Seniors!!
We Are Here For You!

Grand Rapids Senior Center
Boxed Lunches Served Daily ~ 10:00 am—12:00 pm
Please Call For Meals
616-459-3040

Grandville Senior Center
Serving 5 Freezer Meals Once a Week
Monday’s Only ~ 9:00 am — 12:00 pm
Please Call For Meals
616-531-5250

Sparta Senior Center
Serving 5 Freezer Meals Once a Week
Thursdays Only ~ 10:00 am — 1:00 pm
Please Call For Meals
616-887-1273

Please Call for Any Emergency Needs ~ 616.233.0281
~ Emergency Grocery Pick Up ~
~ Home Delivered Meals ~
~ Prescription Pick Up ~
~ Masks ~

Have a Job for our Maintenance Workers? Get on our list for when we can start working again!
Please Call Natalie ~ 616.233.0281
Technology and Fitness

As I write this we continue to be in a “stay home, stay safe” state of being. We do not know at this exact moment if our centers will be open in May or when our fitness classes will resume.

I am so pleased with how our fitness instructors have continued to dedicate their time, love, and passion to all our participants during this time of suspended classes. They have selflessly given of their time to show their care and concern for you, your health and well-being. They have been texting, calling, and sending notes in the mail to let you know how much they miss you and care for you! I am so happy to have this amazing group of people helping to keep you active and healthy.

Some of our instructors have been using technology to connect. I must tell you that for most of them, this has not easy! It’s been a learning process and provided challenges, but they persisted and worked through it because they had YOUR best interests in mind. I have been so proud of how hard they have worked to keep you healthy. Even just helping you connect socially was so important to them.

Some of our instructors are using Facebook to connect with you. Others have been setting up Zoom sessions just to keep you moving. Tai Chi sessions have been offered through Zoom. One of the most delightful things to have come out of all this so far has been when I have been able to watch YOUR faces when you see people you care about for the first time in so long via Zoom gatherings.

Our amazing instructors deserve a shout out for the ways they have been working hard to stay in touch with you, but I also have to thank each of you!

You have been patient, understanding, and kind during this time away from each other. I have emailed and talked with many of you and you have been so gracious and understanding. That is so appreciated. But, I have also been so impressed with those of you who have shared the ways you are staying active on your own.

Many of you are taking walks in the nicer weather—one of the best things you can do right now—to enjoy the sunshine and the fresh air. Get out of the house for a bit and take a walk!

Some of you have been using your own weights, or soup cans to do your strengthening exercises at home!

Some of you have been practicing your tai chi with reminder cards and videos from the instructor or website.

Awesome job to all of you who have been working hard at staying active and healthy!

For those of you who don’t know where to start on your own, you can ask your instructor or myself for ideas. Here are some resources to get you started!

- Take a walk!
- Try the exercise shows that are on PBS (Public Broadcasting Station). I’ve heard quite a few people mention these—it’s free and a great way to stay active. Check your local PBS/WGVU station for a schedule.
- SilverSneakers has many exercise videos available at www.silversneakers.com if you are a member.
- Great resources here at well: https://www.nia.nih.gov/health/exercise-physical-activity

Keep moving, keep staying active, and stay safe!

We will see you as soon as we can!

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
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$29.95/MO
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WWW.24-7MED.COM

NEVER MISS A NEWSLETTER!
Sign up to have our newsletter emailed to you at www.ourseniorcenter.com

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

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
887-1761

American Standard
WALK-IN BATHTUB SALE! SAVE $1,500

FREE!
Savings include an American Standard Right Height Toilet! FREE! ($200 Value)

> 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

Reach the Senior Market
ADVERTISE HERE

Contact Jen Zalinski to place an ad today!
jzalinski@4LPi.com or (800) 477-4574 x6633
Open Monday—Friday
8:30 am—2:30 pm

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.

We want 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!

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

From the Center Coordinator’s Desk

I pray that I can say “Welcome back Seniors” soon.

Seems like it’s been ages since I’ve seen you all. I hope you all are safe and as eager as I am to get back to our normal programming. During this extended time of social distancing we have lost loved ones and friends. It’s important that we continue use safety precautions and continue to try to get back to some sense of normality. This time off has made me put a lot of things in perspective regarding the value of life and the importance of family and friends. When this is over, take some time to reconnect with each other and stop in and see me. As you all know my door is always open and I’m glad to have you back.

Jonathan Bates,
Center Coordinator

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, Emanuel 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

Upcoming Events
Mark Your Calendars!

