

Summer 2017

Community Education and Screenings

Healthy Minds, Healthy Bodies

Join us the second Thursday of every month for this free event as we discuss ways to keep your mind and body healthy. Light refreshments will be provided, and free child watch is available with an appointment.

<u>Date</u>	<u>Time</u>	<u>Program</u>
July 14	6:30 p.m. to 7:30 p.m.	Family Outdoor Fun
August 10	6:30 p.m. to 7:30 p.m.	Starting the School Year off Right
September 14	6:30 p.m. to 7:30 p.m.	Train2Trot

Cost: Free

Location: Tamarac

For more information or to register, call 231.924.3073. Space is limited.

Vascular Screenings

Spectrum Health Gerber Memorial is offering free vascular screenings, close to home, for high-risk patients. To qualify for a free vascular screening, you must be 60 or older and have at least two of the following:

- Diabetes
- Hypertension/high blood pressure
- History of smoking
- High cholesterol
- Family history of abdominal aortic aneurysm
- Family history of hardening of the arteries before age 60

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	July 5	By appointment
Wednesday	August 2	By appointment
Wednesday	September 6	By appointment

Cost: Free

Location: Gerber Memorial

To schedule your screening, call 877.495.2626, option 4.

Fall Prevention/ Balance Screening

Falls are the leading cause of accidental injury in older adults, but most falls can be prevented. Learn your fall risk and how you can reduce your risk by participating in a free screening. Call today to set up a time with our fitness specialist.

Cost: Free

Location: Tamarac

To schedule a free balance screening, call 231.924.2193.

Blood Pressure Screening Clinics

Get your blood pressure checked often. Free blood pressure screenings are offered at Gerber Memorial the second Wednesday of every month and at Tamarac on the fourth Wednesday of every month.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	July 12	8 a.m. to noon
Wednesday	August 9	8 a.m. to noon
Wednesday	September 13	8 a.m. to noon

Cost: Free

Location: Gerber Memorial Radiology Department

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	July 26	8 a.m. to 10 a.m.
Wednesday	August 23	8 a.m. to 10 a.m.
Wednesday	September 27	8 a.m. to 10 a.m.

Cost: Free

Location: Tamarac

Diabetes Self-Management Education

Gerber Memorial's Diabetes Self-Management Education program provides group and individual education to people with diabetes and helps participants understand how simple choices can make a big difference in their health. The program is certified by the State of Michigan and recognized by the American Diabetes Association. A primary care physician referral is required.

For more information and a class schedule, call 231.924.1866.

Location: Tamarac

Cardiopulmonary Resuscitation (CPR)

Heart Saver classes are free, open to the public and taught by our certified CPR instructors.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tuesday	July 11	8:15 a.m. to noon
Tuesday	August 8	8:15 a.m. to noon
Tuesday	September 12	8:15 a.m. to noon

Cost: Free

Location: Tamarac

Registration is required, and space is limited. Call 231.924.3580.

Stroke Support Group

Join us the first Thursday of every month for free information, inspiration and support as we discuss various topics regarding strokes and related issues. Patients, survivors, families and caregivers are welcome.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Thursday	July 6	3:30 p.m. to 5 p.m.
Thursday	August 3	3:30 p.m. to 5 p.m.
Thursday	September 7	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.7589.

Parkinson's Support Group

Join us the third Thursday of every month for free information, inspiration and support as we discuss various topics regarding Parkinson's disease. Patients, families and caregivers are welcome.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Thursday	July 20	3:30 p.m. to 5 p.m.
Thursday	August 17	3:30 p.m. to 5 p.m.
Thursday	September 21	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.7589.

Alzheimer's Support Group

Join us the fourth Thursday of every month for free information, inspiration and support as we discuss various topics regarding Alzheimer's disease and other forms of dementia and memory loss. Patients, families and caregivers are welcome.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Thursday	July 27	3:30 p.m. to 5 p.m.
Thursday	August 24	3:30 p.m. to 5 p.m.
Thursday	September 28	3:30 p.m. to 5 p.m.

Cost: Free

Location: Tamarac

For more information, call 231.924.7589.

Answers on Alzheimer’s

Meet one-on-one with an Alzheimer’s Association community outreach coordinator to discuss your concerns and get your questions answered on the third Thursday of every month. Appointments are recommended, but walk-ins are welcome.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Thursday	July 20	9 a.m. to noon
Thursday	August 17	9 a.m. to noon
Thursday	September 21	9 a.m. to noon

Cost: Free
Location: Tamarac

For more information, call 231.924.7589.

