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.
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 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
Side by Side Adult Day Services
Offers daytime activities for older adults with cognitive impairments while providing needed respite and support for caregivers.
Call now or stop by for a tour!
616.235.2910
www.hopenetwork.org/sidebyside
1256 Walker Ave NW • Grand Rapids

Protecting Seniors Nationwide
Medical Alert System
$29.95/MO
Billed Quarterly
Call NOW! 1.877.801.5055
WWW.24-7MED.COM

Reach the Senior Market
Advertise Here

Richard Sawyer to place an ad today!
rsawyer@4LPi.com or (800) 950-9952 x2570

Only 10 Money Saving Minutes from Grand Rapids
8955 Sparta Ave. NW
616-887-1791
www.spartachevy.com

American Standard
WALK-IN BATHTUB SALE! SAVE $1,500
• Backed by American Standard’s 140 years of experience
• Ultra low entry for easy entering & exiting
• Patented Quick Drain® Technology
• Lifetime Warranty on the bath AND Installation, INCLUDING labor backed by American Standard
• 44 Hydrotherapy jets for an invigorating massage
Limited Time Offer! Call Today!
844-889-2321
Or visit: www.walkintubinfo.com/safety

Call today to connect with a SENIOR LIVING ADVISOR
INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

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

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

Senior Care in YOUR Home
Personal care • Respite Care and more
Call Rachel at 616-481-1234
Valentine Senior Care
Custom Rates to fit your needs

Hessel-Cheslek
Funeral Home
Thomas K. Cheslek, Owner
Family Owned and Operated
Pre-Arrangement Funeral Planning
COMPLETE FUNERAL SERVICES
MONUMENTS & MARKERS
88 East Division Street
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A Place for Mom has helped over a million families find senior living solutions that meet their unique needs.

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

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

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

March Events
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 (Calvia) 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 (Calvia) 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
- Coffee Creamers
- Peanut Butter/Jelly
- Snacks/Goodies
- Toilet Bowl Cleaner
- New Batteries
- Pancake Mix & Syrup
- Postage Stamps
- Cereal & Breakfast items
- Bingo Prizes

Mary Guastella
Senior of the Month

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.

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

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.
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.
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<tr>
<td>2 Cribbage 10:00</td>
<td>3 Arthritis</td>
<td>4 Coffee w/ Cop</td>
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<td>6 Cribbage</td>
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<td>Colored Pencils 11:00</td>
<td>Exercise 10:00</td>
<td>9:00</td>
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<td>10:00 Tournament 9:30</td>
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<td>9 Cribbage 10:00</td>
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<td>11 Wii Bowling</td>
<td>12 Breakfast 9:00</td>
<td>13 Women’s Expo</td>
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<td>Colored Pencils 11:00</td>
<td>Exercise 10:00</td>
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<td>Case Manager 10:00-12:00</td>
<td>Devos Place 10:00</td>
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<td>16 Cribbage 10:00</td>
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<td>Golden Coral 11:00</td>
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<td>23 Cribbage 10:00</td>
<td>24 Arthritis</td>
<td>25 Blood Pressure</td>
<td>26 Arthritis Exercise</td>
<td>23 Cribbage 10:00</td>
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<td>Colored Pencils 11:00</td>
<td>Exercise 10:00</td>
<td>930-1030 Wii Bowling 10:00</td>
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<td>30 Cribbage 10:00</td>
<td>31 Arthritis</td>
<td>Suggested Donations</td>
<td>31 Arthritis Exercise</td>
<td>31 Arthritis Exercise 10:00</td>
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<td>Colored Pencils 11:00</td>
<td>Exercise 10:00</td>
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<td>Chair Exercise: Free</td>
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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

From the Coordinator’s Desk

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.
Grandville Senior Neighbors Center

**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!

---

**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 agency’s 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.

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**WISH LIST**

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

---

**Thank you to our Sunday Dinner Sponsors**

~ Health Care Associates ~  
~ Somerset Manors ~

---

**March 2, 1904**

Happy Birthday Dr. Seuss!
**Special Trips & Activities**

**At The Front Desk**

**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

---

**Volunteer of the Month**

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.