5/1/20 Bingo w/ Jill 10:00
5/6/20 Coffee w/ Cop 9:00
5/7/20 Breakfast 9:00
5/7/20 Housing Case Manager 10:00
5/9/20 Breakfast 9:00
5/9/20 Housing Case Manager 10:00
5/10/20 Mother’s Day Treat
5/14/20 Housing Case Manager 10:00
5/19/20 Volunteer Appreciation Day
5/21/20 Housing Case Manager 10:00
5/22/20 Name that TV Show 11:00
5/25/20 Memorial Day Center Closed
5/26/20 May 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

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.

Birthday Party to be held on Friday, April 24, 2020 All Day Long!
We will have food, entertainment, prizes and so much more!

VOLUNTEERS
Are An Essential Puzzle Piece To Our Team

Join Us On Tuesday, May 18th at noon to honor and celebrate the volunteers that help run our center!

Joyce Garrett
Senior of the Month
Joyce was born in Saginaw, MI and grew up the baby of five siblings. She graduated from Saginaw High School. In 1979 she moved to Grand Rapids. Joyce is the proud mother of 7 children (4 boys & 3 girls). She has 16 grand children and 16 great grand children. Joyce says that she feels she has had a blessed life. She has never had to work. She had a husband who took care of her. She enjoys listening to music, dancing and bowling when she can. If you see Joyce around don’t be afraid to say hi. She is a pleasure to have here at our center.

Grand Rapids Senior Center
Senior of the Month

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Are An Essential Puzzle Piece To Our Team

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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

We have listed just a few of the resources and services in the Heartside Community of Grand Rapids. More information at the desk.

Resources—Meals—Shelter

Degage Ministries ~ 616.454.1661
144 Division Ave. S. GR, MI 49503
Breakfast: 8:30—10:00 everyday
Dinner: 6:00—7:00 everyday
They can help with: Birth Certificate, ID, & SS Card, driver’s license, 211 Card, clothing, toiletries, haircuts, lockers, laundry, showers, phone calls & mail service.
Cost: Low cost payable with vouchers

First Park Congregational Church ~ 616.459.3203
10 East Park Place NE, GR, MI 49503
Free Breakfast—3rd Saturday every month at 8:00—10:00 am

God’s Kitchen ~ 616.224.0217
303 Division Ave. S. GR, MI 49503
Free—Lunch: 12:30—2:00 everyday except 1st Fri of each month and Thanksgiving

Mel Trotter Ministries ~ 616.454.8249
225 Commerce Ave. SW; GR, MI 49503
Women’s & Men’s Shelter:
• For single women & their children
• Check in at 4:30 Women 4:00 Men
• Check out 7:00 am
• Dinner and breakfast served
• $2.00 per meal (EBT, Cash or Debit)
• Men’s Meal 5:00 daily
• Women’s Meal 5:25 daily

Transportation
GO!Bus (The Rapid Transit System)
616.456.6141
Schedule 24 hours in advance
*For seniors 65 or older/mentally or physically disabled
Low cost

Silverline—The Rapid
No fare is required to ride if you enter and exit within the No Fare Zone.
Monday: Friday 5 am—1 am
Saturday: 5:30 am—10 pm
Sunday: 6 am—7 pm

Senior Employment
AARP Foundation ~ 616.649.0310
AARP Foundation in GR is here to help you take on today! Offering the opportunity for you to get back into the workplace; Develop new skills, update your resume, gain confidence of going back to work! AARP Foundation pays minimum wage for job training and aides in getting seniors jobs.

Memorial Day Crossword Puzzles

Across:
1. Over 60,000 American soldiers died during the ___ War.
2. The total German military expenditure was ___ billion marks for their country.
3. General John A. ___ led a successful invasion for the British in the ___ War.
4. Memorial Day occurs on the last Monday of ___.
5. We honor the soldiers and women who died defending our ___.
6. Nearly 60,000 American soldiers died during the ___ War.
7. The Tomb of the ___ is located at Arlington National Cemetery.
8. Memorial Day was formerly known as ___ Day.
9. “It is the privilege and wrong to ___ the men who died.” — George S. Patton

Down:
1. More than 900,000 American soldiers died during ___.
2. The total German military expenditure was ___ billion marks.
3. Birth Certificate, ID, & SS Card, driver’s license, 211 Card, clothing, toiletries, haircuts, lockers, laundry, showers, phone calls & mail service.
4. Low cost payable with vouchers

