

# Wellbeing Services at the Manistee Senior Center

## **CARDIO DRUMMING**

*Wednesday, January 8, 15, 22 & 29  
Friday, January 3, 10, 17, 24 & 31  
at 1pm*

## **SIT & GET FIT**

*Tuesdays & Thursdays at 10am*  
Call the Senior Center to reserve  
your spot.  
**231-723-6477**

## **BALANCE & STRETCH**

*Mondays at 1pm  
Fridays at 10am*

Call the Senior Center to reserve  
your spot.

**231-723-6477**

## **BLOOD PRESSURE CLINIC**

*Wednesday, January 8, 15, 22 & 29  
at 10am*

## **LINE DANCING**

*Tuesdays Every Week at 1pm*  
For more info call the Senior Center  
**231-723-6477**

## **REFLEXOLOGY**

*Monday, January 6 & 27  
from 10am-2pm*

Reflexology involves massage of feet  
and legs, targeting acupressure points.

It is not massage therapy.

Call the Senior Center to reserve  
your spot.

**231-723-6477**

## **CHAIR MASSAGE**

*Monday, January 6 & 27  
from 12pm-2pm*

Enjoy a FREE relaxing massage  
with Diane (Donations Accepted)

Call the Senior Center to reserve  
your spot.

**231-723-6477**

## **FOOT CLINIC**

*Tuesday, January 7 & 14  
at 9:30am  
Cost \$20*

Bring a towel & basin.

Call the Senior Center to reserve  
your spot.

**231-723-6477**

## **EYEGLOSS CLINIC**

*2nd Wednesday of the month  
at 10am*

## **Sit & Get Fit - Alternative Fitness Locations in Manistee County**

- **Bear Lake** - Wed. & Fri. at 10am - Bear Lake Community Church
- **Wellston** - Tuesdays @ 11am - Norman Township Community Center