



OUR CENTRAL OFFICE ADDRESS

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



Reflecting on 50 Years of Senior Neighbors: A Year of Growth and Gratitude

As we look back on the past year, we find ourselves not only celebrating Senior Neighbors' remarkable journey over the past half-century but also appreciating the ever-expanding horizons of service and support. Fifty years ago, Senior Neighbors embarked on a modest mission—to provide nutritious meals for local seniors. Today, we offer a diverse array of programs that cater to the evolving needs of our aging population.

Kent County's senior population has tripled over the past five decades. While our initial mission was rooted in providing meals, our commitment now extends to transportation, promoting healthy living, fostering socialization, helping seniors overcome personal crises, and ensuring their safety within the comfort of their own homes.

Looking ahead, we're excited to contemplate the growth opportunities created by the opening of two senior centers in new locations in 2023. These centers will further our mission of providing a supportive environment where seniors can come together, engage, and find the assistance they need. These milestones signify our ongoing commitment to adapt and expand, ensuring that we continue to serve our growing senior population effectively.

As I prepare to retire in March, I must note that it has been an incredible privilege to be part of the Senior Neighbors community. I'm filled with gratitude for the incredible work that we do and the impact we have on the lives of those we serve. The future is bright, and the legacy of Senior Neighbors continues to shine as a beacon of hope and support in Kent County.

As we reflect on the past year, we are reminded of the remarkable journey that began with a simple idea and has grown into a lifeline for seniors in our community. Thank you for being an integral part of this growing community, for your unwavering support, and for helping us ensure that no senior in West Michigan ever walks alone on their path to a healthy and happy life.



**THRIVE
LOCALLY**

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to reach your community



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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

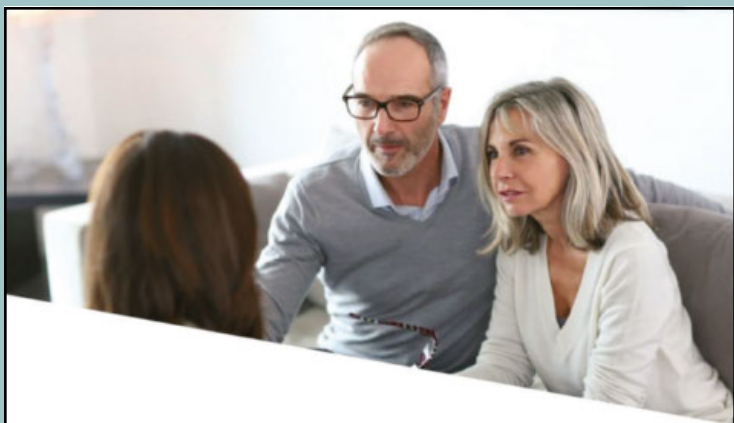
Call today to get an application!
1925 Bridge St NW ~ Grand Rapids, MI 49504
616-453-8723 ~ TTY 7-1-1

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Get local help with your Medicare questions.

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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.

Call today to find a plan that's right for you.

Stevie Calderon
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For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0664

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. But 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 **acugr.com** to read more incredible success stories.





Grand Rapids Senior Neighbors Center

**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 ~

Seasons Greetings,
Just wanted to take a moment to wish
everyone A very Happy Holiday Season.
I hope that all of your wishes come true.
As Always drop in and see me I am here for
you!



WE WISH YOU
A
VERY MERRY
Christmas

**Let's Celebrate Everyone Born
In December
Friday, December 29
All Day**



Staff & Volunteers

Next Meeting Tuesday December 19 @ 12:30

Center Coordinator: **Jill Mancewicz**

Activity Assistant: **Tanina Ramos**

Nutritional Aide: **Roger Trotter**

Representative from SNI:

AARP Volunteers: **Rodney Lillard, , Burton**

Holmes. Richard Sanders, Willie Raney

Senior Companions: **Sue Owen, Ruby Leggett. Diane Santagio Terry Murphy**

Advisory Council Members

Next Meeting Tuesday, November 21 @ 1:00

President: **Barb Turner**

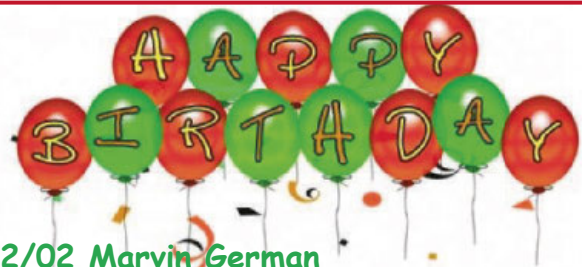
Vice President: **Perry Hughes**

Treasurer: **Sue Owen**

Secretary: **Sue Owen**

Members at Large: **Stan Smith, Hank Slagter, Charlie Pace, Harylon Moore**

SNI Board Rep: **Charlie Pace**



12/02 Marvin German
12/02 Perry Hughes
12/02 Sherman Scott
12/10 Annie Smith
12/12 Peggy Lewis
12/13 Billy Charleston
12/16 Adelita Silva
12/17 Silas Deans
12/19 Bruce Lloyd
12/20 Jim Simonait
12/22 Jerome Johnsor
12/26 James Beal
12/26 Jerry Johnson
12/26 Stanley Smith
12/26 Gary Vroma
12/28 Brian Tolsma
12/30 Jake Winbush
12/31 Dennis Brooks





