Senior NEIGHBORS

March 2020

... no longer alone.

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

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

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You Don't Have to be Irish to Feel Lucky

~ By Nicole Driesenga, Centers & Volunteer Supervisor for Senor Neighbors

As the season of St. Patrick Day celebrations are upon us, our thoughts turn to the luck of the Irish and what it really means to be lucky. Many times we tend to think that luck means we are successful financially, or we win at games or excel in some other measure of good fortune. As we talk to those who call Senior Neighbors their home away from home the consistent theme of no longer alone keeps emerging as folks talk about how lucky they are to have Senior Neighbors to turn to and get the help they need.

Those who come to one of our centers or get help from one of our case workers say they're lucky for a multitude of reasons. Senior Neighbors five senior centers are a place to make friends, get a good meal and be entertained by a whole host of activities. Seniors can also get help from more than 15 case workers, home maintenance workers and transportation providers who take people to doctors appointments or the grocery store. People consider themselves lucky to be a part of a community like this because they know someone cares about them and is there to try to meet their needs. Families of our seniors also like the idea that their loved ones have a place to go during the day to help fend off boredom. A place where they have a circle of friends who also look out for them. People also consider themselves fortunate because they're able to stay independent longer by being a part of the Senior Neighbors community.

Our goal is to help people maximize each day in a setting that provides them with confidence. This independence is facilitated by a staff that encourages community through activities and programming. Our staff work hard to offer something for everyone and allow our seniors to choose from an array of enriching activities and lifelong learning opportunities such as book clubs, computer classes, and life story writing classes.

Our seniors say the one thing they feel the luckiest about is the friendships they make. Seniors get to enjoy various entertainment and socialization opportunities where they stay engaged, keep their bodies and minds active all by visiting one of our centers. Senior Neighbors may not add years to your life, but it will add life to your years.

Some of the luckiest people at Senior Neighbors are the people who are blessed with the opportunity to work here. We get to meet interesting people every day and share in the perspective, wisdom and thankfulness our members or clients exhibit. It is truly a blessing to be around such wonderful people day in and day out. If you'd like to find out more about how you can enjoy this lucky lifestyle, call 616.233.0745 or go online at www.seniorneighbors.org to learn more.

Julie Lake, MPA, CTRS
Wellness Coordinator

Silver Sneakers Update– Part 2!

Last month I shared with you that all of our EnhanceFitness classes were approved to use your SilverSneakers benefit! This month, I am happy to say that we now have all our Arthritis Foundation Exercise Classes and our Tai Chi classes approved, as well!

Did you know that your SilverSneakers benefit can be used in many locations? You can use it at Senior Neighbors classes, even if you use it at local fitness center! And, you can use it for more than one class at Senior Neighbors!

In order for you to use your SilverSneakers benefits to cover any of our classes, we will ask you to complete a form giving us permission to include you in our reports, as well as a waiver that is required by SilverSneakers. These papers are available from your instructor, or you may reach out to me and I'm happy to get them to you.

Once completed, give the information back to your instructor or me, and we will take it from there. If there are any issues as I process your request I will let you know, otherwise plan on it being a smooth process.

Keep in mind that not every insurance plan provides SilverSneakers, but most Blue Cross Blue Shield and Priority Health Medicare Advantages plans do provide this option. If you are unsure of your benefits, you should contact your insurance provider. You can also reach out directly to SilverSneakers Customer Service at 866-584-7389, Monday through Friday from 8am to 8pm. You can email them at support@silversneakers.com.

In other Wellness News…

We are proud to say that we have more classes than ever before in Kent County. We are as far north as Cedar Springs, as far south as Caledonia and we can be found on the eastern and western edges of the county, plus many places in between! But, we know there are still areas that would love to have us provide fitness classes. We need more people to teach them. Lately, I have had some people ask me what it takes to be an instructor, so I thought I'd share some information on how to teach classes for us. If you know someone who might be interested, have them reach out to me!

EnhanceFitness classes require a current CPR certification and a strong health or fitness background. Personal training or group fitness certifications are preferred, but not necessary! We will be training new EnhanceFitness instructors in April!

Arthritis Foundation Exercise Program instructors need a current CPR certification. This program is designed to be led by someone who has an interest in wellness, but does not necessarily have experience. The training for this program is done online over several hours.

Finally, our Tai Chi instructors also need a current CPR certification and must successfully participate in and complete a two day training. Tai Chi requires much discipline and dedication to learning the movements. No previous experience or knowledge is required, but it does take a lot of practice before being certified.

We have a wonderful group of instructors in all these programs right now, but would love to see this group grow!

Enjoy this month! Check out these amazing classes we offer!

Be Well!
-Julie

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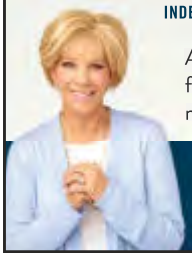


A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.

aPlace forMom.

Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.

There's no cost to you!
(888) 672-0689
We're paid by our partner communities

Open Monday—Friday
8:30 am—2:30 pm

We are located in downtown Grand Rapids at 333 S. Division
(Across from the Catholic Diocese)
We want to serve you, so if you are 60 or better, stop in for a cup of coffee, shoot the breeze or play pool, make new friends, have lunch and participate in our fun happenings!

Lunch is served daily at 11:30—$2.00 suggested donation.

Guests under 60 are charged $3.50

From the Center Coordinator's Desk

Hard to tell from the weather but believe it or not spring is right around the corner. But when you live in Michigan, rain, snow, sunshine or gloom comes with the territory. We adjust. As in the weather, you don't always know what you're gonna get in life, but whatever it is take it in stride and keep on going. We're excited at the Center as we will be having our 3rd Annual March Madness Bracket Challenge. We are excepting it to be bigger and better this year. Keep your eyes open for details and as always my door is open. Pop in and say hi.

Jonathan Bates,
Center Coordinator

We want to take this opportunity to thank all of you who donated items/money to the GR Senior Neighbors Center! Some of you give of your time and talents and we want to thank you too!

If you or your organization would like to be a part of the Senior Neighbors volunteer family please call Nicole Driesenga at 616.233.0745.

