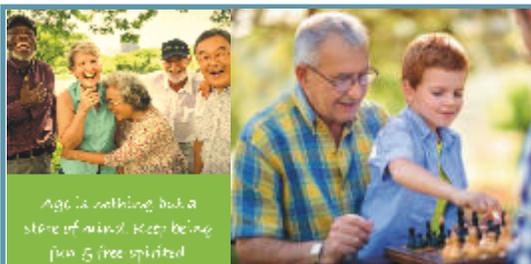


WE HAVE SENIOR CENTERS IN GRAND RAPIDS, GRANDVILLE, LOWELL, SPARTA AND WALKER



OUR ADDRESS:

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



Age is nothing but a state of mind. Keep being fun & free spirited!



Senior Neighbors is welcoming to all seniors in Kent County. Our goal is for all seniors to feel accepted as they are, to share a sense of belonging and help them find the assistance they need to live their best life. We recognize that racism, discrimination, and other forms of oppression are prevalent, including within systems and institutions, and we are committed to creating an environment where everyone feels welcomed, heard, and comfortable being themselves.



HAPPY FATHER'S DAY



EATING AND LIVING WELL STARTS WITH THE RIGHT KNOWLEDGE

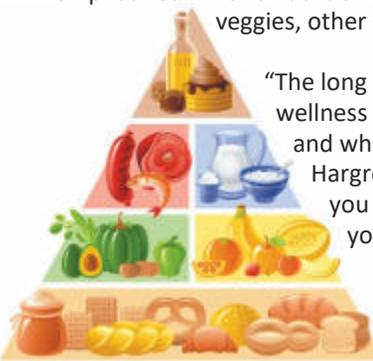
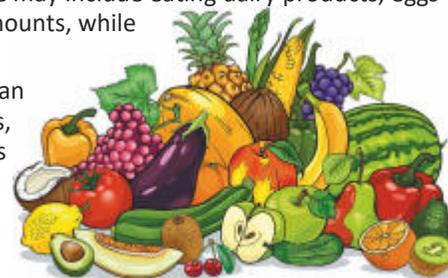
~ Article from Holland Hospital's Monthly Magazine "Healthy Life"

From Keto and Paleo to Mediterranean Low Carb to intermittent fasting, there's a lot of competing information about what you should and shouldn't eat. How do you sort through all the trends, and why do some diets fail?

"Dieting is often unsuccessful because of the weight cycle. First, you restrict food and lose weight, which causes your metabolism to slow down," says Lynsey Hargrove, a registered dietitian nutritionist (RDN) with Holland Hospital's Healthy Life programs. "Next, you go back to your normal binge eating, which leads to weight gain. The cycle is then repeated."

To break the cycle and eat right for a lifetime of health, Hargrove recommends placing more emphasis on plants, "The benefits of plant-based eating are wide ranging, including a lower overall risk for heart disease and some types of cancer, decreased blood pressure and cholesterol, and sustainable weight management," she says. Four plant-focused nutrition plants to consider include:

- **Vegetarian/Vegan:** A vegetarian lifestyle may include eating dairy products, eggs and even fish (pescatarian) in certain amounts, while veganism excludes all animal foods.
- **Mediterranean:** Eating the Mediterranean way means plenty of veggies, fruits, nuts, seeds, olive oil, whole grain and legumes and consuming moderate amounts of dairy products, fish and poultry. Limit red meat and added sugars.
- **DASH:** A dietary approach to stop high blood pressure (hypertension) that stresses foods low in sodium, as well as those rich in potassium, magnesium and calcium. DASH encourages vegetables, fruits and low-fat dairy products, along with whole grains, fish, poultry and nuts.
- **MIND:** The MIND diet is a hybrid blending both the Mediterranean and DASH diets, with the ultimate goal of reducing dementia and cognitive decline. Foods emphasized in this nutrition approach include whole grains, berries, green leafy veggies, other vegetables, olive oil, poultry and fish.



"The long and the short of it is, the best diet for lifelong wellness is not only one that includes lots of veggies, fruits and whole grains, but also nuts, seeds and legumes," Hargrove adds. "Focus on color and variety, finding foods you like that satisfy your hunger, and ultimately, a diet you can sustain for a lifetime."



Ways to Wellness



Julie Lake, MPA, CTRS
Wellness Coordinator

Brand New Active Living Every Day Class Offered this Summer!

