

Level 1 (Advanced Osteoporosis): _____

Level 2 (Mild Osteoporosis): _____

Level 3 (Osteopenia): _____

Exercise for Strong Bones



By Matt Schroeder, PT, DPT, MS, MTC
Provided by the Genesys Health System and
Physicians Integrated Physical Therapy



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Exercise for Strong Bones

What is low bone density?

If you are reading this pamphlet, chances are that your doctor has determined that you are either at risk for low bone density or you have been diagnosed with low bone density. Low bone density is a condition in which the tissues in your bones become less dense than they used to be, making the bone weaker. Throughout life, our bodies break down older bone tissue and replace it with new bone tissue. In our youth, our bodies replace old bone tissue with new bone tissue very quickly. But as we age, this process becomes slower and our bodies don't replace the bone tissue as effectively. This results in decreasing bone density and weaker bones. Low bone density can affect both men and women as they age, but women who have gone through menopause and are over the age of 50 more commonly develop low bone density.

There are two classifications of low bone density: ***Osteopenia*** and ***Osteoporosis***. Osteopenia is diagnosed when a person's bone density is mildly low. Osteoporosis is diagnosed when a person's bone density is very low, placing the person at an increased risk of having a fracture.

What can be done to limit the loss of bone density?

There are a variety of interventions available to help limit loss of bone density. Your doctor may prescribe medications, nutritional supplements such as calcium or vitamin D, recommend a specific diet, or recommend exercise. Talk with your doctor about what is right for you.

How can exercise help to maintain strong bones?

Our bones respond to the forces placed upon them. If a bone is repetitively loaded with forces from standing, walking, and physical activities, the body will attempt to increase the density of that bone to make it stronger. Conversely, if a bone is subjected to very little force over time, the body will not attempt to increase bone density, and usually the result is a lowering of bone density.

Exercise is an important component in the prevention of bone density loss and bone fracture. Researchers have demonstrated that exercise can limit the loss of bone density, improve strength, improve walking speed, improve balance and decrease fall risk, and allow improved physical performance for normal daily activities.

How do I use this booklet?

This booklet is intended to provide general guidance to you in setting up an exercise program to maintain bone health appropriate to your age, fitness level, and degree of bone density loss. The exercises are set up according to levels. Your doctor will have checked your specific level on the front page of this document.

Level 1: For individuals with diagnosed, moderate to advanced osteoporosis, and higher in age.

Level 2: For individuals with diagnosed mild osteoporosis and not as advanced in age.

Level 3: For post-menopausal women or individuals with diagnosed osteopenia.

There are 5 types of exercises that are important to preventing bone loss and fracture: *weight bearing aerobic exercise, strengthening exercise, core training, posture exercise, and balance training*. Exercise classes such as aerobics, water aerobics, Yoga, and Tai Chi, are offered at the Genesys Athletic Club and also

at Genesee County senior centers. A list of these resources is available on pages 22 to 24 of this booklet. Please refer to the chart on page 6 for more information about the number of days per week to perform each exercise type.

Beginning Your Exercise for Strong Bones Program:

Level 1: (Please refer to the chart on page 6)

- Individuals in level one should start by performing one of the weight-bearing/aerobic exercises listed under “Level 1” for at least 15 minutes and at least three days per week.
- You should also begin the Level 1 strengthening exercises, core training, and posture exercises 2 days per week, and the balance training 1 day per week.
- As you are able to tolerate more exercise, you should increase the duration of your exercise and increase the number of days per week that you are performing the exercises.
- Do not proceed to Level 2 or Level 3 exercises without first consulting with your doctor or physical therapist.
- Avoid fast twisting motions through your midsection, avoid forward bending at your waist, and avoid excessive reaching toward the floor, as these motions can result in bone injury.

