... no longer alone.

कुरे

WE HAVE SENIOR CENTERS IN GRAND RAPIDS, GRANDVILLE, LOWELL, AND SPARTA



#### **OUR CENTRAL OFFICE ADDRESS**

678 FRONT AVE. NW, SUITE 205 • GRAND RAPIDS, MI 49504 616-459-6019 • www.seniorneighbors.org • EMAIL: info@seniorneighbors.org





#### Join us for the 16 Over 60 Awards Gala

Celebrating the diverse and inspiring impacts of people 60 years of age or more!

#### Wednesday, November 15, 2023 at 6pm

Frederik Meijer Gardens & Sculpture Park 1000 East Beltline Avenue NE, Grand Rapids

#### THIS EVENT INCLUDES

Valet Parking, Plated Dinner, Beverages, and an Opportunity to Support Local Seniors

#### **RESERVE YOUR SEAT TODAY**

To reserve a seat or table, please visit SeniorNeighbors.org/16over60 or scan the QR code below by November 4, 2023.





Please contact Winsome Bricker at (616) 233-0739 or wbricker@seniorneighbors.org with any questions.



Don Bultman Community Builder, Neighborhood Handyman, Food Pantry Advocate



Cynthia Kay Media Entrepreneur, Non-Profit Ally, Author



Doreen Mangrum
Transforming
Superintendent,
Mindfulness Teacher,
At-Risk Advocate



Ric Roane Attorney for Access to Justice, Symphony Spearhead, Food Nurturer

The 2023 Honorees



Carole Chisholm Selfless Volunteer, Mental Health Provider, Mentor



Don Kern Marathon Master, Inspiring Athlete, Adventurer



Laura B. Moody Compassionate Hero, Lifelong Educator, Nursing Champion



James Smither
Engaging Educator, Voice
to Veterans, Modern
Historian



Patrick Coleman

Man of Faith,

Professor,

Empowerer



Darlene Larson Women's Champion, Life Purpose Coach, Inspirational Author



Arian Palmer Chaplain, Foster Parent, Diversity Coordinator

Velazquez

Community Leader,

Business Owner.

Grandma to the Rescue



**Delight Lester** 

Disability Advocate,

Creative Leader,

Sandi Frost

Steensma

Community

Cornerstone, Non-Profit

Catalyst, Traveler

Hon. Lupe Ramos-Montigny Civil Rights Advocate, Community Unifier, Lifelong Educator



Betty Webber Lifelong Volunteer, Joyful Presence, Community Connector

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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!
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616-453-8723 ~ TTY 7-1-1
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rhoadesmckee.com 616.235.3500



Get local help with your Medicare questions.

Local sales agents with local Medicare Advantage plans.

When it comes to Medicare, it's important to consider all of your options. What works well for your neighbor may not be the best fit for you. Contact a local agent to answer your questions and help you find a plan that fits your needs.



#### **Stevie Calderon**

Licensed Sales Agent (616) 935 - 2437, TTY 711 STEVIECCALDERON@GMAIL.COM

#### Erin Calderon

Licensed Sales Agent (616) 502 - 5153, TTY 711 EPPCALDERON@GMAIL.COM

### United Healthcare

There for what matters

Plans are insured through United Healthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract Enrollment in the plan depends on the plan's contract renewal with Medicare. 62023 United HealthCare Services, Inc. All rights reserved. Y0068\_235PRJS5185\_C



## A Different Kind of Care

A local acupuncturist provides truly compassionate care and proven solutions for chronic pain and complicated conditions.

#### Care Rooted in Empathy and Experience

Do you ever wonder why it is that makes some care providers so incredibly compassionate while others have a bedside manner better suited for the DMV?

In the case of Corinne Conry, MSOM, LAc, of Acupuncture Center of Grand Rapids, it is a case of true empathy, "I suffered from cluster migraines in my teens and twenties." Cluster migraines are named such for their debilitating pain that is a step above the norm. "I had migraine headaches 3-5 days a week that were so intense I was often bed ridden and would become physically sick."

Being that migraine is one of those complicated conditions not fully understood, Corinne's options were prescription medications, that often did not work, and to make lifestyle changes limit triggers that often cause migraine. "It was no way to live," she shares. "I was young and should've been living a bright, vibrant life. Instead I was monitoring my daily caffeine intake, avoiding long exposure to fluorescent lights, and doing my best to prepare for changing weather conditions."

As you can imagine, Spring and Fall were especially rough. The seasonal transitions were unpredictable winter in the morning and summer in the afternoon!