It's been a very long 15 months! Many of us have become more sedentary, weaker, and more physically challenged. The exercise classes or routines you were once doing may not have been available for the past year. We have heard many of you say that you have been getting out of shape! We listened and have a new program!

Senior Neighbors is now offering a program called Active Living Every Day. This program has been proven to be highly effective for people who struggle to be as active as they want to be. This is NOT an exercise class! This is a class that will help you find ways to move more and feel better. What you do for exercise will be up to you. In this class we will discuss:

- Overcoming barriers to physical activity
- Setting realistic goals
- Staying motivated
- And more!

The Active Living Every Day program is designed to help you discover ways to become more active that work for YOU!

This class will meet for 12 weeks, one hour each time. Attendance at as many of the sessions as possible is encouraged—this is not a drop in class.

SilverSneakers will cover your participation, or you can make a donation of \$3/week if you choose. But we hope you will join us even if you cannot make a donation!

Tuesdays, June 1-August 17
10am-11am

Grandville Senior Center
You must register! Call Julie Lake 233-0283

Fear of Falling? Is your balance getting worse? Have you been falling? Check out the A Matter of Balance Classes offered this Summer!

For those of you who have found that your balance has been getting worse, or that you are more fearful of falling, we've got an "oldie but a goodie" class for you! Our A Matter of Balance classes have always been popular and I am excited to be able to offer them again this summer!

A Matter of Balance is an eight week workshop that meets for two hours per week! In that two hour time frame, we will spend time doing some exercises that will improve your balance. We will also have a lot of discussion and help each other problem solve challenges and fears associated with falls.

If you are fearful of falling, have been experiencing falls, or have given up on events and activities that you enjoy because you are concerned about falls, this class will be helpful for you.

What makes this program even more exciting is that we now have two options! You can join us in person at the Grandville Center or you can join us over ZOOM for a remote version!

Grandville Senior Center
Thursdays 1-3pm
June 10-July 29

Virtual ZOOM classes
Mondays 1-3pm
June 7-August 9

You must register for the program!
Please call Julie Lake at 233-0283.

Beuschel Funeral Home

5018 Alpine Avenue
Comstock Park, MI 49321
Phone: 616-785-3863
brent@beuschelfuneralhome.com

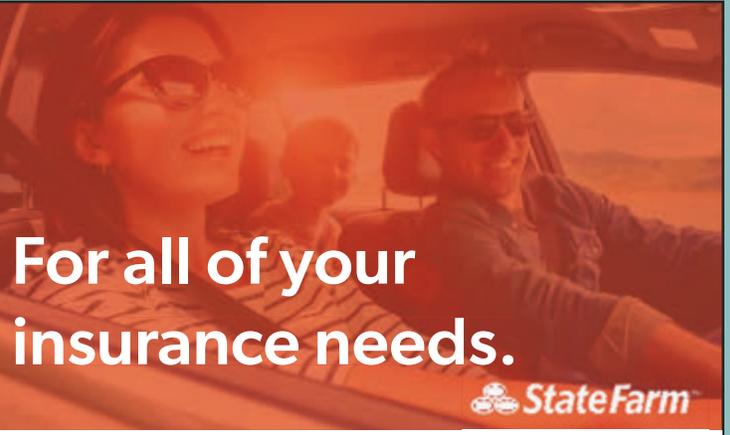


A Brand New Independent Senior Living Community!

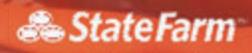
Designed for adults age 55 and over and features beautiful amenities, such as a large community/event space, a coffee lounge, activity room, and fitness center.



13545 Kenowa Ave. NW | Grand Rapids, Michigan 49534
Give Us a Call Today: **(616) 677-2900**
seniorliving@kensingtonpreserve.com



For all of your insurance needs.



Call Brian **Huffman** today!



616-784-5465
Comstock Park, MI

AUTO • HOME • RENTERS
BUSINESS • LIFE • HEALTH

brian.huffman.gd0e@statefarm.com



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



Come visit us at Grandview, a Senior Independent Living Apartment Complex on the Westside of Grand Rapids. We are income based and offer both one and two bedroom apartments.

Currently, our **One Bedroom** Waiting List is **open** and shorter than ever! You do not want to miss out on this opportunity, call us today.

616.433.8723 • TTY 7-1-1 • GrandviewApts@PKmanagement.com
1925 Bridge St. NW, Grand Rapids MI, 49504
Professionally Managed by PK Management, LLC

THIS SPACE IS
AVAILABLE

The sooner you call, the more we can help.

