



**January 2024**

... no longer alone.

SENIOR CENTERS LOCATED IN GRAND RAPIDS, GRANDVILLE, LOWELL, SPARTA, AND WALKER

#### OUR CENTRAL OFFICE ADDRESS

678 FRONT AVE. NW, SUITE 205 • GRAND RAPIDS, MI 49504

616-459-6019 • [www.seniorneighbors.org](http://www.seniorneighbors.org) • EMAIL: [info@seniorneighbors.org](mailto:info@seniorneighbors.org)

## Safe Winter Driving For Seniors!

Tis the season for winter driving and the many obstacles that come with the joys of winter in Michigan. Here are just a few things we do, and you can do to prepare for the unexpected winter travel. It is important to make sure your vehicle is ready to go on the road by making sure all windows are clear of snow and ice, making sure tire pressure is good on all tires, checking that all turn signals are working properly, checking that your windshield wipers are in good shape and the washer fluid is full, and keep your gas tank full.

Whether it's snow, sleet, or ice, winter weather causes extremely dangerous road conditions. According to the National Highway Traffic Safety Administration, in 2022 alone there were 395 fatal crashes and an estimated 22,325 injury crashes that occurred when there were snow/sleet conditions at the time of the crash. It is important to prepare your vehicle for the winter months and to prepare your mind for winter driving.

### The basics of winter driving:

Get your vehicle inspected. Check your tire tread, tire pressures, and brake system. Having a good tread, brakes and adequate air in your tires will all make a difference when you find yourself driving on a slick or snow-covered road. Inspect your tires at least once a month and before long road trips. It's best to check the tires when they are cold. Plan and leave early. Slow down – it is difficult to control or stop your vehicle on a slick or snow-covered surface. While on the road, increase your following distance enough so that you'll have plenty of time to stop for vehicles ahead of you.

Don't crowd a snowplow truck or travel beside the truck. This is very dangerous. Snowplows travel slowly, make wide turns, stop frequently, overlap lanes, and exit the road frequently. This makes it dangerous to crowd a snow truck.

However, if you can't or don't want to drive in the winter months, Senior Neighbors is a member of a four (4) agency partnership that provides transportation under the name RideLink. This service is available to anyone 60 and over who lives in Kent County. We request a small donation of \$2 per direction for the rides and we will take you anywhere you need to go within Kent County. Trips made through RideLink are done with the collaboration of drivers and vehicles from each agency. Senior Neighbors has 5 vehicles that we utilize for this service. Please contact our office if you or someone you know would like to utilize this service.

It is a good idea to have a car winter survival kit for emergencies. A few items that would be helpful are some extra winter clothes, snow boots, a tow strap, road flares, a first aid kit, a flashlight, a blanket, a portable shovel, sand-bag or kitty litter, empty gas can, jumper cables, duct tape, snacks, and water.

Stay safe and enjoy the beauty of the season.

**THRIVE  
LOCALLY**

**ADVERTISE HERE**  
to reach your community



Call 800-477-4574



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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Cottage Succession Planning  
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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.

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

**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™

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For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

15-0664



# 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-in-law 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 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 treated 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) 369-2121 for a comprehensive consultation today. For more information about Corinne Conry, MSOM, LAc and what she treats, visit [acu.gr.com](http://acu.gr.com).



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

# 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 Jill for a tour

616.459.3040

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

## January Birthdays

1/2 Rodney Lillard  
1/4 Victor Johnson  
1/8 David Beal  
1/8 Sue Owen  
1/10 Don Turner  
1/13 Jill Mancewicz  
1/15 Henery Slaghter  
1/16 James Fudge  
1/16 Jim Snyder  
1/18 Clay Lewis  
1/20 Gregory Haynes  
1/23 Larry Bennett  
1/23 Butch Thompson  
1/27 Paul Belbot  
1/30 Calvin Hudnell  
1/31 John Lofton



Thank you  
Grand Rapids  
Rotary Club!

The lunch was delicious and  
the gifts were  
outstanding

## Staff & Volunteers

Center Coordinator: **Jill Mancewicz**  
Activity Assistant: **Tanina Ramos**  
Nutritional Aide: **Roger Trotter**  
Representative from SNI: **Christina Turkewycz**  
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, January 23 @ 12:30**

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**

## Happy New Year

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!

Jill





# Grand Rapids Senior Neighbors Center

## Upcoming EVENTS

Smart Recovery 12:00 Mondays

Bible Study 9:30 Tuesdays

Breakfast 9:00 Wednesdays

Bingo 10:00 Fridays

8. Secretary of State

11. Cooking for One Class

15. Veterans Recognition

18. Cooking for One Class

15. Legal Aid at 10:00

23. Advisory Council at 12:30

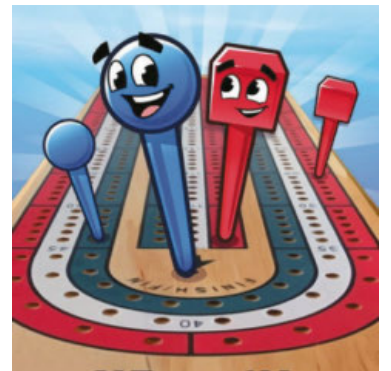
Please sign up at the front desk

Crafters Corner  
With Stephine  
Wednesday's 12:00



Please Join US

Sign up for our  
Cribbage  
tournament. It will  
take place on  
Monday January  
22, 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.

