Meet Your Neighbors
By: Suzanne Callahan, President

If you like to keep up with demographic trends, you may know approximately 20% of our population in Kent County is over 60 and the numbers are growing. Nationally, just under 30% of adults over 60 live alone.

What does this mean? There is great opportunity for lots of older adults to live vibrant and engaging lives in our great community. Additionally, there will be greater health, social and economic burdens facing our seniors, many of whom have to navigate the obstacles while living alone.

Senior Neighbors is the place where great challenge and opportunity meet.

Let me tell you a quick story about how we match challenge and opportunity. I just met one of our 82 year old Americorps Senior Companion volunteers who shared with me that she goes to a dialysis clinic 3 days a week (and has done so for about a decade) to support dialysis patients who are there alone. At the same time, I learned we provide transportation assistance to dialysis patients who live alone. Without our support, they would not be able to make their critical dialysis appointments multiple times a week. Both our volunteer and our transportation team echo the same sentiment that they feel great pride in their work and they share how the patients are grateful beyond measure for the service they provide. Our staff, our volunteers and active members at our centers live out the motto, “No Longer Alone”.

I hope you are eager to start a great summer of fun with all the center activities that are in store. Your center coordinators and advisory council are hard at work making sure that you have a vibrant and engaging summer of memories.

Enjoy!
Grandview is a beautiful 192 unit senior/disabled apartment community located on the Westside of Grand Rapids. Grandview offers recently remodeled one and two bedroom apartments where the rent is based on income. Enjoy:

- Free heat
- Intercom entrance
- Convenient location
- 24 hour maintenance
- Variety of community activities

Call today to get an application!
1925 Bridge St NW ~ Grand Rapids, MI 49504
616-453-8723 ~ TTY 7-1-1
Professionally managed by JK Management, LLC
Peripheral Neuropathy Breakthrough!

“My feet feel like they’re on fire.”
“Each step feels like I’m walking through wet paint.”
“I live in constant fear that I’ll fall.”
“I can’t sleep, my hands and feet tingle all night.”

What do all of these people have in common? They suffer from peripheral neuropathy. It’s estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Corinne Conry, LAc, MSOM of Acupuncture Center of Grand Rapids (ACGR), shares this belief: “I’ve been treating neuropathy, and all its various forms, for over a decade, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks, or read the testimonial of another patient and say to themselves ‘hey, I feel the same thing’.”

Mary of Grand Haven testified to this: “I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking ‘I would give anything to just walk again.’ My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed.”

Fortunately Mary would eventually see Corinne Conry, LAc, MSOM at one of her talks, speaking about similar symptoms, and how she offers a real solution at Acupuncture Center of Grand Rapids. “I just knew I had to see her. She was my last hope.”

"Almost all of our patients come to see us with a story similar to Mary’s. They’ve been everywhere else. They’ve been told there’s no hope. They’ve been told ‘it’s just part of getting older,’” shares Peter, a patient care technician, at ACGR. “It just breaks my heart, but I know how much we can help people like Mary, so I’m always happy when they walk through our door.”

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer a little to no resolve. Which is why Corinne Conry, LAc, MSOM and the staff at Acupuncture Center of Grand Rapids pride themselves on being ‘the last resort with the best results’.

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. “In this case, the absence of pain is not necessarily a good thing,” shares Corinne. “This usually indicates that your nerves are hanging on by a fragile thread.”

So how is Corinne able to reverse the effects of this degenerative disease? “Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. The real magic happens when I integrate ATP Resonance BioTherapy™. This tech was originally developed by NASA to expedite recovery and healing.”

“I just can’t say enough about ACGR,” shared Mary through her tears of joy. “My husband and I moved here three years ago and he walks to the lake almost every day. I always stay home because of the pain and discomfort. Yesterday I went with him! And next week we’re starting dancing lessons. I am truly living life these days.”

*According to Mary’s test results, she had seen a 74% improvement in pain and functionality, which is on par with the majority of our patients,” shares Peter. But more important than those test results is the joy she’s expressed being here and hearing about all of the amazing things she’s able to do because she feels great!*

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Corinne Conry, LAc, MSOM has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. “This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred.” says Corinne. “This is important because if a patient has suffered more than 95% damage, there is a little that I can do to help them. I’m familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine.”

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or ‘pins and needles’, or you’ve recently been diagnosed with peripheral neuropathy, it’s important to know that there are options. There is hope.