Grand Rapids Senior Neighbors Center

Upcoming EVENTS

4th lunch bunch to Olive Garden 10:30

5th Bargain Hunters

6th Rotary lunch sign up 12:00 and not before

At Aquinas Collage

7th Nutrition class 9:30

8th Breakfast with Jonathon and East Kentwood
Students

11th Nutrition Class

19th Advisory Counsel Meeting

Smart recovery 12:00 Mondays

Bible Study 9:30 Tuesdays

Wednesdays Breakfast 9:00

Bingo Fridays 10:00

Become a part of the team

Advisory Counsel is looking for new members

Submit your ballet and cast your vote new
members will be chosen December 19th



Lunch Bunch

Join us for
lunch on
Monday,
December 4
We will go to
Olive garden
from the
center leaving
at 10:30 am



Sign up for our
Cribbage
tournament. It will
take place on
Monday
December 11
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



Grand Rapids Senior Neighbors 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.

*Decaf/Regular Coffee/
Tea

*Coffee Creamer

*Snacks/Goodies

*New Batteries

*Postage Stamps

*Bingo Prizes

*House Plants

*Potting Soil

*Planters



From the Dietary side of me...

Raisins have amazing health benefits, including anemia, preventing cancer, proper digestion. They prevent hair loss, treat skin disease, joint pain and help to regulate the bodies PH levels. Raisins relieve fever, support eye health and insomnia. Packed with nature's gifts, including all essential minerals, vitamins, and antioxidants.

So there you have it incorporating raisins into your diet provide many health benefits.

Amish Raisin Pudding

Heat oven to 350

13x9 pan

2 c. brown sugar divided

2 1/2 c. water

2T. Butter

1/2 c. milk

1 1/4 c. bisquick

1 c. raisins

1c. Chopped nuts

1t, vanilla

In a sauce pan bring to a boil 1c. Brown sugar water and butter. Boil 5 minutes., pour into pan.

In a bowl mix remaining brown sugar ,Bisquick, raisins nuts and vanilla . Spoon batter over water mixture. Bake 45 minutes.

Serve with whipped cream.



**Join Us For Our
Annual Christmas
Party With A
Surprise Guest
December 22nd**





Grand Rapids Senior Neighbors Center



2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Sign-in and Sign-Up for Special Trips and Activities!</p>				<p>1 Cards 9:00 Bingo 10:00</p>
<p>4 Lunch Bunch 10:30 Olive Garden Smart Recovery 12:00</p> 	<p>5 Pool 9:00 Bible Study 9:30 Bargain Hunters 9:00</p>	<p>6 Breakfast 9:00 Grand Rapids Rotary Lunch at Aquinas Collage Leave Center. Be at Center at 11:00. Must Sign Up to Attend</p>	<p>7. Nutrition class 9:30 Please sign up</p>	<p>8 Breakfast with Jonathon and East Kentwood students 9:00 am Bingo 10:00</p>
<p>11 Nutrition Class 9:30 Smart Recovery 12:00</p> 	<p>12 Pool 9:00 Free Legal Aid 10:00 Bible Study 9:30</p>	<p>13 Breakfast 9:00 Please Donate Wii Bowling 10:00</p> 	<p>14 Pool 9:00 Cards 9:00</p>	<p>15 Bingo 10:00</p>
<p>18 Crafts 10:00 Smart Recovery 12:00</p> 	<p>19 Bible Study 9:30 Advisory Council 12:30</p> 	<p>20 Breakfast 9:00</p> 	<p>21 Pool 9:00 Cards 10:00</p>	<p>22 Christmas Lunch Christmas Party with special guest</p> 
<p>25th  </p>	<p>26 Closed</p>	<p>27 Breakfast 9:00 Please Donate</p> 	<p>28 Pool 9:00 Cards 9:00</p>	<p>29 Birthday Friday</p> 

Grandville Senior Neighbors Center

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.seniorneighbors.org rlapham@seniorneighbors.org

From the Coordinator's Desk

Rin Lapham

*Grandville Senior
Center Coordinator*

During this season of giving don't forget to take the time for a peaceful moment in your day. Check in with yourself and be mindful of what you need throughout the season. Enjoy the time with friends and family.