New or gently used winter clothing, coats ,hats, gloves



Thank you  
Grand Rapids H.O.T  
for your donation  
of snow boots!



From the Dietary side of me...

The number one New Years resolution is to lose weight, so here are a few tips. As we age, our bodies tend to confuse thirst with hunger, try a glass of water before you eat. Be sure to keep yourself hydrated. A healthy eating pattern includes a variety of nutrient rich foods within all food groups. Vegetables 2 -3 cups a day, Fruit 1 1/2 –2 cups a day, Grains 5-6 oz. Protein 5-5 1/2 ounces per meal, Dairy 3 cups a day. Make half of your plate fruits and vegetables. Do not skip on protein, as it is in every cell in your body and you need it for healthy cell growth. Do not skip carbohydrates as the body needs carbs to break down protein, and carbs are brain food.

Choose water and milk over sugary drinks and caffeine. Avoid alcohol. Eat foods with a high water content such as Cantaloupe, Celery, Cucumber, Lettuce, Soup, Spinach, Strawberries, Tomatoes, Watermelon and Zucchini.

Calories are classified as a unit of heat. It takes 3,600 calories to make a pound (that's where we get the term to burn calories).

Calories you need to maintain weight

Not lose or gain

Female      Male

1,600      2,000-2,200 not active

1,800      2,200-2,400 moderately active

2,000-2,200      2,400-2,800 active







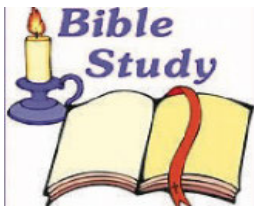


Adjust your calories accordingly, even a small amount of activity will help. Try to increase your activity each day and stay active. Remember to keep it simple and don't expect too much, the healthy way to lose weight is a little at a time.





# Grand Rapids Senior Neighbors Center



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>4 Nutrition Class</b> <b>9:30</b>	<b>5</b> <b>Cards 9:00</b> <b>Bingo 10:00</b>
<b>8 Secretary of State</b> <b>Mobile Office 9:30</b> 	<b>9</b> <b>Pool 9:00</b>  <b>Bible Study</b> <b>9:30</b> <b>Bargain Hunters</b> <b>10:00</b>	<b>10</b> <b>Breakfast 9:00</b>  <b>Occupational Therapy</b> <b>Presentation 10:00</b>	<b>11 Nutrition Class</b> <b>9:30</b> <b>Please sign up</b>	<b>12</b> <b>Bingo 10:00</b>
<b>14</b> <b>Smart Recovery</b> <b>12:00</b>	<b>15 M.L.K</b> <b>Veterans Recognition</b>  <b>Free Legal Aid 10:00</b>	<b>16 Corewell Health</b> <b>Volunteers Day of Service 9:00</b>  <b>Breakfast 9:00</b> <b>Please Donate</b>	<b>17</b> <b>Pool 9:00</b>  <b>Cards 9:00</b>	<b>18</b> <b>Nutrition Class</b> <b>9:30</b>
<b>22</b> <b>Crafts 10:00</b> <b>12:00</b> 	<b>23</b> <b>Bible Study 9:30</b>  <b>Advisory Council</b> <b>12:30</b>	<b>24</b> <b>Breakfast 9:00</b> 	<b>25</b>  <b>Pool 9:00</b> <b>Cards 10:00</b>	<b>26</b> <b>Birthday Party</b> <b>Bingo</b> <b>10:00</b>
<b>29</b> <b>12:00</b> 	<b>30</b> <b>Bible Study 9:30</b> 	<b>31</b> <b>Breakfast 9:00</b> <b>Please Donate</b> 		

# 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](http://www.seniorneighbors.org) [rlapham@seniorneighbors.org](mailto:rlapham@seniorneighbors.org)**

## From the Coordinator's Desk

**Rin Lapham**

*Grandville Senior  
Center Coordinator*

With the new year rolling in  
I would like to encourage  
everyone to try something  
new this month.

Sit at a new table! Try a new  
food! Check out a new class!  
Get to know someone new!