A Special Thank You To

* JW Marriott
* GRPD
* Don & Barb Turner
* Michael Herring
* Grand Rapids Drive
* Spectrum Health
* United Healthcare
* Amway
* Rob & Diane Robinson
* Pat Callahan
* Panera
* Stacy Peck
* GVSU Pharmacy
* Grand Rapids Griffins

Staff & Volunteers

Center Coordinator: Jonathan Bates
Activity Assistant: Jill Mancewicz
Nutritional Aide: Walter Smith
Representative from SNI: Nicole Driesenga
AARP Volunteers: John Burns, Wilson Thompson, John Lofton, Emanual Foxworth
Senior Companions: Sue Owen, Terry Murphy, Ruby Leggett, Ollie Williams, Ervin Dykstra

Advisory Council Members

President: Barb Turner
Vice President: Perry Hughes
Treasurer: Sue Owen
Secretary: Terry Murphy
Members at Large:
Stan Smith, Hank Slagter, Charlie Pace
Representative to the SNI Board:
Charlie Pace

3/4/20	Coffee w/ Cop 9:00
3/6/20	Cribbage Tournament 10:00
3/12/20	Breakfast 9:00
3/12/20	Housing Case Manager 10:00
3/13/20	Women's Expo Devos Place 10:00
3/16/20	Hand out NCAA Brackets (10:00)
3/17/20	St. Patrick's Day Party
3/19/20	NCAA Bracketology (turn in) 12:00
3/19/20	Chair Exercises (Calvin) 130-230
3/20/20	Lunch Bunch Golden Coral 11:00
3/24/20	Fire Safety presentation 10:00
3/25/20	Blood Pressure Checks 9:30
3/26/20	Chair Exercises (Calvin) 130-230
3/28/20	March Birthday Celebration

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

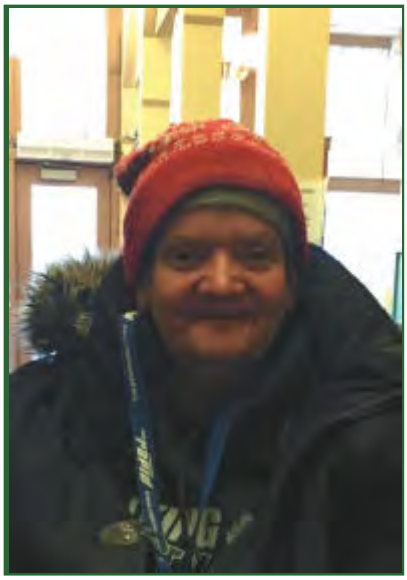
4…Barb Turner
5…Byron Walker
Tom Ross
8…Ruby Leggett
Diane Cann
Terry Willes Jr.
10..Robert Clay
Pamela Hiler
13..Julie Klaczkiewicz
20..Socorro Castro

20…David Purcell
21…Evelyn Pederson
25…Larry Barker
29…Terese Merritt
29…Patrick Watkins
29…Robert Shannon
30…Gene Andrews

Birthday Party to be held on Friday, March 27, 2020
All Day Long!
We will have food, entertainment, prizes and so much more!

Grand Rapids Senior Center
Senior of the Month

Mary Guastella



Mary was born and raised in Detroit, MI. Her parents had 18 kids so it's safe to say she grew up in a big family. Mary attended Catholic Schools growing up and graduated from Gabriel Richard Catholic High School in Ann Arbor. Mary married her sweetheart from Sicily, Stephano Guastella who was a World War II Army Vet of 10 years. Mary is also a veteran who served in the Army for 20 years. Mary speaks at least six different languages fluently. She is a widow and has six grown sons. Mary has been a resident of Grand Rapids for over 12 years. She is always smiling and always has an upbeat attitude regardless of what life throws her way. We are happy to have her here at the Grand Rapids Center. If you see her around, don't be shy. Say hi. She won't bite.

RideLink Information:

The Rapid participates in RideLink, a network of area transportation providers. RideLink offers transportation to persons aged 60 or older to any destination, including doctor visits, recreational visits, and shopping trips **within Kent County.** Providers include Hope Network, Senior Neighbors, Kent County Community Action, United Methodist Community House and The RAPID. These agencies vehicles provide trips for RideLink.
You must pre-register to use RideLink.

Rides are scheduled through RideLink. Call 774-1288 no later than noon of the workday before your appointment.

- RideLink passengers are encouraged to make a **$2.00 donation per trip.** Donations are an important part of this program. The money goes directly back into the program to allow for continued service.
- Service hours are Monday – Friday, 7:30 a.m.– 4:30 p.m. and Sunday, 8:00 a.m. – 2:00 p.m.
- Rides must be cancelled through RideLink.
- This service is available Sunday through Friday.

Daily Happenings

Color Pencil Therapy—Mondays at 11:00
Bible Study—Thursdays at 11:00
Coffee w/ Cop—1st Wednesday of the Month at 9:00
Bingo—1st Friday of the Month at 12:30
Case Manager—Thursdays 10:00—12:00
Breakfast—2nd Thursday of the Month at 9:00
Wii Bowling—Wednesdays at 10:00
Wii Golf—Thursdays at 12:00
Advisory Council—3rd Tues. of the Month at 1:00
Arthritis Exercise—Tues. & Thurs. at 10:00
Card games Wizard, Bid Whist & Pool Daily

St. Patrick's Day Word Search

P	O	T	O	F	G	O	L	D	B	E	E	T	S	L
O	S	F	R	A	C	H	G	C	U	I	V	E	L	U
S	O	H	B	O	W	S	C	L	O	V	E	R	E	W
T	A	M	A	R	C	H	R	A	D	O	W	S	P	I
L	R	U	C	M	U	C	K	Y	L	O	E	P	R	A
U	C	W	I	K	R	A	I	N	B	O	W	K	E	Y
K	A	T	R	S	G	O	N	D	U	R	L	U	C	K
T	H	E	T	G	O	S	C	P	L	E	R	P	H	A
C	T	O	I	R	N	T	D	K	O	G	M	R	A	I
C	O	R	N	E	D	B	E	E	F	R	C	A	U	R
E	T	I	R	E	L	A	N	D	O	S	H	E	N	I
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L	E	A	I	S	T	H	P	A	R	A	D	E	T	H
T	R	A	D	I	T	I	O	N	R	O	P	C	E	D
A	P	A	T	R	I	C	K	M	A	F	C	T	H	A

CLOVER
COINS
CORNED BEEF
TRADITION
GREEN

PARADE
PATRICK
POT OF GOLD
RAINBOW
SHAMROCK

IRELAND
IRISH
LEPRECHAUN
LUCK
MARCH

March Folklore

You may be familiar with this bit of folklore about March: *If March comes in like a lion, it will go out like a lamb.*

Is there any truth to this saying? Weather folklore sayings are as colorful as our imagination. While many sayings are based on careful observations and turn out to be accurate, others are merely rhymes or beliefs of the people who came before us.