It wasn't until her primary care doctor sent her to an acupuncturist that she found real relief, and her future calling.

"This is why I often refer to my practice as 'The Last Resort with the Best Results.' You've been everywhere else and have been given the same disheartening prognosis, prescribed the same medications and told 'this is just something you're going to have to learn to live with." Soon after her incredible experiences with the healing arts, she made the life changing decision to abandon her



consulting career and pursue her degree in acupuncture. "Acupuncture quite literally saved my life and I wanted to share that with the world," she proclaims.

#### Your Golden Years Should Be Golden

Later she watched as her mother-inlaw began to suffer from peripheral neuropathy. Your golden years should be golden, not plagued with insufferable pain while doctors and specialists tell you there is nothing they can do. Understanding that Eastern Medicine excels where Western Medicine fails, Corinne set forth to develop treatment protocols for all variations of peripheral neuropathy (including diabetic and chemotherapy-induced). She now has 2121 for a comprehensive a 90% success rate in treating this once difficult-to-manage condition.

"I was tired of seeing the older generation suffer unnecessarily," shares Corinne. "Diagnosing them as just getting older' and giving them a treatment plan of 'you're just going to have to get used to it' has never sat well with me so I wanted to offer them a real option for treatment and care."

#### The Magic of Compassionate Care

And what do those in her care have to say?

"Corinne looked me in my eyes and wanted to know about me, not just my condition. I feel like a person, not just a patient," shares Perry. "In fact I don't think she ever used the word patient." Others proclaim "she saved my life", "her neuropathy treatments gave me

my life back" and "its a miracle she tréated my fibromyalgia, I don't know how else to explain it."

Corinne Conry, MSOM, LAc has a long personal history in complicated, difficult to understand conditions and recognizes how tragic it can all be if left untreated. "I have sat where my patients sit. I've experienced their pain and suffering in a very real way. I know the frustration of feeling hopeless on an intimate level. It's why I practice the brand of medicine I do and why I've made it my life's mission to treat the 'untreatable'. It brings me such incredible joy when I get to say "I can help you!

Furthermore, Corinne isn't opposed to more modern medical solutions. "It's in blending the time-tested science of acupuncture with recent innovations in medicine that get me the best results." One of those advancements is ATP Resonance BioTherapy™, originally developed by NASA. It aids nerves regenerate by providing them the nutrients they need to repair and renew, "very similar to what water does for a plant!"

Corinne Conry, MSOM, LAc and her staff specialize in treating chronic pain, complicated neurological conditions, and autoimmune diseases that leave other professionals scratching their heads. Ready to schedule? Call (616) 369consultation today. For more information about Corinne Conry, MSOM. LAc and what she treats, visit



Call (616) 369-2121 to schedule a complimentary consultation



**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 Jonathan for a tour 616.459.3040

> We have lunch at the center each weekday ~ \$2.00 suggested donation ~



- 2...Edward Droughn
- 2...David Eaton
- 6...Andrew Bubnak
- 10.. Terry Brooks
- 11. Aubrey Stalling
- 21 Emile Cann
- 23...David Chrisman
- 26...Cleophus Kilgore
- 29...Alvin Cole



#### Staff & Volunteers

Next Meeting Thursday, November 16 @ 12:30

Center Coordinator: Jill Mancewicz

**Activity Assistant:** 

**Nutritional Aide: Roger Trotter** 

Representative from SNI: Nicole Driesenga AARP Volunteers: Rodney Lillard, , Burton

Holmes.

Senior Companions: Sue Owen, Ruby Leg-

gett. Diane Santagio

#### **Advisory Council Members**

Next Meeting Tuesday, November 21 @ 1:00

**President: Barb Turner** 

**Vice President: Perry Hughes** 

**Treasurer: Sue Owen Secretary: Sue Owen** 

Members at Large: Stan Smith, Hank Slagter,

**Charlie Pace, Harylon Moore** SNI Board Rep: Charlie Pace



**Greetings To All of My Favorite People,** Welcome! Fall is my favorite time of the year. The day's are crisp and the nights are cool which are perfect for bonfires and s'mores. And, most importantly, It's harvest time! I love seeing the leaves change and smelling the air that takes on an earthy smell. This time of year is for friends and family to gather and give thanks. Of the many things that I am

thankful for are all of

vou!

Please fell free to stop in and chat, my door is always open to you.