24/7 Support
888-247-5701
or hom.org

Hospice of Michigan
Our State. Our Town.
Our Hospice.

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

PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM

\$29.95/MO
BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



4-D-5-5

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

15-0664

Grand Rapids Senior Neighbors Center



Our center is now open !!!!
Monday, Wednesday & Friday
9:30 am—1:30 pm
 ~ \$2.00 suggested donation ~

We are located in downtown Grand Rapids at 333 S. Division
 (Across from the Catholic Diocese)
 Call to set up an appointment to meet with Jonathan
616.459.3040



Grand Rapids Senior Center



From Meals On Wheels of Western Michigan

Group Box Lunches

We will continue to serve sack lunches from MOWWM Monday—Friday between 10:30 am — 12:30 pm
 We are asking for a \$2.00 donation for these lunches.
 Please call 616.459.3040 with questions.

Happy Birthday To Everyone Born in June!



1...Juan Morales	12...John Burns
6...Ronald Jenkins	14...Shannon Anderson
7...Christy Slagter	19...Dianna Purnell
7...Roy Barton	22...Travis Vassar
7...Maximino Guyton	23...Kathy Fyan
8...Sterlin Cole	26...Susan Schuur
10...Quincey Cross	27...Mary Guastella
11...Jerry Hatcher	28...Terry Holloman
	30...Ricky Wysinger



HAPPY FATHERS DAY

Sunday, June 20, 2021

Dear Seniors ~
 Can you believe it we have actually been open a month? Seems like forever since we have been open. Thankful for this beautiful weather. Time to get the shorts out. This month we will be looking to add a couple of days of bingo to our schedule. We should have the date and time posted soon. We are also working on something special for Juneteenth. Thanks to all of the seniors who have been coming in and keeping themselves and other seniors safe by wearing masks and social distancing at all times. Looking forward to seeing you all soon. Feel free to call us at the center (616)459-3040.

Happy Spring! ~ Jonathan



Did you know that throughout COVID we have been handing out boxed lunches five days a week? You may not know that we have gently used women's coats and clothing, toiletry items, commodities that include canned corn, beans, fruit chicken, and tuna, along with rice, pasta, and tomato sauce. We also pass out masks for those who are in need of one. **We want you to know that we are here for you!**



Please also know that our caseworkers are still working and are just a phone call away if you need help.



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

Grand Rapids Senior Neighbors Center



Grand Rapids Center: Starting last month (May) Our Center opened to a limited number of seniors three days a week (M, W, F). The hours on these days are 9:00 am – 1:00 pm. We will not be serving meals in the center at this time, but we will still be handing out boxed lunches Monday—Friday between 9:30 am – 12:00 pm. A \$2.00 donation for these lunches is suggested. If you have questions, please call the Center directly at (616) 459-3040. We encourage seniors to participate in the other senior centers' phone activities if they cannot make it into the Center on our opened days.

Happy Fathers Day! ★

For Father's Day this year we will be handing out a special treat to honor all of the fathers we have here at the center. Just a token of appreciation of all of the fathers out there. Thank you for being present and active in the lives of your children. We salute you.



Yard Sale Donations Needed

We will be having a yard/rummage sale on June 14th & 16th 10a-12p. We will be taking donations up till the day of the sale.

RUMMAGE SALE

JUNETEENTH

1865  2015

ON JUNE 19, 1865, THE RESIDUE OF SLAVERY WAS FINALLY EXTRACTED FROM THE ORIGIN OF ITS ROOTS IN THE SOUTH. AS YOU MAY RECALL, THE EMANCIPATION PROCLAMATION (1863) ONLY FREED SLAVES WHO LIVED IN THE SOUTHERN CONFEDERATE STATES. THESE SLAVES WERE ALLOWED TO JOIN THE UNION ARMY AND FIGHT FOR THE ABOLISHMENT OF SLAVERY. THE WAR WAS WON, HOWEVER, THE FIGHT TO ILLEGALIZE SLAVERY WAS A SLOW, STUBBORN, DEBILITATING PROCESS. IT WASN'T UNTIL TWO YEARS LATER, THAT THE NEWS FINALLY REACHED TEXAS. TOWARDS THE FINAL CURTAIN CALL OF THE CIVIL WAR, MANY SLAVEHOLDERS RETREATED TO TEXAS, DUE TO ITS GEOGRAPHICAL ISOLATION AND LACK OF UNION PRESENCE IN THE STATE. BUT ON JUNE 19, 1865, AFTER GENERAL ROBERT E. LEE SURRENDERED ON APRIL 9, 1865, FEDERAL TROOPS, LED BY GENERAL MAJOR GRANGER LANDED AT GALVESTON, TEXAS WITH NEWS THAT THE WAR WAS OVER AND THAT THE ENSLAVED WERE FREE. THE JUBILATION ENSUED, AND THUS, WE CONTINUE THIS CELEBRATION OF INDEPENDENCE FROM THE CHAINS THAT SHACKLED AFRICAN AMERICANS TO AN INITIAL EXISTENCE OF BONDAGE AND DEGRADATION.