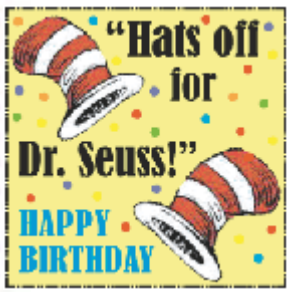
Ancestral Beliefs—Balance

These people often believed that bad spirits could affect the weather adversely, so they were cautious about what they did in certain situations. Their beliefs often included ideas that there should be a balance in weather and life. So, if a month came in bad (roaring like a lion), it should go out good and calm (docile, like a lamb).

With March being such a changeable month, in which we can see warm spring-like temperatures or late-season snowstorms, you can understand how this saying might hold true in some instances. We can only hope that if March starts off stormy it will end on a calm note, but the key word is *hope*. In reality this saying seems to simply be a rhyme rather than a true weather predictor.

More March Weather Lore

Some other March-related weather lore includes:
~A dry March & a wet May? Fill barns & bays with corn & hay.
~As it rains in March, so it rains in June.
~March winds and April showers? Bring forth May flowers.
~So many mists in March you see, so many frosts in May will be.



March 2 Dr. Seuss" Birthday

Please Make Sure You Stop by the Front Desk to Sign-In and Sign-Up for Special Trips and Activities!

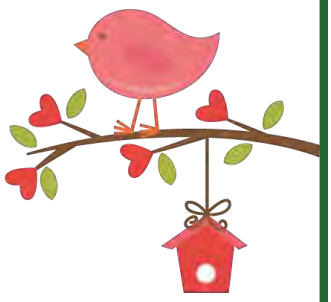
Thank You for donating for lunch. Every little helps!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cribbage 10:00 Colored Pencils 11:00	3 Arthritis Exercise 10:00 	4 Coffee w/ Cop 9:00 Wii Bowling 10:00	5 Arthritis Exercise 10:00 Case Manager 10:00-12:00 Bible Study 11:00 	6 Cribbage Tournament 9:30
9 Cribbage 10:00 Colored Pencils 11:00	10 Arthritis Exercise 10:00 	11 Wii Bowling 10:00 	12 Breakfast 9:00 Case Manager 10:00-12:00 Arthritis Exercise 10:00 Bible Study 11:00 Wii Golf 12:00 	13 Women's Expo Devos Place 10:00 Cards 1:00
16 Cribbage 10:00 NCAA Brackets (Pass) Colored Pencils 11:00 	17 Arthritis Exercise 10:00 St. Patrick's Day Party Advisory Council 1:00	18 Wii Bowling 10:00 	19 Arthritis Exercise 10:00 Case Manager 10-12 NCAA Brackets (Due) Noon Bible Study 11:00 Chair Exercises 130-230	20 Lunch Bunch Golden Coral 11:00 Cards 1:00
23 Cribbage 10:00 Colored Pencils 11:00	24 Arthritis Exercise 10:00 Fire Safety Presentation 10:00 	25 Blood Pressure 930-1030 Wii Bowling 10:00	26 Arthritis Exercise 10:00 Case Manager 10:00 Bible Study 11:00 Wii Golf 12:00 Chair Exercises 130-230	27
30 Cribbage 10:00 Colored Pencils 11:00 	31 Arthritis Exercise 10:00 	Suggested Donations Arthritis Exercise: $3 Chair Exercise: Free Breakfast: Anything Lunch: $2 	 	

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.** for social/recreational/educational activities, parties, music, art, games and outings. A healthy, delicious lunch is served daily at noon for a suggested donation of **$2.75** & a charge of **$3.50** for people under 60.

Phone: 616-531-5250
Fax: 616-531-7743
www.seniorneigbors.org



From the Coordinator's Desk

March is here and hopefully the snow is melting. Spring is upon us! We look forward to finally getting outdoors more in March; listening to the birds chirp and seeing green grass come alive again.

I hope the nicer weather will bring more visitors to the Center to join in on the fun here! If you have not been to the Center over the winter months, then I encourage you to come back.

The Center is a great place for fellowship with old friends and to make new friends as well. I hope everyone has a great March and can finally enjoy some fresh air!

Lisa Sarber, CTRS
Center Coordinator

Staff

Coordinator: Lisa Sarber, CTRS
Nutritional Aide: Joann Kanady
Bus Driver: John Bouma
Senior Neighbors Representative: Nicole Driesenga

Advisory Council Members

President: Jim VanStee
Vice President: Roger Wynsma
Treasurer: Fred Dillinger
Secretary: Jackie Sheler
Members at Large: Joe Haviland, Lois Ripma & Alan Wolf
Representative to the SNI Board: Joe Haviland

Advisory Council Meeting: March 12 at 1 pm.

4 Jean Johnson
4 Barbara Smith
9 Shirley Kamps
9 Wendel Merica
11 Nancy Weirs
12 Theresa Lackey
14 Richard Ebel
19 Lula Kaan
21 Joanie Guernsey
21 Nick Noto
21 Cheri Perez
23 Sallie Alberts
23 James VanKoevering
27 Rufus Joplin
27 Jan Poort
30 Robert Rennison

Don't forget to claim your free birthday lunch on Birthday Friday - the last Friday of the Month. Happy Birthday!

Like us on Facebook

RideLink Information:

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You must pre-register to use RideLink.

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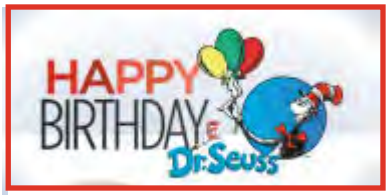
- Rides must be cancelled through RideLink.
- This service is available Sunday through Friday.

Grandville 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.

- *Colored Place Mats for Special Occasions
- *Decaf Coffee & Regular Coffee & Stir Sticks
- *Green Tea
- *Coffee Creamer, Sugar
- *Splenda or Equal
- *Hand Sanitizer
- *Postage Stamps
- *Copy Paper - White & Color
- *New AA, C, D, 9 Volt & AAA Batteries
- *Greeting Cards
- *Store Bought Cookies

To All Who Have Donated



Sunday Luncheon

March 8 at 1 pm
Catered by Carole's Catering

Menu: Baked Chicken
Sign up with $8 payment by Tuesday, March 3.

