Inside this issue:

- Ways to Wellness: 2
- Grand Rapids: 4
- Grandville: 8
- Lowell: 12
- Sparta: 16
- Walker: 20
- Nutrition Education: 24

Volunteer Appreciation Month

“The spirit of volunteerism, one of the hallmarks of American life, has rarely been stronger than it is today...American volunteers are improving the quality of life...in the United States and working to improve the quality of life for others in distant corners of the world.”
~ President Richard Nixon

The year was 1974. Hank Aaron had just broken Babe Ruth’s home run record and UPC codes were introduced as a major new technological innovation. America was in an energy crisis, and in the midst of the Watergate scandal. And on April 20, 1974, President Richard Nixon introduced the first National Volunteer Week with the words above, in an address to the nation.

Seventeen years later, President George H. W. Bush ushered in what many have long recognized as the birth of the U.S. service movement, when he shared the following words, also in a presidential address:

“We all have something to give...if you know how to read, find someone who can’t. If you’ve got a hammer, find a nail. If you’re not hungry, not lonely, not in trouble, seek out someone who is. Join the community of conscience. Do the hard work of freedom. And that will define the state of our Union.”

In the 25 plus years since then, overall volunteer rates have increased by more than 60 percent and young people are engaged twice as much. Service has been embraced and employed as an effective strategy for addressing big national issues, from raising graduation rates to supporting the re-integration of post-9/11 veterans. We’re in a time of great momentum, but there is far more to accomplish.

During the month of April, Senior Neighbors will be honoring those volunteers who help keep our senior centers open. Volunteers do so many things, such as answering phones, helping in the kitchen, teaching classes, playing in the Grandville Kitchen Band, caring for others by being a friend and companion and stuffing newsletters with each month’s menu. The list is endless. Senior Neighbors will also be celebrating the brilliant diversity of our volunteers as we say “Many Hands Make Light Work.”

I, Nicole Gebben, the Volunteer Coordinator for Senior Neighbors would love to hear stories from you about why you volunteer, what you have seen happen because you volunteer and how your life has changed by volunteering! We want to celebrate the stories of you iconic change-makers who are improving lives, impacting our centers in lasting ways and helping bear the work of our Coordinators every day. If you have such a story to tell please write it out and give to your Center Coordinator, email it to ngebben@seniorneighbors.org or mail it to:

Senior Neighbors

C/o Nicole Gebben

678 Front Ave. NW St. 205

Grand Rapids, MI 49504

Volunteer Appreciation

Although we appreciate volunteers all year long, below are the dates we will be having a celebration to show our appreciation to those volunteers who help run our senior centers.

- Grandville Senior Center ~ Friday, April 13 @ 10:30 am

- Sparta Senior Center ~ Wednesday, April 18 @ 10:00 am

- Grand Rapids Senior Center ~ Tuesday, April 24 @ 9:15 am

- Walker Firehouse Café ~ Wednesday, April 25 @ 10:00 am

- Lowell Senior Center ~ Friday, April 27 @ 10:15 am

Join the community of conscience. Do the hard work of freedom. And that will define the state of our Union.”

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Grand Rapids, MI 49504
April Showers Bring May Flowers

The first thing that came to mind when I considered what I associated with April was the old saying, “April Showers Bring May Flowers.” I just recently attended a training where I received a pin at the end of the training. The pin was the shape of the flower in the logo above. The training was offered by a group called Dementia Friendly Grand Rapids and the content focused on learning more about dementia. Another focus of the training was on how to be a friend to someone with dementia. The pin is sitting on my desk and the flower caught my attention as I thought about those April showers.

The flower represented in the logo has five pedals, each representing one of the five key messages that Dementia Friendly Grand Rapids is trying to promote. I’d like to share these key messages with you, but first let me share some important information about dementia.

Dementia is considered an “umbrella” term. It is the general term that refers to cognitive declines caused by other issues, such as Alzheimer’s Disease. Alzheimer’s is, in fact, the leading cause of dementia. Other causes of dementia include strokes and Parkinson’s Disease. In 2015 there were an estimated 46.8 million people living with dementia worldwide. While more current statistics are not available, that number is expected to double every twenty years.

With statistics like this, it is evident that you will be in contact with someone living with dementia on a regular basis. You may know someone very well who lives with dementia or you may see someone at the library or the grocery store who is living with the condition. One of the goals of the Dementia Friendly Grand Rapids movement is to help spread the five key messages that help those living with dementia be as comfortable and independent as possible. If you see someone wearing a pin or you see a sign in a business that has this flower, then you can be assured they are a “Dementia Friend.” Dementia Friends have been through the training that has helped them learn these five key messages. Here they are:

1. Dementia is not a natural part of aging.
2. Dementia is caused by diseases of the brain.
3. It is not just about losing your memory.
4. It’s possible to live well with dementia.
5. There is more to the person than the dementia.