Call (616) 369-2121 to schedule an initial consultation, or visit acgr.com to read more incredible success stories.
Our Center is open Monday through Friday 8:30 am—2:30 pm

We are located in downtown Grand Rapids at 333 S. Division (Across from the Catholic Diocese)

Call to set up an appointment to meet with Jill for a tour
616.459.3040
We have lunch at the center each weekday ~ $3.50 suggested donation ~

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**Staff & Volunteers**

Center Coordinator: Jill Mancewicz
Activity Assistant: Tanina Ramos
Nutritional Aide: Roger Trotter
Representative from SNI: Christina Turkewycz
AARP Volunteers: Rodney L., Irene S., Ed H., Reggie H., Louis W., Bruce M.
Senior Companions: Sue O., Terry M.

**Advisory Council Members**

*Next Meeting Tuesday, June 18th at 12:30pm*

President: Barb T.
Vice President: Perry H.
Treasurer: Sue O.
Secretary: Bruce M.
Members at Large: Stan S., Hank S., Charlie P., Harylon M.
SNI Board Rep: Charlie P.

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Happy Birthday! Remember to come in on your special day and receive a free lunch!

7. Max G., Maria R. Christy S., Mike S., 9. Hotrick H., Grace J., 10. Quincey C.,
Jay D., 11. Robin E., Jerry H., 12. John B.,
13. Frank G., Ken B., 15. Tim R., 17. Mark F.,
Susan S., 28. Terry H., 29. Reggie C. Lee M.,
Tom N.
Grand Rapids Senior Neighbors Center

Upcoming Events

Mondays — Smart Recovery 12pm
Wednesdays — Breakfast 9am
Wednesdays — Bible Study 10am
Thursday 6/6 and 6/20 — Case Manager 10am
Fridays — Bingo 10am
Medicare 6/14 and 6/28
6/10 Lunch Bunch
6/13 Bargain shopping
6/17 National Rootbeer Day
Enjoy a Float after lunch

Yard Sale June 3rd—7th
9:30am—2:00pm

June 7th - World Food Safety Day
Keep hot foods hot, and cold foods cold.
Keep food out of the temperature danger zone 70* to 140*
This is the temperature where bacteria grows the fastest.
Do not cross contaminate, keep raw separate from cooked foods. When in doubt throw it out.

SMART Recovery®
Self-Management and Recovery Training

This Group is for All Types of Addictions Recovery
Every Monday at 12:00 pm
Downstairs at the Grand Rapids Center
From the Dietary Side of Me...
June is Alzheimer’s Awareness Month

Certainly Maintaining a brain-healthy diet is essential for overall well-being and may play a role in preventing or slowing the progression of Alzheimer’s disease.

Here are some dietary recommendations:

1. Mediterranean Diet:
   It emphasizes anti-inflammatory foods, healthy fats, and anti-oxidants. Several studies have linked this diet to a slower progression of Alzheimer’s.
   
   Key components include: Green leafy vegetables, Berries, Whole grains, Fish, Poultry, Beans, Nuts, Wine (in moderation), and Olive oil.

2. The Mind Diet:
   The Mind Diet combines elements of the Mediterranean and Dash (Dietary Approaches to Stop Hypertension) diets. It focuses on brain boosting foods, and has been associated with cognitive benefits.

   Components of the Mind diet include:
   Leafy greens, Nuts, berries and whole grains.

Brain-Boosting Foods & Nutrients:
- Probiotics: Fermented vegetables, Kefir, Kimchi, Sauerkrut, Yogurt.
- Antioxidant-Rich Foods: Berries, Beets, Leafy green vegetables, Nuts Red grapes, Tomatoes, Spices (Turmeric, Cinnamon), Watermelon
- Vitamin C: Broccoli, Kiwi, Orange, Red bell pepper, Strawberries.
- Magnesium: Almonds, Black beans, Oats, Peanut butter, Pumpkin seeds, Spinach.
- Omega-3 Fatty acids: Anchovies, Herring, Salmon, Sardines, Flax, Chia, Walnuts.
- Tea: Green, Black, Herbal.

Nutrition Tips:
- Provide a balanced diet with a variety of foods.
- Limit foods with high saturated fat and cholesterol.
- Cut down on refined sugars.
- Limit foods with high sodium content.
- Make meal times calm and comfortable.
- Limit distractions, serve meals in quiet surrounding
- Keep the table setting simple, avoid patterned plates, table cloths and placemats they may confuse the person.
- Distinguish food from the plate, it can help to use white plates, etc.
- Check the temperature—they may not be able to tell if something is too hot to eat.
- Offer one food at a time.
- Offer smaller more frequent meals.
- Allow plenty of time to eat.
- As always consult with your Doctor before starting a new diet.

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.

We are accepting Donations for our annual yard sale. This is our biggest fundraiser. The sale will be the first week in June. Thank you!