Staff

Coordinator: Rin Lapham

Nutritional Aide: Jazzmin Dean

Bus Driver: John Bouma

Senior Neighbors

Representative: TBA

Advisory Council Members

*Deb Bierema, Cathy DeLeeuw,
Craig Geerlings, Sue Lynema,
Faith Martin, Peter Noel,
Lois Ripma*

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.



Engaging Wellness

Mondays & Wednesdays

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

Fridays

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



Like us on
Facebook

Senior Neighbors

Grandville Senior Neighbors Center



December Happenings

12-1 12:30 Bing Higbee Music

12-6 Closed for Rotary Luncheon

12-8 12:30 DIY Greeting

Cards

12-11 11:00 Decorate the Center

12-14 11:00 Free Legal Advice

12-15 12:30 Holiday Flute

Duel

12-20 12:45 Food Pantry

12-22 12:30 White Elephant

Christmas Party

12-25+26 Closed for Christmas

12-29 12:30 New Year's Early
Party w/ Marv Luttrell



Rotary Holiday Luncheon!

Wednesday Dec. 6th

Arrival time 11:30am

At Aquinas College

Seats are limited so Please RSVP
at GRVL Senior Neighbors Center



New Year's Early Party

December 29th at 11am

Come celebrate another
great year with Music
from Marv Luttrell,
dancing, and fun!

Music at 12:30

Grandville Senior Neighbors Center

Donations Needed

Grandville Senior Neighbors relies on donations and financial support to operate and provide for the senior community. Every item donated is one more dollar we can put towards senior services.

Wish List Items:
Coffee, Decaf Coffee,
Hot Cocoa, Sugar Packets,
Cookies, Tea bags

Thank You

White Elephant Christmas Party!

Starting at 12:45
on Dec. 22nd.

**Bring a wrapped
White Elephant
gift if you would
like to join!**

**Please RSVP at the
Grandville Center**



2 Cathy D.
2 Mary T.
4 Bob M.
8 Gail Z.
11 Ruth S.
12 Peggy L.
12 Cheryl M.
12 Vicki H.
13 Levester J.
17 Paul K.
18 Pete N.
18 Mary R.
19 Ann T.
19 George W.
23 Mary W.
25 Sandy T.
28 Sharon B.
30 Janice P.

Grandville Senior Neighbors Center

December

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch 12:30 Music w/ Bing Higbee
4 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	5 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	6 CLOSED for Rotary Club Luncheon 9:30 Fitness 10:45 Fitness	7 8:30 Foot Care 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	8 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch 12:30 Making Greeting Cards for the Holidays!
11 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 11:00 Deck the Halls 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	12 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	13 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 11:00 Winter Craft 12:00 Lunch 12:45 Cards/Euchre	14 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 11:00 Free Legal Advice 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	15 Ugly Christmas Sweater Day 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch 12:30 Flute Duet Christmas Music!
18 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	19 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	20 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 11:00 Decorate Christmas Cookies 12:00 Lunch 12:45 Food Pantry	21 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	22 Christmas Party! 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch 12:30 White Elephant Christmas Party!
25 Closed	26 	27 8:30 Foot Care 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 11:00 Winter Craft 12:00 Lunch 12:45 Cards/Euchre	28 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	29 New Years Early Party! 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch 12:30 New Years Dance Party! w/ Marv Luttrell!



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 \$3.00 donation

865 Lincoln Lake Ave. SE

Lowell, MI 49331

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



Welcome to December

Winter is upon us and the holidays are fast approaching!

This month, we have festive crafts, parties, entertainment, and many chances to socialize with friends old & new...

We hope you will join us too!

-Mackenzie



Staff

Center Coordinator: Mackenzie Davis

Activity & Nutrition Aide:

Carol Schwierking

Transportation: Don Schneider

Advisory Board

David Maltman: **President**

Bonnie Weststrate: **Vice President**

Marlene Briggs: **Treasurer**

Teresa Potts: **Secretary**

SNI Central Office Rep:

Members at Large: Joyce Wilkerson,
Alice Kinyon, Leo Peters

Representative of the SNI Board of Directors: Marlene Briggs

Senior Guess Who?



Can you figure out
who these sisters are?