Words:
Child, Heart, Love, Son, Daughter, Home, Mama, Special, Flowers, Hugs, Mommy, Gift, Kisses, Mother
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| **Suggested Donations**<br>Arthritis Exercise: $3<br>Chair Exercise: Free<br>Breakfast: Anything<br>Lunch: $2 | **Bingo w/ Jill 10:00** | **Coffee w/ Cop 9:00**<br>*Wii Bowling 10:00* | **Breakfast 9:00**<br>Case Manager 10:00-12:00<br>Arthritis Exercise 10:00<br>Bible Study 11:00<br>*Wii Golf 12:00* | **1**
| **4**<br>Cribbage 10:00<br>Colored Pencils 11:00 | **5**<br>Arthritis Exercise 10:00 | **6**<br>Cribbage 10:00<br>Colored Pencils 11:00 | **7**<br>Arthritis Exercise 10:00<br>Bible Study 11:00 | **Mothers Day Treat Cards 1:00** |
| **11**<br>Cribbage 10:00<br>Colored Pencils 11:00 | **12**<br>Arthritis Exercise 10:00 | **13**<br>Arthritis Exercise 10:00<br>*Wii Bowling 10:00* | **14**<br>Arthritis Exercise 10:00<br>Case Manager 10-12<br>Bible Study 11:00 | **15**<br>Cards 1:00 |
| **18**<br>Cribbage 10:00<br>Colored Pencils 11:00 | **19**<br>Arthritis Exercise 10:00<br>Volunteer Appreciation 12:00<br>Advisory Council 1:00 | **20**<br>Arthritis Exercise 10:00<br>*Wii Bowling 10:00* | **21**<br>Arthritis Exercise 10:00<br>Case Manager 10:00<br>Bible Study 11:00<br>*Wii Golf 12:00* | **22**<br>Name That TV Show 12:00 |
| **25**<br>Memorial Day Center Closed | **26**<br>Arthritis Exercise 10:00 | **27**<br>Arthritis Exercise 10:00<br>*Wii Bowling 10:00* | **28**<br>Arthritis Exercise 10:00<br>Case Manager 10:00<br>Bible Study 11:00 | **29**<br>May Birthday Celebration!!! |

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**May Birthday Celebration!!!**
From the Coordinator’s Desk

May is the month of two important and very different holidays: Mother’s Day and Memorial Day. We celebrate love, care, and often the sacrifices mothers have made for their families. Have a Happy Mother’s Day!

We also celebrate our service men and women who made, and continue to make, many sacrifices that keep us free. Now it is our turn to appreciate the sacrifices they have given. If you have veterans in your life, take the time to thank them for their dedication to our country. You can also send a card or stop in at the Veterans Facility. Many have no family in the area, and your visit would be the highlight of their day.

If any members have a loved one who is serving in the military, we would love to send them a card thanking them for their service. Please provide me with their address. I wish each of you a very fulfilling and happy May!

Lisa Sarber, CTRS
Center Coordinator

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.seniornighbors.org

Birthdays

2  Julie Allen  17  Mary Armstrong
4  Helen Thuemmel  18  Tom Rhoda
5  James VanStee  19  Luann Brower
6  Kathy Uecker  20  Helen Wheeler
7  Arthur Meyer  21  Jim Davidson
8  Shirley Davidson  22  Vern Hoffman
9  Mary Roberts  23  Martha Dykstra
9  Mary Samora  24  Claire Chaffee
12  Claire Chaffee  25  Mary Armstrong
13  Ella Hawks  26  Tom Rhoda
15  Oksun Hanson  27  Luann Brower

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

Staff
Coordinator: Lisa Sarber, CTRS
Nutritional Aide: Dorothy Hardy & 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: May 14 at 1 pm.
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

**Wish List**

**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.

**Sunday Luncheon**

May 17 at 1 pm
Catered by Carole’s Catering

Menu: Baked Chicken
Sign up with $8 payment by Tuesday, May 14.

Please invite your family & friends!

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

Martin Zyla will be playing at 11:00 am

VOLUNTEERS
Are An Essential Puzzle Piece To Our Team

Join Us On Friday, May 15 at 10:45 am to honor and celebrate the volunteers that help run our center!