**Alzheimer’s and Dementia Quarterly Program —
Dementia Conversations**

Conversations about Dementia is a program designed to help you talk with your family about some challenging and often uncomfortable topics around Alzheimer’s and dementia. Going to the doctor to get a diagnosis or medical care; deciding when it is necessary to stop driving; and making plans for managing finances and legal documents to be sure the person’s wishes are carried out and the costs of future care are covered. Join us as Sarah Hicks from the Alzheimer’s Association West Shore Region provides much needed information, and answers your own questions.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	September 6	1 p.m. to 2:30 p.m.

Cost: Free
Location: Tamarac

Registration preferred but not necessary. Call 231.924.7589 for information and to register.

Tobacco and Nicotine Quit Information

Quitting tobacco and nicotine is the single most important thing you can do for your health. Talk with Spectrum Health Gerber Memorial’s Tobacco Treatment Specialist (TTS) for information about group classes, one-on-one coaching and family quit programs. Special counseling is available for pregnant women, new moms and youth.

Cost: Free consultation and programs
Location: Tamarac and Gerber Memorial Hospital

For more information, call Sally Wagoner, RN, TTS, 231.924.7589. Participants will be eligible for a free month’s membership at Tamarac.

Tobacco and Nicotine QUIT FOR GOOD!

Cigarettes, chew or e-cigs: this 4 week class will help you find the right medications, the right plan and the right tools to help you on this healthy journey. You have the option of continuing another 4 weeks for tips and support to make sure your QUIT is FOR GOOD. Don’t let tobacco and nicotine control your life and your wallet anymore!

<u>Day</u>	<u>Date</u>	<u>Time</u>
Tuesdays	July 11 to August 1 (optional to August 29)	Noon to 1 p.m.

Cost: Free
Location: Tamarac

<u>Day</u>	<u>Date</u>	<u>Time</u>
Fridays	August 4 to August 25 (optional to September 29)	9 a.m. to 10 a.m.

Cost: Free
Location: The Stream, 1 State Road, Newaygo

<u>Day</u>	<u>Date</u>	<u>Time</u>
Mondays	September 11 to October 2 (optional to October 30)	5 p.m. to 6 p.m.

Cost: Free
Location: Tamarac

Registration is required. For more information call Sally Wagoner, RN, TTS, 231.924.7589. Participants will be eligible for a free month’s membership at Tamarac.

Hope and Healing Support Group

Spectrum Health Hospice offers the following sessions to provide information about the grief experience. Sessions are open to the community and geared toward adults who have had a loss within the past year. A minimum of four participants is needed to hold the group.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesday	July 26	10 a.m. to 11 a.m.
Wednesday	August 23	10 a.m. to 11 a.m.

Cost: Free

Location: Tamarac

Registration is required; call Kelly at 616.486.2833.

Weight Empowered (formerly TEAM)

Join others in your weight loss or weight management journey for an encouraging time of group coaching and support, weekly weight tracking and more.

<u>Day</u>	<u>Time</u>	<u>Location</u>
Tuesdays	5:30 p.m. to 6:15 p.m.	Tamarac
Wednesdays	11 a.m. to 11:45 a.m.	Tamarac
Wednesdays	3:45 p.m. to 4:30 p.m.	The Stream, Newaygo

Cost: \$10 a month for Tamarac members or \$20 a month for nonmembers.

For more information or to sign up, call 231.924.3073.

OPTIFAST® Weight Management Program

OPTIFAST is a comprehensive weight management program that combines lifestyle education with medical monitoring and meal replacements. This program includes:

- Meal replacement products
- Lifestyle education
- Expert counseling
- Medical supervision
- Weekly support with health coach
- One year of weekly classes covering behavioral, nutrition and physical activity topics

Free OPTIFAST Information Session

<u>Day</u>	<u>Date</u>	<u>Time</u>
Monday	September 18	5:30 p.m.

Location: Tamarac

For more information or to register for the information session, please call 231.924.3073.

MyLife Care Planning

Is your living will enough? Who will speak for you when you cannot speak for yourself? Make your wishes known, and be involved in the decision-making process while you are able, giving yourself peace of mind and lifting the burden from your loved ones.

MyLife Care Planning is an internationally recognized care model that helps you put the kind of end-of-life care you want in writing. Spectrum Health Advance Directive Services are free and do not require an attorney.