Level 2: (Please refer to the chart on page 6)

- Individuals in Level 2 should begin the exercise program with less intensity at the beginning. If you have not been regularly exercising, it is recommended that you start by performing Level 1 exercises for the first two or three weeks before proceeding to Level 2 exercises.
- Start by performing any of the Level 1 weight bearing/aerobic exercises for 15 to 45 minutes 3-5 days per week.
- You should also begin the Level 1 strengthening exercises, core training, and posture exercises 2-3 days per week, and the balance training 1-2 days per week.
- As you are able to tolerate more exercise, you should increase the duration of your exercise and increase the number of days per week that you are performing the exercises.
- After doing Level 1 exercises for 2-3 weeks, proceed to Level 2 exercises as indicated on the chart for aerobic strengthening, core training, posture, and balance. Gradually increase your exercise duration and intensity over time.
- For strengthening exercises, you may choose to use exercise bands or use weight machines at the Genesys Athletic Club or another local gym.
- Do not proceed to Level 3 exercises without first consulting your doctor or physical therapist.

Level 3: (Please refer to the chart on page 6)

- Individuals in Level 3 should begin the exercise program with less intensity at the beginning. If you have not been regularly exercising, it is recommended that you start by performing Level 1 exercises for the first two or three weeks before proceeding to Level 2 exercises. Then perform Level 2 exercises for 2-3 weeks more prior to proceeding to Level 3 exercises.
- Start by performing any of the Level 1 or Level 2 weight bearing/aerobic exercises for 30 to 45 minutes 3-5 days per week.
- You should also begin the Level 1 strengthening exercises, core training, and posture exercises 3 days per week, and the balance training 2 days per week.
- As you are able to tolerate more exercise, you should increase the duration of your exercise and increase the number of days per week that you are performing the exercises.
- After 2-3 weeks, proceed to Level 2 exercises and repeat the process of gradually increasing your exercise duration.
- After 2-3 weeks at Level 2 exercises, proceed to Level 3 exercises.
- For Level 3 strengthening exercises, you may choose to use weight machines or free weights at the Genesys Athletic Club or your local gym. If you are not familiar with the use of weights, you may ask your gym for an orientation or even work with a personal trainer.

Exercise for Strong Bones

Level	Level 1	Level 2	Level 3
Exercise Duration:	15-45 minutes	30-60 minutes	30-60 minutes
Weight Bearing/ Aerobic Exercise 3-5 days per week	Walking	Fast Walking	Fast Walk with weighted vest
	Walking with weighted vest	Walking with weighted vest	Jogging/Running
	Dancing	Hiking Hills	High Impact Aerobics
	NuStep Machine	Low Impact Aerobics	Jumping Rope
	Climbing Stairs	Step Aerobics	Box Jumping
	Recumbent Bike	Stationary Bike	Hiking with Back Pack
	Water Aerobics	Elliptical Machines	Stair climbing with weighted vest
	Pool Exercises	Stair Stepper Machines	Raquetball
	Group Exercise Classes	Swimming	Tennis
	Gentle Yoga Classes	Stair Climbing	Softball
Tai Chi Classes	Gardening/Yard Chores	Volleyball	
	Tai Chi Class	Basketball	
	Yoga Class	Golfing Pulling Clubs	
Strengthening Exercises 2-3 days per week	Level 1 Strengthening Exercises (Pages 7-9)	Moderate Resistance Band Exercises 1-2 sets of 12-15 repetitions	Weight machines for major muscle groups, moderate to heavy weight, 1-2 sets of 8-12 repetitions
	Light Resistance Band Exercises 1-2 sets of 15-20 repetitions	Weight machines for major muscle groups, light weight, 1-2 sets of 12-15 repetitions	Free-weight lifting for major muscle groups, moderate to heavy weight, 1-2 sets of 8-12 repetitions
Core Strengthening 2-3 days per week	Level 1 Core Strengthening (Pages 10-11)	Level 2 Core Strengthening (Pages 14-15)	Level 3 Core Strengthening (Pages 18-19)
Posture Exercises 2 days per week	Level 1 Posture Exercises (Page 12)	Level 2 Posture Exercises (Page 16)	Level 3 Posture Exercises (Page 20)
Balance Training 1-2 days per week	Level 1 Balance Training (Page 13)	Level 2 Balance Training (Page 17)	Level 3 Balance Training (Page 21)
	Tai Chi Class	Tai Chi Class	Tai Chi Class
	Yoga Class	Yoga Class	Yoga Class

General Strengthening: Level 1

Straight Leg Raises



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- Lie on your back with one knee bent and the other leg completely straight.
- Lift your straight leg off the bed to 45 degrees keeping it straight.
- Lower the leg to starting position and repeat.
- Do 3 sets of 10 repetitions and repeat on the other leg.