Grand Rapids Senior Neighbors Center
## Grand Rapids Senior Neighbors Center

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<th>Monday</th>
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<td>Pool &amp; Cards all day</td>
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<td>Breakfast 9am</td>
<td>Case Manager 10am</td>
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| Pool and cards all day              | Pool & Cards all day                  | Breakfast 9am                          | Cards & Pool                           | Cards & Pool                          |
| Smart Recovery 12pm                 |                                        | Calvin Nursing                         | Lunch 11:30am                          | Bingo 10am                            |
|                                     |                                        | BP Checks                              |                                        |                                       |
|                                     |                                        | Chair Dancing                           |                                        |                                       |
|                                     |                                        | 9:30am                                 |                                        |                                       |
|                                     |                                        | Bible Study                            |                                        |                                       |
|                                     |                                        | 10am                                   |                                        |                                       |

| Cards & Pool                         | Cards & Pool                           | Cards & Pool                            | Case Manager 10am                      | Cards & pool                          |
| Lunch 11:30am                        | & Pool all day                         | Breakfast 9am                           | Lunch 11:30am                          | All day                               |
| Rootbeer floats                      | Advisory Council                       | Bible Study                            |                                        | Bingo 10am                            |
|                                     | 12:30pm                               | 10:00                                  |                                        |                                       |

| Pool & Cards                         | Cards & Pool                           | Bible study                            | Cards & Pool                           | Cards & Pool                          |
| Lunch 11:30am                        | Lunch 11:30am                          | 10am                                   | Lunch 11:30am                          | Bingo 10am                            |
|                                     |                                       |                                        |                                        | Birthday Party                        |
Grandville Senior Neighbors Center
Located in Grandville at 3380 Division. We welcome you to join us
Monday - Friday: 8:00 a.m. to 4:00 p.m.
A healthy, delicious lunch is served daily at noon for a suggested donation of $3.50 for seniors over 60, a charge of $5.00 for people under 60.
Phone: 616-531-5250  Fax: 616-531-7743
www.seniornighbors.org rlapham@seniornighbors.org

From the Coordinator’s Desk
Rin Lapham
Grandville Senior Center Coordinator

Summer is finally here!
Time for some fun in the sun.
Enjoy the patio under the umbrellas or get out to the park with the Lending Libraries walking sticks. You can always beat the heat with Bingo and Cards in the

Staff
Coordinator: Rin Lapham
Nutritional Aide: Sharon Zils
Bus Driver: John Bouma
Senior Neighbors Representative: Christina Turkewycz

Advisory Council Members
Council Members:
Deb B., Cathy D., Craig G., Sue L., Faith M, Peter N, Lois R.

Engaging Wellness
Mondays & Wednesdays
EnhanceFitness
at 9:30 am & 10:45 am

Fridays
EnhanceFitness 9:30am
Yoga at 10:45 a.m.

Foot Care with Pam
Nail Cutting for $25
Pam Centeno is a Registered Nurse with experience in footcare. She is providing footcare for this community.
Please call Pam directly at 616.822.9214 to schedule an appointment.
Foot Care Includes:
*Soaking feet in warm water, trimming toenails, assessing, sanding calluses, applying lotion with each foot massage.
Polish if requested is $5 extra.
Donation

We operate through donations and financial support from the local community. Every item donated is another dollar we can put towards services for seniors.

Cookies, Coffee, Decaf Coffee, Herbal Tea, Batteries, Cream & Sugar,
June Happenings

5-1:00 PM CLOSING EARLY FOR STAFF MEETING

7-12:30 PM MUSIC WITH LUCY AND SAM PETERSON

10-10:00 AM IN-PERSON CASE MANAGEMENT

11-10:30 AM SUMMER CRAFT

12-10:00 AM IN-PERSON MEDICAID MEDICARE HELP

13-11:00 AM FREE LEGAL ADVICE

14-12:30 PM MUSIC WITH TOM DEVRIES

18- 11:00 AM LUNCH BUNCH AT RAINBOW GRILL

19-9:00 AM FOOT CARE

19-12:45 PM FOOD PANTRY

20-10:45 AM AV COUNCIL MEETING

21- 12:30 PM MUSIC WITH KEVIN MURPHY

25- 10:30 AM SUMMER CRAFT

26- 10:30 AM JOHN BALL ZOO TRIP!