I believe that number four and number five go hand in hand. People can live well with dementia, as long as we all remember to treat people as, well….people! People have feelings and emotions and what we say can impact them. Someone who has dementia may need some extra time to understand what you say. They may not be able to follow directions easily. If we all slow down a bit and treat everyone with kindness and patience, we can improve their lives. This does not pertain just to people with dementia, of course! But I see people who have dementia made fun of or picked on, and instead I think we need to remember these key messages. We can help others to live well.

Be a dementia friend! Trainings are offered for free, and you will walk out with an idea of how to be a better friend to someone with dementia. How does that old Beatles song go? “We all need a little help from our friends.”

Be well—and help others live well!

-Julie
Side by Side Adult Day Services

Offers daytime activities for older adults with cognitive impairments while providing needed respite and support for caregivers.

Call now or stop by for a tour!
616.235.2910
www.hopenetwork.org/sidebyside
1256 Walker Ave NW • Grand Rapids

ADVOCATES for Senior Issues

Non-partisan membership group, guests are welcome. Meetings held 3rd Friday of the month from 10am to 12pm at Frederik Meijer Gardens.

www.advocatesforseniorissues.org

HOPE NETWORK

Side by Side Adult Day Services
Offers daytime activities for older adults with cognitive impairments while providing needed respite and support for caregivers.

Call now or stop by for a tour!
616.235.2910
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1256 Walker Ave NW • Grand Rapids

Brent Beuschel
Funeral Director/Manger
“Tradition with Compassion”
www.BeuschelFuneralHome.com
5018 Alpine Ave. (just south of 6 Mile Rd.)
(616) 785-3863

Sparta CHEVROLET

Only 10 Money Saving Minutes from Grand Rapids
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616-887-1791
www.spartachevy.com

THIS SPACE IS AVAILABLE

Samaritas
Senior Living

Independent Living | Memory Care | Rehabilitation
Skilled Nursing | Assisted Living | Home Health

Call 616.452.5900 for a tour – or learn more at samaritas.org/seniors
We want to take this opportunity to thank all of you who donated items/money to the GR Senior Neighbors Center! Some of you give of your time and talents and we want to thank you too!

A Special Thank You To:
* JW Marriott
* GRPD
* Don & Barb Turner
* Michael Herring
* Intelicare
* Spectrum Health
* Grand Rapids Drive
* Amway
* Rob & Diane Robinson
* Pat Callahan
* Panera
* Meridian Care
* GVSU Pharmacy
* Jean Goldner

If you or your organization would like to be a part of the Senior Neighbors volunteer family please call Nicole Gebben at 233.0745
Grand Rapids Senior Neighbors Center

Ongoing Programs

Color Pencil Therapy—Mondays at 11:00
Bible Study—Thursdays at 11:00
Bingo—1st Friday of the Month at 12:30
Breakfast—Every Wednesday at 9:00
Coffee w/ a Cop—1st Wednesday of the Month at 10:00
Ask a Pharmacist—2nd Wednesday of the Month at 10:00
Wii Bowling—Wednesdays at 10:00
Attorney—3rd Tuesday of the Month at 10:00
Advisory Council—3rd Tuesday of the Month at 1:00
Tech Support—4th Tuesday of the Month 9:00-11:00
Blood Pressure Checks 2nd/4th Thursdays at 10:30
Arthritis Exercise—Tuesdays & Thursdays at 10:00
Card games Wizard, Bid Whist & Pool Daily

GR Senior Center Wish List

The GR Senior Neighbors Center operates, in part, through the donations and financial support of the community & local businesses. Every donated item from the wish list frees money we can put toward our senior services.

*Decaf/Regular Coffee/Tea
*Bingo Prizes
*Toilet Bowl Cleaner
*Cereal & Breakfast items
*Postage Stamps
*Coffee Creamers
*Snacks/Goodies
*Pancake Mix & Syrup
*New Batteries
*Peanut Butter/Jelly

Let’s Celebrate April Birthdays!
Friday, April 27, 2018

Happy Birthday!
We Will Have...
Food, Entertainment, Prizes
and so much more!
April 3, 2018 Grand Rapids Art Museum Tour

Come join us as we leave our center and ride the Silverline Bus to the Grand Rapids Art Museum. Once there, we will be given a tour of the Strike a Pose exhibit, which is a collection of portraits, drawings and sculptures both historic and modern. Limited space available so sign up fast!!!!!!!!!!!!!
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<td>Bible Study 11:00</td>
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**Suggested Donations**