Clam Shells



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- Lie on your side with both legs slightly bent.
- Lift your top leg keeping your leg slightly bent and your heels together.
- Return to initial position and repeat.
- Do 3 sets of 10 repetitions and repeat on the other side.

Knee Extensions

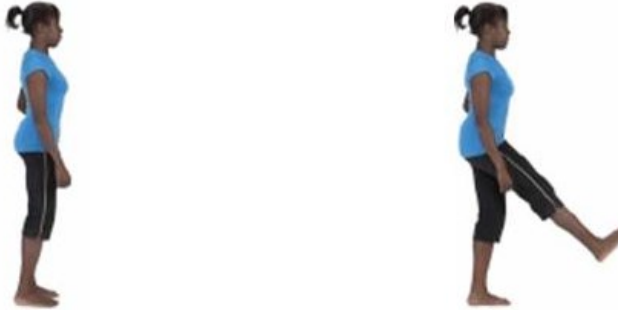


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- Sit down on a chair with your back straight and your knees bent.
- Fully extend/straighten one leg and hold for 5-10 seconds.
- Do 3 sets of 10 repetitions and repeat with the other leg.

General Strengthening: Level 1

Forward Leg Raises



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- Stand on one leg with a chair or countertop nearby to hold for balance.
- Slowly lift the other leg up in front with a straight knee, keeping the body still.
- Hold the position on top and lower slowly back to the starting position. Repeat with the other leg.
- Do 3 sets of 10 repetitions.

Backward Leg Raises



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- Stand holding the back of a chair or a counter top.
- Lift your leg up behind you, while keeping your back straight and your knee straight.
- Do 3 sets of 10 repetitions. Repeat on the other leg.

Lateral Leg Raises



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- Stand up straight and keep your balance by holding onto a stable object.
- Lift your leg out to the side with your knee straight and foot facing forward. Do not rotate the foot outward while lifting the leg.
- Do 3 sets of 10 repetitions. Repeat with the other leg.

General Strengthening: Level 1

Heel Raises



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- Hold on to the back of a chair or a counter top.
- Stand upright and raise up onto your toes lifting your heels off of the ground.
- Lower yourself and repeat.
- Do 2-3 sets of 10 repetitions.

Toe Raises



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- Hold onto the back of a steady chair or a countertop.
- Lift your toes up so that you are standing on your heels.
- Return toes to the floor.
- Do 2-3 sets of 10 repetitions.

Mini Squats



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- Stand in front of a counter and hold onto the countertop or back of a chair.
- Slowly lower your body into a mini-squat position without leaning forward and keeping your heels in contact with the ground at all times.
- Return to standing and repeat for 2-3 sets of 10 repetitions.

Core Training: Level 1

Lower Abdominal Strengthening



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- Lie on your back with your knees bent and your back in neutral position (slightly arched).
- Place your hands on your lower abdomen and maintain steady abdominal breathing while you activate your lower abdominals (transversus abdominis) by bringing your belly button inward and flattening your lower back on the floor.

Hold each contraction for 10 seconds. Do 3 sets of 10 repetitions.

Bridges



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- Lie on your back with your knees bent and an elastic tied around your lower thighs.
- Lift your pelvis up as high as you can and pull your knees apart.
- Lower your pelvis.

Do 2-3 sets of 10 repetitions.

Prone Leg Raise



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- Lie on your stomach with your back in neutral position.
- Activate your lower abdominals (transversus abdomini) by bringing your belly button inward and by activating your pelvic floor muscles (inner thigh) 20 to 30% of maximal contraction.
- Maintain a steady abdominal breathing while you lift one leg up, keeping it straight and keeping your back and pelvis completely still.
- Return slowly to the initial position and repeat, beginning with the other leg.

