

BEAVERTON Activity Center

LIBRARY & FREE WIFI
PHYSICAL THERAPY REHAB
COMMUNITY ACTION
PRESCHOOL
RECEPTION DESK
Mon. thru Fri. 9 a.m. to 5 p.m.

The Silver Sneakers
Fitness Program
OFFICIAL LOCATION

Fitness Center

Mon. thru Thurs. 7 a.m. to 7 p.m.
Fri. 7 a.m. to 5 p.m. * Sat. 9 a.m. to 1 p.m.

Affordable membership plans & punch cards:
• Plans for Individuals, Families & Companies
• Student Punch Cards for ages 13, 14 & 15
• Silver Sneakers Cardholders get all member benefits
• Try the Fitness Center with a 3-Month Membership Plan

Fitness Classes

• JUMPS Class – Mon. & Wed., 6:15 p.m.

FITNESS CENTER
HOLIDAY HOURS
Open Monday, 12/31
8 a.m. to Noon
Closed Tuesday, 1/1

Gym Activities

• Daily Walking – Mon., Tues., Wed., & Fri., 7 a.m. to 12 Noon
Thurs., 7 a.m. to 9 a.m.
FREE for Fitness Center members
\$1 per walk for non-members
• Pickleball – Tues., 5:30 p.m., Thurs. 10 a.m.,
Have fun & get exercise for \$3/person



Fitness Center Membership LIMITED TIME DISCOUNT Get discount thru January 15

• INDIVIDUALS: 1 month \$15 3 months \$35 6 months \$60 1 year \$100
• FAMILY (All Immediate Family Members): 1 year \$200
• GIFT CARD/PUNCH CARD: 5 visits \$15

New Year. New You!



IT'S ABOUT TIME...
Volunteers are
needed in Winter!

If you have ONE hour a week, your
TIME and TALENT will be appreciated.
Stop by the Reception Area or call
435-4104 for info. Share a little time,
have a lot of fun, and make a BIG
difference in OUR community!

A Matter of Balance – Improve Your Balance and Prevent Falls

8-Week Series for Older Adults • Tuesdays & Thursdays in February
February 5, 7, 12, 14, 19, 21, 26, 28 • 10 a.m. to Noon • BAC

Learn to view falls as controllable, increase activity & make changes at home to reduce risks.

FREE PROGRAM

Presented by MidMichigan Health
Registration is required
Call MidMichigan Health Line 800-999-3199
or visit www.midmichigan.org/balance

Youth Winter Session, Thursdays, Jan. 31 thru March 7

- Tumble Tots – 9 a.m. - 9:45 a.m., Ages: Walking to 6 years
- Baby Ballet – 4:30 p.m. - 5:15 p.m., Ages: 3 to 6 years
- Tumbling – 5:45 p.m. - 6:30 p.m., Ages: 4 to 10 years
- Gymnastics – 6:30 p.m. - 7:15 p.m., Ages: Cartwheel to 16 years

Register by Jan. 28. \$40 for 6-week session
Complete info on BAC website; Activities Tab
Call 989-465-2079 to register

* All participants in Ballet, Tumbling, Gymnastics
and Cheerleading are invited to perform in
the "Winter Showcase" on March 9!

Winter Cheerleading, Tuesdays, Jan. 8 thru March 19

- Mini Cheer – 3:45 p.m. to 4:25 p.m., Ages: 3 to 5 years
- Cheerleading – 4:30 p.m. - 5:30 p.m., Ages: 6 to 12 years

* Register for Greater Beaverton Cheer by Jan. 7.
\$60 for 11-week session. For info, visit
[Facebook/Greater Cheer Teams](https://www.facebook.com/GreaterCheerTeams)

LIBRARY ACTIVITIES at the Beaverton Branch

Info & registration: 989-435-3981

Book Club – Jan. 10, 7 p.m.

"The Magic Strings of Frankie
Presto" by Mitch Albom

Story Time

Thursdays at 10 a.m.
Fridays at 10 a.m.

After School at the Library

Good place for study & group work.
Access books not available at school.
Library staff is friendly & helpful!



Monday thru Friday
9 a.m. to 5 p.m.

Saturday
9 a.m. to 1 p.m.

FREE WIFI

Specialty Coffees, Smoothies, Cookies & Snacks

A perfect
place for
business &
community
meetings!

Meeting Room Rental

Reserve meeting
rooms on BAC website
or call 435-4104.

Catering by
Sweet B Cafe
or outside caterer.



Super location for community and
business meetings, reunions and
family events at affordable rates.



GLADWIN COUNTY DISTRICT LIBRARY Beaverton Branch

Free WIFI and Computer Terminals
Book Club • Make It Monday • Tuesday Talk
Story Time on Thursday & Friday at 10 a.m.

Monday thru Thursday 9 a.m. to 8 p.m.
Friday – 9 a.m. to 5 p.m. Saturday – 9 a.m. to 1 p.m.
Closed Sunday

Visit online at www.gcdl.org or call 989-435-3981

Rehabilitation Services Now Offered in Beaverton

MidMichigan Health now offers a full range of physical
therapy services at the Beaverton Activity Center, 106 Tonkin
Street. This location is staffed by Physical Therapists Jessica
Sullivan, D.P.T., and Renee Lang, P.T.A., and is open Monday
through Thursday with convenient early morning and evening
appointment times. New patients are welcome by referral
from their physician by calling (989) 435-3315 or Central
Scheduling at (989) 488-5825.

MidMichigan Health
UNIVERSITY OF MICHIGAN HEALTH SYSTEM



mid michigan
COMMUNITY
Action

"Helping People, Changing Lives."

Call 989-386-8075

Visit www.claregladwinpreschool.org

COMMUNITY ACTION PRESCHOOL

At the corner of M-18 and Tonkin Street 989-435-4104 www.beavertonactivitycenter.com

501(c)3 Non-Profit Status • Exclusively for Charitable & Educational Purposes