- Arthritis Exercise: $3
- Chair Exercise: Free
- Breakfast: Donation
- Lunch: $2
- Easter: $3

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**Grand Rapids Senior Neighbors Center**

**April 2018**
From the Coordinator’s Desk
Spring is in the air and at the Center! Newness and life are not only happening outside, but in the Center too. I have seen several new faces join the Center as well as returning members who have been away for awhile. My wish is for you to know that everyone is welcome. We want each of you to feel at home. We offer a variety of activities daily. I would love it if you could make the most of each day. Perhaps you could make a point to try something new this month. Some new activities have been added and some activities are not new, but reintroducing them into your life could be great. New friendships may be made. Please know I value each and every one of you and love working with you. Have a Happy Spring!

Lisa Sarber, CTRS
Center Coordinator

Staff
Coordinator: Lisa Sarber, CTRS
Nutritional Aide: Pat Wells–Singh
Bus Driver: Bill Yeomans
Senior Neighbors
Representative: Nicole Gebben

Advisory Council Members
President: Roger Wynsma
Vice President: Jim VanStee
Treasurer:
Secretary: Jackie Sheler
Members at Large: Craig Geerlings, Cynthia Greenhow & Lois Ripma

Representative to the SNI Board: Russ Ripma
Advisory Council Meeting: April 12 at 1.

April Birthdays
1 Marti Borrello
3 Virginia Jenison
4 Joe Haviland
5 Bill Tomac
6 Marie Vlieg
6 Hazel Williams
8 Ray Buys
10 Marian Noto
10 Leina Semplonius
14 Janice Bolt
18 Muriel Dekking
18 Charlene Staffers
19 Ed Vesota
21 Roger Wynsma
22 Clara Braybrook
22 Marge Lewis
22 Randy Zuidema
23 Mary Ann Meeter
28 Bob Duell
30 Judy Walters

Don’t forget to claim your free birthday lunch on Birthday Friday - the last Friday of the Month. Happy Birthday!
Thank You for your Donation:

Family Fare: Groceries
Panera: Baked Goods
Lois & Russ Ripma: Ice Cream for Birthday Friday
Sunset Manor: Dessert for Gleaners Lunch
Healthbridge: Easter Social Dessert

RideLink Information:

Rides are scheduled through RideLink. Call 774-1288 no later than noon of the workday before your appointment. Also, rides must be cancelled through RideLink. Your $2 donation each way ($4 round trip) is appreciated & expected. Your donation helps insure the future of this valuable service for seniors.

Cowgirl Casserole

Ingredients:

1 pound sausage browned and drained
½ pound of bacon browned, cubed and drained
16 ounce frozen shredded hash browns
1 med green pepper (optional)
1 small onion chopped (optional)
2 cups shredded sharp cheddar cheese
3 cups of milk
6 large eggs
1 cup baking mix
½ tsp. salt and pepper

Directions:

Spray a 9 x 13 glass dish. Combine sausage, bacon, hash browns, pepper, onion, and ½ the cheese. Spread out in the dish. In another bowl, whisk eggs, baking mix, and milk, salt & pepper until blended. Pour over potato mixture. Sprinkle 1 cup cheese. Cover & refrigerate overnight. Next day – preheat oven to 375 degrees. Bake uncovered until light golden, edges and cheese are melted. 35-40 minutes or till eggs are set. Let stand 10 minutes before cutting. It serves 8-10 people. Enjoy!
Thursday, April 12 at 11:00 - Free Legal Advice. RSVP by Monday, April 9.

Friday, April 13 at 10:30 - Volunteer Appreciation Social with music by the Silvertones and root beer floats after lunch. RSVP by Friday, April 6.

Tuesday, April 17 from 12 to 8 - Big Boy Fundraiser. Come enjoy lunch or dinner with your loved ones. A portion of the profits will be donated back to the Center.

Friday, April 20 at 11:00 - Music by 6th Grade Choir from National Heritage Academy. RSVP by Friday, April 13.

Tuesday, April 24 at 12:45 - Feeding America West Michigan Food Pantry.

Thursday, April 26 at 1:00 - Quilting Group with Peg.

Friday, April 27 at 11:00 - April Birthday Party with music by Martin Zyla. RSVP by Friday, April 20.

Wednesday, April 4 at 10:30 - We all have stress in our lives. Learn how stress affects your body physically and discover creative ways to manage your stress. Hosted by your friends at Guardian Angel Home Health Care.