Like us on Facebook
**Grandville Senior Neighbors Center**

**Calendar of Events**

**Monday, May 4 at 1:00** - Cooking: Taco Dip. RSVP by Wednesday, May 1.

**Friday, May 8 at 11:00** - Mother’s Day Social with music by The Other’s & Root beer Floats. RSVP by Friday, May 1.

**Thursday, May 14 at 11:00** - Free Legal Advice. RSVP by Monday, May 11.

**Friday, May 15 at 10:45** - Volunteer Appreciation Social with music by Martin Zyla. RSVP by Friday, May 8.

**Monday, May 18 at 1:00** - Arts & Crafts: TBD Door Hanging Decoration. Prepay $3 & RSVP by Wednesday, May 13.

**Wednesday, May 20 at 9:45** - Free blood pressure checks & mystery bingo with Guardian Angel.

**Wednesday, May 20 at 11:00** - Lunch Bunch Outing to Shots Restaurant on Lake Michigan Drive in Standale. We will be car pooling. RSVP by Friday, May 15.

**Tuesday, May 26 at 10:30** - Free Eyeglass adjustments With Eyeglass World.

**Tuesday, May 26 at 12:45** - Feeding America West Michigan Food Pantry.

**Friday, May 30 at 10:45** - May Birthday Party with music by the Eddie Francisco. RSVP by Friday, May 22.

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**GRANDVILLE**

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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**VOLUNTEER OF THE MONTH**

Volunteer of the month is Joyce VanStee

Joyce volunteers and is very helpful in the kitchen and with special events at the Center. She attends the Center with her husband. Joyce participates in social activities, special events and lunch bunch outings. She enjoys reading, volunteering at her church and spending time with family and friends.

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**Notice**

Unfortunately, the 2020 Senior Neighbors Picnic has been cancelled this summer. This is due to the Grandville High School, which will be having extensive renovations this summer.

We look forward to seeing everyone at the 2021 summer picnic.
**Grandville Senior Neighbors Center**

**May**

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| **Suggested Donations**<br>Fitness: $3<br>Zumba Gold: $3<br>Chair Yoga: $3<br>Painting: $3<br>Breakfast: $3<br>Arts & Crafts: $3 | **Thank You for donating for lunch. Every little bit helps!**<br>**Thank You for GIVING GENEROUSLY**<br>**1**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 Pokeno with Staff<br>12:45 Cards & Games | **Footcare with Pam**<br>9:00 Breakfast<br>9:45 BP Checks & Mystery Bingo<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**1:00 Cooking with Lisa**<br>- Taco Dip (RSVP)<br>**4**<br>9:00 Current Events<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards & Games<br>1:00 Painting Group | **9:00 Walk Club**<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 People Bingo<br>**5**<br>9:00 Walk Club<br>10:00 Bible Study<br>11:00 Coloring Group<br>12:45 Card & Games<br>1:00 Bingo | **8**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 Mother’s Day Social with music by The Other’s & Rootbeer Floats (RSVP)<br>12:45 Cards & Games<br>**11**<br>9:00 Current Events<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards & Games<br>1:00 Painting Group | **Footcare with Pam**<br>9:00 Breakfast<br>9:45 BP Checks & Mystery Bingo<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**5**<br>9:00 Walk Club<br>10:00 Bible Study<br>11:00 Coloring Group<br>12:45 Card & Games<br>1:00 Bingo | **13**<br>Footcare with Pam<br>9:00 Breakfast<br>9:45 BP Checks & Mystery Bingo<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**14**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Attorney<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 Advisory Council<br>1:00 People Bingo | **9:00 Yoga**<br>10:00 Zumba Gold<br>10:45 Volunteer Appreciation Social with music with Martin Zyla (RSVP)<br>12:45 Cards & Games<br>**15**<br>9:00 Yoga<br>10:00 Zumba Gold<br>10:45 Volunteer Appreciation Social with music with Martin Zyla (RSVP)<br>12:45 Cards & Games | **Footcare with Pam**<br>9:00 Breakfast<br>9:45 BP Checks & Mystery Bingo<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**6**<br>Footcare with Pam<br>9:00 Breakfast<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**16**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 Advisory Council<br>1:00 People Bingo | **14**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 Advisory Council<br>1:00 People Bingo | **17**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Word Games & Puzzles<br>12:45 Cards & Games | **18**<br>9:00 Current Events<br>10:00 Fitness<br>10:00 Beltone Hearing<br>11:00 Fitness<br>12:45 Cards & Games<br>1:00 Arts & Crafts - TBD (RSVP)<br>1:00 Painting Group | **20**<br>Footcare with Pam<br>9:00 Breakfast<br>10:00 Fitness<br>11:00 Lunch Bunch (RSVP)<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**19**<br>9:00 Walk Club<br>10:00 Bible Study<br>1:00 Coloring Group<br>12:45 Cards & Games<br>1:00 Bingo | **21**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 People Bingo<br>**21**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 People Bingo<br>**22**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Word Games & Puzzles<br>12:45 Cards & Games<br>**23**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Birthday Party with music by Eddie Francisco (RSVP)<br>12:45 Cards & Games | **25**<br>Center is Closed for Memorial Day!<br>**God bless our men and women in service**<br>**26**<br>9:00 Walk Club<br>10:00 Bible Study<br>10:30 Free Eyeglass Adjustments with Eyeglass World<br>12:45 Cards Games<br>12:45 Food Pantry<br>1:00 Bingo | **27**<br>Footcare with Pam<br>9:00 Breakfast<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**28**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 People Bingo<br>**29**<br>Footcare with Pam<br>9:00 Breakfast<br>10:00 Fitness<br>11:00 Fitness<br>12:45 Cards, Games, Euchre & Dominos<br>**30**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Birthday Party with music by Eddie Francisco (RSVP)<br>12:45 Cards & Games | **28**<br>9:00 Walk Club<br>10:00 Fitness<br>11:00 Bean Bag Baseball<br>12:45 Cards & Games<br>1:00 People Bingo<br>**29**<br>Footcare with Pam<br>9:00 Breakfast
10:00 Fitness
11:00 Fitness
12:45 Cards, Games, Euchre & Dominos | **30**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Birthday Party with music by Eddie Francisco (RSVP)<br>12:45 Cards & Games | **30**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Birthday Party with music by Eddie Francisco (RSVP)<br>12:45 Cards & Games | **30**<br>9:00 Yoga<br>10:00 Zumba Gold<br>11:00 May Birthday Party with music by Eddie Francisco (RSVP)<br>12:45 Cards & Games |
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.
**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 May 7 at 10:30 a.m.