### 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.



Like us on  
**Facebook**

**Senior Neighbors**

### Staff

Coordinator: Rin Lapham

Nutritional Aide: Jazzmin Dean

Bus Driver: John Bouma

Senior Neighbors

Representative:

### Advisory Council Members

*Council Members:*

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



### Engaging Wellness

**Mondays & Wednesdays**

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

**Fridays**

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

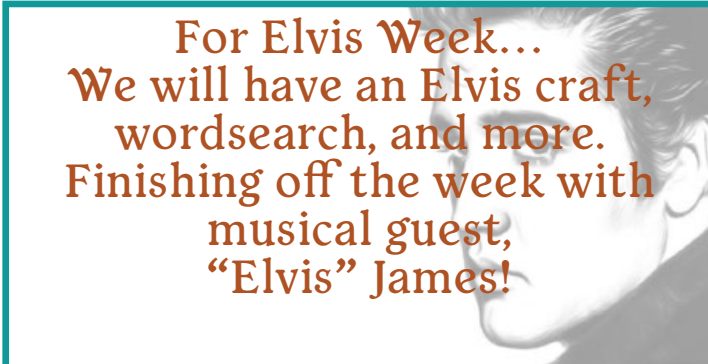




# Grandville Senior Neighbors Center



For Elvis Week...  
We will have an Elvis craft,  
wordsearch, and more.  
Finishing off the week with  
musical guest,  
"Elvis" James!



## B I N G O

BET:

WIN:

**EVERY  
TUESDAY**

**&**

**THURSDAY**

**1:00PM**



## Home Maintenance Services

Kent Millage Funded Services

Carpentry Services

Electrical

Plumbing

Safety

Seasonal

To Learn More:

Call: 616-233-0281

Email:

[intake@seniorneighbors.org](mailto:intake@seniorneighbors.org)

# Grandville Senior Neighbors Center

## January Happenings

**3-9:00 Foot Care**

**5-12:30 Music w/ The Back  
Porch Troubadours**

**8-Elvis Week Begins**

**10-10:00 Elvis Craft**

**11-11:00 Free Legal Advice**

**12- 12:30 Music w/ "ELVIS"  
James**

**17- 9:00 Foot Care**

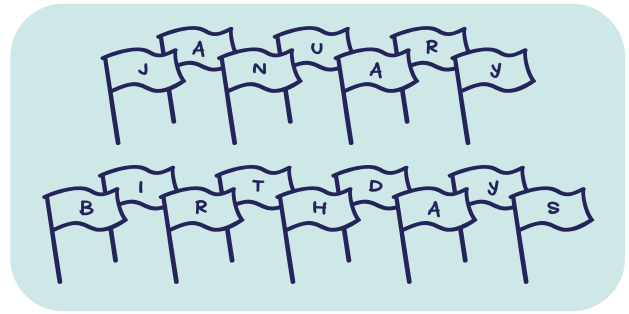
**19- 12:30 Music w/ Lois  
Ripma**

**24- 10:00 Winter Craft**

**26- 12:30 Board Games &  
Music**

**31- 12:45 Food Pantry**

**31- 9:00 Foot Care**



5 Judith F.

8 Carol C.

10 Barbara W.

11 Linda H.

12 Fred D.

12 Wanda B.

13 Kevin K.

15 Jean D.

16 Charlotte D.

18 David W.

20 Ronald D.

28 Janet R.

29 Francisco G.

31 Wayne H.

**Birthday Friday is the last Friday  
of the month, enjoy a  
Free birthday lunch  
any time in January!**

Try out  
**GENTLE YOGA**

EVERY FRIDAY AT 10:45AM  
\$3 SUGGESTED DONATION



**IT'S FLU SEASON SO PLEASE  
PROTECT OTHERS  
AND STAY HOME  
WHEN YOU DON'T FEEL WELL!**



# Grandville Senior Neighbors Center

## JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Closed</b> <b>New Year</b> <b>Day</b>	<b>2</b> 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	<b>3</b> 9:00 Coffee/Cookies <b>9:00 Foot Care</b> 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre	<b>4</b> 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	<b>5</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music w/ The Back Porch Troubadours</b>
<b>8 Elvis Week Begin</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	<b>9</b> 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	<b>10</b> 9:00 Coffee/Cookies 9:30 Fitness <b>10:00 Elvis Craft</b> 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre	<b>11</b> 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling <b>11:00 Free Legal Advice</b> 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	<b>12 Elvis Week End</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music w/ "ELVIS" James</b>
<b>15 MLK Jr. Day</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	<b>16</b> 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	<b>17</b> 9:00 Coffee/Cookies <b>9:00 Foot Care</b> 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre <b>2:00 Advisory Council Meeting</b>	<b>18</b> 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	<b>19</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Music w/ Lois Ripma</b>
<b>22</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	<b>23</b> 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 12:45 Cards/Games 1:00 Bingo	<b>24</b> 9:00 Coffee/Cookies 9:30 Fitness <b>10:00 Winter Craft</b> 10:45 Fitness 12:00 Lunch 12:45 Cards/Euchre	<b>25</b> 9:00 Coffee/Cookies 9:00 Pokeno 10:00 Wii Bowling 12:00 Lunch 12:45 Cards/Games 1:00 People Bingo	<b>26</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Yoga 12:00 Lunch <b>12:30 Board Games &amp; Music</b>
<b>29</b> 9:00 Coffee/Cookies 9:30 Fitness 10:45 Fitness 12:00 Lunch 12:30 Cards/Games 12:30 Painting Group	<b>30</b> 9:00 Coffee/Cookies 10:00 Wii Bowling 10:00 Bible Study 12:00 Lunch 1:00 Bingo	<b>31</b> 9:00 Coffee/Cookies <b>9:00 Foot Care</b> 9:30 Fitness 10:45 Fitness 12:00 Lunch <b>12:45 Food Pantry</b> 12:45 Cards/Euchre		

# 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](http://www.seniorneighbors.org)



Hello 2024!