Do 2-3 sets of 10 repetitions.

Core Training: Level 1

4-Point Leg Raise



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- Begin in the 4-Point position as shown.
 - Draw in your lower abdomen and then lift one leg straight out behind you.
 - Do not hyperextend your lower back, rather, your back should stay neutral.
 - Hold the position for 5 seconds.
 - Return to the starting position and then repeat with the other leg.
- Do 2-3 sets of 10 repetitions.

Sit to Stands



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- Sit on the edge of a chair with your knees bent and feet flat on the floor.
- While keeping your back straight, shift your weight to your feet, reach forward and stand up. Try not to use your hands to help you to stand.
- Sit back down.
- Keep your motion controlled and smooth; do not use momentum.
- Do 2 sets of 10 repetitions.

Posture Training: Level 1

Chest Stretch "T"



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- Lie on your back with or without a pillow. You may also do this with a rolled up towel beneath your whole spine.
- Place the arms in a "T" position and let them rest on the bed/floor. You will feel a stretch across the chest.
- Hold for 30 seconds. Repeat 3 times.

Shoulder Press



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- Lie on your back with your knees bent up with your arms at your sides resting.
- Now press both shoulders down into the surface you are laying on and hold for 10 seconds
- Do 2 sets of 10 repetitions.

Chin Tuck and Head Press



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- Lie on your back without a pillow under your head.
- Tuck your chin, and while keeping it tucked, press the back of your head into the bed/floor. Hold for 10 seconds. Do 2 sets of 10 repetitions.

Balance Training: Level 1

Narrow Stance Balance



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- Stand on a firm surface preferably close to a countertop that you can reach if you start to lose your balance.
- Bring your feet close together and try to maintain your balance for 10-15 seconds.
- Do 5-10 repetitions.

Tandem Stance Balance



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- Stand on a firm surface near a countertop that you can reach in case you begin to lose your balance.
- Place one foot directly in front of the other with the heel of your forward foot touching the toes of your back foot.
- Try to keep your balance in this position for 10-15 seconds.
- Switch the position of your feet, and repeat.
- Do 5 times in each foot position.

Core Training: Level 2

Bird Dog



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- Get on your hands and knees (four point position) with your knees directly under your hips and your hands directly under your shoulders.
- Your back is in a neutral position (slightly arched) and your chin must be tucked in.
- Tighten slightly your abdominals and lumbar muscles, then lift one arm and the opposite leg without allowing the trunk or pelvis to move or rotate.
- Lower your leg and arm back to the floor and repeat with the other leg and the opposite arm.
- Do 2 sets of 10 repetitions.

Plank on Hands



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- Get into a push up position and make your body in a straight line. Avoid being bent at the hips.
- Hold the position for 5-10 seconds, then return to hands and knees to rest.
- Repeat 5-10 repetitions.

Prone Swimming



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- Lie on your stomach with your chin tucked. You may rest your forehead on a rolled up towel.
- Activate your lower abdominals (transversus abdominis) by bringing your belly button inward and by activating your pelvic floor muscles.
- Lift your arm and opposite leg off the bed.
- Lower your arm and leg back down to the bed and repeat with the other arm and opposite leg.
- Do 2 sets of 10 repetitions.

Core Training: Level 2

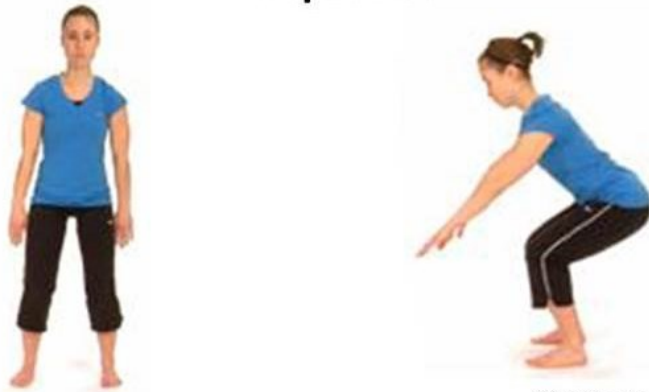
Superman on Ball



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- Lay prone with your hips/lower belly on a swiss ball with your feet blocked by a wall or other objects.
- Extend your lower back so your trunk forms a straight line with your legs.
- Now, extend your arms on each side, squeeze your shoulder blades together
- Make sure that your lower back doesn't round.
- Hold for 10-15 seconds
- Repeat 10 times with a short rest between each repetition.