Wednesday, April 18 at 9:30 - What is CHF? Learn all about CHF signs and symptoms while playing bingo and winning prizes. Hosted by your friends at Health Care Associates and Community Caregivers.

Wednesday, April 25 at 9:30 - Jeopardy with Peggy from Intelicare.

**What’s Happening**

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**Volunteer Appreciation Celebration**

April is Volunteer Appreciation Month. Come help me shower all our volunteers with praise for their help at the Center.

Friday
April 13th
10:30 am

Please RSVP by Friday, April 6.
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<td>2 9:00 Coffee Group</td>
<td>3 9:00 Coloring Group</td>
<td>4 9:00 Breakfast</td>
<td>5 9:00 Relaxation</td>
<td>6 9:00 Yoga</td>
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<td>10:00 Fitness</td>
<td>10:00 Bible Study</td>
<td>9:30 Speaker</td>
<td>10:00 Fitness</td>
<td>10:00 Zumba Gold</td>
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<td>11:00 Fitness</td>
<td>11:00 Wii Bowling</td>
<td>10:00 BP Checks - HCA</td>
<td>11:00 Pool</td>
<td>11:30 Music with Lois Ripma on Piano</td>
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<td>12:45 Cards &amp; Games</td>
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<td>1:00 Food Pantry</td>
<td>12:45 Cards/Euchre</td>
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<td>11:00 Fitness</td>
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<td>11:00 Fitness</td>
<td>11:00 Pool</td>
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<td>12:45 Cards &amp; Games</td>
<td>11:00 Wii Bowling</td>
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<td>1:00 Painting Group</td>
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<td>16 9:00 Coffee Group</td>
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<td>12:45 Cards/Euchre</td>
<td>1:00 People Bingo</td>
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<tr>
<td>30 9:00 Coffee Group</td>
<td>Please Make Sure You Stop by the Front Desk to Sign-In and Sign-Up for Special Trips and Activities!</td>
<td>Suggested Donations</td>
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<td>Breakfast: $3</td>
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Welcome to the Lowell Senior Savvy
If you are age 60 or older, the Lowell Senior Center welcomes you to join us Monday - Friday 8:30 AM - 2:00 PM, for socializing, events, entertainment, playing cards and bingo. A delicious lunch from Meals on Wheels is served daily at 12:00 noon for a $2.75 donation. Come join us. We have lots of fun!

314 South Hudson, Lowell, MI 49331
Phone: (616) 897-5949
www.seniorneighbors.org

Coordinator’s Corner

Happy spring to you all! As I write this it is snowing outside, so I hope by the time you read it the snow has been long gone! I am sure like me you are ready for warmer temperatures and some sunshine.

As the weather improves, I encourage you to come over for activities and lunch. We will be heading to a Whitecaps Game this month to play some bingo and watch some baseball together. We also plan to head to Walmart and Goodwill to do some shopping. We have special room for those who are not able to drive there themselves. Please check the calendar for the dates and times.

We also have a magician coming for our birthday party this month and that should be a lot of fun as well. Just a reminder to give us a call if you plan to come to lunch to make sure there is enough food. We order our meals a week in advance, so it’s always helpful if you let us know you are coming.

Thanks so much for supporting our Lowell Center. All of your wonderful donations are so incredibly appreciated as well! Have a great April.

Sincerely,
Terra Bieneman

Looking for Recipes
We are collecting recipes so we can make a second edition of our cookbook to use as a fundraiser for our center.

We need a variety of different recipes ranging from drinks, appetizers, entrees, desserts, & side dishes.

Please turn the recipes in at the Lowell Senior Neighbors Center

Staff
Terra Bieneman: Center Coordinator
Carol Schwierking: Nutrition Aide

Advisory Board
Kay Estes: President
Angie Cole: Vice-President
Russ Harig: Treasurer
Nicole Gebben: SNI Central Office Rep
Ronni Moyer, Marlene Briggs, Teresa Potts,
Glenda Geldersma: Members at Large
Leo Peters: Representative of the SNI Board of Directors
Lowell Senior Neighbors Center

Lowell Senior Neighbors Center operates through the donations and financial support of the community & local businesses. Every donated item from the wish list is money we can put toward our senior services.

Lowell Senior Center Wish List

Lowell Senior Neighbors Center operates through the donations and financial support of the community & local businesses. Every donated item from the wish list is money we can put toward our senior services.

* Paper Towel
* Decaf/Regular Coffee
* Bingo Prizes
* Word Search Puzzles
* Meijer Gift Cards

* Toilet Paper
* Creamers
* Snacks/goodies
* Toilet Bowl Cleaner
* Dollar Tree Gift Cards

I want to take this opportunity to thank all of you who donate items or money to Lowell Senior Neighbors Center! We really appreciate your generosity in donating items that are needed. So many people benefit from them. Your kindness is greatly appreciated!