28- 12:30 PM MUSIC WITH MARY RADERMACHER

Birthday Friday is the last Friday of the month, enjoy a Free birthday lunch any time in June!
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<td>9:30 Fitness</td>
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<td>12:30 Cards/Games</td>
<td>1:00 Bingo</td>
<td>1:00 Closing Early for Staff Meeting</td>
<td>1:00 People Bingo</td>
<td>12:30 Music with</td>
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<td>12:30 Paint Group</td>
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<td>Lucy &amp; Sam Peterson</td>
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<td>9:30 Fitness</td>
<td>10:00 Wii Bowling</td>
<td>10:00 Case Management</td>
<td>9:00 Pokeno</td>
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<td>10:00 Case</td>
<td>12:00 Lunch</td>
<td>10:00 Medicare/ Medicaid Help</td>
<td>10:00 Wii Bowling</td>
<td>10:45 Yoga</td>
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<td>Management</td>
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<td>11:00 Lunch Bunch @ Rainbow</td>
<td>9:00 Foot Care</td>
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<td>10:00 Lunch</td>
<td>10:30 Craft</td>
<td>10:45 John Ball Zoo Day Trip!</td>
<td>10:00 Wii Bowling</td>
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<td>1:00 Bingo</td>
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<td>Mary Rademacher</td>
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Lowell Senior Neighbors Center

Welcome to the Lowell Senior Center
If you’re age 60 or older, the Lowell Senior Center welcomes you to join us
Monday – Friday 8:30 AM – 1:30 PM,
We serve lunch daily from Meals on Wheels at 12:00 noon for a $3.50 donation
865 Lincoln Lake Ave. SE, Lowell, MI 49331
Phone: (616) 897-5949  www.seniorneighbors.org

Volunteer Appreciation Week
2024
Kitchen Volunteers:
Teresa, Judy, Alice, Carol (our lovely cook), Beth, Bonnie, Martha

Staff
Center Coordinator:
Mackenzie Davis
Nutritional Aide & Activity Assistance:
Carol Schwierking
Transportation: John Yskes & Jim Herb

Advisory Board
David M.: President
Joyce W.: Vice President
Marlene B.: Treasurer
Teresa P.: Secretary

SNI Central Office Rep: Christina T.
Members at Large: Alice K., Leo P., Bonnie W.
Representative of the SNI Board of Directors: Marlene B.

Hello!
Warm weather is finally upon us and we couldn’t be happier here at the Lowell center! We have bike rentals, summer picnics, and outings to keep you active and social this summer. Be sure to sign up for events via phone or in person at the center!

-Mackenzie Davis
David was born in Greenville, MI, was raised in Belding, and now calls Lowell his home. When he was young, his favorite toy was a bike which turned into a lifelong passion as he still regularly rides! David joined the United States Navy where he served for 20 years. During those 20 years he spent serving our country, he had spent five years (off & on) on a submarine! Aside from biking, David’s many other hobbies include reading, camping, scuba diving, and he is an avid coin collector. He is also the President of the Lowell Senior Neighbors Advisory Council!

Fun Fact: David has collected over 1,000 coins and bank notes!

Research shows that cycling in older adults can have the following outcomes:

* Enhanced brain function
* Preservation of balance
* Reduced risk of heart disease

Let Mackenzie know if you would like to bike!
Lowell Senior Neighbors Center

**Calendar of Events**

- **June 05**: Dinner at Easy St, 4:00 PM
- **June 18**: Lunch at B.C. Pizza, 11:30 AM
- **June 20**: Fundraising Auction, 10:30 AM
- **June 21**: 1st Day of Summer Picnic, 11:45 AM
- **June 27**: Coffee with a Cop, 9:00 AM

**Exercise with Brenda**

- **Mondays & Fridays**: 10:30 AM
- **Accessible Chair Exercises**: $8.00 recommended donation

**Senior Adult Bible Study**

With Pastor Shannon

Every Wednesday at 10:30 am

**Happy Birthday**

Richard P. 6/1

Ina G. 6/19

Please join us in celebration on June 26th for our Birthday Bash!
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<th>TUESDAY</th>
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<td>11:00– Chocolate Bingo with Judy</td>
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<td>11:00– Bingo with Joyce</td>
<td>11:00– Match Game</td>
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<td>11:00– Match Game</td>
<td>11:00– Snack Bingo with Judy</td>
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<td>11:00– Bingo with Pastor Shannon</td>
<td>11:00– Match Game</td>
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<tr>
<td>9:30– Coffee, Cards, &amp; Skip-bo</td>
<td>9:30– Pokeno</td>
<td>9:30– Coffee &amp; Cards</td>
<td>9:30– Pokeno</td>
<td>9:30– Coffee &amp; Cards</td>
</tr>
<tr>
<td>10:30– Mystery Bingo with Judy</td>
<td>10:30– Mystery Bingo with Judy</td>
<td></td>
<td>10:30– Auction</td>
<td>10:30– Advisory Council Meeting</td>
</tr>
<tr>
<td>11:30– Lunch buffet at BC Pizza Cost: $12</td>
<td>11:00– Match Game</td>
<td></td>
<td></td>
<td>12:00– 1st day of summer picnic</td>
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<td>28</td>
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<td>9:00– Hand &amp; Foot Card Game</td>
<td>9:00– Coffee &amp; Card games</td>
<td>9:00– Hand &amp; Foot Card Game</td>
<td>9:00– Coffee with a cop (Det. Aubrey)</td>
<td>9:00– Hand &amp; Foot Card Game</td>
</tr>
<tr>
<td>9:30– Coffee, Cards, &amp; Skip-bo</td>
<td>9:30– Pokeno</td>
<td>9:30– Coffee &amp; Cards</td>
<td>9:30– Pokeno</td>
<td>9:30– Coffee &amp; Cards</td>
</tr>
<tr>
<td>11:00– Match Game</td>
<td>11:00– Home good Bingo with Judy</td>
<td></td>
<td>11:00– Bingo with Mackenzie</td>
<td>11:00– Jeopardy with Teresa</td>
</tr>
</tbody>
</table>
Dear Seniors,