Squats



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- Stand with both feet hip width apart.
- While keeping your back straight and your knee caps aligned with your toes, slowly lower your body into a squat position leaning slightly forward as you would to sit in a chair, keeping your heels in contact with the ground.
- Come back up to the initial position and repeat.
- Do 2-3 sets of 10 repetitions.

Posture Training: Level 2

Prone "I's"



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- Lie on your stomach with your arms at your sides and your chin tucked. You may rest your forehead on a rolled hand towel.
- Barely lift your forehead from the towel keeping the chin tucked and simultaneously lift both arms toward the ceiling.
- Do 2 sets of 10 repetitions.

Prone "T's"



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- Lie on your stomach with your arms straight out to your sides like an airplane. You may rest your forehead on a rolled towel.
- Barely lift your forehead off of the towel keeping your chin tucked and simultaneously lift your arms toward the ceiling.
- Do 2 sets of 10 repetitions.

Double Salute and Lift



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- Lie on your stomach on the bed or floor with your chin tucked and your forehead resting on your hands.
- Keep your hands to your forward as you gently lift your upper chest off of the floor/bed while keeping your chin tucked.
- Hold for 5 seconds. Repeat 10 times.

Balance Training: Level 2

Single Stance Balance



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- Stand on a firm surface.
- Stand on one foot and maintain your upright posture. Keep your balance for 10-15 seconds.
- Switch feet, and repeat.
- Do 5 repetitions on each foot.

Single Stance on Pillow



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- Stand on a pillow with your feet comfortably apart and near a countertop or solid furniture that you can reach if you begin to lose your balance.
- Now stand on one foot and try to keep your balance for 10-15 seconds.
- Perform 5 repetitions, then switch stance leg and repeat.

Single Leg Kicks



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- Stand on one leg with your knee straight or slightly bent.
- Move your other leg slowly forward and backward without letting your foot touch the ground and trying to keep your balance on the stance leg.
- Do 10 repetitions of moving the leg forward and backward.
- Repeat standing on the opposite leg.

Core Training: Level 3

Plank Swimming



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- Start in a push-up position and tighten your abdominals.
- Then lift one arm and the opposite leg without allowing the trunk to move or rotate.
- Keep the trunk braced and spine neutral.
- Hold for 3-5 seconds. Return to starting position and then repeat with your other arm and leg.
- Perform 1-2 sets of 10 repetitions.

Superman on Ball 2



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- Lie on your stomach on a Swiss ball with your arms straight in front below shoulder level.
- Squeeze your shoulder blades together as you raise your arms parallel to the floor in an "I" position.
- Keep your thumbs up and your chin tucked.
- Hold for 15 to 30 seconds.
- Repeat 5-10 repetitions with kneeling rest in between reps.

Lunges



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- With your feet one in front of another at hip width, lower the back knee close to the floor and behind the front heel.
- Keep your balance and lift yourself back up to the standing position.
- The knees should be bent at 90° in the bottom position.
- Repeat with the other leg.
- do 2-3 sets of 10 repetitions.

Core Training: Level 3

Wood Chops



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- Place the end of an elastic exercise band above the top door hinge and close the door.
- Stand with feet shoulder-width apart and squat slightly.
- Draw-in your lower abdominals.
- Keep your back straight and abs tight Pull on the elastic from high to low, turning your trunk and transferring your body weight from one foot to the other Keep arms straight.
- Do 2 sets of 10 repetitions. Then turn to face the other direction and repeat.