Cost: Free

Location: Tamarac

For more information, call 231.924.3073.

Michigan Blood Saves Lives—Be a Donor

Donating blood is the simplest way to help save lives. Giving blood with Michigan Blood helps ensure that your donation stays local.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Friday	July 14	7 a.m. to 1:30 p.m.
Friday	September 8	7 a.m. to 1:30 p.m.

Location: Gerber Memorial Hospital

<u>Day</u>	<u>Date</u>	<u>Time</u>
Friday,	August 4	9:30 a.m. to 2:30 p.m.

Location: Tamarac

Childbirth Education

Early Pregnancy (first trimester to 20 weeks)

This free class is designed to help you have a healthy pregnancy.

For more information, call 231.924.1344.

Preparation for Childbirth (second or third trimester)

This five-week class will help you prepare for labor and delivery, and will cover relaxation and pain-management techniques, infant massage, CPR, breastfeeding, and new mom and baby care. Classes are taught by certified childbirth educators and registered nurses.

For more information, call 231.924.1344.

HypnoBirthing

This five-week childbirth class teaches that severe discomfort doesn't need to be a natural accompaniment of birth when a woman is properly prepared and trusts her body.

For more information, call 231.924.1344.

Big Kids' Class

This free class is designed for kids ages 3 to 10 years old and teaches them about becoming big brothers or sisters. They will learn about their new role and how to help care for the new baby. Class includes a DVD, information about babies and a tour of the Gerber Memorial Birth Center.

For more information, call 231.924.1344.

Infant CPR

This free class teaches you how to take action if an infant begins to choke or stops breathing. The class is taught by an American Heart Association certified instructor. Grandparents are welcome.

For more information, call 231.924.1344.

Breastfeeding: One of the Best Gifts You Can Give

Your New Baby for up-to-date breastfeeding information and the tools to be successful. The class is taught by a certified lactation consultant.

For more information, call 231.924.1344.

Childbirth Review

This class reviews labor, delivery, relaxation and breathing for those who have previously taken childbirth classes.

Cost: Covered by most insurance plans.
For more information, call 231.924.1344.

Tamarac, a member of Spectrum Health

At Tamarac, you'll find certified trainers, a café, a swimming pool, an exercise facility, a full-service spa, community events and fitness classes for every level. Tamarac also offers a range of affordable membership options that fit your needs. For more information about membership, call 231.924.1600.

Holiday Hours

Fourth of July: Tuesday, July 4: 7 a.m. to 1 p.m.
Labor Day: Monday September 4, 7 a.m. to 1 p.m.

Tamarac

Monday through Thursday: 5 a.m. to 9 p.m.
Friday: 5 a.m. to 8 p.m.
Saturday: 6 a.m. to 5 p.m.
Sunday: Noon to 5 p.m.

For more information, call **231.924.1788** or visit tamaracwellness.org.

Monday through Thursday: 8 a.m. to 8 p.m.
Friday: 8 a.m. to 1 p.m.
Saturday: 8 a.m. to noon
Sunday: Noon to 4 p.m.

Note: If you have a baby under 18 months of age, a reservation is required before dropping your child off. Infant reservations may be made up to seven days in advance.

*Child Watch is now free with a Tamarac membership.

The Skincare Center & Spa at Tamarac

Sunday: Closed
Monday to Thursday: 9 a.m. to 7 p.m.
Friday: 9 a.m. to 5 p.m.
Saturday: By appointment only

To make an appointment or for more information, call The Skincare Center at **231.924.7800** or visit tamaracwellness.org/thespa.

Family Swim at Tamarac

Monday: 6 p.m. to 8 p.m.
Friday: 4 p.m. to 7 p.m.
Saturday: 11:45 a.m. to 2:30 p.m.
Sunday: Noon to 2 p.m.

Special Events at Tamarac

Tamarac's Running Club

Cost: Free for members and nonmembers; all distances and abilities welcome.

Day: Saturday mornings

Location: Tamarac lobby, 7 a.m.

Pickleball

Pickleball is one of the fastest-growing sports in the United States. It's a combination of table tennis, badminton, tennis and racquetball. It's fast-paced, easy to learn, great exercise and fun for all ages. All are welcome.

NEW! This summer Pickleball will be at Tamarac's outdoor court from Tuesday, June 27 to Thursday,

September 7.

Day	Time
Tuesdays	5:30 p.m. to 7:30 p.m.
Thursdays	5:30 p.m. to 7:30 p.m.