JUNETEENTH

FREEDOM DAY



Grandville Senior Neighbors Center

Located in Grandville at 3380 Division.

Phone: 616-531-5250

Fax: 616-531-7743

www.seniorneighbors.org



Dear Walker & Grandville Seniors

We are so excited for this summer where both centers will get the chance to experience some fun activities together both outdoors and indoors.

Due to the Walker Center not being able to open in 2021, we will be combining many of the activities & outings we have all enjoyed in the past.

To register for inside activities at the Grandville Center, please call Lisa at 616.531.5250 to add your name to the activity list. The number of people who can be inside is limited, so reserve your spot right away.

On Wednesday, June 30th from 12:30 to 2pm at the Grandville Center, we will be hosting a special outdoor musical performance by Ron and Lynn from "The Other's". Please bring your lawn chair, water bottle, mask and be ready to enjoy some music together.

Lisa & Sherri

Sign Out Fun!

We have decks of cards, games, books & puzzles in the Centers library. Please stop into the Center daily to check out these items.



Foot Care at Grandville Senior Center



Wednesday, June 1st & 15th
Must sign up by calling 616-531-5250



- *Postage Stamps
- *Copy Paper - White & Color
- **Decaf & Regular Coffee
- *Coffee Creamer & Splenda & Sugar
- *Coffee Stir Sticks
- *Regular & Green Tea Bags



- 2...Julie Allen
- 4...Helen Thuemmel
- 4...Jim VanStee
- 5...Marjorie DeYoung
- 6...Judith Skeans
- 6...Kathy Uecker
- 8...Jean Maten
- 8...Karen Horst
- 8...Jim Shea
- 9...Gail Hallas
- 9...Bud Nardin
- 9...Mary Roberts
- 11...Norine Shae
- 11...Emily VanVuren

- 17...Ruth Baar
- 17...Faith Martin
- 18...Marcia Leese
- 19...Joy Wilson
- 20...Helen Wheeler
- 21...Marcia Holleman
- 22...Jay Baar
- 23...Shawn Lewis
- 23...Marti Dykstra
- 25...Scott Boerema
- 26...Jim Ford
- 26...Jean Lowing
- 26...Al Wolf
- 27...Marty Eardmans
- 28...Barb Cooley
- 28...Shirley Barnes
- 28...Gwen Burgess



Indoor Activities

Monday

10:45 Enhanced Fitness & 1:00 Paint Class

Tuesday

10:00 Active Living Every Day & 1:00 Bingo

Wednesday

10:45 Enhanced Fitness & 1:00 Table Games

Thursday

10:00 People Bingo & 1:00 Matter of Balance

Friday

11:00 Yoga Chair & 1:00 Lawn Games

Unfortunately state guidelines prohibit us from having more than 25 people at the center at a time & that is including staff. Please call 616-531-5250 to RSVP your spot.

Freezer Meals

Five (5) Freezer Meals & Milk available at the Center

When: Mondays

Time: 9 am until 12 pm

\$2.75 suggested donation per meal

(Please call the center by Tuesday of the previous week with your order)





Grandville Senior Neighbors Center



NEW Program: ACTIVE LIVING EVERY DAY

Tuesdays, June 1- August 17 10am-11am

- Do you know you should get more exercise, but don't know how?
- Do you want to find ways to sit less?
- Are you frustrated because you've started exercise programs before, but failed?

Active Living Every Day is NOT Like

Any Exercise Class You've Ever Been To

In fact, you won't exercise at all in your weekly Active Living classes. Instead, you'll learn ways to be more active every day: at work, at home, on vacation, etc. *Active Living Every Day* works because you'll learn the skills you need to become and stay physically active, such as:

- Overcoming barriers to physical activity
- Setting realistic goals
- Building confidence
- Staying motivated

This class will meet one hour per week for 12 weeks in person at the Grandville Senior Center. Registration is required.