Welcome to summer. I hope that you have had the chance to visit and participate in some of the many activities we are offering here at the Sparta Center. We are offering exercising, walking club, crafts, guest speakers and presenters and lots more. We are also having a pizza day and a Marching into Summer Party. I look forward to seeing you all and sharing many smiles.

See you at the Center!

Sincerely,
Beverly

Harold Pond

Senior of the Month:

Harold was born and raised in the Grand Rapids area. He has 3 siblings, Linda, Roger, and Don, who passed away. He married and divorced his first wife, Sandra. His second wife, Patricia, was the love of his life and passed away 30 years ago from MS. They loved going out to eat and putting puzzles together. In fact, Harold still enjoys putting puzzles together and framing them. Harold sells his framed puzzles at the center. We recently auctioned one of his puzzles off at our Auction Party.

As a child, Harold loved to swim, play in the parks, go to movies, have picnics at Lincoln Park and loved to ride his bike. Harold also learned how to do all the necessary repairs on his bike, such as, fixing tires, chains, etc. He traveled all over the US with his parents and siblings and has such great memories from those trips. Harold attended Berean Baptist Church and loves the fellowship there. Harold attended Kent Skills Center and learned electrical, plumbing, and construction. He remodeled his entire bathroom and was proud of the results. He loves coming to the Sparta Center, enjoying the people and activities. His favorite memory was a couple of years ago, on an outing with the seniors he was able to fly a plane. Harold does not say much, but is loved and admired by many. If you do meet him, he will be a lifelong friend.

Sparta Senior Center Wish List

Prepackaged Snacks
Sugar Free Cookies
Cookies
Paper Towel
Coffee
Creamer
Pastry
Tea
Hot Cocoa
Craft Items

Sparta Senior Neighbors Center operates through the donations and financial support of the community and local businesses. Every donated item from the wish list is one more dollar we can put toward senior services.

K9 Presentation w/ Officer
Krystal and K9 Kai

Blood Pressure Clinic
June 17th
@10am in Club Room
Please Join Us For Our June Party

Sparta Senior Neighbors Marching into Summer Party
Wednesday June 26, 2024
10am-Lunch
Please sign-up at the desk outside of the office if you plan on coming!

Music Provided by Country Stringz

Thursday June 21st @ 11:15am
Pizza will be served—$2.00 for 2 slices of pizza (must be paid ahead of time)
Made possible by Palermo Pizza of Sparta
Please sign up in book located on the desk in front of the office if you would like pizza.
Please state pepperoni or cheese when signing up

Shield Insurance’s Father’s Day Surprise
June 24th @10am
Sparta Senior Neighbors Center

Birthdays of the Month

Happy Birthday To You

01 Scott W.
12 Mary Ann W.
14 Jerri W.
19 John C.
21 Joan K.
23 Alice A.
23 Diane P.
24 Ivan P.
25 Barbara E.
28 Jodi H.
30 Susan W.
30 Norma B.

Walking Club 2nd and 4th Tuesday of the month.

The Walking Club

Walk. Talk. Get Fit.

June

Save the Date

3rd & 17th Music w/ Roger & Fred
5th Summer Trivia
6th Dice Answer Game
7th Sheriff Krystal & Kai Presentation
10th Commodities
10th Craft w/ Hope
11th & 25th Walking Club
12th & 26th Music w/ Country Stringz
13th Lunch Bunch “Red Rock Café”
14th Case Manager Zayda
14th Bingo w/Sue
18th Food Safety @ Home Presentation
19th Craft w/ Donna
19th Juneteenth
20th First Day of Summer
20th Trip to Craft Outlet Store
21st Never Have I Ever
21st Pizza
24th Shield Insurance Father’s Day Surprise
26th Marching into Summer Party
28th Music w/ Marvin Luttrell

Sparta Advisory Council Members

~ President: Karen K.
~ Vice President: Norma T.
~ Treasure: Annette D.
~ Secretary: Deb R.
~ Members at Large: Lorraine G., Roger T. and Carol T.