It's the start of a new year  
and I'm excited to celebrate  
with you all on Jan. 2nd!

To kick off the new year, we  
have many crafts, activities,  
guests, and seminars  
coming to our center. We  
even have a "January Blues"  
party to help us shake those  
winter blues away!

I hope you will join in the fun

*-Mackenzie*

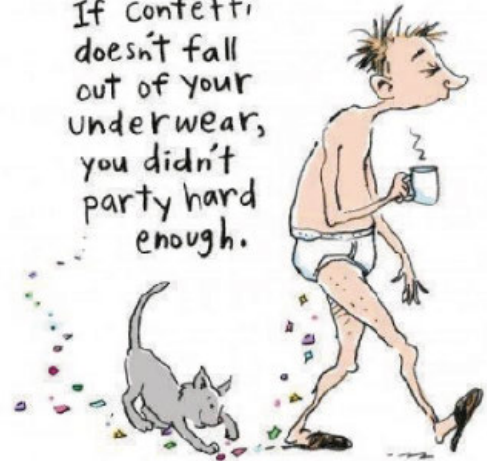
## Senior Guess Who?!



Do you recognize this handsome guy?

## NEW YEAR'S TIP:

If confetti  
doesn't fall  
out of your  
underwear,  
you didn't  
party hard  
enough.



## Staff

**Center Coordinator:** Mackenzie Davis

**Activity & Nutrition Aide:**

Carol Schwierking

**Transportation:** Dave Snoeyink  
& Jim Herb

## Advisory Board

David Maltman: **President**

Joyce Wilkerson: **Vice President**

Marlene Briggs: **Treasurer**

Teresa Potts: **Secretary**

**SNI Central Office Rep:**

**Members at Large:** Alice Kinyon, Leo  
Peters, Bonnie Weststrate

**Representative of the SNI Board of  
Directors:** Marlene Briggs

# Lowell Senior Neighbors Center

*Hot Coffee,  
Cool People!*



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

**Nail Care from  
Capital Nail Salon**

**Jan. 18th  
1:30p.m.**

**\*price list will  
be available in  
advance\***



*Dinner on the Town*



*Jan. 10th at 4:30p.m.*

*Location: Main St. BB2*

**Advisory  
Council  
Meeting**



**Jan. 5th at  
10:30am**

**JANUARY 25th  
at 9:00am**

**COFFEE  
WITH A  
COP**

*Enjoy!*



**Estate Legal  
Planning Services  
Seminar**

**January 17th at 10:30am**

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

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

**\$3 suggested  
donation per class**



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



# Lowell Senior Neighbors Center

## January Birthdays

Deloris S.~ Jan. 1st

Russ H.~ Jan. 4th

Gordon C.~ Jan. 16th

Cindy S.~ Jan. 17th

Leo P. ~ Jan. 26th

**BIRTHDAY BASH  
WITH  
KIM BRIGGS  
JAN. 19th  
AT  
10:30a.m.**



**JANUARY BLUES PARTY**  
**Jan. 26th at 10:30am**

**Music by DJ Clarinet**

## FRIDAY FUNDAYS!

**Jan. 5th- Flannel Friday**

**Jan. 12th- Hat day**

**Jan. 19th- Purple day**

**Jan. 26th- Fancy Friday**

## CRAFT CORNER

**Jan 11th: Rock painting  
with Beth**

**Jan. 22nd: Felted  
wool gnome craft with  
Marlene**

## SENIOR ADULT BIBLE STUDY



**EVERY WEDNESDAY AT  
10AM**

# Lowell Senior Neighbors Center

2  
0  
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# JANUARY

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Center closed</b> 	<b>2</b> 9:00- Coffee & card games 9:30- Pokeno 11:00- Keeping Cozy Bingo	<b>3</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30-Bible Study	<b>4</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Bingo	<b>5</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30- Advisory Council meeting
<b>8</b> 9:00- Hand & Foot Card Game 9:30- Coffee, Cards, & Skip-bo 10:30- Rock painting craft	<b>9</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Health and Wellness Bingo	<b>10</b> Center closed for Women's Club 4:30- Outing at Main Street BBQ	<b>11</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Bingo	<b>12</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 11:00- Jeopardy
<b>15</b> 9:00- Hand & Foot Card Game 9:30- Coffee, Cards, & Skip-bo 10:00- Wii Sports	<b>16</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Mystery Bingo	<b>17</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30-Estate Planning Seminar	<b>18</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Bingo 1:30- Foot care with Capital Nails	<b>19</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30-Birthday Bash!
<b>22</b> 9:00- Hand & Foot Card Game 9:30- Coffee, Cards, & Skip-bo 10:00- Felted wool craft	<b>23</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Chocolate Bingo	<b>24</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30-Bible Study	<b>25</b> 9:00- Coffee with a cop 9:30- Pokeno 11:00- Bingo	<b>26</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30- January Blues Party 
<b>29</b> 9:00- Hand & Foot Card Game 9:30- Coffee, Cards, & Skip-bo 10:00- Wii Sports	<b>30</b> 9:00- Coffee & Card games 9:30- Pokeno 11:00- Snack Bingo	<b>31</b> 9:00- Hand & Foot Card Game 9:30- Coffee & Cards 10:30-Bible Study		<u><b>Suggested Donations:</b></u>  - Your donation is greatly appreciated Lunch 60+ \$3.00 59- \$4.00 charge