---

**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

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# Grandville Senior Neighbors Center

## March 2020

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<td>11:00 Wii Bowling</td>
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<td>11:00 Bean Bag Baseball</td>
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<td>1:00 Cooking Group</td>
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<tr>
<td>9:00 Current Events</td>
<td>9:00 Coloring Group</td>
<td>Footcare with Pam</td>
<td>9:00 Relaxation</td>
<td>9:00 Yoga</td>
</tr>
<tr>
<td>10:00 Fitness</td>
<td>10:00 Bible Study</td>
<td>9:00 Breakfast</td>
<td>10:00 Fitness</td>
<td>10:00 Zumba Gold</td>
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<tr>
<td>11:00 Fitness</td>
<td>10:00 Life Story Class</td>
<td>9:45 BP Checks &amp; Mystery Bingo</td>
<td>11:00 Bean Bag Baseball</td>
<td>11:00 March Birthday Party with music by Martin Zyla (RSVP)</td>
</tr>
<tr>
<td>12:45 Cards &amp; Games</td>
<td>12:45 Card &amp; Games</td>
<td>10:00 Fitness</td>
<td>11:00 Bean Bag Baseball</td>
<td>12:45 Cards &amp; Games</td>
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<tr>
<td>1:00 Arts &amp; Crafts</td>
<td>1:00 Bingo</td>
<td>11:00 Fitness</td>
<td>12:45 Cards &amp; Games</td>
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<tr>
<td>1:00 Painting Group</td>
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<td>12:45 Cards, Games, Euchre &amp; Dominos</td>
<td>1:00 People Bingo</td>
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<td>1:00 Painting Group</td>
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<td>9:00 Current Events</td>
<td>9:00 Coloring Group</td>
<td>Suggested Donations</td>
<td>9:00 Yoga</td>
<td>9:00 Yoga</td>
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<tr>
<td>10:00 Fitness</td>
<td>10:00 Bible Study</td>
<td>Fitness: $3</td>
<td>10:00 Zumba Gold</td>
<td>10:00 Zumba Gold</td>
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<td>11:00 Fitness</td>
<td>10:30 Free Eyeglass Adjustments with</td>
<td>Zumba Gold: $3</td>
<td>11:00 Bean Bag Baseball</td>
<td>11:00 March Birthday Party with music by Martin Zyla (RSVP)</td>
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<td>Eyeglass World</td>
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<td>Chair Yoga: $3</td>
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<td>12:45 Cards &amp; Games</td>
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<td>12:45 Cards Games</td>
<td>12:45 Food Pantry</td>
<td>Painting: $3</td>
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<td>1:00 Bingo</td>
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<td>Breakfast: $3</td>
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<tr>
<td>12:45 Cards Games</td>
<td>12:45 Food Pantry</td>
<td>Arts &amp; Crafts: $5</td>
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<td>30:00 Painting Group</td>
<td>1:00 Bingo</td>
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</tbody>
</table>

**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.seniorneighbors.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

We didn’t realize we were making memories, we just knew we were having fun.
**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.*

---

**Lowell Senior Neighbors Center**

**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
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!

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.

* Any item marked with an asterisk is critical for the operation of the center.

