

January 21

Budgeting & Debt Reduction Strategies

Aileen Simons, Team One Credit Union,
Director of Member Advocacy and Certified
Credit Union Financial Counselor (CCUFC)

February 18

Menopause Matters: Thriving Through the Change

Trisha Ameal, MSN, RN, FNP-C,
McKenzie Health System

March 18

Bread Making - Sourdough

Mary Gilbert, Community Member

April 15

Talking is Teaching

Julia Albrecht, Director,
Great Start Collaborative

May 20

Fairy Garden Workshop

Jen Gezequel, Community Member
& Fairy Garden Expert

June 17

Cooking with Kids

Chef Aaron Puzan, Autumnwood of Deckerville

July 15

Preserving MI Harvest: Preserving Summer Fruit

Laurie Messing, Food Safety Educator,
MSU Extension

August 19

Digital Safety for Seniors - Avoiding Scams

Thumb Bank & Trust: Kelly Gerstenberger,
Market President; Holly Bonesteel, Assistant
Vice President, Branch Manager; Tabitha Ellul,
Business Development Specialist

September 16

Stop the Bleed, Hands Only CPR, & Home Firearm Safety

Morgan Fraley BSN, RN, Stop the Bleed
Specialist; Melissa Govea, American Heart
Association CPR Instructor; Steve McKenney,
Sandusky Chief of Police

October 21

Aging Well: Staying Connected & Resilient

Kelli Braun, Stonegate Village Assisted Living

November 18

Estate Planning Basics - Wills, Power of Attorney, Trusts, Ladybird Deed, and More

Michael Rolando, Attorney,
Biddinger, Schrot & Rolando, PC

**All events take place
in-person 12:00 - 1:00 p.m.
in the McKenzie
Dining Room.**

Virtual option
available - scan
the QR code.



For more information, visit www.McKenzieHealth.org or call 810-648-6127.

Healthy Living...Together is a project that was developed by McKenzie Health System in collaboration with the Sanilac County Health Department, MSU Extension, Great Start Collaborative Sanilac, and Sanilac County Community Mental Health to help you on your path to a healthier life.

Get Out, Get Fit! 2026 McKenzie Fitness Classes

Senior Exercise

January 5 - March 13

Session 1 (10 weeks)

March 23 - May 28

Session 2 (10 weeks)

September 14 - November 19

Session 3 (10 weeks)

Lexington United Methodist Church
Mondays and Wednesdays @ 9:00 a.m.

Open Door Missionary Church
Tuesdays and Thursdays @ 9:00 a.m.

\$20 Donation

Walking Track

McKenzie Rehabilitation

170 W Argyle St,
Sandusky, MI 48471
810-648-0210

Monday - Thursday

5:00 p.m. - 7:00 p.m.

Cost: FREE (no registration required)



Aqua Aerobics at McKenzie Health & Wellness (170 W. Argyle Street)

You may work at your own pace in the deep or shallow end of the pool; each class utilizes different equipment.

2026 Session Schedule

January 5 - February 26

Session 1 (8 weeks)

March 9 - April 30

Session 2 (8 weeks)

May 11 - July 2

Session 3 (8 weeks)

July 13 - September 3

Session 4 (8 weeks)

September 14 - November 5

Session 5 (8 weeks)

November 16 - December 17

Session 6 (5 weeks)

Early Birds (6:00 and 7:00 a.m.)
Arthritis Friendly (8:00 a.m.)
Deep Water Warriors (9:00 and 10:00 a.m.)
Aqua Athletics (11:00 a.m.)
Water Walkers (12:30 p.m.)
Run, Jump, Splash (1:30 p.m.)
Evening Energizers (5:00 p.m.)
Bump Set Spike (6:00 p.m.)

	M	Tu	W	Th	F
6:00 - 7:00 am	X		X		
7:00 - 8:00 am	X		X		
8:00 - 9:00 am		X		X	
9:00 - 10:00 am		X		X	
10:00 - 11:00 am		X		X	
11:00 - 12:00 pm		X		X	
12:30 - 1:30 pm		X		X	
1:30 - 2:30 pm		X		X	
5:00 - 6:00 pm	X	X	X	X	
6:00 - 7:00 pm	X		X		

Session Options

Frequency	5 week	8 week
1x/week	\$25.00	\$40.00
2x/week	\$50.00	\$80.00
3x/week	\$75.00	\$120.00
4x/week	\$100.00	\$160.00
5x/week	\$125.00	\$200.00

Pre-Registration Required.

**Call 810-648-6127 for more
information & registration.**

Schedule subject to change.

www.McKenzieHealth.org/fitness

Sign up for
Fitness Classes
Online!

Powered by
 WellnessLiving