616-233-0283



DO YOU HAVE concerns about falling?



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- Manage your concerns about falling
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- get yourself off the ground if you do fall

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone who has restricted activities because of falling concerns



Coming to Grandville Senior Neighbors Center
Thursdays
June 10-July 29
1-3pm
OR
Virtually over Zoom
Mondays
June 7-August 9

No charge to attend, donations accepted.

For more information contact Julie Lake, Wellness Coordinator at 616-233-0283

Activities in June with Walker Center

Phone Bingo

Monday, Wednesday & Friday at 11:00am

Phone Book Club

Wednesday w/Lora at 9:30am

*Phone Activities advertised here can be enjoyed by calling 231-309-8101 ID: 864252#

Outdoor Activities

Let's Walk outside together!

Friday's from 9:30 to 12:30pm

What to bring: Mask, portable chair, water bottle, sack lunch. Outdoor games provided.

June 4th

Walker Community Park
700 Cummings Ave NW
Walker, MI 49534

June 11th

Wedgewood Park
3391 Wilson Ave.
Grandville, MI 49418

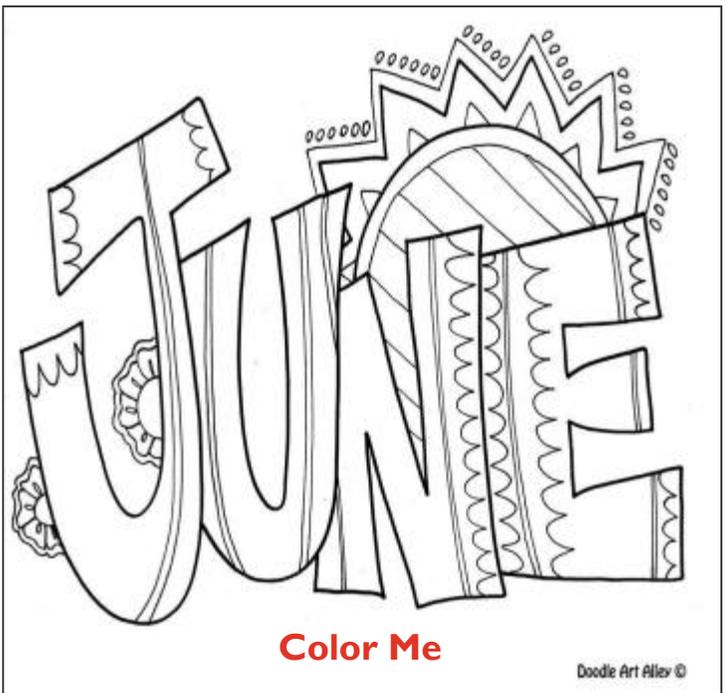
June 18th

Eastmanville Bayou
13507 68th Ave.
Allendale, MI 49401

June 25th

Millennium Park
1415 Maynard Ave.
Walker, MI 49534

(In case of rain outdoor events are cancelled)



Color Me

Doodle Art Alley ©



Welcome to the Lowell Senior Center

314 South Hudson
Lowell, MI 49331

Phone: (616) 897-5949



JUNE 1 ~ RICHARD POLDERDY
JUNE 15 ~ ALICE MONKS
JUNE 16 ~ HELEN VEZINO
JUNE 16 ~ MARION WHEAT
JUNE 28 ~ DOUG CORLIS

Dear Friends,

Happy Summer! June is a great month to enjoy the longer days, warmer temperatures, and plenty of sunshine!

We are continuing our outdoor events and we hope that you will join us. The schedule is posted below and we will also be having a music concert once a month in the evening like we usually do each summer.

I hope that you are doing well and keeping in touch with your friends and families. Please join our activities if you would like and reach out to me to get connected.

Have a great June and enjoy the nicer weather we look forward to all year.