# 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 New Year. This month we have Country Stringz, Roger & Fred, and David Molinari performing for us. We will be doing a painting craft. We have our Grief Group Counseling, Blood Pressure Clinic, Hearing test, Coffee and Cookie Social and a Technology Presentation. Shield Insurance will also be hosting our Birthday Party. Our party theme this month is Senior Neighbor Vintage Roadshow. Bring in an item to be appraised. I am looking forward to sharing many smiles with you. See you at the Center!!!

Sincerely,  
Beverly

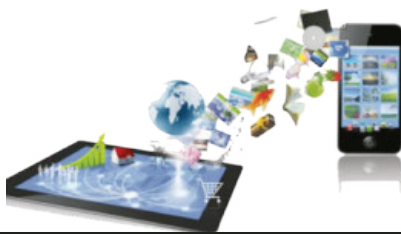


**Sparta Senior Neighbors Senior of the Month: Karen Becker**

*Congratulations*

Karen Becker was born in Greenville in 1946 and grew up in Belding. She has one brother and one sister. Karen has a love for learning and always has... she earned two degrees from Ferris State University, Visual Communications and Technical Illustration. Her fondest childhood memories always included her best friend and neighbor, Jo. She and Jo would sit by their tree on a hill and dream about building houses in the adjacent field. Jo now lives in Oklahoma, but they still keep in touch. Another favorite memory is a long and beautiful drive to Alaska in her friend's Corvette. Karen loves to draw and wanted to be a dress designer. The Ford Museum contracted her to replicate Betty Ford's dresses. She copied three dresses. Such an honor. She was married for 10 years and has a son, Scott and a daughter, Gaila. She has three grandchildren and eight great grandchildren. Her life is still busy and full. Her favorite food was always her mom's chili. Karen used to knit and Crochet, but after 13 hand surgeries, that is no longer an option. Karen says, "Since retiring, she's LAZY and PROUD of it!!!"

**Technology Presentation Jan. 22 @ 10**



**Gnome & Heart Craft w/ Donna & Hope**  
**Wednesday Jan 17th @ 10am**



## HAPPY NEW YEAR



**Blood Pressure Clinic**  
**Jan. 15th @10 in Club Room**

**Grief Group Counseling**  
**January 16th @ 10:00 am**



 Emmanuel Hospice



# Sparta Senior Neighbors Center

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



## Senior Neighbors Vintage Roadshow

(Please bring item to center January 25th  
that you would like appraised)



### **Please Join Us For Our January Senior Neighbor Vintage Roadshow PARTY**

**Wednesday January 31, 2024**

**10am-Lunch**

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



**Cookie &  
Coffee Social  
Jan. 5th @ 10  
am**



### **Shield Birthday Party January 8th, 10 am**



**Hearing  
Test &  
Hearing  
Aid Checks  
w/ Robert  
Friday  
January  
19th @ 10**

# Sparta Senior Neighbors Center

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



2 Diane Glass  
2 Janine Robinson  
6 Marie Hocum  
8 Tess Omara  
10 Dan Nuttall  
10 Debra Rosekopf  
10 Tom Cadwell  
14 Roger "Buck" Chapman  
20 Lynn Carr-Phillips  
21 Gerri Yost  
22 Kelly Parmeter  
24 Carol Kaupa  
27 Anne Heath  
30 Lavonne Miller

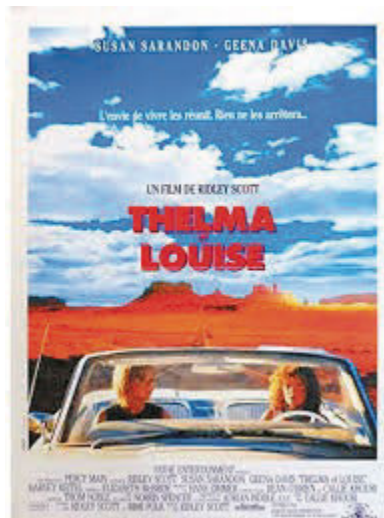


## Sparta Advisory Council Members

~ **President:** TBA  
~ **Vice President:** TBA  
~ **Treasure:** TBA  
~ **Secretary:** TBA  
~ **Members at Large:** TBA



**Next Meeting: Wed. January 3rd at 12:30 pm**  
*Hope to See YOU There!*



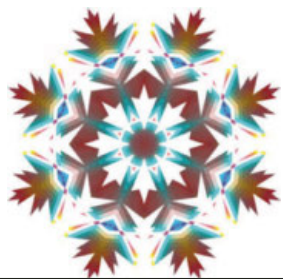
**Fri. Jan.  
26  
at 9:30am**



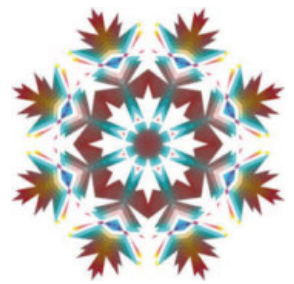
Two best friends set out on an adventure, but it soon turns around to a terrifying escape from being hunted by the police, as these two girls escape for the crimes they committed.