11/1/23 Breakfast 9:00 11/3/23 Bingo 11/6/23 Lunch Bunch 10:30 11/6/23 Crafters Corner 1:00 11/6/23 Smart Recovery 12:00 11/8/23 Breakfast 9:00 11/9/23 Hair Cuts 9:30 11/10/23 Bingo 11/14/23 Bible Study 9:30 11/14/23 Legal Advice 11/15/23 Breakfast 9:00 11/17/23 Birthday Party 11/17/23 Bingo 11/20/23 Smart Recovery 12:00 11/21/23 Bible Study 9:30 11/21/23 Advisory Counsel 12:30 11/22/23 Breakfast 9:00 11/23/23 Closed for Thanksgiving 11/24/23 Closed for Thanksgiving 11/27/23 Smart Recovery 11/28/23 Bible Study 9:30

11/29/23 Breakfast 9:00



#### **Lunch Bunch**

Join us for lunch on Monday, November 6. We will head to Vitales's from the center leaving at 10:30 am





Sign up for our
Bid Whist
tournament. It will
take place on
Monday
November 6
starting at 10am







## **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

#### **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.





Need a Hair cut? Come on in on November 9th at 9:30. We will hook you up with



a hole new look

## From the Dietary side of Me Pumpkin

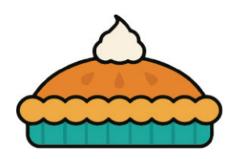
Viewed as a vegetable, but it is really a fruit. Pumpkins are highly nutritious and are rich in vitamin A and C.

They promote healthy vision, immune support and healthy skin. Pumpkins have a high antioxidant content that protect cells, chronic disease heart health and cancer. High in fiber which makes them an excellent food choice for Diabetics as they regulate Blood sugar and help lower blood pressure.

#### **Pumpkin Dessert**

Preheat oven to 3508 13 X 9 X2 INCH PAN

- 1) 15 OZ SOLID PACK PUMPKIN
- 2) 12 OZ CAN OF EVAPORTED MILK
- 3) 3 EGGS
- 4) 1 C. OF SUGAR
- 5) 4 tsp PUMPKIN SPICE
- **6) 18 1/4 OS SPICE CAKE MIX**
- 7) 3/4 C. MELTED BUTTER
- 8) 1 1/2 C. CHOPPED NUTS
- \* In mixer combine first 5 ingredients
  - \* Transfer to greased pan
  - \* Sprinkle with cake mix
- \* Drizzle with butter and top with nuts
- \* Bake 1 hour or until knife comes out clean.
- \* Serve with whipped topping or even better yet vanilla ice cream





Monday	Tuesday	Wednesday	Thursday	Friday		
oñafioñ doñafioñ is greafly appreciafed	SMEATERS CONTINUES STORING	1 Breakfast 9:00 Please Donate Wii Bowling	2 Color Therapy 10:00  COLORING FOR ADULTS	3 Cards 9:00 Bingo 10:00		
6 Bid Whist Tournament 10:00 Crafts with MSU students 9:00 Lunch Bunch 10:30 Smart Recovery 12:00 SMART Recovery	7 Pool 9:00 Bible Study 9:30	8 Breakfast 9:00 Please Donate Wii Bowling 10:00	9 Hair cuts 10:00	10 Cards 9:00 Bingo 10:00		
13 Crafts 10:00  Smart Recovery 12:00  SMART Recovery Self-Management and Recovery Training	14 Pool 9:00 Free Legal Aid 10:00 Bible Study 9:30	15 Breakfast 9:00 Please Donate Wii Bowling10:00	16 Pool 9:00 Cards 9:00	November Birthday Celebration Bingo 10:00		
20 Crafts 10:00  Smart Recovery 12:00  SMART Recovery self-Management and Recovery Training	21 Bible Study 9:30 Advisory Council 12:30	22 Breakfast 9:00 MOW Thanksgiving Lunch 11:30	Closed Closed Corbins - Happy THANKS GIVING -			
27 Crafts 10:00 Smart Recovery 12:00 SMART Recovery Self-Management and Recovery Training	28 Bible Study 9:30 Color Therapy 10:00 COLORING FOR ADULTS	29 Breakfast 9:00 Please Donate	30 Pool 9:00 Cards 9:00	Please Make Sure You Stop by the Front Desk to Sign-in and Sign-Up for Special Trips and		

**Activities!** 

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#### 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 \$3.00 for seniors over 60, a charge of \$4.00 for people under 60. Phone: 616-531-5250 Fax:616-531-7743

www.seniorneigbors.org rlapham@seniorneighbors.org

## From the Coordinator's Desk

Rin Lapham Grandville Senior

Center Coordinator

Thank you so much for welcoming me here at the Grandville Senior Neighbors Center. I am glad to have the opportunity to work with everyone and to be able to be a part of this community.