Cost: \$2 for drop-in pickleball; All summer for \$20.

Location: Tamarac

Save The Date! Our next Pickleball ladder will be September 19 through November 21. Special ladder pricing is \$40 for Tamarac members, \$50 for nonmembers.

For more information, call 231.924.1788.

Group Fitness Classes

All group fitness classes are free for Tamarac members. Nonmembers may purchase class passes, five classes for \$25 (may mix and match). For more information, call 231.924.1600.

For a complete group fitness schedule, visit

tamaracwellness.org.

SF = Senior-friendly classes

PE = Safe for expectant mothers

Specialty Fitness Classes

For more information about Tamarac's specialty fitness classes, call **231.924.1788** or visit tamaracwellness.org.

Intro to Weight Training

Break out of your cardio comfort zone. In this six-week weight lifting class, you'll learn basic weight training techniques to help you improve your overall strength and expand your exercise program. The class size is small—two to three people per class, taught by one of our fitness specialists.

Cost: \$50

Knockout

This is an intense 60-minute workout with kicking,

punching and lifting to test your stamina and build strength. It's a small class environment with tailored programming and multiple options each week.

Cost: \$75 for members; \$99 for nonmembers (12 class pass)

Outdoor Bootcamp

This high-intensity class will push your functional strength, endurance and agility to the limit. Outdoor Bootcamp will meet in the parking lot behind Tamarac.

Cost: \$75 for members; \$99 for nonmembers (12 class pass)

Strong and Stable

Falls are the leading cause of accidental injury in older adults, but most falls can be prevented. This class will help you improve your posture and increase your stability, giving you increased confidence as you move.

Cost: \$75 for members; \$99 for nonmembers (12 class pass)

*A fall prevention/balance screening is required for participation in this class. Call 231.924.1788 for more information.

Tai Chi for Health: Beginner

Learn the 12 basic movements of the sun style, with gentle, agile and powerful qigong exercises to improve breathing, facilitate relaxation and promote healing. The Centers for Disease Control and Prevention recognizes the use of tai chi for arthritis and fall prevention. This is a seven-week class.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Wednesdays	July 12 to Aug 23	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30
Location: Tamarac

Tai Chi for Health: Intermediate

Students learn to do nine new movements. Learning and practicing tai chi can improve overall health and help with

arthritis and fibromyalgia symptoms. The benefits are cumulative and compound over time. This is a seven-week class.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Thursdays	July 13 to Aug 24	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30
Location: Tamarac

Tai Chi for Health: Continuing Practice

This class is for students who have reached comfortable levels of practice with the 12 basic movements, reverse of the 12 basic movements, the nine intermediate movements and the reverse of the nine intermediate movements. This is a seven-week class.

<u>Day</u>	<u>Date</u>	<u>Time</u>
Mondays	July 10 to Aug 21	5 p.m. to 6 p.m.

Cost: Tamarac members \$20; nonmembers \$30
Location: Tamarac

NEW! Obstacle Course Race Training

Join us for a two-hour training session with tips and tricks of facing the most challenging obstacles at popular race courses. Call 231.924.1788 for more information or to register.

<u>Day</u>	<u>Dates</u>	<u>Time</u>
Wednesday	July 5	8 a.m. to 10 a.m.
Thursday	July 6	3 p.m. to 5 p.m.

Cost: \$15 per person
Location: Branstrom Park

Swim Lessons

Adults and Children Private Swim Lessons

Learn to swim or improve your strokes with one-on-one

instruction for adults and children. We welcome all swim abilities and will go through each level at your desired pace.

Cost: Tamarac members Nonmembers
 \$20, 30-minute session \$35, 30-minute session
 \$40, 60-minute session \$55, 60-minute session

Location: Tamarac

Group Swim Lessons

Classes are six weeks, 30 minutes, with a maximum of 10 participants and parents in the pool with child. All group swim lessons are offered Saturday mornings and by appointment. Class times will be decided by enrollment.

<u>Day</u>	<u>Dates</u>
Saturdays	July 8 to August 19

Cost: Tamarac members \$50; nonmembers \$75

Location: Tamarac

To schedule, please contact Kate at 231.924.3580.

NEW! Survival Basics

Children ages 6 months to 6 years old will learn survival and self-rescue basics in a one-on-one setting. Lessons are four times a week for three weeks. Some kids may require four weeks of instruction to meet self-rescue goals.

Cost: Tamarac members \$100; nonmembers \$150

Location: Tamarac