Next Meeting: Wed. June 12th at 12:30pm
Hope to See YOU There!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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<tr>
<td>10 Music w/ Roger &amp; Fred</td>
<td>10:15 Exercise</td>
<td>10:15 Trivia</td>
<td>10 Dice Answer Game</td>
<td>10 Sheriff &amp; Kai Presentation</td>
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<tr>
<td>12:15 Games</td>
<td>12:15 Bingo</td>
<td>10 Craft w/ Jo Anne</td>
<td>12:15 Bingo</td>
<td>12:15 Fill or Bust w/ Sandy</td>
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<tr>
<td>9:30 Commodities</td>
<td>10 Walking Club</td>
<td>10 Music w/ Country Stringz</td>
<td>10:15 Exercise</td>
<td>10-12 Case Manager Zayda</td>
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<td>10 Craft w/ Hope</td>
<td>12:15 Bingo</td>
<td>12:15 Euchre</td>
<td>10:00 Lunch Bunch</td>
<td>10 Bingo w/Sue</td>
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<tr>
<td>12:15 Games</td>
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<td>12:30 Advisory Council Meeting</td>
<td>12:15 Bingo</td>
<td>12:15 Fill or Bust w/Sandy</td>
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<td>10 Music w/ Roger &amp; Fred</td>
<td>10 Food Safety @ Home Presentation with AAOA</td>
<td>10 Craft w/ Donna</td>
<td>TRIP</td>
<td>10:30 Never have I Ever</td>
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<tr>
<td>10 Blood Pressure Clinic</td>
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<td>10:15 Exercise</td>
<td>12:15 Fill or Bust w/ Sandy</td>
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<td>10 Medicare Medicaid Drop in w/ Natasha</td>
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<td>12:15 Bingo</td>
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<td>28</td>
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<tr>
<td>10 Shield Insurance Father’s Day Surprise</td>
<td>10 Walking Club</td>
<td>Party</td>
<td>10:15 Exercise</td>
<td>10 Music w/ Marvin Luttrell</td>
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<tr>
<td>12:15 Games</td>
<td>12:15 Bingo</td>
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<tr>
<td>TRIP</td>
<td>20:30 Never have I Ever</td>
<td>10:00 Lunch Bunch</td>
<td>11:15 Pizza</td>
<td>10:30 SHIELD INSURANCE FATHER’S DAY SURPRISE</td>
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<tr>
<td>10 Craft Outlet Store</td>
<td>10:15 Exercise</td>
<td>“Red Rock Cafe”</td>
<td>12:15 Fill or Bust w/Sandy</td>
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<td>12:15 Bingo</td>
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<td>“RED ROCK CAFE”</td>
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<td>12:15 Fill or Bust w/ Sandy</td>
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</tbody>
</table>

**Baked Goods**
Every Tues & Thurs
.25 to $1.00 Donation

**Lunch Is At**
11:30 am
Everyday
Suggested Donation
$3.50
Under 60 $5.00 per meal
Did you know...
"Ballroom dancing can improve balance, strength, and gait. Additionally, it can reduce brain atrophy as well."
-Journal of Aging & Physical Activity

1470 3-Mile Road NW
Walker, MI 49544
616.735.3240

JUNE 2024 NEWSLETTER

WALKER BUZZ
STAY PLUGGED IN...GET ALL THE WALKER SENIOR NEWS HERE!

seniornighbors.org/centers/walker/

FROM THE COORDINATOR

SENIOR TRENDSSETTERS

BY FELICIA APPLEWHITE

A ROYAL AFFAIR

We had a grand time at this year’s Annual Spring Fling Masquerade Ball. Our seniors danced the afternoon away and enjoyed a charcuterie buffet of delectable deli items, fresh veggies, chilled sparkling cider, and velvety chocolate mousse cake for dessert. What a grand time we had making memories and enjoying the ambiance of true friendship. Walker is the place to be!

TRAILBLAZERS

Unbeknownst to our Walker family until recently, it was discovered that several of our members are actually trailblazers and trendsetters in their own right. For this reason, during the month of June, we will be recognizing those individuals who have pathed the way for others to soar.

Sincerely,
Felicia Applewhite
Coordinator
Schedule a Visit Today!
We are open Mondays, Wednesdays & Fridays
From 9:00 a.m. to 3:30 p.m.

We would like to thank a special partner for his contributions to not only the Senior Neighbors Center of Walker, but the surrounding community as a whole. It is with great appreciation that we salute our friend, Mr. Sueing, for his generosity and profound sense of community. A genuine partnership such as this one, contributes to our success, strengthens our commitment to serve, and inspires us to spread kindness.

Here at Walker, we are pleased to welcome all seniors aged 60+ to our center. We have been a staple in the community for nearly 20 years. If you are interested in becoming a member, we would love to have you join. For more info or to schedule a visit, please contact our site coordinator, Ms. Felicia Applewhite at 616.735.3240.