**Title: Other Areas/Special Memories**

**OUTINGS**

**Thursday, May 7**

Mystery Dinner Outing—4:30

**Thursday, May 28**

KFC Dinner Outing—4:30

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!
Rosie Fonger has been attending the Lowell Senior Center for the last two years after returning home from living in Florida.

Rosie lived in Lowell for most of her life and enjoys this community. She had Rosie’s Diner in Lowell for 16 years and before that worked at Kroger.

She enjoys coming to the center for the activities and socialization and has made some great friends here. She enjoys playing euchre, cribbage, bingo, and other games.

Rosie said she is blind but can still see a little bit and is still enjoying life the best she can!

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

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.

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
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td><strong>4 Sorry Charlie Day</strong></td>
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<tr>
<td>9:00 ~ Hand &amp; Foot</td>
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<td>6:30 ~ Nifty Knitters</td>
<td>1 Fun Tshirt Day</td>
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<td>10:45 ~ Card Games</td>
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<td>9:00 ~ Hand &amp; Foot</td>
<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<td>12:45 ~ Pokeno</td>
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<td>10:00 ~ Walk Club</td>
<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>11:00 ~ Jeopardy w/ Teresa</td>
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<td></td>
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<td>10:30 ~ Bible Study</td>
<td>11:00 ~ Life Story Class</td>
<td>12:30 ~ Bingo w/ Green Acres</td>
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<td>12:45 ~ Meijer Outing</td>
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<td><strong>11 Scrabble Day</strong></td>
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<td>9:00 ~ Hand &amp; Foot</td>
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<td>7:30 ~ Nifty Knitters</td>
<td>8 Fun Hat Day</td>
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<td>10:45 ~ Scrabble Game</td>
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<td>9:00 ~ Hand &amp; Foot</td>
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<td>12:45 ~ Pokeno</td>
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<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>11:00 ~ Mother’s Day Celebration</td>
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<td>11:00 ~ Life Story Class</td>
<td>12:30 ~ Bingo w/ Fountainview of Lowell</td>
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<td>12:45 ~ Meijer Outing</td>
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<td><strong>18 Look Alike Day</strong></td>
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<td>9:00 ~ Hand &amp; Foot</td>
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<td>14 High Five Day</td>
<td>15 Volunteer Appreciation Day</td>
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<td>10:30 ~ LCR Game</td>
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<td>9:30 ~ Nifty Knitters</td>
<td>9:00 ~ Hand &amp; Foot Game</td>
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<td><strong>11:30 ~ EARLY LUNCH</strong></td>
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<td>10:00 ~ Exercise @ Schneider Manor</td>
<td>10:45 ~ May Bday Bash w/ David Molinairi</td>
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<td>12:45 ~ Meijer Outing</td>
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<td>11:00 ~ Life Story Class</td>
<td>12:30 ~ Bingo w/ Community Caregivers</td>
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<td>11:00 ~ Book Club w/ KDL</td>
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<td>12:45 ~ Meijer Outing</td>
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<td><strong>25 Center Closed</strong></td>
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**Suggested Donations**