\_00\_\_\_00\_\_\_00

#### **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.



**Senior Neighbors** 

#### Staff

Coordinator: Rin Lapham Nutritional Aide: Jazzmin Dean

Bus Driver: John Bouma

Senior Neighbors

Representative: Nicole Driesenga **Advisory Council Members** 

President: Mitch Ross Vice President: Open Treasurer: Fred Dillinger

Secretary: Open

Member's at Large: Craig Geerlings, James

MacOwen, Lois Ripma

Representative to SNI Board: Mitch Ross

We are searching for new council members. Voting will take place Nov. 6 & 7 GDVL Advisory Council Next Meeting Nov. 15th at 2pm.



#### **Engaging Wellness**

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

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



## Fredrick Meijer Gardens Trip

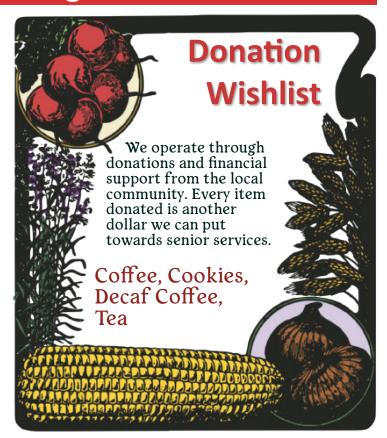
On Wednesday Nov. 29th We will be taking a group trip to tour the greenhouses and see the Christmas trees from around the world.

We will be leaving the center at 9:30am and returning by 2:30pm.



Join us for a Veterans Day Celebration!

12:30pm on Friday Nov. 10th
We will have Patriotic Music
with Lois Ripma.
Join us while we honor
those who have served!



## Home Maintenance Services

Kent Millage Funded Services
Carpentry Services
Electrical
Plumbing
Safety
Seasonal
To Learn More:
Call: 616-233-0281

Email: intake@seniorneighbors.org

## November Happenings

Nov 2-Fall Craft w/ Tara

Nov 3-Betram Sluys Music

Nov 6-Fall Craft w/ Guest

Nov 8-Mission Point Fall Prevention
Workshop

Nov 9-Free Legal Advice

Nov 10-Veterans Day Music w/Lois Ripma

Nov 15-Fall Snack w/ Tara

Nov 17-Accordion Music w/ Micheal Schaeffer

Nov 23 & 24-CLOSED for Thanksgiving

Nov 28-Food Pantry

Nov 29-Fredrik Meijer's Garden Trip

Nov 30-Winter Craft w/ Tara

## Tara's Corner

November 2nd at 11am Paper Flower Craft

November 15th at 11am Fall Snack Toasted Pumpkin Seeds

November 30th at 11am Snow Globe Ornament

## nOvEmBeR> bIrTh-

## DaYs



2 Anne S.

4 David D.

4 Barbara P.

6 Sandy K.

6 Mary Jo W.

10 Larry G.

11 Jerry O.

11 Richard W.

12 Elizabeth C.

13 Tim V.

14 Phyllis V.

16 Ethel S.

17 Luigi T.

21 Diana G.

27 Ivan P.

28 Jim S.

Birthday Friday is the last Friday





# November









#### **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 \$3.00 donation

865 Lincoln Lake Ave. SE
Lowell, MI 49331

Phone: (616) 897-5949 www.seniorneighbors.org



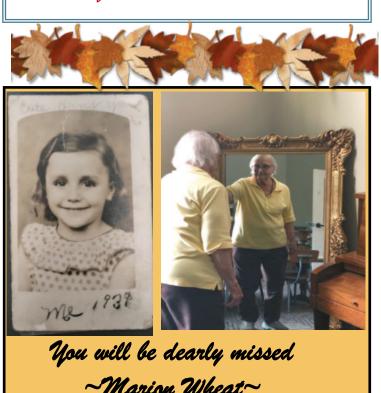
#### It's November!

With the holidays around the corner and colder weather fast approaching, we have many activities planned for you...

We have entertainers, parties, and crafts to keep your spirits up and fight off those "winter blues"!

Come join in on the fun! Hot coffee, card games, and friends every weekday!

-Mackenzie



Why did the scarecrow win an award at work?