Wish List

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

*Anyone celebrating a birthday will receive a coupon for a FREE lunch and should also come to be celebrated at the monthly birthday bash!
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>2 9:00 ~ Hand &amp; Foot</td>
<td>3 10:00 ~ Aggravation</td>
<td>4 9:00 ~ Hand &amp; Foot</td>
<td>5 9:30 ~ Nifty Knitters @</td>
<td>6 College Shirt Day</td>
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<tr>
<td>10:45 ~ Dr. Seuss Trivia</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>10:30 ~ Bible Study</td>
<td>Laurels of Kent</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<tr>
<td>12:45 ~ Pokeno</td>
<td>Manor</td>
<td>11:00 ~ Apples to Apples Game</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>10:45 ~ Music w/ Martin</td>
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<tr>
<td>12:45 ~ AC Meeting</td>
<td>11:00 ~ Bingo</td>
<td>12:45 ~ Meijer Outing</td>
<td>Manor</td>
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<td>10:30 ~ Life Story Class</td>
<td>12:30 ~ Bingo w/ Green</td>
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<td>- Employment/Marriage/Children</td>
<td>Acres</td>
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<td>9 9:00 ~ Hand &amp; Foot</td>
<td>10 10:00 ~ Aggravation</td>
<td>11 NO BUS</td>
<td>12 9:30 ~ Nifty Knitters</td>
<td>13 Green/Gold Day</td>
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<td>10:45 ~ LCR Game</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>9:00 ~ Hand &amp; Foot</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<td>12:45 ~ Meijer Outing</td>
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<td>10:45 ~ Music w/ Crystal</td>
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<td>11:00 ~ Bingo w/ Laurels of</td>
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<td>11:00 ~ Book Club w/ KDL</td>
<td>12:30 ~ Bingo w/ Fountainview</td>
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<td></td>
<td>Kent</td>
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<td>11:00 ~ Guess the Celebrity</td>
<td>of Lowell</td>
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<td>Ages</td>
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<td>16 9:00 ~ Hand &amp; Foot</td>
<td>17 GREEN DAY</td>
<td>18 9:00 ~ Hand &amp; Foot</td>
<td>19 9:30 ~ Nifty Knitters</td>
<td>20 Purple Day</td>
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<tr>
<td>11:00 ~ Arm Chair Travel to</td>
<td>10:00 ~ Aggravation</td>
<td>10:30 ~ Bible Study</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<td>Ireland</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>11:15 ~ Outburst</td>
<td>Manor</td>
<td>10:45 ~ March Bday Bash w/</td>
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<td>11:30 ~ LUNCH</td>
<td>Manor</td>
<td>12:45 ~ Meijer Outing</td>
<td>11:00 ~ Bingo w/ S.N. Central</td>
<td>Magic Show</td>
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<td>12:45 ~ Pokeno</td>
<td>11:00 ~ St. Patty’s Day Bingo</td>
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<td>Office Staff – Vicki</td>
<td>12:30 ~ Bingo w/ Community</td>
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<td>Caregivers</td>
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<td>23 CENTER CLOSED</td>
<td>24 10:00 ~ Aggravation</td>
<td>25 Nat’l Chocolate Mint Day</td>
<td>26 9:30 ~ Nifty Knitters</td>
<td>27 Irish Colors Day</td>
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<tr>
<td>9:30 ~ Dime Bingo and Lunch</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>9:00 ~ Hand &amp; Foot</td>
<td>10:00 ~ Exercise @ Schneider</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<tr>
<td>@ Walker Senior Center</td>
<td>Manor</td>
<td>10:30 ~ Bible Study</td>
<td>Manor</td>
<td>10:45 ~ Irish Music w/ Paddy’s</td>
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<td>Outing (bring 12 dimes)</td>
<td>11:00 ~ Mystery Prize Bingo</td>
<td>10:30 ~ Bible Study</td>
<td>11:00 ~ Brain Games w/ Laurels</td>
<td>Cure</td>
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<td>11:15 ~ Chitter Chatter</td>
<td>of Kent</td>
<td>12:30 ~ Bingo</td>
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<td>12:45 ~ Meijer Outing</td>
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<td>30 9:00 ~ Hand &amp; Foot</td>
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<td>28 9:30 ~ Nifty Knitters</td>
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<td>9:30 ~ Sprinkles Donut Outing</td>
<td>10:00 ~ Exercise @ Schneider</td>
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<td>Office Staff – Vicki</td>
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<td>12:45 ~ Meijer Outing</td>
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Please Make Sure to Sign-In and Sign-Up for Special Trips & Activities!

Suggested Donations:
- Lunch 60+ $2.75
- 59 & below-$3.50 charge
- Exercise: $2
- Craft Class: $3
Your Advisory Board
Dori Johnson, Karen Keech, Annette DeVries, Marian Andersen, Carol Toppen, Lee Beurkens, Lois Hall, Judy Skeans & Kathie Westcott

TRIPS

The Red Bird Bistro & Grill
Home style cooking with an Artisan flair

Wed Burger Deal
Cedar Springs
Wed 3/11
Depart 4 p.m.
R.S.V.P.

Big Cheese Burger
Fries
Fountain Drink or Beer

$8

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


Marshall Michigan

TURKEY BUFFET & SHOW TIME

Grandma’s Secret Diary

Wed 3/25
Depart
9:30 a.m.
Return
5:30 p.m.