<table>
<thead>
<tr>
<th>Lunch 60+</th>
<th>$2.75</th>
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<tr>
<td>59 &amp; below</td>
<td>$3.50 charge</td>
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</tbody>
</table>

**Exercise**: $2

**Craft Class**: $3

Please Make sure to sign-in and sign-up for special trips & activities!
Sparta Senior Neighbors Center

Your Advisory Board
Dori Johnson, Karen Keech, Annette DeVries, Marian Andersen, Carol Toppen, Lee Beurkens, Lois Hall, Lorraine Gray and Judy Skeans

Speed Friendship Event
Come Meet a Variety of New & Interesting People

No Worries...No Commitments
A series of five-minute one-on-one chats
For older adults ages 60 years +
Light Refreshments & Prizes
$10 June 5th $10
Doors Open at 6 p.m.
Register at the center by May 15

Mother’s Day Brunch
R.S.V.P.
Fri 5/8 with special entertainment
10 a.m.
Celebrating all our Mothers & Grandmothers

Notice
Unfortunately, the 2020 Senior Neighbors Picnic has been cancelled this summer. This is due to the Grandville High School, which will be having extensive renovations this summer.

We look forward to seeing everyone at the 2021 summer picnic.
Clarence Earl Hiler Jr., better known as Skip, was born on 9-14-1946 in Traverse City. Skip started his life in a hospital incubator and was burdened with cerebral palsy. He was the second child of eight, born to parents Clarence and Violet (Alice) Hiler. Skip’s mother delivered two babies previous to Skip who passed away at birth.

The Hiler family moved a few times over Skip’s informative years. Living on a farm in Spring Lake, the family had livestock and harvested vegetables from a large garden, as well as, apples, cherries and plums.

The family moved to Hesperia where Skip graduated from high school in 1966. He helped his family tear apart junk cars for parts and scrap metal using an axe. Their business was called Hiler Auto Parts.

Skip married young and continued to live in Hesperia. After divorcing, he met Carlene Cassady at the Plainwell trade school they attended together. In 1974 Skip and Carlene were married and lived in Dorr. Skip was happy to help parent Carlene’s two teenage children from her previous marriage.

Over the years, Skip and Carlene moved out west and eventually started hauling a mobile trailer all over the U.S. working in camping park service. They enjoyed all aspects of traveling and the opportunity to meet so many different people.

In 2010 Carlene was ill and they moved back to Michigan to be near family. Carlene passed away on Father’s Day 2014.

After Carlene’s death, Skip said it helped him to deal with his own loss and grief, by helping others smile. Skip has an infectious sense of humor. Anyone who meets Skip will be treated to his corny jokes and wise guy cracks.

In 2015 Skip moved into Harvest Way retirement community. In 2017 he met and married Vicki Saffore. Skip and Vicki left Harvest Way and moved to Cedar Springs to live with Carlene’s daughter and her husband.

Skip has a soft heart for children. He currently teaches a Sunday School class for preschoolers. He also volunteers time to Senior Neighbors in several different capacities.

Everyone loves and respects Skip. He has lived his entire life with a disability. His positive attitude, helpful nature and giving heart makes him a very special person. Skip is a champion to everyone here at Senior Neighbors and we all regard him as a great friend.
Welcome To Traders World
2 DAY 1 NIGHT
Huge Market, New & Pre-Owned Items, & Great Food Too!
Includes transportation & overnight hotel stay with breakfast.

$89
Friday:
1st stop Portage Goodwill & Thrift Stores
2nd stop Goldwater Goodwill & Thrift Stores
3rd stop Lunch (your cost)
4th stop Ft. Wayne Goodwill & Thrift Stores
5th stop Lima Goodwill & Thrift Stores
6th stop Dinner (your cost)
7th stop Dayton Goodwill & Thrift Stores
Last stop Lebanon, OH Hotel for a good nights rest

Sparta Center by van
Depart the Sparta Center by van
8 a.m.
Friday 6/12.

Saturday: (breakfast at Hotel)
1st stop Traders World (lunch your cost)
2nd stop Dinner (your cost)
Last stop return Sparta (approx. 8 p.m.)