Please invite your family & friends!

Thank you to our Sunday Dinner Sponsors
~ Health Care Associates ~
~ Somerset Manors ~

Friday, March 6 at 11:00 - March Word Puzzles & Shamrock Shakes. RSVP by Friday, February 28.

Monday, March 9 at 1:00 - Cooking Group with Pam. RSVP by Wednesday, March 4.

Thursday, March 12 at 11:00 - Free Legal Advice. RSVP by Monday, March 9.

Friday, March 13 at 11:00 - St. Patrick's Day Party with music by Marvin Lutrell. Please wear your green. RSVP by Friday, March 6.

Wednesday, March 18 at 11:00 - Lunch Bunch Outing to Shots Restaurant on Lake Michigan Drive in Standale. We will be car pooling. RSVP by Friday, March 13.

Friday, March 20 at 9 - 11 - Free Hearing Screens & Hearing aid cleaning with Hearing Life.

Monday, March 23 at 1:00 - Arts & Crafts with Lisa. Prepay $5 & RSVP by Wednesday, March 18.

Wednesday, March 25 at 9:45 - Free blood pressure checks & mystery bingo with Guardian Angel.

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

Tuesday, March 31 at 12:45 - Feeding America West Michigan Food Pantry.

Thank You for your Donation

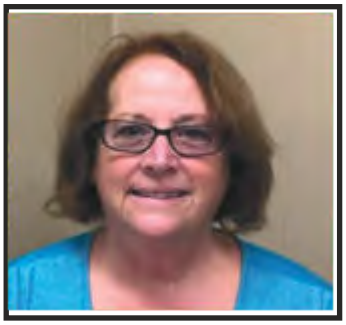
Panera: Baked Goods
Samaritas:
Birthday Cake
Lois Ripma: Ice Cream
HealthBridge:
Valentine's Day
Dessert

GRANDVILLE G

Join the Fun! Community Education offers adult classes, lap swimming, senior water aerobics and pickleball. Also, Community Ed offers the free Golden Age card for 60+ year old Grandville School District residents. The card entitles you to free admission to all school sponsored athletics offered by member Kent County Schools.

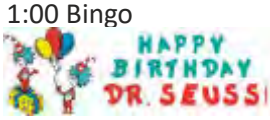
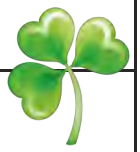
Please stop by the Community Ed office for a free brochure or check them out online at: recpro.gpsbulldogs.org or call 616-254-6553
3843 Prairie Street SW
7:30 am to 4 pm

Bulldog Pride



Volunteer of the month is Jackie Sheler

Jackie was a Para-professional and then a teacher at Jenison High School for 32 years. She retired in 2009 and was looking for an exercise program. Jackie participates in the exercise classes and serves as secretary on the Center's Advisory Council. She enjoys spending time with family and friends.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Current Events 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 11:00 Life Story Class 1:00 Painting Group	**3** 9:00 Coloring Group 10:00 Bible Study 11:00 Wii Bowling 12:45 Cards Games 1:00 Bingo  	**4** Footcare with Pam 9:00 Breakfast 10:00 Fitness 11:00 Fitness 12:45 Cards Games, Euchre & Dominos	**5** 9:00 Relaxation 10:00 Fitness 11:00 Bean Bag Baseball 12:45 Cards & Games 1:00 People Bingo	**6** 9:00 Yoga 10:00 Zumba Gold **11:00 March Word Puzzles & Shamrock Shakes (RSVP)** 12:45 Cards & Games 
9 9:00 Current Events 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group 1:00 Cooking Group	**10** 9:00 Coloring Group 10:00 Bible Study 11:00 Life Story Class 12:45 Card & Games 1:00 Bingo 	**11** Footcare with Pam 9:00 Breakfast 10:00 Fitness 11:00 Fitness 12:45 Cards, Games, Euchre & Dominos 	**12** 9:00 Relaxation 10:00 Fitness 11:00 Attorney 11:00 Bean Bag Baseball 12:45 Cards & Games 1:00 Advisory Council 1:00 People Bingo	**13** 9:00 Yoga 10:00 Zumba Gold **11:00 St. Patrick's Day Party with music by Marvin Lutrell (RSVP)** 12:45 Cards & Games
16 9:00 Current Events 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group	**17** 9:00 Coloring Group 10:00 Bible Study 11:00 Wii Bowling 12:45 Cards & Games 1:00 Bingo 	**18** Footcare with Pam 9:00 Breakfast 10:00 Fitness 11:00 Lunch Bunch 11:00 Fitness 12:45 Cards, Games, Euchre & Dominos	**19** 9:00 Relaxation 10:00 Fitness 11:00 Bean Bag Baseball 12:45 Cards & Games 1:00 People Bingo	**20** 9:00 Yoga 10:00 Zumba Gold **9 - 11 Free Hearing Screens & HA cleaning by Hearing Life** 12:45 Cards & Games
23 9:00 Current Events 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Arts & Crafts 1:00 Painting Group 	**24** 9:00 Coloring Group 10:00 Bible Study 1:00 Life Story Class 12:45 Cards & Games 1:00 Bingo	**25** Footcare with Pam 9:00 Breakfast 9:45 BP Checks & Mystery Bingo 10:00 Fitness 11:00 Fitness 12:45 Cards, Games, Euchre & Dominos	**26** 9:00 Relaxation 10:00 Fitness 11:00 Bean Bag Baseball 12:45 Cards & Games 1:00 People Bingo	**27** 9:00 Yoga 10:00 Zumba Gold 11:00 **March Birthday Party with music by Martin Zyla (RSVP)** 12:45 Cards & Games
30 9:00 Current Events 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group	**31** 9:00 Coloring Group 10:00 Bible Study 10:30 Free Eyeglass Adjustments with Eyeglass World 12:45 Cards Games 12:45 Food Pantry 1:00 Bingo	**Suggested Donations** **Fitness: $3** **Zumba Gold: $3** **Chair Yoga: $3** **Painting: $3** **Breakfast: $3** **Arts & Crafts: $5** 	 	

Welcome to the Lowell Senior Center

If you are age 60 or older, the Lowell Senior Center welcomes you to join us **Monday - Friday 8:30 AM - 2:00 PM** for socializing, events, entertainment, playing cards and bingo. A delicious lunch from Meals on Wheels is served daily at **12:00 noon** for a $2.75 donation. Come join us. We have lots of fun!

