to-door transportation. Call us to find out more.

"I finally found my creative side."

**SKETCH, PAINT, CRAFT.
LET YOUR INNER ARTIST GO.**



Enjoy **active living** today

There's something for everyone

Join the fun today. In addition to our on-going daily activities, we offer a variety of programs and events each season. Some are free. Others are fee-based, depending on where you live or your status as a member of the Fellowship Club.

Contact us to find out what's going on.

Visit us at **2380 DeHoop SW** (right across the street from Pinery Park), or give us a call at **616.530.3190**, or find us online at www.wyomingmi.gov.



Stay healthy

Maintaining good health is easier when you can have fun keeping fit. Here, you can join in activities that match your interests and your fitness level:

- Exercise Clubs
- Exercise room with fitness equipment
- Tai Chi
- Yoga
- Dancing – line, square, tap & jazz
- Sports leagues – bowling & golf
- Walk club
- Zumba



Meet new friends

No matter what time of day you stop by, you can find something to enjoy. In addition to pool games and card games like Bunco, pinochle, setback, or euchre, we have a variety of special events, including:

- Summer kickoff party
- Summer suppers
- Holiday special events
- New member breakfast
- Fellowship Club picnic
- Ice cream social
- Theater and casino trips
- Whitecaps outings
- Dances and Fine Art



Be computer-savvy

If you want to know more about computers and improve your skills, this is the place to start. We offer several different classes:

- Basic computer classes
- Check email
- Create your own blog
- Surf the internet
- Share videos and photos
- Research health and genealogy



Get creative

Even if you have never felt artistic, there are many different arts and crafts you can try. We offer classes at every level in a variety of media:

- Watercolor
- Drawing – basic and color
- Chalk pastels
- Oil painting
- Swedish weaving
- Rubber stamping
- Ceramics
- Woodcarving
- Create your own holiday cards
- Christmas craft bazaar



"Have you read my blog lately?"

STAY IN TOUCH WITH FAMILY AND FRIENDS OR JOIN A SOCIAL NETWORK.



"A great place to meet new friends."

ENJOY A CUP OF COFFEE, A GAME OF CARDS, OR SHOOT SOME POOL.



"I've found lots of great ways to stay fit."

GET IN SHAPE AND ENJOY EVERY MINUTE.



WIN A \$300 TRAVEL GIFT CERTIFICATE

Bring this coupon into the Center and get registered to win a \$300 Travel Gift Certificate to be used for a destination of your choosing.



City of Wyoming Senior Center
2380 DeHoop Avenue SW
Wyoming, MI 49509

Standard Postage

PAID

Grand Rapids, MI
Permit No. 17

Get acquainted. Stop in today.

We are open:

Monday through Friday, 8:00 a.m. – 5:00 p.m.

Saturday, 8:00 a.m. – 3:00 p.m.

For more information call 616.530.3190,
or visit www.wyomingmi.gov

*Improve your fitness.
Try your hand at painting.
Learn about computers.
Or just hang out.*

WIN A \$300 TRAVEL GIFT CERTIFICATE

LOOK FOR COUPON WITH DETAILS INSIDE