Schedule of Outings

Monday April 2nd
Walmart Outing — 9:30

Wednesday April 11
Dinner at Culvers Outing — 4:30

Thursday April 19
Dinner at Trinis Mexican in Sparta — 4:30
(They have American food too.)

Monday April 30
Goodwill Shopping — 10:00

Please sign up in the outings book and get more details on outings at the Lowell Senior Center.

Trips are subject to change as we need a minimum of four people for an event to occur.

Please remember that there is a suggested donation of $4.00 round trip for transportation on outings!
Please Help Me Thank The Following Sponsors of the Lowell Senior Center

Community Caregivers
Guardian Angel Homecare
Heartland
Heather Hills
Intelicare Health Hills
KDL Library
Laurels of Kent
Metron

April Birthdays
05– Barbara Sheehan
15– Henry Rozeboom
25– Bonne Weststrate
27– Maryanne Geldersma

*Anyone celebrating a birthday will receive a coupon for a FREE lunch and should also come to be celebrated at the monthly birthday bash!

PLEASE JOIN US FOR A COOKING MATTERS CLASS WITH THE YMCA

Thursdays April 19, 2018
1:00-3:00pm

Carla from the YMCA will lead this fun, FREE cooking class each week for 6 weeks. Each class begins with a discussion about healthy eating and then you make a healthy recipe together and eat it. She then sends you home with the ingredients to try it at home.
Please sign up at the Center if interested.
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<td>10:00 ~ Aggravation</td>
<td>9:00 ~ Hand &amp; Foot</td>
<td>9:30 ~ Nifty Knitters @ Laurels of Kent</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<td>9:30 ~ Walmart Outing</td>
<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>9:45 ~ Coffee Club</td>
<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>12:45 ~ Bingo w/ Heather Hills</td>
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<td>11:00 ~ Bingo</td>
<td>10:30 ~ Bible Study</td>
<td>12:45 ~ Meijer</td>
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<td>1:00 ~ Advisory Council</td>
<td>11:00 ~ Mystery Prize Bingo</td>
<td>12:45 ~ Meijer</td>
<td>11:00 ~ Book Club w/ KDL</td>
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<td>11:00 ~ Mystery Prize Bingo</td>
<td>10:30 ~ Bible Study</td>
<td>12:45 ~ Meijer</td>
<td>11:00 ~ Jeopardy w/ Intelicare Health</td>
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<td>9:30 ~ Nifty Knitters</td>
<td>Polka Dot Day</td>
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<td>10:30 ~ Indoor Planter Craft</td>
<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>9:45 ~ Coffee Club</td>
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<td>9:00 ~ Hand &amp; Foot Game</td>
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<td>12:45 ~ Meijer</td>
<td>10:45 ~ Birthday Bash w/ Maciek the Magician</td>
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<td>23 Jellybean Day</td>
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<td>19 Humor Day</td>
<td>20 Polka Dot Day</td>
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<td>12:45 ~ Bingo w/ Community Caregivers</td>
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<td>11:00 ~ Hard Candy Bingo</td>
<td>11:00 ~ Mystery Prize Bingo</td>
<td>10:30 ~ Computer Q &amp; A w/ KDL</td>
<td>10:30 ~ Computer Q &amp; A w/ KDL</td>
<td>10:45 ~ Music w/ The Others</td>
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<tr>
<td>12:45 ~ Pokeno</td>
<td>11:15 ~ Beachball Trivia</td>
<td>11:15 ~ Beachball Trivia</td>
<td>11:00 ~ Brain Games Laurels of Kent</td>
<td>12:45 ~ Bingo w/ Community Caregivers</td>
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<tr>
<td>30</td>
<td>Please bring in a baby picture of you with your name on it this month so that we can use them in May for a fun activity!</td>
<td>Join us on Wednesday mornings at 9:45 for coffee club and today's headlines to kick off your day!</td>
<td>Suggested Donations:</td>
<td>Please check out the binder to sign up for outings!</td>
</tr>
<tr>
<td>9:00 ~ Hand &amp; Foot</td>
<td>Join us on Wednesday mornings at 9:45 for coffee club and today's headlines to kick off your day!</td>
<td></td>
<td>Lunch 60+ $2.75</td>
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Sparta Senior Neighbors Center

Where the coffee is always on.
Monday-Friday 8:30am - 2:30pm

100 Ida Red Sparta, MI
(in the Harvest Way Bldg.)
Phone: (616) 887-1273
Fax: (616) 887-1937

STAFF
Coordinator: Jane Ringler
Nutrition Aide: Jacqueline VanCamp
Bus Driver: Melode LaHuis

Congratulations
Meadowlark Mavericks
We’ll get you next time!