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

Staff

Terra Bieneman: *Center Coordinator*
Carol Schwierking: *Nutrition Aide*
***Don Schneider**: Bus Driver*

Advisory Board

Marlene Briggs: *President*
***Kay Estes**: Vice President*
Russ Harig: *Treasurer*
Nicole Driesenga: *SNI Central Office Rep*
Ronni Moyer, Teresa Potts,
Shirley Willis, David Maltman: *Members at Large*
Leo Peters: *Representative of the SNI Board of Directors*

LIFE STORY CLASSES

Have you ever wanted to leave a life story or special memory book for your family members to cherish? Do you feel overwhelmed with how to begin?

Over the next three months, beginning in February, we will have a class to help you create a special keepsake memory book.
Please stop by the Center to join us if interested still.

Class Dates:

Thursday March 5 at 10:30 a.m.
Title: Employment/Marriage/Children

Thursday April 2 at 10:30 a.m.
Title: Other Areas/Special Memories

March Events

Friday, March 6
Fish Fry at Fairway Outing—4:00

Thursday, March 19
Mystery Dinner Outing—4:30

Monday, March 23
Walker Center for Dime Bingo Outing—9:30

Monday, March 30
Sprinkles Donut Outing—9:30

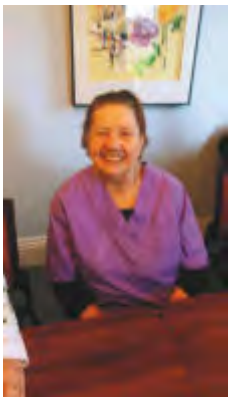
Please sign up in the outings book and get more details on these events at the Lowell Senior Center.

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

Please remember that there is a suggested donation of $4.00 round trip for transportation on outings!

SENIOR IN THE SPOTLIGHT

JILL LYNCH



Jill Lynch has been attending the Lowell Senior Center for the last three or four years, originally a couple times a week. She has come to the center daily since last July.

Jill is a retired X-ray technician/ caregiver of 50 years! She enjoys coming to the center for the activities and socialization and has made some great friends here with the staff, members, and volunteers.

It makes Jill happy that her daughter Laura brings her to the center each day. She lends a helping hand to her friends at the center whenever she can.

Jill really loves animals, especially her kitties.

We enjoy seeing Jill each day and are so glad that she loves coming to the Lowell Center!

01 – Swarn Doel
05 – Don Silvas
05 – Tim Vanderwulp
15 – Joan Hunter
23 – Jan Clum

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

Lowell Senior Center Wish List

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

- *Paper Towels
- *Decaf/Regular Coffee
- *Bingo Prizes
- *Word Search Puzzles
- *Meijer Gift Cards
- *Toilet Paper
- *Creamers
- *Snacks/goodies
- *Toilet Bowl Cleaner
- *Dollar Tree Gift Cards

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

Please Help Me Thank The Following Sponsors of the Lowell Senior Center

- Community Caregivers
- Fountainview of Lowell
- Green Acres of Lowell
- Stud Muffins & Cupcakes
- KDL Library
- Laurels of Kent
- Senior Sing Along

Lowell Senior Neighbors Center

Please Make Sure to Sign-In and Sign-Up for Special Trips & Activities!

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 ~ Hand & Foot 10:45 ~ Dr. Seuss Trivia 12:45 ~ Pokeno 12:45 ~ AC Meeting 	**3** 10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 Bingo 	**4** 9:00 ~ Hand & Foot 10:30 ~ Bible Study 11:00 ~ Apples to Apples Game 12:45 ~ Meijer Outing	**5** 9:30 ~ Nifty Knitters @ Laurels of Kent 10:00 ~ Exercise @ Schneider Manor 10:30 ~ Life Story Class - Employment/ Marriage/Children	**6 College Shirt Day** 9:00 ~ Hand & Foot Game 10:45 ~ Music w/ Martin Zyla 12:30 ~ Bingo w/ Green Acres
9 9:00 ~ Hand & Foot 10:45 ~ LCR Game 12:45 ~ Meijer Outing 	**10** 10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo w/ Laurels of Kent 	**11 NO BUS** 9:00 ~ Hand & Foot 10:30 ~ Bible Study 	**12** 9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Book Club w/ KDL 11:00 ~ Guess the Celebrity Ages	**13 Green/Gold Day** 9:00 ~ Hand & Foot Game 10:45 ~ Music w/ Crystal 12:30 ~ Bingo w/ Fountainview of Lowell
16 9:00 ~ Hand & Foot 11:00 ~ Arm Chair Travel to Ireland **11:30 ~ LUNCH** 12:45 ~ Pokeno 	**17 GREEN DAY** 10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ St. Patty's Day Bingo 	**18** 9:00 ~ Hand & Foot 10:30 ~ Bible Study 11:15 ~ Outburst 12:45 ~ Meijer Outing meijer	**19** 9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo w/ S.N. Central Office Staff– Vicki 	**20 Purple Day** 9:00 ~ Hand & Foot Game 10:45 ~ March Bday Bash w/ Magic Show 12:30 ~ Bingo w/ Community Caregivers 4:30 ~ Fish Fry at Fairway
23 CENTER CLOSED **9:30 ~ Dime Bingo and Lunch @ Walker Senior Center Outing (bring 12 dimes)** 	**24** 10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Mystery Prize Bingo 	**25 Nat'l Chocolate Mint Day** 9:00 ~ Hand & Foot 10:30 ~ Bible Study 11:15 ~ Chitter Chatter 12:45 ~ Meijer Outing	**26** 9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Brain Games w/ Laurels of Kent	**27 Irish Colors Day** 9:00 ~ Hand & Foot Game 10:45 ~ Irish Music w/ Paddy's Cure 12:30 ~ Bingo
30 9:00 ~ Hand & Foot 9:30 ~ Sprinkles Donut Outing 10:45 ~ LCR Game 12:45 ~ Pokeno	**31** 10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo	 	 	**Suggested Donations** Lunch 60+ $2.75 59 & below-$3.50 charge Exercise: $2 Craft Class: $3

The Senior Center of Sparta

100 Ida Red
(inside the Harvest Way Community Bldg.)
Sparta, Michigan 49345
(616) 887-1273
Center Coordinator: Jane Ringler

Where the coffee is always on and the friendships run deep!