Our center operates through the generosity of others. Currently, we are in need of:
- Decaf Coffee
- Sugar Packets
- Dairy Creamer
- Cookies
Greetings Friends!

I would like to express my sincere gratitude for the continuous support, enthusiasm, generosity, and insightful feedback expressed by those who share a love for Walker. Undoubtedly, such positivity has paved the way for even more exciting and diverse events. In all honesty, I could not have imagined a better group of seniors to serve. So, brace yourselves for a slew of memorable moments to come.

Sincerely,

Felicia Applewhite
Coordinator

Join us for our
Juneteenth Liturgical Dance Performance
Wednesday, June 14, 2024 @ 1:00p.m.

---

Our Team

Felicia Applewhite
Center Coordinator

Tayia Christine
Activities Assistant

Lora Boogard
Nutrition Aide

Christina Turkewyz
SNI Representative

Lora Boogard
Nutrition Aide

Will Lee
AARP Volunteer

---

Upcoming Events

"Taste of Donuts" 6/3 @ 10:00a.m.
Tribute to Fathers 6/5 @ 10:30a.m.
Live Music w/ Eddie Fransico 6/5 @ 11:00a.m.
Area Agency on Aging 6/7 @ 11:00a.m.
Live Music w/ Marshall Werner 6/10 @ 11:00a.m.
Breakfast at Russ’ on Alpine 6/12 @ 8:00a.m.
Juneteenth Liturgical Dance 6/14 @ 1:00p.m.
Health Risk Appraisal & Plan 6/17 @ 11:00a.m.
Live Music w/ The Liberty Gals 6/19 @ 10:15a.m.
Poured Painting on Canvas 6/21 & 6/28 @ 1:00p.m.
Hypertension Basics 6/24 @ 11:00a.m.
Live Music w/ Marshall Werner 6/26 @ 11:00a.m.

---

Just for Laughs

Why don’t scientists trust atoms?
Because they make up everything!

Did you hear about the first restaurant to open on the moon? It had great food, but no atmosphere.

---

Advisory Council

Rolyndia P.
President

George W.
Vice President

Sandy K.
Treasurer

Jackie B.
Secretary

Mitch R. & Henry B.
Members at Large

---

Birthdays

Charlene M. 6/7
Jackie B. 6/10
Henry B. 6/13
Leslie B. 6/15
Warren W. 6/23
James M. 6/25
Carol G. 6/26

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Dine-In

Please join us every Monday, Wednesday & Friday at 9:00a.m.
for a complimentary cup of freshly brewed coffee and
cookies or at noon for a hot nutritious lunch for a donation of
$3.50.
Walker Senior Neighbors Center

June Calendar

TASTE OF DONUTS
03 MON
- Taste of Donuts @ 10:00a.m.
- Bingo w/George @ 10:00a.m.
- Card Games @ 1:00p.m.
- Wii Bowling @ 1:00p.m.

LIVE MUSIC
05 WED
- Tribute to Fathers @ 10:30a.m.
- Music w/ Francisco @ 11:00a.m.
- Lunch Served @ 12:00p.m.
  (Center Closes Early @ 1:00p.m.)

TECH SUPPORT
07 FRI
- Self-Defense Class @ 10:00a.m.
- Aging Presentation @ 11:00a.m.
- Tech Support @ 1:00p.m.

KNITTING
10 MON
- Bingo w/ George @ 10:00a.m.
- Case Management @ 10:00a.m.
- Live Music w/ Werner @ 11:00a.m.
- Knitting w/ Helen @ 1:00p.m.
- Card Games @ 1:00p.m.

BIBLE STUDY
12 WED
- Breakfast at Russ’ @ 8:00a.m.
- Sign Language Class @ 10:00a.m.
- Bible Study @ 1:00p.m.
- Card Games @ 1:00p.m.
- Wii Bowling @ 1:00p.m.

CARD GAMES
14 FRI
- Self-Defense Class @ 10:00a.m.
- Tech Support @ 11:00a.m.
- Card Games @ 1:00p.m.
- Liturgical Dance @ 1:00p.m.

CROCHETING
17 MON
- Bingo w/ Felicia @ 10:00a.m.
- Health Appraisal @ 11:00a.m.
- Crocheting w/ Helen @ 1:00p.m.
- Card Games @ 1:00p.m.

LIVE MUSIC
19 WED
- Case Management @ 10:00a.m.
- The Liberty Gals @ 10:15a.m.
- Bible Study @ 1:00p.m.

PAINTING
21 FRI
- Self-Defense Class @ 10:00a.m.
- Tech Support @ 11:00a.m.
- Poured Painting @ 1:00p.m.
- Card Games @ 1:00p.m.