All American Dog
Ketchup
Mustard
Raisin
Onion

Tex-Mex Dog
BBQ
Onion
Shredded Cheese

Chili Cheese Dog
Chili
Onion
Shredded Cheese

Taco Dog
Salsa
Refried Beans
Onion
Shredded Cheese

Pizza Dog
Pizza Sauce
Pepperoni
Shredded Cheese

Sauerkraut Dog
Sauerkraut
Dijon Mustard
Salt & Pepper

Coleslaw Dog
Coleslaw
Dijon Mustard
Seasoned Salt

Chicago Dog
Tomato
Sweet Relish
Dill Pickle
Pepper
Mustard
Celery Salt

Your Way Dog
Any Toppings You Desire

Please bring chips & desserts to share.

Cinco de Mayo Celebration
Tues 5/5
10 a.m.
<table>
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<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Suggested Lunch Donation</strong> $2.75</td>
<td><strong>10:30 Exercise</strong> 10:30 Celebrate Cinco de Mayo 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</td>
<td><strong>6 10:30 Depart for the Ball Park Senior Living Days</strong> 11:30 Lunch 1:30 Coffee Hour</td>
<td><strong>7 10 Piano w/ Marlene Ledford 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</strong></td>
<td>1 10:30 Coin Game .75 11:30 Lunch 12:30 Euchre $1 1:30 Coffee Hour</td>
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<td>4 10 Music w/ Country Stringz 11:30 Lunch 1:30 Coffee Hour</td>
<td>5 <strong>10:30 Exercise</strong> 10:30 Celebrate Cinco de Mayo 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</td>
<td>6 <strong>10:30 Depart for the Ball Park Senior Living Days</strong> 11:30 Lunch 1:30 Coffee Hour</td>
<td>7 <strong>10 Piano w/ Marlene Ledford 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</strong></td>
<td>8 10 Mothers Day Brunch Celebrate 11:30 Lunch 1:30 Coffee Hour</td>
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<td>11 Commodities 10:30 Music w/ Bob Lacey 11:30 Lunch 1:30 Coffee Hour</td>
<td>12 <strong>10:30 Exercise</strong> 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</td>
<td>13 <strong>10:30 Music w/ The Others</strong> 11:30 Lunch 12:15 Shut the Box .50 1:30 Coffee Hour</td>
<td>14 <strong>10 Piano w/ Marlene Ledford 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</strong></td>
<td>15 10 Farkle .50 11:30 Lunch 12:15 Euchre $1 1:30 Coffee Hour 6 MOVIE NIGHT (bring snacks)</td>
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<tr>
<td>25 <strong>memorial DAY</strong> Center Closed</td>
<td>26 <strong>10:30 Exercise</strong> 10:30 Wii Bowling 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour</td>
<td>27 <strong>10 Diggity Dog Party</strong> 11:30 Lunch 12:30 Advisory Meeting 1:30 Coffee Hour</td>
<td>28 <strong>10 Piano w/ Marlene Ledford 10:30 Exercise 11:30 Lunch 12:30 Care Taker Support Group 1:30 Coffee Hour</strong></td>
<td>29 10 Comedy Writing Workshop 11:30 Lunch 12:30 Euchre $1 1:30 Coffee Hour</td>
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**Suggested Lunch Donation** $2.75

**Cinco de Mayo Celebration** May 5th

**Laughter is the Best Medicine**

**Moving Night** (bring snacks)
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,

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**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
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 Shirley Glass

Shirley and her husband Karl have been active members of The Walker Senior Neighbors for several years. Shirley keeps track of our books, accepts donations and encourages our members to review the variety of reading material available on our book shelves. People can read and return or keep the books and pass them along to other readers. Shirley also enjoys playing cards and socializing at the center.

VOLUNTEERS
Are An Essential Puzzle Piece To Our Team

Join Us On
Wednesday
May 6th at
12:00 pm
to honor
and celebrate
the volunteers
that help run our center!

During the month of May please stop on over and see what the seniors of Walker are doing to help celebrate Volunteer Appreciation Month. Everyday a volunteer is making a difference in someone’s life. You may be the missing piece in there life, share your talents today!

Christian Reformed Conference Grounds
12253 Lake Shore Drive
Grand Haven, MI 49417

Monday, Tuesday & Wednesday
May 18, 19 & 20, 2020 CANCELED

Please come join the FUN as we venture to Grand Haven for some fun days away, and enjoy a great time
Connecting with friends.
Activities include: food, cards, games, movies, campfires, karaoke with Mitch and shopping in Grand Haven.
Check in Monday after 3:00pm
Check out 12:00am Wednesday morning
Everything is included for this event just bring your own personal items.