Bowling Champs

THE BEST EVER
Party Committee

Getting Busy
Kicking out those snowflakes
Remember your FREE Meal

Pet Photography
Bring in your special pet for a photo.
Pose with your pet if you wish.
10-11:30 Fri 4/27

1st Sami Pongraphana
2nd Anna Spangenberg
6th Kathy Westcott
7th Grace Mutchler
9th Cliff Swanson
14th Leon McCarty
14th Verne Metcalf
17th Lois Eifling
22nd Cathy Vanderlugt
24th Dave Huhn
26th Erma Armock

27th Pat McLean
28th Janice Schenden
30th Jessie Markus
30th Laura Preston

Odyssey of the Mind
On Stage Performance
Come in and enjoy a dress rehearsal, stage performance, by your very own Sparta Senior Neighbors team before they compete.
Learn about Odyssey of the Mind and send your team off to competition with your support.

Friday April 13th
11 a.m.
R.I.P. Sandra Brownyard
1/25/1948—2/16/2018
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>2</td>
<td>3</td>
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<td>5</td>
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<tr>
<td>B-day Cake</td>
<td>10:30 Exercise</td>
<td>10 Music w/Papa Hooten</td>
<td>10:30 Exercise</td>
<td>10 Music with Melode’s Melody</td>
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<tr>
<td>Donated by Metron</td>
<td>11:30 Lunch</td>
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<td>12</td>
<td>13</td>
</tr>
<tr>
<td>10 Music with Country Stringz</td>
<td>10:30 Exercise</td>
<td>10 Good Old Days</td>
<td>10:30 Exercise</td>
<td>10 Odyssey Performance</td>
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<tr>
<td>11:30 Lunch</td>
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<tr>
<td>12:15 Bingo</td>
<td>2 Coffee Hour</td>
<td>12:15 Wii Bowling</td>
<td>12:15 Bingo</td>
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<tr>
<td>Michigan Commodities</td>
<td>8:30-4 Dr. Hyde</td>
<td>10 A Senior Prom with John Amos</td>
<td>10:30 Exercise</td>
<td>10 Karaoke</td>
</tr>
<tr>
<td>11:30 Lunch</td>
<td>10:30 Exercise</td>
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<td>26</td>
<td>27</td>
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<tr>
<td>10 Music with Country Stringz</td>
<td>10:30 Exercise</td>
<td>10 Movie The Long Way Home</td>
<td>10:30 Exercise</td>
<td>10-11:30 Pet Photography</td>
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<tr>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td>10:30 BP Check</td>
<td>11:30 Lunch with the 4th graders</td>
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<tr>
<td>2 Coffee Hour</td>
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<td>30</td>
<td>30 Coin Game .75</td>
<td><strong>Sat 4/14 Odyssey of the Mind Competition in Grandville</strong></td>
<td><strong>Advisory Council</strong></td>
<td><strong>Suggested Donations:</strong></td>
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<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
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<td><strong>Pres: D. Johnson</strong></td>
<td>Lunch: $2.75</td>
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<tr>
<td>2 Coffee Hour</td>
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<td><strong>V. Pres: K. Keech</strong></td>
<td>Exercise: $2.00</td>
</tr>
<tr>
<td>176 L. Gray, L. Beurkens, K. Westcott, T. Beuschel</td>
<td><strong>Sec: M. Andersen</strong></td>
<td><strong>Treas: A. DeVries</strong></td>
<td><strong>L. Hall, K. Westcott, T. Beuschel</strong></td>
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</tbody>
</table>

**Suggested Donations:**
- Lunch: $2.75
- Exercise: $2.00
At Walker Firehouse Café we pride ourselves in being a social, welcoming location for seniors to connect and embrace life with other older adults in our community. Enjoy a cup of coffee or even a snack. Meet new friends as you play bingo, enjoy music or learn a new craft. If you enjoy cards we have many seniors who also enjoy cards.