Lowell Senior Neighbors Center

*Hot Coffee,
Cool People!*



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

Advisory Council Meeting

Dec. 4th at 10:30am



December Birthdays

Carroll Eckman— Dec. 6

Mackenzie Davis— Dec. 6

Joan Campbell— Dec. 7

Bill Donley— Dec. 22

Zetta Propst— Dec. 29

*Birthday Bash with
Bing Higbee
Dec. 15th!*

**CHRISTMAS LIGHTS AT
THE BALLPARK
DECEMBER 13TH**

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

Tuesdays & Thursdays

\$3.00 suggested



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

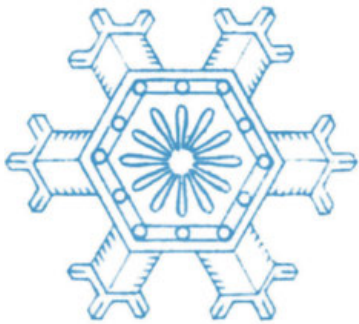


Lowell Senior Neighbors Center

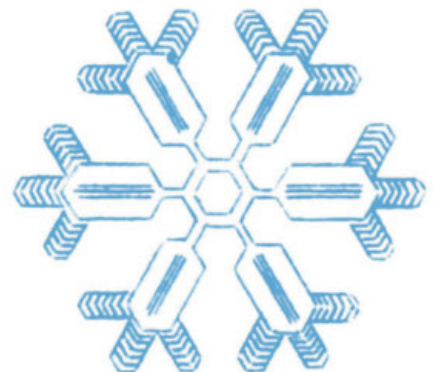


CHRISTMAS PARTY DECEMBER 22ND

JOIN US FOR
A DAY OF
FESTIVITIES
INCLUDING:
CHRISTMAS
CAROLS,
HOLIDAY
TREATS,
LUNCH, AND
50/50 RAFFLE,



*Cookie decorating
& Gift Exchange
Dec. 21st*





Lowell Senior Neighbors Center







2
0
2
3



December



2
0
2
3

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Suggested Donations:</u></p> <p>♥ - Your donation is greatly appreciated</p> <p>Lunch 60+ \$3.00 59- \$4.00 charge</p>				<p>1</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30- Winter Concert</p>
<p>4</p> <p>9:00- Hand & Foot Card Game</p> <p>10:30- Advisory Council Meeting</p> <p>11:00- Rock Painting craft</p>	<p>5</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Health and Wellness Bingo</p>	<p>6</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30-Bible Study</p>	<p>7</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Bingo with Pastor Shannon</p>	<p>8 <u>Hat Day</u></p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>11:00- Jeopardy</p>
<p>11</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee, Cards, and skip-bo</p> <p>10:00- Wii Sports</p>	<p>12</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Mystery Bingo</p>	<p>13</p> <p>Center Closed</p> <p>Christmas Lights at LMCU ballpark</p> 	<p>14</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Bingo</p>	<p>15 <u>Red & Green</u></p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30-Birthday Bash!</p>
<p>18</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee, Cards, & Skip-bo</p> <p>10:00- Wii Sports</p>	<p>19</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Christmas Bingo</p>	<p>20</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30-Ornament craft</p> <p>10:30-Bible Study</p>	<p>21</p> <p>9:00- Coffee & Card games</p> <p>10:15- Cookie decorating</p> <p>11:00- Bingo</p>	<p>22</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30- Holiday party</p>
<p>25</p> <p>Center closed</p> 	<p>26</p> <p>Center closed</p> 	<p>27</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30-Bible Study</p>	<p>28</p> <p>9:00- Coffee & Card games</p> <p>9:30- Pokeno</p> <p>11:00- Bingo</p>	<p>29</p> <p>9:00- Hand & Foot Card Game</p> <p>9:30- Coffee & Cards</p> <p>10:30- Horserace</p>

Sparta Senior Neighbors Center

Sparta Senior Center in Harvest Way
100 Ida Red Ave.
Sparta, MI 49345
PH: 616.887.1273



Center Coordinator
Beverly Tanner



Bus Driver:
Trudy Heath

Nutrition Aides:
Sue Smigiel & Donna
Langworthy

Office Assistant:
Deb Reister

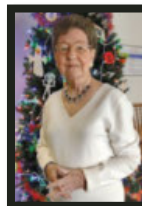
Dear Seniors,

Happy December. It is the end of the year already. Wow! Time has flown by. We have a very busy December. We have a Christmas card craft, Christmas ornament craft, and will be decorating Cookies. We will have Den Middleton, Country Stringz, and Roger & Fred performing for us. We are having an After Christmas Party, A white elephant gift exchange (\$5 dollar limit), Ugly Christmas Sweater Contest, and watching the movie "Christmas with the Kranks". We will be doing a Noon Years eve Toast at Noon after the movie. Emmanuel Hospice will also be doing a presentation on Handling Holiday Grief. Shield Insurance will be hosting a Birthday party also. Happy Holidays and I'll see you at the Center.

Sincerely,

Beverly

happy
holidays!