While going through her Grandma’s things, Rachel finds a diary. As Rachel reads the diary, she finds that her Grandma had a far more exciting life than anyone ever knew.

INSPIRING & FUNNY.
A MUST SEE!
Sparta Senior Neighbors Center

Eggstravaganza
Easter Decorations
Let's Make Adorable Egg Crafts with a visiting Central Office Staff Member.
Friday 3/27 10:30 a.m. $1

Let's Play Chicken Foot
Monday 3/30 10:30 a.m.
50 cents

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 17:30 p.m.
Please contact center coordinator Jane

WANTED:
Wireless, Bluetooth Projector and ceiling mount installation

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 Chilies (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

Congratulations Winner!
Janice Follett
Best Chili

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

Wii Bowling Tournament News
Thursday 3/19 2:30 p.m.
Sparta Senior Smasbers take on the Meadowlark Masbers
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.
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<th>Monday</th>
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<tr>
<td>2</td>
<td>10:30 Exercise</td>
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<td>6 10:30 Readers</td>
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<td>10:30 Wii Bowling</td>
<td>B-day Cake</td>
<td>11:30 Lunch</td>
<td>Theater</td>
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<td>11:30 Lunch</td>
<td>10:30 Music w/ Deb Eadie</td>
<td>12:15 Bingo</td>
<td>Performance</td>
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<td>11:30 Lunch</td>
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<td>10:30 Exercise</td>
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<td>10:30 Exercise</td>
<td>13 10:30 Coin</td>
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<td>10:30 Wii Bowling</td>
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<td>10:30 Wii Bowling</td>
<td>11:30 Coin Game .50</td>
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<td>11:30 Lunch</td>
<td>Music w/ Crystal</td>
<td>11:30 Lunch</td>
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<td>12:15 Bingo</td>
<td>11:30 Lunch</td>
<td>12:15 Bingo</td>
<td>12:15 Shut the Box .50</td>
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<td>1:30 Coffee Hour</td>
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<td>1:30 Coffee Hour</td>
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<td>16</td>
<td>10:30 Exercise</td>
<td>17 St. Patrick’s</td>
<td>18 Tax Appts.</td>
<td>19 10:30 Exercise</td>
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<td>Commodities</td>
<td>10:30 Wii Bowling</td>
<td>10:30</td>
<td>10 Shamrocks &amp; Shenanigans Party</td>
<td>10:30 Exercise</td>
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<td>11:30 Lunch</td>
<td>Exercise</td>
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<td>12:15 Rally Roll .50</td>
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<td>12:15 Bingo</td>
<td>12:30 Care Giver Support Group</td>
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<td>1:30 Coffee Hour</td>
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<td>23</td>
<td>10 Sparta Sleuths</td>
<td>25  9:30 Depart for Turkeyville $50</td>
<td>26 9:30 BP Check</td>
<td>27 10:30 Eggstravaganza</td>
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<td>11:30 Lunch</td>
<td>10:30 Music with Gary McCoury</td>
<td>10:30 Exercise</td>
<td>10:30 Music with</td>
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<td>12:15 Continue Sparta Sleuths</td>
<td>11:30 Lunch</td>
<td>11:30 Lunch</td>
<td>David Molinari</td>
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<td>1:30 Coffee Hour</td>
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<td>10:30 Chicken Foot Game .50</td>
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<td>1:30 Coffee Hour</td>
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Suggested Lunch Donation $2.75
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

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.

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

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

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

Please stop by the Information Table to sign up for activities and events at the Walker Center.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
</tr>
</thead>
</table>
| 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 Bingo Higbee, Vocals  
      12:00 Lunch |
| 6    | 9:00 Coffee, Cookies & Games  
      9:30 Frog Word Search  
      10:15 “The Walker Shakers” Directed by Lora  
      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!

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
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Learn how to identify and stop life-threatening bleeding in the crucial minutes after an injury.

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This group offers an opportunity for people with aphasia to support each other and practice communication in a supportive environment. Caregivers are also welcome.

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Matter of Balance
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Every year we serve over 4,000 older adults, helping them remain independent through our five Senior Neighbors Centers and a wide range of essential services. We promote the well-being of older adults with services that promote self-sufficiency, especially for those with physical, social or economic needs living in Kent County.

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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