3rd Advisory Council Meeting  
5th Coffee & Cookies Social  
8th Shield Birthday Party  
10th Music w/ Country Stringz  
15th Blood Pressure Clinic  
15th Music w/ Roger & Fred  
16th Grief Group Counseling w/ Emmanuel Hospice  
17th Gnome & Heart Craft w/ Donna & Hope  
19th Hearing Test w/ Robert  
22nd Medicare/Medicaid Drop in w/ Natasha  
22nd Technology Presentation w/ Ashley  
24th Music w/ Country Stringz  
25th Bring in Item that you would like to be appraised on the 31st.  
26th Movie "Thelma and Louise"  
29th Music w/ David Molinari  
31st Senior Neighbors Vintage Road Show Party





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Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Center Closed Happy New Years  	<b>2</b> 10:15 Exercise 12:15 Bingo  	<b>3</b> 12:15 Euchre 12:30 Advisory Council Meeting  	<b>4</b> 10:15 Exercise 12:15 Bingo  	<b>5</b> 10 Coffee & Cookie Social 12:15 Fill or Bust w/ Sandy  
<b>8</b> 9:30 Commodities 10 Shield B-day Party 12:15 Games  	<b>9</b> 10:15 Exercise 12:15 Bingo  	<b>10</b> 10 Music w/ Country Stringz 12:15 Euchre  	<b>11</b> 10:15 Exercise 12:15 Bingo  	<b>12</b> 10 Show and Tell 12:15 Fill or Bust w/Sandy  
<b>15</b> 10 Music w/ Roger & Fred 10 Blood Pressure Clinic 12:15 Games  	<b>16</b> 10 Emmanuel Hospice Grief Group 10:15 Exercise 12:15 Bingo  	<b>17</b> 10 Gnome & Heart Craft w Donna & Hope 12:15 Euchre  	<b>18</b> 10:15 Exercise 12:15 Bingo  	<b>19</b> 10 Hearing test w/ Robert 12:15 Fill or Bust w/ Sandy  
<b>22</b> 10 Technology Presentation 10 Medicare Medicaid Drop in w/ Natasha 12:15 Games  	<b>23</b> 10:15 Exercise 12:15 Bingo  	<b>24</b> 10 Music w/ Country Stringz 12:15 Euchre  	<b>25</b> 10 Bring in item for appraisal 10:15 Exercise 12:30 Bingo  	<b>26</b> 9:30 Movie & Popcorn "Thelma and Louise" 12:15 Fill or Bust w/ Sandy  
<b>29</b> 10 Music w/ David Molinari 12:15 Games  	<b>30</b> 10:15 Exercise 12:15 Bingo  	<b>31 Party</b> 10 Senior Neighbors Vintage Roadshow Party 12:15 Euchre  	<b>Baked Goods Every Tues &amp; Thurs .25 to \$1.00 Donation</b>  	<b>Lunch Is At 11:30 am Everyday Suggested Donation \$3.00</b>



# WALKER NEIGHBORS SENIOR CENTER

PHONE: 616.735.3240

WEBSITE: WWW.SENIORNEIGHBORS.ORG

**2024**  
HAPPY NEW YEAR

## Come Join Us At Our New Walker Location!

**Mondays, Wednesdays & Fridays**

**Location:** 1470 3-Mile Road NW

**Time:** 9:00am to 3:30pm

A healthy & delicious lunch is served at noon

Suggested donation for a meal:

\$3.00 for seniors 60 yrs. & over

\$4.00 for those under 60 yrs.



## Meet Felicia...Our new Center Coordinator!

Greetings!

At the turn of the 21st century, one of the world's most prolific writers and celebrated poet laureates, Dr. Maya Angelou, boldly declared, "I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back." In this same vein, as a devoted Human Services Practitioner, I stand by the aforementioned belief. Moreover, I look forward to utilizing my previous experience and love for people as the catalyst for serving the seniors of Walker to the best of my ability. With that being said, Let's chat on your next visit over some freshly brewed coffee and donuts!

Sincerely,

*Felicia Applewhite*

Felicia Applewhite, BSHS  
Walker Center Coordinator



## Volunteers Needed! Advisory Council

### Great News Everyone!

Walker Center will be looking for volunteers to run for our Advisory Council. This council is made up of members from the center. They will be responsible for assisting the Center Coordinator with ideas to help make the senior center better. We will be looking for names in December and January. Voting will take place 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 the President, Vice President, Treasurer, Secretary, and Members at large.