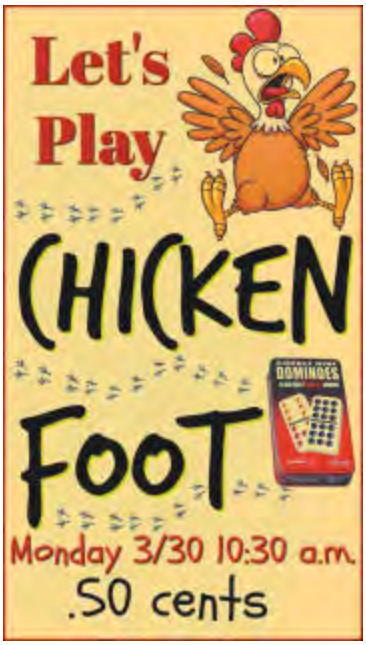
Staff Members: Nutrition Aides Janice Follett & Sharon Mills. Bus Drivers Melode LaHuis & Donna VanOeffelen.

Your Advisory Board

Dori Johnson, Karen Keech, Annette DeVries, Marian Andersen, Carol Toppen, Lee Beurkens, Lois Hall, Judy Skeans & Kathie Westcott

TRIPS

EGGSTRAVAGANZA
Easter Decorations
Let's Make Adorable
Egg Crafts
with a visiting
Central Office
Staff Member
Also...
Let's mix up some yummy deviled eggs as a snack to tide us over for lunch too!
Friday 3/27 10:30 a.m. $1


Let's Play
CHICKEN
FOOT
DOMINOES
Monday 3/30 10:30 a.m.
.50 cents

SHAMROCKS
SHENANIGANS
Party
with "The Others"
The Shenanigans begin
Wed 3/18 10 a.m.
Please bring some Irish Luck & a Goodie to Share.

Good Times
Funny Stuff
HAHA
Please support your
Senior Center
as they perform a
Readers
Theater
Comedy
Friday 3/6 10:30 a.m.

NEEDED:
A Volunteer Leader
for the
Care Takers Support Group
at
Sparta Senior Neighbors
Listen, Connect & Share
Group meets every other Thursday 12:30 p.m.
Please contact center coordinator Jane
WANTED:
Wireless, Bluetooth
Projector
and ceiling mount installation

Wii Bowling
Tournament News
Thursday 3/19 2:30 p.m.
Sparta Senior Smashers take on the Meadowlark Mashers

JANICE'S WHITE CHICKEN CHILI RECIPE
1 Large Jar Northern White Beans
1 Jar Salsa
1 Lb. Chicken Breast (cooked & chopped)
1 Pkg. Cheese (any variety)
1 Small Can Green Chiles (chopped)
1 Small Can Black Olives (sliced)
1/2 Cup Green Onions (chopped)
Mix Everything & Cook In Crock Pot
Top With Green Onions & Tortilla Strips

Chili
Congratulations
Winner!
Janice
Follett
Best Chili

2nd Linda Hole
6th Joyce Baker
12th Sandra Mitchell
14th Cindy Boomer
18th Tonda White
20th Margaret Robach
28th Annette DeVries
30th Diane Jensen

Remember Your Complimentary Birthday Meal

SHOUT OUT For Help

Help Needed Please

Volunteers to help with shopping & preparing for activities planned. Please contact Jane at the Sparta Senior Neighbors if you can help.

Volunteer Joyce Petersen

Joyce Marie Rogers was born May 11, 1946. Joyce spent her childhood in Sand Lake with her mother Josephine and stepfather Anthony Golembiewski, the second child of four.

The summer prior to her senior year at Tri County High School, she worked as a waitress and lived on Mackinac Island. She graduated in the spring of 1965.

After graduating, Joyce worked for Wolverine Shoe Factory in Rockford. She then ventured to Grand Rapids where she moved into her own apartment and worked as a secretary at Butterworth Hospital. During this time, she met Dwayne Hendee at the Clifford Lake Dance in Greenville. The couple married in 1968 and moved to Dwayne's family dairy farm in Portland. Dwayne farmed and worked construction while Joyce worked as a secretary for St. Lawrence Hospital in Lansing.

In 1969, Joyce and Dwayne welcomed a son named Ron. Ron was only 10 months old when Dwayne was involved in an automobile accident that claimed his life. Joyce and her son moved back to her childhood hometown of Sand Lake. Joyce had to start her life anew. She found a job at D&W Corporate Office as a traveling price checker.

Eventually, Joyce met and married Rockford Chief of Police, Jim Petersen and they welcomed a daughter named Kathleen.

After 33 years of service with D&W, Spartan stores took over and Joyce found herself looking for employment again. She accepted a clerical position with St. Mary's Hospital in the neonatal unit. Joyce retired from St. Mary's in 2016.

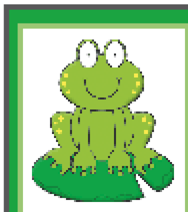
Today, Joyce resides in Sparta and she is busy spending time with her grandchildren, she is blessed to have five. She volunteers for her church and the Sparta Senior Neighbors Center. Joyce also finds time to help friends whenever possible. She works part time in the cafeteria for Sparta Schools. She enjoys traveling, baking, bike riding, dancing and most of all, spending quality time with her family.

Joyce's family has grown to expect a new face sitting at the dinner table on any given day of the week. Joyce enjoys new friendships and has always welcomed new friends to her home to share a meal. By opening her home and her heart, Joyce says her legacy is to be a friend to everyone. Joyce certainly is a very special lady. We consider her a treasured and dear friend here at Sparta Senior Neighbors.