Reverse Wood Chop



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- Place end of elastic band on the bottom hinge of the door and close the door.
- Start in a squatting position. Hold the elastic tightly with both hands at knee level with your shoulders back and your weight on the leg closest to the door.
- Transfer your weight to the other leg, rotate your trunk using your abdominals and upper back and pull the elastic towards the ceiling. Then slowly return to the initial position.
- Do 2-3 sets of 10 repetitions. Repeat facing opposite direction.

Posture Training: Level 3

Prone "Y's"



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- Lie down on your stomach with both arms overhead.
- Keeping your chin tucked, lift both arms off of the floor/bed
- Hold for 2-3 seconds. Do 2 sets of 10 repetitions.

Chin Tuck and Lift



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- Lie on your back without a pillow under your head.
- Tuck your chin, and while keeping it tucked, lift the back of your head a centimeter off of the bed and hold for 10 seconds.
- Repeat 5-10 repetitions.

Upper Back Strengthening

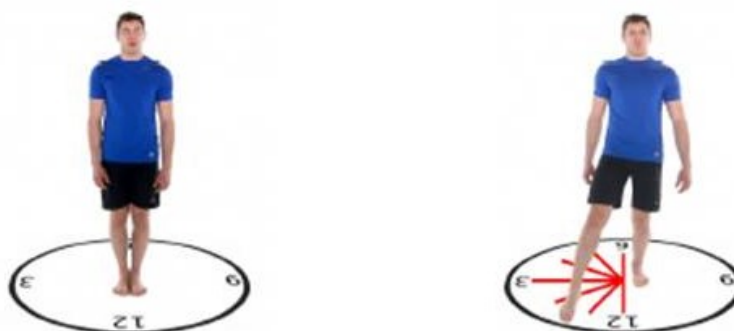


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- Lie on your stomach with your chin tucked-in and your arms along the side.
- Raise your head and shoulders off the bed keeping your chin tucked-in. Hold 10 seconds.
- Lower your head and shoulders back to the bed and repeat for 2 sets of 10 repetitions.

Balance Training: Level 3

Single Stance Clocks



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- Stand on one leg and lightly tap the floor on an imaginary clock around you.
- Start with tapping in front of you (12 o'clock) and continue your way to 1, 2, 3, 4, 5, and 6 o'clock.
- Maintain your balance throughout and go around the clock 5 times.
- Switch stance legs and go around the clock backwards from 12 o'clock to 11, 10, 9, 8, 7, and 6 o'clock. Go around the clock 5 times.

Single Stance Airplane



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- Stand on one foot with your arms out to your sides like an airplane.
- Lift your other leg straight back behind you and maintain the position for 10-15 seconds. Do 5 repetitions.
- Repeat standing on the other foot.

Community Resources for Group Exercise, Nutrition, and Balance

Genesys Athletic Club

- Genesys Athletic Club (GAC) offers reduced rate memberships for older adults via the GAC Gold Program.
- GAC offers a class titled ***Fit Forever***, which uses many modalities in the classroom to facilitate senior members who may have difficulty in movement due to loss of strength or physical conditions.
- GAC offers ***Mat Pilates Gold*** and ***Yoga Gold*** (Gentle Yoga) classes. Both of these classes utilize chairs for use during the class and our instructors are trained and proficient in adjusting for the needs of senior membership who have limited physical capabilities.
- GAC also provides ***aquatic classes*** that are geared towards the Gold members. The aquatics classes are ideal for those who have difficulty maintaining postures due to lack of body strength or need the buoyancy of the water for painful or degenerative joints.