**\*No experience is necessary.**

## Did you know...

### Seniors Hold the Most Voting Power

When it comes to voting in the United States, those 60 and over cast more ballots than any other age group.

### Creativity Doesn't Diminish with Age

Laura Ingalls Wilder didn't publish "Little House in the Big Woods" until age 65.

# Walker Senior Neighbors Center



Join Us  
Today!

*Senior*  
**NEIGHBORS**  
no longer alone

## Walker Senior Center

Meet New Friends | Enjoy Lunch | Play Bingo | Learn Crafts

**Firehouse #3**  
**1470 3-Mile Road NW**  
**Walker, MI 49544**  
**616.735.3240**

[www.seniorneighbors.org](http://www.seniorneighbors.org)  
[info@seniorneighbors.org](mailto:info@seniorneighbors.org)

- Nutritious Meals
- Arts & Crafts
- Knitting & Crocheting
- Karaoke
- Live Music
- Board Games
- Cinematic Events
- Self Care
- Book Club
- Lecture Series





# Walker Senior Neighbors Center

## Greetings Friends!

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.

## Wish List & Donations Needed

- Prepackaged Snacks
- Cookies
- Pastries
- Decaffeinated Coffee
- Regular Coffee
- Crochet Hooks
- Yarn



## January

**Happy Birthday Friends!**

**Happy 28th Wedding Anniversary  
George & Helen!  
(January 19th)**

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 complimentary lunch.**

## January Happenings

### **\*\*\*Mondays\*\*\***

9:00am Complimentary Coffee, Tea, Cookies & Pastries

10:00am & 1:00pm Bingo w/ Felicia  
(for Groceries & Quarters)

1:00pm Basic Knitting w/ Helen

Cards, Games & Group Puzzles  
(Sequence, Rummikub & Dominoes)

### **\*\*\*Wednesdays\*\*\***

11:00am Housing/ Services info  
Marcia Patrick Jan. 10

11:00am Music/Entertainment  
Eddie Fransico, Music on Jan. 24th

11:00am Karaoke with Mitch Ross  
on Jan. 3rd & 31st

### **\*\*\*Fridays\*\*\***

11:00am Occupational Therapy  
Terese M. Marchelletta Jan 26th

1:00pm Group Puzzle





# Walker Senior Neighbors Center



## **Monday**

**1**  
Center Closed  
  
Happy New Year!

## **Wednesday**

**3**  
9:00 Complimentary  
Coffee & Cookies  
11:00 Mitch Ross - Karaoke  
12:00 Lunch  
1:00 Group Puzzle

## **Friday**

**5**  
9:00 Coffee Hour w/ Rep. Carol  
Glanville  
10:00 Painting on a Canvas w/  
Tayia  
12:00 Lunch  
1:00 Cards, Games & Group Puz-  
zles

**8**  
9:00 Coffee & Cookies  
10:00 am Bingo for Groceries  
w/ Felicia  
12:00 Lunch  
1:00 pm Bingo for Quarters  
Knitting & Crochet w/ Helen,  
Mary

**10**  
9:00 Coffee & Cookies  
11:00 Housing / Services Info w/  
Marcia Patrick  
12:00 Lunch  
1:00 UNO Time!!

**12**  
9:00 Warm Beverages/ Cookies  
10:00 Making Jewelry w/Tayia,  
Felicia  
11:00 Medicare/Medicaid  
Enrollment w/ Natasha  
12:00 Lunch  
1:00 Lets Play Sequence!!

**15**  
9:00 Coffee & Cookie Break!  
10:00 Bingo for Groceries  
12:00 Lunch  
1:00 Martin Luther King Jr. Day  
of Service Project

**17**  
9:00 Coffee & Cookies  
10:00 Chatting w/ Felicia  
12:00 Lunch  
1:00 Cards, Games & Group  
Puzzle

**19**  
9:00 Coffee & Cookies  
11:00 Art/Painting w/ Michael  
12:00 Lunch  
1:00 Marbles/Aggravation Board  
Game

**22**  
9:00 Coffee & Cookie  
10:00 Bingo for Groceries  
11:00 Rebecca Avella - Kent  
District Library  
12:00 Lunch  
1:00 Knitting & Crochet  
w/ Helen, Mary  
Bingo for Quarters

**24**  
9:00 Coffee & Cookies  
11:00 Music - Eddie Fransico  
12:00 Lunch  
1:00 Lets Play Rummikub!!

**26**  
9:00 Coffee & Cookie Break!  
11:00 Occupational Therapy  
Presenting Services w/  
Terese M. Marchelletta  
12:00 Lunch  
1:00 Cards, Games, & Marbles

**29**  
9:00 Coffee & Cookie  
10:00 Bingo for Groceries  
12:00 Lunch  
1:00 Knitting & Crochet  
w/Helen, Mary  
Bingo for Quarters