#### Staff

Center Coordinator: Mackenzie Davis
Activity & Nutrition Aide:
Carol Schwierking
Transportation: Don Schneider

#### **Advisory Board**

David Maltman: *President*Carolyn VanderKooy: *Vice President*Marlene Briggs: *Treasurer*Teresa Potts: *Secretary* 

SNI Central Office Rep: Nicole Driesenga

Members at Large: Leo Peters, Russ Hariq, Bill Donley

Representative of the SNI Board of Directors: Marlene Briggs



He was
OUTSTANDING
in his field!

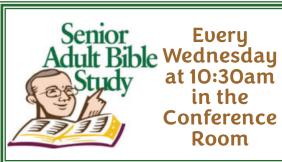


Hot Coffee, Cool People!



Join us for coffee and card games Monday-Friday at 9am!

Dinner on the town! Nov. 16th bus transportation provided





Nov. 20th at 10am



Kim Doyle -6th

Terra Bienman -9th
Joe Melle -12th
Herm Westrate -13th

Mary Harig -28th

Birthday Bash with Bob Lacy on Nov. 10th at 10:30!



Veteran's Day Nov. 10

Thank you for your service & sacrifice

Please join us for a day of recognition







## POLKAPARTY



Live music

Dancing

Polish dogs

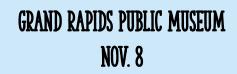


Games

Prizes

**Friends** 

Nov. 13th - games start at 9, band plays at 10:45, food at noon!





LUNCH AT BIG BOY TO FOLLOW!

Join us for accessible exercise classes at Schneider Manor in the Activity Room

Tuesdays & Thursdays from 10:30-11:30am

\$3.00 suggested donation per class





Join us for bingo Every Tuesday & Thursday 11:00am

RECIPE: Very Cherry Jello by Joann Childs

1 lg. package cherry jello 1 lg. can cherry pie filling 2 cups boiling water

Whipped cream for topping

Mix jello powder with boiling Add cherry pie filling

Mix well & chill

Top with whipped cream & enjoy!

Advisory Council Meeting

Nov. 6th at 10:30am





2023



# NOVEMBER



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Monday Wednesday Thursday Friday Tuesday 3 Hat Day 9:00- Coffee & Suggested Donations: 9:00- Hand & 9:00- Hand & - Your **Foot Card Game** Card games **Foot Card Game** donation is greatly 9:30- Coffee & 9:30- Pokeno 9:30- Coffee & appreciated Cards Cards 11:00- Bingo Lunch 60+ \$3.00 10:30-Bible Study 10:30- Dice 59- \$4.00 charge 6 10 Veteran's Day 9:00- Hand & Foot 9:00- Coffee & Center is closed 9:00- Coffee & 9:00- Hand & Card Game Card games for Women's Foot Card Game Card games Club 9:30-Coffee. 9:30- Pokeno 9:30- Pokeno 9:30-Coffee & Cards Cards, & Skip-bo 11:00- Baked Lunch outing 11:00- Bingo 10:30-Birthday 10:30 - Advisory Goods Bingo Council Meeting Bash! 13 14 17 Blue Dau 9:00- Hand & Foot 9:00- Coffee & 9:00- Hand & 9:00- Coffee & 9:00- Hand & Card Game **Foot Card Game** Card games Card games Foot Card Game 9:30-Coffee, 9:30- Pokeno 9:30- Coffee & 9:30- Pokeno 9:30- Coffee & Cards, and skip-bo Cards Cards 11:00- Mystery 11:00- Bingo 10:30- Polka Party Bingo 10:30-Bible Study 10:30-Dominos 22 23 24 20 21 9:00- Hand & Foot 9:00- Coffee & **CENTER IS Card Game** Card games CLOSED Pizza & movie in 24th & 25th 9:30-Coffee, 9:30- Pokeno the Sanctuary! Cards, & Skip-bo 11:00- Pie Bingo 10:30- Craft with nanksgiving Marlene 28 29 9:00- Hand & Foot 9:00- Coffee & 9:00- Hand & 9:00-Coffee & Card Game Card games **Foot Card Game** Card games 9:30- Coffee & 9:30-Coffee, 9:30- Pokeno 9:30- Pokeno Cards, & Skip-bo Cards 11:00- Household 11:00- Bingo 10:00- Wii Sports Items Bingo 10:30-Bible Study

## **Sparta Senior Neighbors Center**

Sparta Senior Center in Harvest Way 100 Ida Red Ave. Sparta, MI 49345

Center Coordinator
Beverly Tanner

*BusDriver:* Trudy Heath

Nutrition Aides:
Sue Smigiel & Donna
Langworthy

Office Assistant:
Deb Reister



#### **Dear Seniors,**

Happy November. We have a busy November. We have Robert coming in to do hearing test and clean hearing aids. Attorney Mike Herring is returning. We have our Ghield B-Day party, music with Deb Edie, Natasha will be here for a Medicare/Medicaid drop in, 'Eunch Bunch Trip will be to "Nonno's" in Cedar Springs, and our movie with Be "The Great Outdoors" to go along with our Derr Camp Theme Party. The Center will be closed November 23 & 24 for Thanksgiving. I am looking for to sharing many smiles with you this month. Gee you at the Center.





