

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 EVENT September 19	1 10:00 Strong Bones 1:00 Strong Bones	2 2:30 WERQ 4:00 Grief Group	3	4 9:30 MoveWell 11:30 Lunch and Learn- <i>History of Reform School in Battle Creek</i> 1:00 MoveWell 2:00 Obie
7 Take a break! LABOR DAY  CLOSED	8 10:00 Strong Bones 1:00 Strong Bones	9 2:30 WERQ 4:00 Grief Group	10 3:00 Caregiver Circle	11 9:30 MoveWell 11:30 Lunch and Learn- <i>Mindfulness for Sleep Series</i> 1:00 MoveWell 2:00 Obie
14 1:00 A Matter of Balance @FORKS (1 of 8)	15 10:00 Strong Bones 1:00 Strong Bones	16 3:00 Powerful Tools for Caregivers @TCU Middleville (1 of 6) 4:00 Grief Group	17	18 9:30 MoveWell 11:30 Lunch and Learn- <i>Mindfulness for Sleep Series</i> 1:00 MoveWell 2:00 Obie
21 1:00 A Matter of Balance @FORKS (2 of 8)	22 10:00 Strong Bones 1:00 Strong Bones	23 3:00 Powerful Tools for Caregivers @TCU Middleville (2 of 6) 4:00 Grief Group	24 3:00 Caregiver Circle	25 9:30 MoveWell 11:30 Lunch and Learn- <i>Final Friday Talk Fest</i> 1:00 MoveWell 2:00 Obie
28 1:00 A Matter of Balance @FORKS (3 of 8)	29 10:00 Strong Bones 1:00 Strong Bones	30 9:30 A Matter of Balance @HC (1 of 8) 3:00 Powerful Tools for Caregivers @TCU Middleville (3 of 6) 4:00 Grief Group	Color Key: Kool Family Community Center Community Location Special Event	



SEPTEMBER 2026

CareWell Services Southwest at Kool Family Community Center
200 W. Michigan Ave 2nd Floor

Call 269-966-2450 for information or to register for any program listed
No membership required

www.carewellservices.org

FRIDAY LUNCH AND LEARN: Registration with lunch required by the Wednesday prior at 3pm. Lunch is \$7, due upon arrival. Participants may attend without ordering lunch, but registration is strongly encouraged.

SEPTEMBER 4 History of Reform School in Battle Creek: Explore the colorful history of the area.

Presented By: Jody Owens, Battle Creek Historical Society

SEPTEMBER 11 AND 18 Mindfulness For Sleep Series: Learn more about strategies to get a restful night.

Presented By: Georgina Guzman , MSU Extension

SEPTEMBER 25 Final Friday Talk Fest: Join friends for visiting! Order lunch or bring your own. Discussion questions provided for lively conversation.

ONGOING EXERCISE- Kool Family Community Center. Drop in! No cost!

Tuesdays @10:00 and 1:00 Strong Bones-

Structured routine using weights. Designed to strengthen bones. Progress at your own pace.

Fridays @9:30 and 1:00 MoveWell- Variety of exercises for all fitness levels. Focus on mobility, flexibility, balance, fun, and meditation.

Powerful Tools for Caregivers is coming to Middleville!

The workshop will be hosted by our community partners
Thornapple Credit Union.
Contact CareWell for more info.



Scan this code to register for programs

Color Key:

Kool Family Community Center

Community Location

Special Event

Medicare Open Enrollment Begins: October 15- December 7
SHIP (State Health Insurance Program) Call 800-803-7174 to
schedule an appointment.