**Guests are always Welcome!**

Hours: Monday, Wednesday & Friday 9:00am to 2:00pm
Lunch is Served at Noon
There is a suggested donation of $2.75
Over 60
Guests under 60 are $3.50
When planning a group luncheon, please RSVP to 616.735.3240

**Senior Center Staff**
Sherri Meines: Center Coordinator, Senior Director Certified
Kathy Soper: Nutrition
Esther Anderson, Delores Dykstra, Mike Moklebust, Nancy Plaisier: Senior Companion Volunteers

**Advisory Council Members**
Evelyn Veenstra: President
Mary Ross: Vice President
Nancy Plaisier: Treasurer
Lori Dillman: Secretary
Members at large: Delores Dykstra, Morris French, Mary Kinnane, Steve Kwiatkowski, Anne Marie McPierson, Mitch Ross
Welcoming Committee:
Kenneth Scott, Roger Vander Velde
Representative to the SNI Board:
Myrna Zielinski
Rapid Board: Mary Kinnane
Advisory Council meets the third Wednesday of the month.
Subject to change if needed.

**Tickets for Go Bus and RAPID bus rides are available here for a reduced donation price!**

Adults age 65 and over, a card of ten rides: $6.00
Adults age 60 to 64: $8.00
Go Bus book of ten tickets: $21.00

**Ride Link** is available at 774.1288
The requested donation is $2.00 per ride.

**Walker Firehouse Café**
Operates through the donations and financial support of the community & local businesses. Every donated item from the wish list frees money we can put toward our senior services.

**Regular and Decaf Coffee, Cookies/Snacks, Dollar Tree Gift Cards, Michaels Gift Cards**
If April showers bring May flowers, then April is a great time to grab an umbrella and experience the fresh beauty of nature and enjoy new friendships that bloom.

**April Highlights**

- **Monday April 2nd** 11:00 Thrift Store Spring Fashion Show
- **Wednesday April 4th** 11:00 Music with Bing Higbee
- **Friday April 6th** 10:00 Sand Art Craft with Sherri
- **Monday April 9th** 11:00 Games with Jordyn from Meridean Care
- **Wednesday April 11th** 11:00 Music with Marv Luttrell
- **Friday April 13th** 9:30 Bingo with Dimes, Lynsi from American House calling Bingo
- **Monday April 16th** Book Club with Michelle, KDL
- **Wednesday April 18th** 11:00 The Hat Lady, Wilma Quist
- **Friday April 20th** Game Day!!! Board Games, Euchre, Cards, Cribbage, Chess & Wii Bowling
- **Monday April 23rd** 11:00 Food Demo with Mary, “Pinwheels”
- **Wednesday April 25th** Volunteer Appreciation Day
  - 11:00 Senior Steppers with Pat Meyer
- **Friday April 27th** 9:30 Bingo with Dimes, Julie Lake calling Bingo
  - 11:00 Umbrella Craft with Sherri

Every Monday morning enjoy hot coffee, pastries and bingo.

Don’t forget, to stop by the information table to sign in and sign up for activities and outings at the center!
Happy April Birthday’s

Please join us the first Wednesday of the month to celebrate birthday’s

Joyce Korzeniewski 6
Dorothy Bradfield 10
Linda Anderson 12
Julie Bultena 14
Edward Vesota 18
Anna Maria McPherson 24
Florance Goodgasell 24
Charlie Flake 29

Come Join the FUN!!!

Walker Firehouse Café offers an offsite option to enjoy exercise and fitness.

Classes are available
Monday and Friday at 9:00am and Wednesday at 9:30am

Faith United Methodist Church
2600 7th St.
Grand Rapids, MI

Enhance Fitness Class
$3.00 Donation Per Class

How To Like Us:
Type “Senior Neighbors” in your Facebook Page Search Bar and hit Like so you can follow Senior Neighbors Main Page to see all the great things happening!

Like Us on Facebook!

Upcoming Events in May

Monday May 7th
City Official Day
State Rep. Rob VerHeulen
Commissioner Sandra Howland
Commissioner Melanie Grooters
Officer Mitch Harkema
“Coffee with a Cop”

Wednesday May 9th
Senior Living Days

Monday May 14th
Mayor Mark Huizenga Calling Bingo at 9:30

Monday May 21, Tuesday May 22 & Wednesday May 23rd
Christian Reformed Conference Grounds
Over night in Grand Haven.
Wednesday the center is closed.