Sparta
Senior Neighbors Senior of the
Month: Donna Crisman

Congratulations

Donna Crisman, a resident of Harvest way for the past 23 years. Her presence is noticeable because she loves to dress stylish and accessorize with lovely jewelry. Donna was born in March of 1932 in rural northern Kent County. She attended Longcore School through the 8th grade among 80 students with only one teacher. Her sister Dorothy was 17 months younger than Donna. They lost their dear mother to Cancer when Donna was 5. Donna's father remarried after a few years. The girls moved in with their grandparents and were raised on a dairy farm...which gave them great experience and memories. She met her husband at 15 years of age and knew he was the one! Donna had several interesting jobs with Dexter/Locke, General Motors, and even learning how to prepare dental impression. Her husband, Herbert, proposed to her and the next morning they drove to Brian, Ohio, where they were married. The marriage lasted 52 years, until Herb passed away after lingering health problems. Donna was always by his side to comfort and love him. Herb served in the Korean War and was buried with full military honors. Sadly, Donna's sister Dorothy passed away 3 years ago.. She is in close contact with Dorothy's three boys, Butch, Mitchell and Mark. They talk to her regularly and take her wherever she needs to go. Her favorite childhood memory is when she was sad, her Grandma would hold and rock her and tell her how much she was loved. Donna thanks God and her angel mom for watching over her all of her life. She's brave and feisty and not afraid to speak up. Her zeal for life is her motivation.



Christmas
Craft w/ Donna
Wednesday Dec 20th
@ 10

Merry Christmas!



Blood
Pressure Clinic
Dec 18th @10 in
Club Room

"Handling the Holidays"
Presentation
December 14th @
10:30 am



 Emmanuel Hospice



Sparta Senior Neighbors Center

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



**Please Join Us For Our December
Senior Neighbor After Christmas Christmas
PARTY**

**Wednesday December 27, 2023
10am-Lunch**

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

Ugly Sweater Contest
December 22, @ 10am



**Noon Years Eve Toast
December 29th, @
Noon**



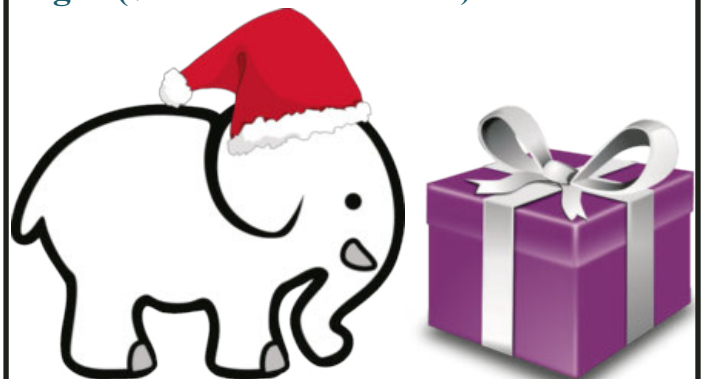
Christmas
Cookie
Decorating w/
Sandy & Kathy
December 8th
@ 10 am



**Shield Birthday Party
December 14th, 10 am**



**White Elephant Gift Exchange
December 27th @ 11am Wrapped
gift (\$5 And Under Please)**





Sparta Senior Neighbors Center

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

Born in December

07 Karen Thayer
08 Francis Nemecek
08 Lorraine Gray
11 Harold Pond
12 Vici Saffore-Hiler
18 Marie Blackburn
18 Barb Syrek
19 Nicole Driesenga
19 Jerry Clayton
24 Karolyn VanNoord
25 Bonnie Graham
27 Sue Smigiel
31 Delores Prisbe



Sparta Advisory Council Members

~ **President:** Karen Keech
~ **Vice President:** Norma Taylor
~ **Treasure:** Annette DeVries
~ **Secretary:** Deb Reister
~ **Members at Large:** Lorraine Gray and Lois Hall



Next Meeting: Wed. Dec. 20th at 12:30 pm
Hope to See YOU There!



Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

**Fri. Nov.
17th
at 9:30am**



Save the Date

1st Card Craft w/ Virginia
4th Music w/ Roger & Fred
6th Center Closed Rotary Christmas Luncheon
8th Decorate Cookies w/ Sandy
10th Mike Herring Attorney
11th Music w/ Marvin Luttrell
13th Music w/ Country Stringz
14th Handling Holiday Grief w/ Emmanuel Hospice
15th Shied Birthday Party
18th Music w/ Roger & Fred
18th Blood Pressure Clinic

20th Christmas Craft w/ Donna
22nd Ugly Christmas Sweater Contest
22nd Music w/ Den Middleton
25th & 26th Center Closed
27th After Christmas Christmas Party
27th White Elephant Gift Exchange
29th Movie & Popcorn
"Christmas with the Kranks"
29th Noon Years Eve Toast