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 Music w/Country Stringz 11:30 Lunch 1:30 Coffee Hour	3 10:30 Exercise 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	4 Tax Appts. B-day Cake 10:30 Music w/ Deb Eadie 11:30 Lunch 1:30 Coffee Hour	5 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour 1:30 NorthStar Movie Outing	6 10:30 Readers Theater Performance 11:30 Lunch 12:15 Euchre $1 1:30 Coffee Hour
9 10:30 Exercise 10:30 Wii Bowling 11:30 Lunch 1:30 Coffee Hour (Exercise/Bowling changed from Tues only this week)	10 10:30 Music w/ Kentwood Choir 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	11 Tax Appts. 10:30 Music w/ Crystal 11:30 Lunch 1:30 Coffee Hour 4 Depart for Red Bird	12 10:30 Exercise 11:30 Lunch 12:15 Bingo 12:30 Care Giver Support Group 1:30 Coffee Hour	13 10:30 Coin Game .50 11:30 Lunch 12:15 Shut the Box .50 1:30 Coffee Hour
16 Commodities 10 Music w/ Country Stringz 11:30 Lunch 12:15 Rally Roll .50 1:30 Coffee Hour	17 St. Patrick's 10:30 Exercise 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	18 Tax Appts. 10 Shamrocks & Shenanigans Party 11:30 Lunch 1:30 Coffee Hour	19 Spring 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour 2:30 Bowling Tournament	20 10 Farkle .50 11:30 Lunch 12:15 Euchre $1 1:30 Coffee Hour
23 10 Sparta Sleuths 11:30 Lunch 12:15 Continue Sparta Sleuths 1:30 Coffee Hour	24 10:30 Exercise 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	25 9:30 Depart for Turkeyville $50 10:30 Music with Gary McCoury 11:30 Lunch 1:30 Coffee Hour	26 9:30 BP Check 10:30 Exercise 11:30 Lunch 12:15 Bingo 12:30 Care Giver Support Group 1:30 Coffee Hour	27 10:30 Eggstravaganza 10:30 Music with David Molinari 11:30 Lunch 1:30 Coffee Hour
30 10:30 Chicken Foot Game .50 11:30 Lunch 12:30 Adv Meet 1:30 Coffee Hour	31 10:30 Exercise 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour			 Suggested Lunch Donation $2.75

Theme “All Things Green”

Senior NEIGHBORS no longer alone



At Walker Firehouse Café we pride ourselves in being a social, welcoming location for seniors to connect and embrace life with other older adults in our community.
Enjoy a cup of coffee and a snack. Meet new friends as you play bingo, enjoy music, learn a new craft, or play cards.

Guests are always Welcome!

Hours: Monday, Wednesday & Friday
9:00am to 2:00pm
Lunch is Served at Noon.
There is a suggested donation of $2.75 for people over 60.
Guests under 60 must pay $3.50

Senior Center Staff

Center Coordinator:
Sherri Meines
Senior Director Certified
Nutrition Aide:
Lora Boogaard
Centers & Volunteer Supervisor:
Nicole Driesenga 616.233.0745
Senior Companion Volunteers:
Delores Dykstra
Mike Moklebost and Nancy Plaisier,

AARP Sandra Conley

Walker Firehouse Café

4101 Lake Michigan Drive,
Walker, Michigan 49534
Located on the 2nd floor
in the Community Room
616.735.3240 Phone 616.735.2966 Fax
Email: smeines@seniorneighbors.org

Advisory Council Members

Charlie Flake: President
Mitch Ross : Vice President
Nancy Plaisier: Treasurer
Myrna Zielinski: Secretary
Members at Large:
Henry Bancroft, Bruce Dybas
Jerry Gillhespy,
Florence Goodgasell
Florence Reilly, Evelyn Veenstra
Welcoming Committee:
Lynn Hojnacki, Kevin Kosten,
Steve Kwaitkowski, Mitch Ross
Representative to the SNI Board:
Myrna Zielinski
RAPID Board: Michael Moklebust
Advisory Council meets the third Wednesday of the month.
Subject to change if needed.

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Tickets for the Go! Bus and RAPID City Bus are available through our Central Office at a reduced donation rate.