**31**  
9:00 Coffee & Cookies  
11:00 Mitch Ross - Karaoke  
12:00 Lunch  
1:00 Let's Play Dominoes!!

# 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!  
-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**

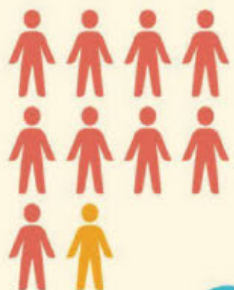
**FOSTER GRANDPARENTS**

**35**

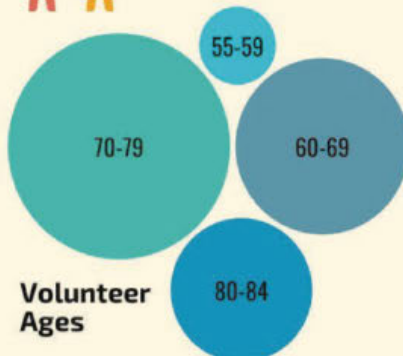
**Black/African-American**

**14**

**White**



**9/10  
are  
Female**



**Volunteer  
Ages**

**52,076**

**HOURS OF CONNECTION**

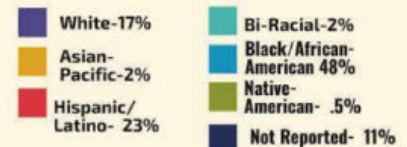
Foster Grandparents are matched with individual students identified by partner schools staff as having risk factors. Grandparents generally engage with 6-8 students, with the common goal of increasing their academic success.

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.

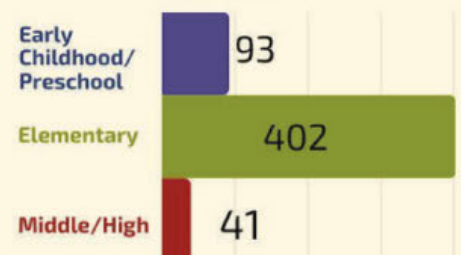
The benefits of intergenerational connections often extend to entire classrooms. Volunteers are indirectly touching over 1200 students who are facing unprecedented mental health and education challenges and could use the support of a trusted and consistent role model more than ever.

**536**

**STUDENTS SERVED**



**Ages Served**







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

**616-591-2882**

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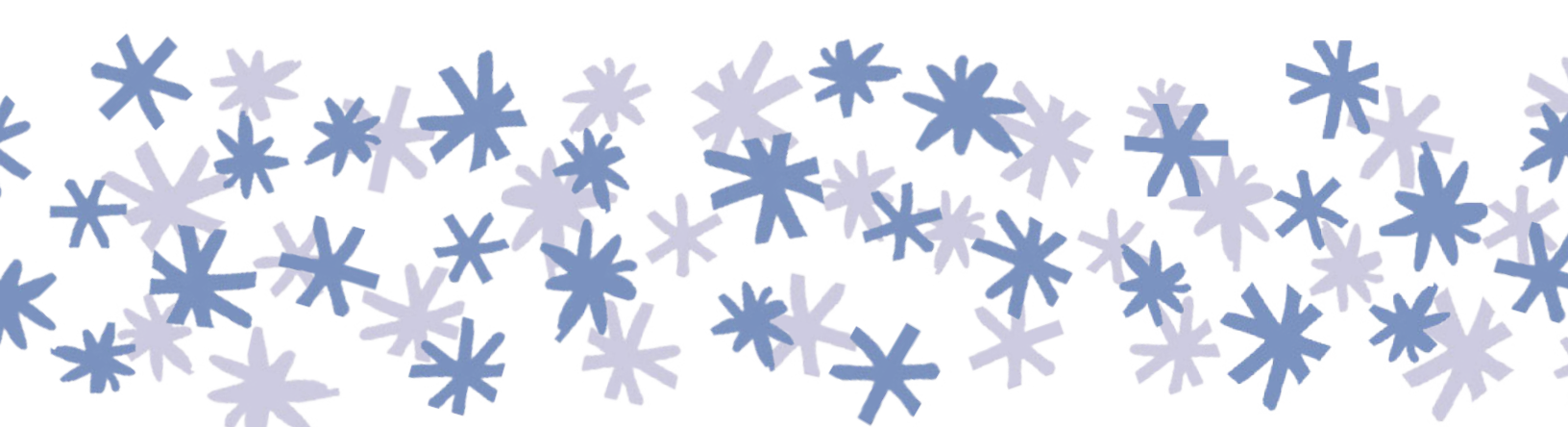
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15-0664





CENTRAL OFFICE OF  
SENIOR NEIGHBORS  
678 Front Ave. NW  
Suite 205  
Grand Rapids, MI 49504

GRAND RAPIDS  
COMMUNITY CENTER  
333 S. Division AVE  
Grand Rapids, MI 49506

GRANDVILLE SENIOR  
NEIGHBORS CENTER  
3380 Division AVE SW  
Grandville, MI 49418

LOWELL SENIOR CENTER  
865 Lincoln Lake AVE SE  
Lowell, MI 49331

SPARTA SENIOR CENTER  
100 Ida Red AVE  
Sparta, MI 49345

WALKER SENIOR  
NEIGHBORS CENTER  
1470 3-Mile RD NW  
Walker, MI 49544

We promote the wellbeing 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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