2023 DECEMBER



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 Card Craft w/ Virginia 10 Chicken Foot 12:15 Fill or Bust w/ Sandy 
4 Music w/ Roger & Fred 12:15 Games 	5 10:15 Exercise 12:15 Bingo 	6 Center Closed Rotary Christmas Lunch 	7 10:15 Exercise 12:15 Bingo 	8 10 Decorate Cookies w/ Sandy & Kathy 12:15 Fill or Bust w/ Sandy 
11 9:30 Commodities 10 Music w/ Marvin Luttrell 10 Medicare Medicaid Drop in w/ Natasha 12:15 Games	12 10:15 Exercise 12:15 Bingo 	13 10 Music w/ Country Stringz 12:15 Euchre 12:30 Advisory Council Meeting 	14 No Exercise Today 10:30 Handling Holiday Grief Presentation 12:15 Bingo 	15 10 Shield B-Day Party 12:15 Fill or Bust w/ Sandy 
18 10 Blood Pressure Clinic 10 Music w/ Roger & Fred 12:15 Games 	19 10:15 Exercise 12:15 Bingo 	20 10 Craft w/ Donna Christmas Craft 12:15 Euchre 	21 10:15 Exercise 12:30 Bingo 	22 10 Ugly Christmas Sweater Contest 10:30 Music w/ Den Middleton 12:15 Fill or Bust w/ Sandy 
25 Merry Christmas Center Closed 	26 Center Closed 	27  After Christmas Christmas Party 10 Music w/ Country Stringz 11 White Elephant Gift Exchange 12:15 Euchre	28 10:15 Exercise 12:15 Bingo 	29 9:30 Movie "Christmas with the Kranks" & Popcorn 12 Noon Years Eve Toast w/ Sparkling Juice 12:15 Fill or Bust w/ Sandy 

Walker Senior Neighbors Center



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

Web Site: www.seniorneighbors.org

*Welcome
to the
New Walker
Senior Neighbors Center*



**Wednesday
December 6th
The Walker Center
will be closed!**



**Grand Rapids Rotary Lunch at
Aquinas College
1700 Fulton St E
Grand Rapids, MI 49506**

You must sign up to attend

Advisory Council



The Walker Center will be looking for volunteers to run for our Advisory Council. This council is made up of members from the center, and are there to help the Center Coordinator with ideas to help make the senior center better. We will be looking for names in December and January and vote at the end of January. If you are interested in finding out more or would like to run, please let the Center Coordinator know.

The Advisory Council will be made up of seven (7) members. Once the board has been voted in, the board will vote who will be

**President, Vice President, Treasurer,
Secretary and Members at large.
No experience necessary.**



Walker Senior Neighbors Center

Please Join Us For A Christmas Tea Party

Wednesday, December 13, 2023 at 9:30 AM

- * Bring Your Own Tea Cup & Saucer.
- * Wear a Lovely Christmas Sweater!
- * Bring a Friend!



Classic Game Day Friday Dec. 22nd 9:00 to 3:00



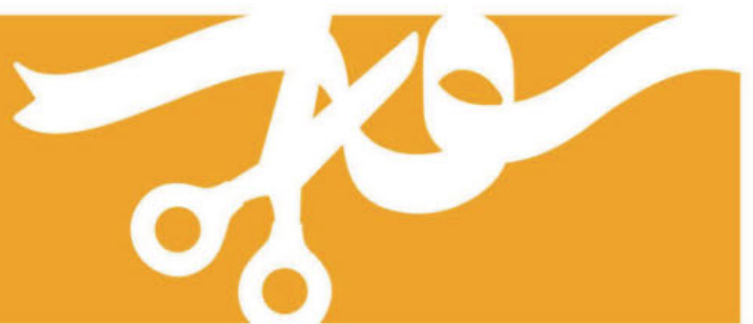
Ways you can connect to Senior Neighbors



**Senior
NEIGHBORS**
no longer alone

Web Site: www.seniorneighbors.org

**Senior
NEIGHBORS**
no longer alone



Walker Senior Center
GRAND OPENING
Celebration

12.05.23
Tuesday, December 5th



JOIN US!

10:30 A.M. - 12:30 P.M.
RIBBON-CUTTING & REMARKS AT 10:45 A.M.
1470 3 Mile Rd NW
Grand Rapids, MI 49544
Located Within the Walker Fire Station

Walker Senior Neighbors Center

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.

Hot Chocolate,
Regular Coffee, Decaf Coffee, Decaf
Tea, Tea, Splenda
Cookies or prepackaged snacks

Wishing Birthday Blessings to all our December 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.



December Special Happenings

Friday December 1
10:00 AM: Christmas Craft with Lora

Tuesday, December 5
**10:30-12:30: Grand Opening of our
New Center**

Wednesday, December 6
**12:00 PM: Center Closed for the
GR Rotary Luncheon**
(must be signed up to attend)

Friday, December 8
11:00 AM: Special Music with Marv Luttrell

Wednesday, December 13
9:30 AM: Christmas Tea Party
(Bring your own tea set and wear a
Christmas Sweater)
11:00 AM: Special Music Lee Gravelyn