Suggested Donations
Adults age 65 and over:
$6.00 per 10 ride card

Adults age 60 to 64: $8.00 per 10 ride card

Book of ten Go! Bus tickets: $21.00

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

~~~~~~

This Month's Volunteer is Evelyn Veenstra

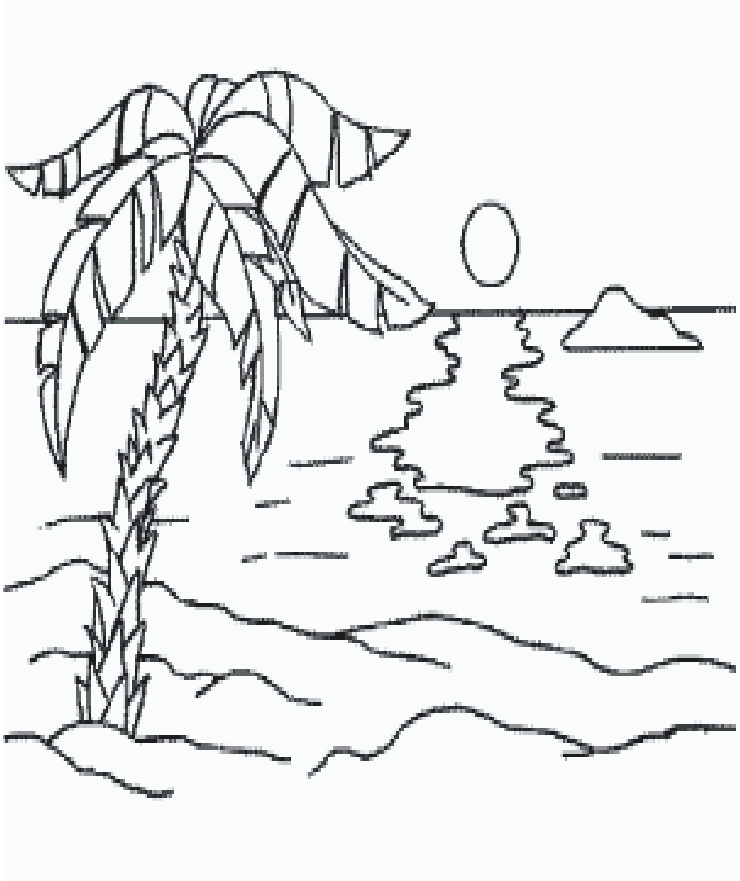
My name is Evelyn Veenstra, I have been coming to the Walker Senior Neighbors for about 12 years now. I enjoy the trips we go on, and I have made a lot of friends attending the center. I have five children who are a real blessing to me.

"The Walker Shakers"

At the Walker Center we have started a rhythm ensemble, using percussion instruments to make music with rhythm. You don't have to know anything about music. Lora will teach you, and you will learn as you go.

Directed by Lora Boogaard

Please color me!



March Birthdays

Please join us the first Wednesday of the month to celebrate birthdays and enjoy a FREE Birthday Lunch.

Sandra Erickson
Nancy Plaisier
Karl Glass
Esther Mergener

First Wednesday of the Month

Free Legal Services with
Michael Herring
Attorney at Law
Starting at 11:00 am

Please stop by the Information Table to sign up for activities and events at the Walker Center.

Enhance Fitness Class

Walker Firehouse Café offers an offsite option to enjoy exercise and fitness.
Classes are available
Monday, Tuesday & Thursday
@ 9:00am
Faith United Methodist Church
2600 7th St. NW
Grand Rapids, 49504

ENHANCE FITNESS

Tai Chi for Arthritis Class

New Class @ Westview CRC
2929 Leonard St. NW
Tues. & Thurs. at 11:00
Reserve your spot now by calling Julie Lake at Senior Neighbors
616-233-0283

MARCH

2 9:00 Coffee & Cookies 9:30 Bingo w/Darlene Calling from Senior Neighbors 10:30 Book Club w/Michelle 11:00 Baseball Game 12:00 Lunch	4 9:00 Coffee, Cookies & Games 9:30 "All Things Green" Color sheet 11:00 Bing Higbee, Vocals 12:00 Lunch	6 9:00 Coffee, Cookies & Games 9:30 Frog Word Search 10:15 "The Walker Shakers" 12:00 Lunch
9 9:00 Coffee & Cookies 9:00 Memory Screening Christin w/MSU 9:30 Bingo 11:00 Cards & Games 12:00 Lunch	11 9:00 Coffee, Cookies & Games 10:00 March Word Search 11:00 Karaoke w/Mitch 12:00 Lunch 1:00 Cards & Games	13 9:00 Coffee, Cookies & Games 9:00 Hearing Aid Testing 10:00 Colorful Ring Holder w/Delores 12:00 Lunch 1:00 Cards
16 St. Patrick's Party 9:00 Coffee & Cookies 9:30 Bingo 10:30 Button Flower w/Lynn 11:00 Baseball Games 12:00 Lunch	18 9:00 Coffee, Cookies & Games 10:00 Blood Pressure w/Tara Guardian Angel 11:00 "The Walker Shakers" Directed by Lora 12:00 Lunch 1:00 AV Meeting	20 9:00 Coffee, Cookies & Games 9:00 ELS Students GVSU Color Sheet, Baseball, Games 11:00 ELS Students GVSU 12:00 Lunch 6:00 "UP" Grand Rapids Symphony Carpooling/SN Van
23 Welcome Lowell! 9:00 Coffee & Cookies 10:00 Bingo w/Dimes Special Guests Lowell Seniors note time change. 12:00 Lunch	25 9:00 Coffee & Cookies 9:30 "Help is out yhere" Disability Advocates 11:00 David Molinari, Guitar 12:00 Lunch	27 9:00 Food Demo w/Sherri Green Pancakes 10:15 "The Walker Shakers" 11:00 Baseball Games 12:00 Lunch
30 9:00 Coffee & Cookies 9:30 Bingo 11:00 Baseball Games 12:00 Lunch 1:00 Cards & Games	**March Theme: "All Things Green"**	

EVERY BITE COUNTS!

MEALS ON WHEELS
WESTERN MICHIGAN
TOGETHER, WE CAN DELIVER

In recognition of National Nutrition Month, we want to focus our attention around how important every bite of nutritious food can be for an older adult. Every bite of food can contribute life-giving nutrients to our aging bodies. If it is getting difficult for you to eat, chew, or swallow, please talk to your doctor. If you have problems with your teeth, see your dentist. It is best to get some medical care and advice before unintentional weight loss occurs and you become at risk for being malnourished.

Here are some tips to make foods easier to swallow, bite or chew:

1. Thicker liquids are sometimes easier to swallow like milkshakes, nectar and Kefir
2. Chop, mash or puree foods. Use a fork, blender or food processor.
3. Add gravy or sauce to help soften and moisten food.
4. Try different food textures to see what suits you best.

Remember: If you receive Meals On Wheels Home Delivered Meals, you can receive meals cut, minced & moist, or pureed if you are experiencing significant chewing and swallowing problems. Just call for more information. Meals on Wheels Western Michigan (MOWWM) 616.459.3111

Flip over for examples of soft, easy to swallow foods

Soft Food Choices:

Grain Products - Soft, fresh breads, mashed or boiled potatoes, pasta, rice, barley, quinoa, oatmeal, grits, cream of wheat

Meats and Alternatives - Yogurt, kefir, pudding, ice cream, tapioca, custard, eggs

Vegetables - Fresh, frozen or canned vegetables that are well-cooked, 100% vegetable juice

Fruits - Canned fruits in own juices, 100% fruit juice, applesauce, mashed bananas, pureed fruits

Foods from two or more food groups - Shepherd's pie, macaroni and cheese, goulash, chili, hearty soups, dal, spaghetti with meat sauce, red beans and rice

We have dedicated staff people who prep and assemble our modified meals each day. We use special equipment to make sure our meals still look and taste as good as the regular meals. If you are having difficulty cutting the food, chewing or swallowing, call to try one of our modified meals! MOWWM 616.459.3111

CUT

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PUREED

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Affordable Living for Seniors

Recently Renovated
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Free Heat

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Barrier Free Units Available
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NORTHERN Physical Therapy

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Custom hand-made Glass Art
Infused with your loved ones cremains.

Call with your ideas
303-884-3104
Degree Glass

HOMETOWN PHARMACY

Bring in this coupon for FREE Senior Vitamins

- Med Sync Program
- Home Medical Equipment
- Immunization Administration
- Dr Comfort Diabetic shoes by appointment

FREE LOCAL DELIVERY

Call the pharmacy for more details

Momber Hometown Pharmacy
11 S State St., Sparta, MI 49345
(P) 616-887-7323 ▪ (F) 616-887-9559

HealthBridge Post-Acute Rehabilitation

If you have an upcoming surgery scheduled choose HealthBridge Post-Acute Rehabilitation to help you get home as soon as possible.

HealthBridge Post-Acute Rehabilitation
The road to recovery is closer than you think

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OUR MISSION IS...

We are dedicated to promoting independent living for people who are 60 years and older by providing essential services that help seniors remain independent into their later years. We focus heavily on health and wellness programming as we work to aggressively pursue our mission of *Enhancing the Lives of Seniors.*

Senior Neighbors is funded in part by: Individual donations, Heart of West Michigan United Way, Area Agency on Aging of Western Michigan, Meals on Wheels of West Michigan, 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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