BINGO
24 MON
- Bingo w/ Felicia @ 10:00a.m
- Hypertension Basics @ 11:00a.m.
- Crocheting w/ Helen @ 1:00p.m.
- Card Games @ 1:00p.m.

LIVE MUSIC
26 WED
- Tea Party w/ Friends @ 10:00a.m.
- Music w/ Marshall @ 11:00a.m.
- Bible Study @ 1:00p.m.
- Advisory Meeting @ 1:00p.m.

SELF-DEFENSE
28 FRI
- Self-Defense Class @ 10:00a.m.
- Tech Support @ 11:00a.m.
- Poured Painting @ 1:00p.m.

Happy Father’s Day!
June 16, 2024
Bikes & Trikes & Sunshine! Oh My!

Summer has arrived! The sun is shining, the mornings are still cool! It’s a great time to get outside and enjoy the warmer days while we have the chance! It will be snowing before we know it!

We want to remind you again about our Bike/Trike Lending Library. We received a grant to purchase bikes and trikes for our clients to borrow. There is no charge to use these bikes! You need a short orientation with a staff person before your first use, but can then check one out to use!

These bikes are housed at the Grandville Senior Center and will typically need to be checked out from there. However, we will be working on moving the bikes around throughout the summer. They will spend some time in Lowell in June and some time in Walker in July. We hope to be at Sparta also!

The people who have tried riding have been loving it. If a two wheeler is not your speed that’s okay—try the Trikes! They feel a bit different but offer much more stability. I love hearing comments like, “I haven’t done this in 20 years! I’m so glad I can do it again!” That’s the idea of this lending library—try it and see how it feels in a safe way without having to spend any money on them!

Checking out a bike is easy once you had your brief orientation. All you need to do is sign the agreement, provide a copy of an identification, and strap on a helmet, which we provide!

Come on out to the centers when the bikes are there and give them a try!

Stay Well!

-Julie
ASSET PROTECTION and MEDICAID PLANNING Experts

Practice areas include:

- Asset Protection Plans
- Medical Planning
- Estate Planning
- Wills & Trusts
- Veterans Benefits
- Alzheimer’s Planning
- Social Security Benefits

Call for your FREE CONSULTATION:
(616) 840-3754
Gregory A. Hodge, JD and Brittany T. VanDam, JD
www.MichiganElderLaw.com
CAR DONATION PROGRAM

Senior Neighbors new Car Donation Program accepts vehicle donations at no cost. Donate your old cars, trucks, trailers, boats, RVs, motorcycles, campers, off-road vehicles, planes, heavy equipment, farm machinery, and most other motorized vehicles from all 50 states. Pick-up is free. Skip the costs and hassle of selling your vehicle and donate to Senior Neighbors today!

Call 844 411 5768
SCAN ME
Affordable Hearing Clinic is my dream come true. My name is John P. Jendrasiak II and I am the owner and founder of Affordable Hearing Clinic. I have a vision to offer not only the best service around but at the most affordable prices. EVERY person who works with hearing aids will tell you they offer the “best service”. I am the only one who can say I deliver the best service AND prices in West Michigan on top name, high quality hearing instruments.

Call us today to schedule your hearing test in the office or we can come to you at

616-591-2882
www.affordablehearingclinic.com

An Exceptional Independent Senior Living Community

Designed for adults age 55 and over and features beautiful amenities, such as a large community/event space, a coffee lounge, activity room, and fitness center.

KENSINGTON SENIOR LIVING

13545 Kenowa Ave. NW | Grand Rapids, Michigan 49534
Give Us a Call Today: (616) 677-2900
seniorliving@kensingtonpreserve.com
**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, Meals on Wheels America, The Home Depot Foundation, Kent County Senior Millage, City of Grandville, Michigan Department of Transportation, Bureau of Aging, Community Living and Supports, AmeriCorps Seniors.

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

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<table>
<thead>
<tr>
<th>Senior Neighbors Centers</th>
<th>Location</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Grand Rapids Senior Center</strong></td>
<td>333 S. Division AVE</td>
<td>Grand Rapids, MI 49506</td>
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<tr>
<td><strong>Grandville Senior Center</strong></td>
<td>3380 Division AVE SW</td>
<td>Grandville, MI 49418</td>
</tr>
<tr>
<td><strong>Lowell Senior Center</strong></td>
<td>865 Lincoln Lake AVE SE</td>
<td>Lowell, MI 49331</td>
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<tr>
<td><strong>Sparta Senior Center</strong></td>
<td>100 Ida Red AVE</td>
<td>Sparta, MI 49345</td>
</tr>
<tr>
<td><strong>Walker Senior Center</strong></td>
<td>1470 3-Mile RD NW</td>
<td>Walker, MI 49544</td>
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