Shield
Insurance
Birthday
Party
November
14th @ 10

Please vote for members to serve on the Advisory Council.
November 29th @ the Deer Camp Party.











Gnome Craft w/ Donna Wednesday Nov. 15th @ 10



Blood Pressure Clinic Nov. 20th @10 in Club Room





## **Sparta Senior Neighbors Center**

Sparta Senior Center ~ Come in for the Fellowship and Stay for the Friendships



## Please Join Us For Our November Senior Neighbor Deer Camp PARTY

Wednesday November 29, 2023 10am-Lunch

Please sign-up at the desk outside of the office if you plan on coming!







Lunch Bunch Trip to Nonno's November 16, 2023 @ 10:30







## Sparta Senior Neighbors Center

Sparta Senior Center ~ Come in for the Fellowship and Stay for the Friendships



**01 Barton Hoekstra** 

**02 Janice Kerr** 

02 Donna Langworthy

**05 Carl Mosher** 

**06 Tom Russell** 

07 Dorothy Massey

**07 Frances Spangenberg** 

09 Joel Austin

10 Maria Jimeng

13 Clark arlson

17 Dwight Carpenter

18 Mike Hovey

20 Billie Sampson

22 Alma Powell

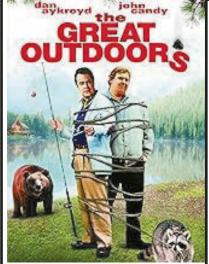
23 Christine Isenhoff

28 Carol Toppen

**30 William Follett** 

**30 Arnold Winell** 

Sir Volay



A fun-loving
Chicago man
has high
hopes for a
serene family
vacation at a
lakeside
resort, but the
weekend goes
awry when his
obnoxious inlaws show up
unannounced.

Fri. Nov.
17th
at
9:30am





## Sparta Advisory Council Members

~ President: Karen Keech

COUNCIL ~ Vice President: Norma Taylor

~ Treasure: Annette DeVries

~ Secretary: Deb Reister

~ Members at Large: Lorraine Gray and Lois Hall



Next Meeting: Wed. Nov. 8th at 12:30 pm
Hope to See YOU There!



5th Daylights Savings Time Turn Back

6th Music w/ Roger & Fred

8th Music w/ Country Stringz

9th Hearing Test w/ Robert

10th Mike Herring Attorney

11th Veterans Day

13th Commodities

13th Music/ Deb edie

13th Medicaid/Medicare Drop

In

14th Shield B-Day Party

16th Lunch Brunch "Nonno's"

17th Movie "The Great Outdoors"

20th Blood Pressure Clinic

21st Emmanuel Hospice Group Grief

Support Group

22nd Music w/ Country Stringz

23rd & 24th Center Closed Thanksgiving





# November





clocks back.

Monday	Tuesday	Wednesday	Thursday	Friday		
Baked Goods Every Tues & Thurs .25 to \$1.00 Donation	Lunch Is At 11:30 am Everyday Suggested Donation \$3.00	1 10 Sing-a-Long 12:15 Euchre  KEEP CALM AND SING ALONG	2 10:15 Exercise 12:15 Bingo	3 10 Chicken Foot 12:15 Fill or Bust w/ Sandy		
6 Music w/ Roger & Fred 12:15 Games	7 10:15 Exercise 12:15 Bingo  KEEP CALM EXERCISE	8 10 Music w/ Country Stringz 12:15 Euchre 12:30 Advisory Council Meeting	9 10 Hearing Test w/ Robert 10:15 Exercise 12:15 Bingc	10 10-11 Attorney Mike Herring 12:15 Fill or Bust w/Sandy		
13 9:30 Commodities 10 Music w/ Deb Edie 10 Medicare Medicaid Drop in w/ Natasha	14 10:15 Exercise 11 Shield B-Day Party 12:15 Bingo	15 10 Gnome Craft w/ Donna 10 Sing-a-Long 12:15 Euchre	16 10:15 Exercise 11 Lunch Bunch "Nonno's" 12:15 Bingo	17 9:30 Movie "The Great Outdoors" & Popcorn 12:15 Fill or Bust w/ Sandy		
20 10 Blood Pressure Clinic 10 Music w/ Roger & Fred 12:15 Gam	21 10 Emmanuel Hospice "Handling Holiday" Group Session 10:15 Exercise 12:15 Bingo	22 10 Music w/ Country Stringz 12:15 Euchre	23 Center Closed Happy Thanksgiving	24 Center Closed		
27 10 Sing-a-Long 12:15 Games	28 10:15 Exercise 12:15 Bingo	9:30 Election for Advisory Council	30 10:15 Exercise 12:15 Bingo	Daylight Savings Time is @am Sunday November 5th. Don't forget to set your clocks back		