Love,

Terra



We're Here To Help

~ Terra Bieneman ~

Center Coordinator

~ Carol Schwierking ~

Nutrition Aide

~ Don Schneider ~

Bus Driver

~ Nicole Driesenga ~

SNI Central Office Rep

JUNE OUTDOOR EVENTS

11:00 AM-12:00 PM

NO TRANSPORTATION

(WEATHER PERMITTING)

MASKS ARE REQUIRED & WE WILL
BE FOLLOWING THE
SOCIAL DISTANCING GUIDELINES

THURSDAY, JUNE 10: 11:00 AM

**ROOTBEER FLOATS WITH
GREEN ACRES**

THURSDAY, JUNE 17: 11:00 AM

**TRIVIA FUN WITH
LAURELS OF KENT**

WEDNESDAY, JUNE 30: 6:00 PM

**ICECREAM SOCIAL & MUSIC
WITH EASY IDLE
BLUEGRASS BAND**

**SCHEDULE OF JUNE ACTIVITIES ARE
FROM 11:00 AM—12:00 PM**

PHONE NUMBER TO JOIN ACTIVITIES
231-309-8101

Conference ID: 698091#



MONDAY ~ BINGO



WEDNESDAY ~

**COFFEE W/ TERRA (10:15)
BINGO**

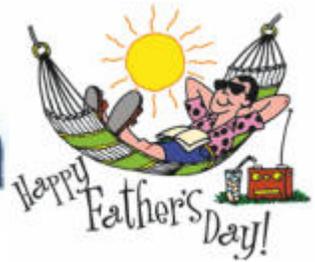


FRIDAY ~ BINGO





Father's Day Trivia



1. When Father's Day was made an official U.S. holiday?

- A. 1914
- B. 1908
- C. 1972
- D. 1966

2. Which U.S leader was first given the title "Father of his Country"?

- A. John Jay
- B. Benjamin Franklin
- C. George Washington
- D. Alexander Hamilton

3. Which state hosted the first citywide Father's Day celebration?

- A. Virginia
- B. Washington
- C. Chicago
- D. New York

4. How does Father's Day rank among U.S. holidays with the largest number of greeting cards exchanged?

- A. 7th
- B. 3rd
- C. 5th
- D. 4th

5. "My Father's Eyes" is a song written and performed by...

- A. Eric Clapton
- B. Kenny Chesney
- C. Brad Paisley
- D. Paul Simon

6. How many pairs of fathers and sons have served as president of the United States?

- A. 1
- B. 2
- C. 3
- D. 4

7. Who invented and patented the drinking water fountain in 1912 as a tribute to his father?

- A. Garrett Morgan
- B. Elias Howe
- C. Halsey W. Taylor
- D. Jonas Salk

8. Which U.S. President made Father's Day a permanent national holiday?

- A. Woodrow Wilson
- B. Richard Nixon
- C. Lyndon B. Johnson
- D. Calvin Coolidge

9. The official Father's Day flower is...

- A. Roses
- B. Tulips
- C. Lilies
- D. Carnations

10. Who is known as the "Father of History"?

- A. Aristotle
- B. Thucydides
- C. Ctesias
- D. Herodotus

11. Who is not part of the cast of American comedy movie Parenthood from 1989?

- A. Rick Moranis
- B. Steve Martin
- C. Martin Short
- D. Keanu Reeves

12. What's the most common Father's Day gift?

- A. Socks
- B. Tie
- C. Screwdriver
- D. Slippers





Walker Firehouse Café



**Welcome to the
Walker Firehouse Café**
 4101 Lake Michigan Drive Walker, MI 49534
 Phone: (616) 735.3240
www.seniorneighbors.org
 Questions or concerns Call or Email Sherri Meines
 at smeines@seniorneighbors.org



Dear Walker and Grandville Seniors

I'm so excited for this summer where both centers will get the chance to experience fun times by having both outdoor and indoor activities together.

Due to our center not being open in 2021, we will be combining many of the activities and outings we have all enjoyed in the past.

Lisa and I both welcome you back!

To enjoy inside activities at the Grandville Center, please call Lisa at 616.531.5250

to add your name to the activity list.

There are a limited number of people who can be inside at one time, so reserve your place as soon as you can.

The JULY newsletter pick up will be on Wednesday, June 30th at the Grandville Center from 12:30 to 2:00pm

"The Other's" Ron and Lynn will be special musical guests that day.

Please bring your chair, mask and water bottle

to enjoy some great music!

Have a Great Day!