Friday, December 15
11:00 AM: Special Music with Terry Grooters

Monday, December 18
**10:00 AM: Christmas Bingo with Maria from
Mission Point**

Wednesday, December 20
11:00 AM: Special Music with Kim Hall

Wednesday, December 27
**11:00 AM: Special Music with
Bing Higbee**

Friday, December 29
10:00 AM: New Years Trivia
12:00 PM: New Years at Noon Toast



Walker Senior Neighbors Center



December



<u>Monday</u> 	<u>Wednesday</u> 	<u>Friday</u>
4 9:00 Coffee & Cookies 10:00 Bingo for Groceries 12:00 Lunch 1:00 Cards & Games Knitting & Crochet Group	6 Center is Closed for the Rotary Lunch Aquinas College 1700 Fulton St. E Grand Rapids, MI 49506 Must Be Signed Up to Attend	1 9:00 Coffee & Cookies 10:00 Christmas Craft 12:00 Lunch 1:00 Cards & Games Group Puzzle Time
11 9:00 Coffee & Cookies 10:00 Christmas Bingo 12:00 Lunch 1:00 Cards & Games Knitting & Crochet	13 9:00 Coffee & Cookies 9:30 Christmas Tea Party Wear a Christmas Sweater 11:00 Lee Gravelyn, Music 12:00 Lunch 1:00 Cards, Games & Marbles/ Aggravation	15 9:00 Coffee & Cookies 11:00 Music w/Terry Grooters 12:00 Lunch 1:00 Cards & Games Group Puzzle Time
18 9:00 Coffee & Cookies 10:00 Christmas Bingo w/Maria Mission Point 12:00 Lunch 1:00 Cards & Games Knitting & Crochet	20 9:00 Coffee & Cookies 10:00 Christmas memories 11:00 Kim Hall, Music 12:00 Lunch 1:00 Cards, Games & Marbles/ Aggravation	22 CHRISTMAS LUNCH 9:00 Coffee & Cookies 10:00 Classic Board Games 12:00 Lunch 1:00 Classic Board Games 
25 Closed for Christmas 	27 9:00 Coffee & Cookies 11:00 Bing Higbee, Music 12:00 Lunch 1:00 Cards, Games Marbles/Aggravation Wooden Board Game	29 9:00 Coffee & Cookies 10:00 New Years Trivia Share New Years Resolutions NYE Toast at Noon 12:00 Lunch 1:00 Cards & Games Group Puzzle Time

Ways to Wellness



Blue Christmas

Julie Lake,
Wellness
Coordinator

While I don't "not like" Elvis Presley, I'm not necessarily a huge fan of his either. He has some good music, but this month I am always struck by his rendition of "Blue Christmas." Many people are out and about this holiday season, listening to Christmas Carols, promotion Joy, Peace, and Hope. And these are wonderful

feelings that we all try to hold on to when we can. However, the truth is that we often overlook that this is an incredibly difficult time of year for so many people who are struggling with grief, loss and loneliness. We now live in a time when there is so much focus on if it's okay to say "Merry Christmas" or if we should say "Happy Holidays." But, we probably don't spend enough time thinking about those who do not feel merry or happy in any way. I know this is not an easy subject, and not one that we always like to think about, but it's a truth we must face! For many people, the holidays are filled with anxiety, stress, grief, and sorrow.

What can we do? How can we best help people who are struggling during the holiday season? There is no easy answer to that question. And no one simple solution – no one size fits all remedy.

My personal opinion, is that we do our best to just be mindful of the fact that some people are struggling during the holidays (and every day). Don't just assume you know what someone is going through. Give a little space and grace to those who may need it. Ask your family and friends if they are okay. Ask them what you can do to help them. They may appreciate knowing that you care about them. There are grief support groups that can help. There are also religious organizations that offer "Blue Christmas" programs and services. There is help available. Be kind to everyone and work on recognizing that some people may really be struggling.

Stay Well!
-Julie

thank you to our 2023 community partners in philanthropy

Gold



Silver



The Currie Foundation

Bronze



Friend

Philip and April Alt
Robert and Luanne Barnes

Beacon Hill at Eastgate
Emmanuel Hospice
Integrity Business Solutions

Old National Bank
Doug and Kathy Vance

Community Partners in Philanthropy have made a year-long commitment to sponsor events supporting the programs and services of Senior Neighbors. We thank these generous partners for their ongoing dedication to Enhancing the Lives of Seniors throughout our community!



➔ Experience Meets Enthusiasm



Senior Neighbors is proud to be part of the national effort to support older adults serving their community through the AmeriCorps Seniors Foster Grandparent Program. This program is a triple win for our community. Serving reduces isolation and provides purpose and financial resources to the older adult volunteers. The students benefit from having a caring, consistent adult relationship and demonstrate improvements on a range of academic and social outcomes. Partner schools receive desperately needed capacity to individually support students.