**10 Deer Camp Party** 

**12:15** Euchre



### **Walker Senior Neighbors Center**

Located in Walker at 1470 3-Mile Rd NW.

We welcome you to join us

Monday, Wednesday and Friday 9:00am to 3:30pm

A healthy, delicious lunch is served at noon

Suggested donation for meal:

\$3.00 for seniors over 60, a charge of \$4.00 for people under 60

Phone: 616.735.3240 Email: smeines@seniorneighbors.org

Web Site: www.seniorneighbors.org





Welcome to the New Walker Senior Neighbors Center

I'm finally back to my Walker Home!

Please take the time and grab a cup of coffee, a cookie, look at a book, or enjoy the new friends around you.

Next time you stop in, invite a friend to join you.

All are welcome!

Sherri Meines, SDC

Walker Center Coordinator



#### **Senior Center Staff**

Center Coordinator:
Sherri Meines
Senior Director Certified
Nutrition Aide:
Lora Boogaard
Centers & Volunteer
Supervisor:
Open







Don't know if any remember, but at the

Walker Center and all the other
Senior Neighbors centers we have an
Advisory Council made up of
members from the center. So this
November you will be voting on your
new Advisory Council for the Walker
Center. If you are interested in having
your name put on the
ballot, please let Sherri know so you
can be added.

We plan on having 7 members on the Advisory Council. Once on the board, the board will vote who will be President, Vice President, Treasurer, Secretary and Members at large.

No experience necessary.





Giving Thanks for the ways you can connect to Senior Neighbors





Web Site: www.seniorneighbors.org





## **Available Home Maintenance Services Through Kent Millage Funded Services**

This program is designed to take care of minor home repairs by our Home Maintenance handymen.

#### **Services Include:**

#### Carpentry

-Repair screen and storm doors, cabinets, Change locks, perform minor carpentry jobs or install blinds

#### **Electrical**

-Replace light switches and fusrs, reset circuit breakers, install light fixtures and ceiling fans, change light bulbs

#### **Plumbing**

-Repair or replace faucets, sink drains, toilets, garbage disposals, install hand-held shower nozzles or shower curtains

#### Safety

-Install smoke and/or CO2 detectors, non-slip materials to steps and/or tubs, replace batteries in smoke detectors, repair minor cement patches on walks and/or steps

#### Seasonal

-Limited lawn mowing and/or snow removal, windows and doors, installing and/or removing client-supplies room air conditioners

To Learn More
If you have questions, just let us know:
616.233.0281

intake@seniorneighbors.org

#### Wish List & Donations Needed

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



Regular Coffee, Decaf Coffee, Decaf Tea, Tea, Splenda (Yellow Packets) Cookies or prepackaged snacks



Wishing Birthday Blessings to all our November Birthday's

When you join the Walker Senior Center Your name will be added to our monthly birthday list.

So why wait!

Join the Walker center today.

During your birthday month you will receive one free lunch, good any time.



### November Happenings

#### Monday's

9:00 Coffee & Cookies 10:00 Bingo for Groceries 12:00 Lunch 1:00 Knitting & Crochet Group Cards & Games

#### Wednesday's

9:00 Coffee & Cookies
11:00 Music/Entertainment
12:00 Lunch
1:00 Marbles/Aggravation
Wooden Board Game
Cards & Games

#### Friday's

9:00 Coffee & Cookies 10:00 Crafts w/Sherri 12:00 Lunch 1:00 Group Puzzle Time Cards & Games

Ideas or suggestions please let me know.