GAC Group Fitness Gold Classes:

- **Mat Pilates Gold -45 min** Designed for active older adult to experience the core strengthening benefits of Pilates mat exercises. A variety of equipment will be used: circles, foam rollers, toning balls, weights.
- **Cardio Gold – 60 min** This class includes a mix of classic floor aerobics and strength training. Designed for the active older adult, but also welcoming to the beginner.
- **Fit Forever– 45 min** A very low intensity, low impact, class which will include light cardio, weights, balance work, and stretching. This class is done both seated and standing and is designed for anyone with chronic conditions, i.e. hypertension, diabetes, etc. *Entire class can be done from a chair, if needed.
- **Zumba Gold® 45 min or Zumba Gold & Weight Training 60 min**– Perfect for those new to the Zumba scene, getting back into a routine or just looking for a less intense version of our classic Zumba®. . Zumba Gold w/ weight training offers focused weight/resistance work after a 30min. session of Zumba
- **Gentle Yoga -60 min** Basic balance, range of motion postures and breathing techniques presented in a casual an un-intimidating way. Expect long, gentle holds.

For more information about the programs, services, and classes available at GAC, you may visit the GAC web page at www.Genesysathleticclub.org or contact Amanda Moran, Group Fitness Director at Genesys Athletic Club. She can be reached by phone at **(810) 606-7542** or by email at Amanda.Moran@genesys.org.

Genesee County Senior Centers:

The following senior centers offer many resources including strengthening classes, Yoga, and Tai Chi, at a minimal cost and in some cases for free. Many of them also offer nutritional guidance and transportation among other programs.

You may access the entire list of senior centers in Genesee County at the following web address:

http://www.gc4me.com/senior_centers.php

Brennan Senior Center

1301 Pingree Avenue
Flint, MI 48503
810-766-7238
Ms. Deborah Holmes, Director

Hasselbring Senior Center

1002 W. Home Avenue
Flint, MI 48503
810-766-7128
Ms. Latoya Jenkins, Director

Carman-Ainsworth Senior Center

2071 Graham Road
Flint, MI 48532
810-732-6290
Ms. Pam Luna, Director

Eastside Senior Center

3065 North Genesee Road
Flint, MI 48506
810-250-5000
Ms. Debra Gilbert, Executive Director

Burton Senior Center

3410 S. Grand Traverse
Burton, MI 48529
810-744-0960
Ms. Jean Johnson, Director

Clio Senior Center

2136 W. Vienna Road
Clio, MI 48420
810-687-7260
Ms. Theresa Burton, Director

Thetford Senior Center
11495 N. Center Road
Clio, MI 48420
810-686-0630
Ms. Shannon Kline, Director

Davison Area Senior Center
10135 Lapeer Road
Davison, MI 48423
810-658-1566
Ms. Kathy Davison, Director

Flushing Senior Center
106 Elm Street
Flushing, MI 48433
810-659-4735
Ms. Karen Popovits, Executive Director

Grand Blanc Senior Center
12632 Pagels Drive
Grand Blanc, MI 48439
810-695-3202
Ms. Misty Moen, Director

Loose Senior Center
707 North Bridge Street
Linden, MI 48451
810-735-9406
Mr. Carl Gabrielson, Director

Montrose Senior Center
200 Alfred Street
Montrose, MI 48457
810-639-2822
Ms. Mary Stewart, Director

Krapohl Senior Center
5473 Bicentennial Drive
Mt. Morris, MI 48458
810-785-2270
Ms. Karen Reid, Interim Director

Forest Township Senior Center
130 East Main Street
Otisville, MI 48463
810-631-3407
Ms. Dawn Kujawa, Director

Swartz Creek Area Senior Center
8095 Civic Drive
Swartz Creek, MI 48473
810-635-4122
Ms. Melinda Soper, Director

Physical Therapy Resources:

Physicians Integrated Physical Therapy
1-888-218-4045 www.piptrehab.com
Matt Schroeder, PT, Director (989) 751-6208

- 8447 Holly Rd
Grand Blanc, MI 48439
810-603-8300
- 861 Health Park Blvd.
Grand Blanc, MI 48439
810-953-0095
- 1096 S. Belsay Rd.
Burton, MI 48509
810-743-1611
- 7057 N. Clio Rd.
Mt. Morris, MI 48458
810-564-2555
- 2222 S. Linden Rd
Flint, MI 48532
810-733-8222
- 425 Fenway Dr.
Fenton, MI 48430
810-750-5444
- 944 Baldwin Rd, Suite E
Lapeer, MI 48446
810-245-8290