Grandparents must be 55+, meet income guidelines and willing to serve 15-40 hours each week in local schools supporting the academic and social wellbeing of the next generation. Program staff provide the screening, training and resources to equip the volunteers for successful service. Each receives personalized assistance finding a placement that accommodates needs and matches their interests. Volunteers also receive a small hourly stipend, meal reimbursements and transportation to ensure serving is not a financial burden. Staff also connect volunteers to other Senior Neighbors programs when appropriate.

2022-2023 Academic Year

49

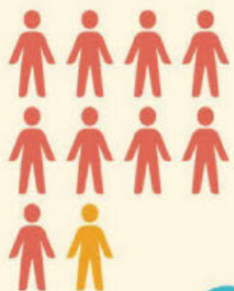
FOSTER GRANDPARENTS

35

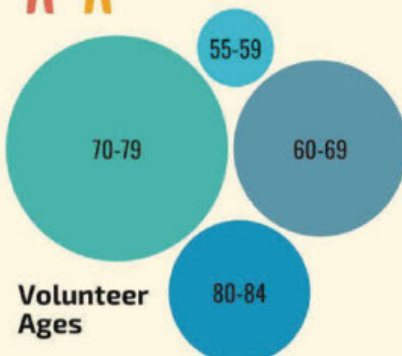
Black/African-American

14

White



**9/10
are
Female**



52,076

HOURS OF CONNECTION

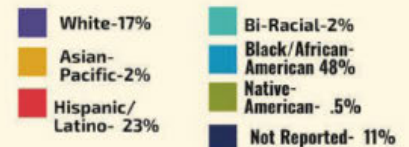
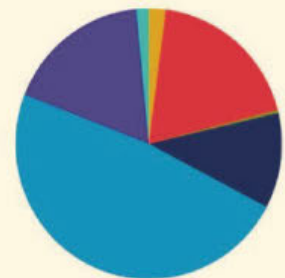
Foster Grandparents are matched with individual students identified by partner schools staff as having risk factors. Grandparents generally engage with 6-8 students, with the common goal of increasing their academic success.

Specific activities vary by age and individual needs but may include practicing sight words, math facts, colors and gluing. They also support positive classroom behaviors and promote consistent attendance.

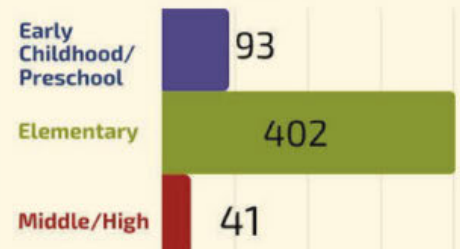
The benefits of intergenerational connections often extend to entire classrooms. Volunteers are indirectly touching over 1200 students who are facing unprecedented mental health and education challenges and could use the support of a trusted and consistent role model more than ever.

536

STUDENTS SERVED



Ages Served





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15-0664

Celebrate Christmas With Us

GR Center—

12.1.23 ~ 10:00 Decorate the Center and Help Put Up the Tree!
12.22.23 ~ All Day Christmas Party & December Birthday's Celebration with Special Guest

Grandville—616.531.5250

12.11.23 ~ 10:00 am Center & Tree Decorating
12.13.23 ~ Christmas Elf Craft
12.15.23 ~ Ugly Christmas Sweater Day with Music
12.20.23 ~ Decorate Christmas Cookies & Food Pantry Day
12.22.23 ~ 11:00 White Elephant Christmas Party with Music & Photo Booth ~
Please **RSVP by 12/15/23**
12.29.23 ~ 11:00 pm New Years Early Party

Lowell Center—

12.1.23 ~ 10:00 am Winter Concert w/ Marty Miller
12.12.23 ~ 10:00 am Christmas Lights at LMCU Ballpark
12.19.23 ~ 10:15 am Christmas Bingo
12.20.23 ~ 4:30 pm Christmas Ornament Craft
12.22.23 ~ Christmas Party
12.21.23 ~ 11:00 am Cookie Decorating & Gift Exchange
12.22.23 ~ Christmas Party

Sparta Center

12.1.23 ~ 10:30 am Christmas Card Graft
12.8.23 ~ 1:30 pm Decorate Christmas Cookies
12.14.21 ~ Handling Holiday Grief with Emmanuel Hospice
12.20.23 ~ 10:00 am Holiday Craft
12.22.23 ~ Ugly Christmas Sweater Contest & Music with Den Middelton
12/27.23 ~ After Christmas Party Music with Country Strings. White Elephant Gift Exchange
12.29.23 ~ Movie & Popcorn ~ Christmas with the Kranks. New Years at Noon Toast

Walker Center

12.1.23 ~ 10:30 am Christmas Graft
12.11.23 ~ 10 am Christmas Bingo
12.13.21 ~ 9:30 am Christmas Tea Party
12.18.23 ~ 10 am Christmas Bingo
12.20.23 ~ Christmas Memories
12/22.23 ~ Christmas Party



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 5,000 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.



Kent County
Senior Millage



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endorse advertisements
in this newsletter.