Thanks,

Sherri Meines, SDC









Monday

Wednesday

Center Opening

**Friday** Monday November 13h 9:00am

6





10



13 Opening Day!

9:00 Coffee & Cookies 10:00 Bingo for Groceries 12:00 Lunch 1:00 Cards & Games Knitting & Crochet

15

9:00 Coffee & Cookies 9:30 Craig Hall MKD/Breakfast 11:00 Sharon VanderBoom Taste of Kentucky/Tennessee 12:00 Lunch 1:00 Cards, Games & Marbles

24

9:00 Coffee & Cookies 10:00 Thanksgiving Craft 12:00 Lunch 1:00 Cards & Games **Group Puzzle Time** 

20

9:00 Coffee & Cookies 10:00 Bingo for Groceries 12:00 Lunch 1:00 Cards & Games **Knitting & Crochet** 

22

9:00 Coffee & Cookies 11:00 Eddie Fransico. Music 12:00 Lunch 1:00 Cards, Games & Marbles **Thanksgiving** 

**Party** 



27

9:00 Coffee & Cookies 10:00 Bingo for Groceries 12:00 Lunch 1:00 Cards & Games Knitting & Crochet

9:00 Coffee & Cookies 11:00 Mitch Ross, Karaoke 12:00 Lunch 1:00 Cards, Games Marbles/Aggravation **Wooden Board Game** 





### **Ways to Wellness**



Julie Lake. Wellness Coordinator

Has your Fall Been Fall Free?

Last month I visited each of our senior centers to share some fall prevention tips and tricks with all those interested in listening. I was able to bring along the trekking poles from our lending library so people could try them out, which was so much fun. Be sure to reach out to me if you want to borrow a set of trekking

poles to see how they work!

I also talked about wearing cleats on the bottom of your shoes to help prevent slips in the snow and ice. This seemed to be a part of the conversation people seemed most interested in, so I want to put the information in writing so you can find it if you are trying to remember!

These slip on cleats would make a great Holiday gift for someone you care about! They run around \$20 dollars a pair and come in a variety of sizes. If you don't need another "Best Grandma/Grandpa" sweatshirt, consider putting

these on your Holiday Wish list. There are a variety of brands to choose from - the ones I have been using for show and tell come from "Yak Trax" but check out other brands. You can do an internet search for "snow and ice cleats" and you'll have many options to choose from.

They can be purchased from sports stores like Dick's Sporting Goods or Dunham's. They are often available at Blains, Walmart, and Meijer, or of course they can be found on Amazon as well.

While they will not protect you entirely against a fall, they do help in gripping that snow and ice as you walk to help you stay on your feet.

If you want more information, reach out! Happy Walking!

Stay Well! - Iulie

## thank you to our 2023 community partners in philanthropy









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#### WHO IS MISSION POINT HEALTHCARE SERVICES?

Mission Point Healthcare Services is a full service health care management company located throughout the Detroit-Metro, greater Grand Rapids and Northern Michigan regions. Mission Point operates and manages twenty (20) fully licensed, skilled nursing care facilities consisting of over 1,690 skilled nursing beds. Mission Point's services offered are physical rehabilitation, skilled nursing care, wound care, hospice care, Alzheimer's and dementia patient care, tracheal and enteral services, transitional rehabilitation services and short-term respite care. Mission Point provides health care services to senior citizens and elderly patients as well as other patients requiring specialized nursing care.

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For more information or to schedule a tour, please contact us at: Western MI-616-957-3957 Eastern MI-248-577-2632 Northern MI-906-482-6644 info@missionpointhealthcare.com



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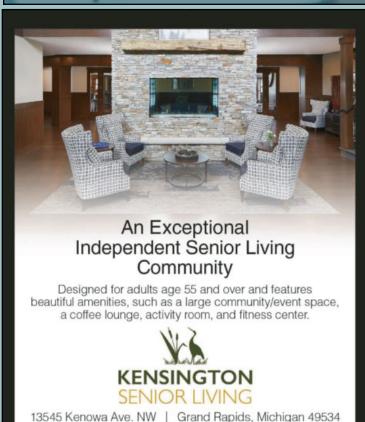
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**CENTRAL OFFICE OF SENIOR NEIGHBORS** 

678 Front Ave. NW Suite 205

**Grand Rapids, MI 49504** 



We promote the well-being of older adults with services that promote self-sufficiency, especially for those with physical, social or economic needs living in Kent County.





Every year we serve over 4,000 older adults, helping them remain independent through our four Senior Neighbors Centers and a wide range of services.



#### **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, 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, Administration on Aging.









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