Monday May 28th
Memorial Day
The Center is Closed
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity 1</th>
<th>Activity 2</th>
<th>Activity 3</th>
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</thead>
<tbody>
<tr>
<td>2</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo</td>
<td>11:00 Thrift Store “Spring Fashion Show”</td>
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<tr>
<td>4</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:00 Cards &amp; Games</td>
<td>11:00 Bing Higbb, Vocals</td>
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<tr>
<td>6</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:00 Cards &amp; Games</td>
<td>10:00 Sand Art Craft w/Sherri</td>
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<tr>
<td>9</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo</td>
<td>11:00 Games w/Jordyn Meridiancare</td>
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<tr>
<td>11</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:00 Cards &amp; Games</td>
<td>11:00 Marv Luttrell, Vocals</td>
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<tr>
<td>13</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo w/Dimes Lynsi Calling Bingo</td>
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<tr>
<td>16</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo</td>
<td>11:00 Cards &amp; Games</td>
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<td>18</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:00 Cards &amp; Games</td>
<td>11:00 Wilma Quist, “The Hat Lady”</td>
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<tr>
<td>20</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Game Day Board Games, Euchre, Cards, Cribbage, Chess, Wii Bowling</td>
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<tr>
<td>23</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo</td>
<td>11:00 Food Demo w/Mary “Pinwheels”</td>
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<tr>
<td>25</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:00 Cards &amp; Games</td>
<td>11:00 Pat Meyer, “Senior Steppers”</td>
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<tr>
<td>27</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo w/Dimes Julie Calling Bingo</td>
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<tr>
<td>30</td>
<td>9:00 Coffee &amp; Cookies</td>
<td>9:30 Bingo</td>
<td>11:00 Cards &amp; Games</td>
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</table>

Volunteer Day w/Nicole

Board Games, Euchre, Cards, Cribbage, Chess, Wii Bowling

Lynsi Calling Bingo

“Pinwheels”

“The Hat Lady”
How to Choose Healthier Fats

“Good” Fat Examples:

Olive oil, sunflower oil, safflower oil, walnuts/pistachios/almonds/cashews/nut seeds, soybeans, tilapia, salmon, flaxseeds, chia seeds, peanut butter, etc.

Cooking Tip:
Instead of cooking with vegetable oil, try using olive oil or safflower oil.

We offer plenty of items on our Meals on Wheels menu that have good fats. Try our baked tilapia of Alaskan stuffed salmon!

Snacking on nuts and yogurt is a delicious way to stay full until your next meal.

“Bad” Fat Examples:

French fries, chicken nuggets, doughnuts, full-fat milk and dairy products, full-fat ground beef, red meat, hot dogs, etc.

Shopping Tip:
Frozen and canned seafood is a cheaper option when fresh is too costly (canned tuna/salmon, frozen tilapia, etc.)
Navigating Your Way Through The “Good” and “Bad” Fats
By: Amanda Zbikowski, GVSU MS Dietetic Intern

In the late 1980’s, America began a fat-free diet craze. Many Americans started try to eliminate fat from their diets in hopes that it would help them reach their goal weight or have better health overall. Unfortunately, when people tried to eliminate fat from their diet, they started replacing it with other bad things such as added sugar and salt. Now in 2017, we have more insight into the good kinds of fat and can try to steer clear of the fat that has harmful effects.

The Bad Fats

Eating too much of the bad fat can lead to higher levels of stress, inflammation, increased risk of cardiovascular disease, cancer, heart disease, and stroke. The major reason these bad fats have a harmful impact on our health is because they increase the level of low-density lipoproteins (LDL’s) while decreasing the level of high-density lipoproteins (HDL’s). The kinds of fat we typically want to try to reduce or avoid are called cholesterol, saturated fat and trans fat. Trans fats do not occur naturally in nature and are man-made during the process of turning liquid oil into solid fats. Trans fats tend to appear more in fast foods, fried foods and bakery items.

*Meals on Wheels does not use any trans fats in our meals!

The Good Fats

Healthy fats have an important role in our diet. Our body uses fat to build nerve tissue, hormones, reduce inflammation, helps us feel fuller longer, and more. It also even helps our body be able to better absorb vitamins A, D, E, and K! The kind of fats you want to include in your diet are called polyunsaturated (including omega-3 and omega-6 fatty acids) and monounsaturated. I know these big words might sound intimidating, but I promise — they’re good for you! They help lubricate our joints and reduce the risk of heart disease and stroke.
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1810 W. Washington Suite 1B Greenville 48838
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OUR MISSION IS...
We are dedicated to promoting independent living for people who are 60 years and older by providing essential services that help seniors remain independent into their later years. We focus heavily on health and wellness programming as we work to aggressively pursue our mission of Enhancing the Lives of Seniors.

Senior Neighbors is funded in part by: Individual donations, Heart of West Michigan United Way, Area Agency on Aging of Western Michigan, Meals on Wheels of West Michigan, Kent County Senior Millage, Kent County Community Development Block Grant, City of Grandville, Michigan Department of Transportation, Michigan Adult and Aging Services Agency, Michigan Department of Health and Human Services, Corp. for National and Community Service, Older Americans Act

Please Note: SNI does not necessarily endorse advertisements in this newsletter.