Cost per person is $76.00

Please make checks payable to Walker Firehouse Café/Senior Neighbors
4101 Lake Michigan Drive
Walker Mi 49534
Questions call Sherri @ 735.3240
May Birthdays

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

Carol Bulgarella, Fran DeVries, Marty Eerdmans, Gail Hallas, Shirley Jacobson, Louis Larson, Robert Mitchell, Paul Platz, Judi Smith, Gordy Zielinski

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First Wednesday of the Month

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

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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

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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

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Please stop by the Information Table to sign up for activities and events at the Walker Center.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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</table>
| 1    | **WELCOME BACK!**  
 9:00 Coffee, Cookies  
9:00 Cards & Games  
12:00 Lunch  
1:00 Cards & Games |
| 4    | 9:00 Coffee & Cookies  
9:30 Bingo w/Brian SN  
10:30 Book Club w/Michelle  
10:45 Fabric wreath w/Sherri  
12:00 Lunch  
1:00 Cards & Games |
| 6    | **Volunteer Day**  
9:00 Coffee & Cookies  
11:00 “The Other’s” Ron & Lynn  
12:00 Lunch  
Volunteer Appreciation with Nicole |
| 8    | 9:00 Coffee & Cookies  
9:30 Tea Party and Groom Shower for Mike  
11:00 Show off a prize piece of jewelry that’s special to you  
12:00 Lunch |
| 11   | 9:00 Coffee & Cookies  
9:00 MSU Memory Screening w/Christin  
9:30 Bingo  
10:45 Make you Mark! A little something about me!  
12:00 Lunch |
| 13   | 9:00 Coffee & Cookies  
9:30 Cards & Games  
11:00 Bing Higbee, Vocals  
12:00 Lunch  
1:00 Cards & Games |
| 15   | 9:00 Coffee & Cookies  
9:30 Cards & Games  
10:00 Baseball  
12:00 Lunch  
1:00 Cards & Games |
| 18   | 9:00 Coffee & Cookies  
9:30 Bingo  
12:00 Lunch  
3:00 Check in CRCG |
| 20   | **CENTER CLOSED**  
ALL PROGRAMMING WILL BE AT CHRISTIAN REFORMED CONFERENCE GROUNDS GRAND HAVEN |
| 22   | 9:00 Coffee & Cookies  
9:30 Cards & Games  
10:00 Baseball  
12:00 Lunch  
1:00 Cards & Games |
| 25   | **Closed for Memorial Day** |
| 27   | 9:00 Coffee & Cards  
9:30 Button Flower Craft w/Lynn  
12:00 Lunch  
1:00 Cards |
| 29   | 9:00 Coffee & Cards  
9:30 Cards & Games  
11:00 Mother Singers, Vocals  
12:00 Lunch |
While osteoarthritis (OA) and rheumatoid arthritis (RA) are different, foods that help are similar as they reduce inflammation and promote a healthy weight. Excess weight can also add stress to joints.

<table>
<thead>
<tr>
<th>Foods that may increase inflammation:</th>
<th>Foods that may reduce inflammation:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Full-fat dairy products</td>
<td>• Omega-3 Fatty Acids</td>
</tr>
<tr>
<td>• Sugar</td>
<td>• Olive oil</td>
</tr>
<tr>
<td>• Red Meat</td>
<td>• Whole grains</td>
</tr>
<tr>
<td>• White bread &amp; pasta</td>
<td>• Beans</td>
</tr>
<tr>
<td>• Processed foods</td>
<td>• Colorful fruits and vegetables</td>
</tr>
<tr>
<td>• Alcohol</td>
<td></td>
</tr>
</tbody>
</table>

Food can affect everyone differently. You can keep a food journal to track if certain foods are related to your pain.
Why can certain foods help with pain?

- Omega-3 fatty acids have been linked to help reduce joint swelling and even morning stiffness. They can be found in salmon, walnuts, & navy beans.
- Olive oil has similar qualities to some anti-inflammatory medicines, it is a good oil to cook with.
- Whole grains, like brown rice, oatmeal, and whole-wheat bread, have fiber and have been shown to lower levels of CRP. Beans also contain fiber and can help.

- Colorful fruits and veggies have antioxidants and can reduce flare-ups. Good options are blueberries, cherries, spinach, and broccoli.

What is C-reactive protein (CRP)?
CRP is a lab value that measures inflammation in the body. It can be used by your doctor to check your progress.

Reference:
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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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