*Sherri Meines, SDC
Walker Firehouse Café
Center Coordinator*



**Happy
Father's
Day!**



Happy

June

Birthday's

**Lori Dillman 3, Susan Moore 7
 Charlene Marculis 7
 Marianna Huedepohl 9
 Jackie Bancroft 10, Amy White 10
 Phyllis Mangus 11
 Henry Bancroft 13
 Susan Page 14, William Landon 20
 Delores Dykstra 20
 Michael Moglebust 22
 Bob Schuitman 25**

**Activities
advertised here can be enjoyed
by calling**

231-309-8101 ID: 864252#

***All activities**

**subject to change,
if Michigan's COVID-19
regulations change**





Walker Firehouse Café

What's happening for Walker and Grandville? June Activity Connection Page

Phone Activities in June

Bingo

**Monday, Wednesday
and Friday at 11:00am**



Book Club

**Wednesday w/Lora
at 9:30am**



Let's walk outside together!

Friday's from 9:30 to 12:30pm

What to bring:

**Mask, portable chair
for yourself,**

water bottle, sack lunch.

**Outdoor games and bingo
provided.**



**June 4th
Walker Community Park
700 Cummings Ave NW
Walker, MI 49534**



**June 11th
Wedgewood Park
3391 Wilson Ave.
Grandville, MI 49418**



**June 18th
Eastmanville Bayou
13507 68th Ave.
Allendale, MI 49401**



**June 25th
Millennium Park
1415 Maynard Ave.
Walker, MI 49534**

**In case of rain events are cancelled*

Senior NEIGHBORS
no longer alone

NEW Program: ACTIVE LIVING EVERY DAY

Tuesdays, June 1- August 17 10am-11am

- Do you know you should get more exercise, but don't know how?
- Do you want to find ways to sit less?
- Are you frustrated because you've started exercise programs before, but failed?

Active Living Every Day is NOT Like

Any Exercise Class You've Ever Been To

In fact, you won't exercise at all in your weekly Active Living classes. Instead, you'll learn ways to be more active every day: at work, at home, on vacation, etc. Active Living Every Day works because you'll learn the skills you need to become and stay physically active, such as:

- Overcoming barriers to physical activity
- Setting realistic goals
- Building confidence
- Staying motivated

This class will meet one hour per week for 12 weeks in person at the Grandville Senior Center. Registration is required.

616-233-0283

DO YOU HAVE concerns about falling?

A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- Manage your concerns about falling
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance
- get yourself off the ground if you do fall

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone who has restricted activities because of falling concerns

Senior NEIGHBORS
no longer alone

Coming to Grandville Senior Neighbors Center
Thursdays
June 10-July 29
1-3pm
OR
Virtually over Zoom
Mondays
June 7-August 9

No charge to attend, donations accepted.

For more information contact Julie Lake, Wellness Coordinator at 616-233-0283



SPARTA

Senior Neighbors

Where being a Senior has never been so Awesome!

100 Ida Red Ave. Sparta, MI 49345
(616) 887-1273

Center Coordinator Jane Ringler cell (616) 516-4419
Staff Janice Follett & Sharon Mills



Dorothy Piccard

12/6/1938
to
5/2/2021



Happy JUNE Birthdays!

- 1 Alice Eggleston
- 1 Jim Asposito
- 7 Scott Westcott
- 8 Elaine Whitney
- 12 MaryAnn Wallace
- 13 Donna Edwards
- 14 Jerri West
- 22 Pam Longcore
- 23 Alice Acton
- 28 Jodi Hoekstra
- 30 Norma Bristol
- 30 Sue Wobma

Walking Club



Any interest?

Contact Jane
(616) 516-4419



Volunteer CRAFT SHOW Organizer Needed

Help seniors market their crafts
Please contact Jane if you can help





Sparta Senior Neighbors Center



This beautiful lady received friends, gifts, cake & so many cards.

Irene Mansfield is LOVED dearly!

May 1, 2021

Fridays in June

Long Lake Park, Sparta
West Side off Long Lake Rd.

10 am-12 pm

Cards

Euchre

At



The

Poker

Park

R.S.V.P.
Jane



Thank You Cedar Springs
Mission Point



Thank You Sparta H.S. Art Class



Thank you
Michael Schaefer

Let's Make
A
Summer
To
Remember!
2021

EVERYBODY'S GOING TO
SEA 200



Personal
Watercraft
Rides

The Bucket List Continues

Sat June 26th
Croton Pond, Newaygo
2 - 4 p.m.
R.S.V.P. Jane

Bring water & a
lawn chair or blanket



Sparta Senior Neighbors Center

A dad
is the
anchor
upon which
his
children stand.



Celebrating Dads

Sparta Senior Neighbor's Men
are invited to lunch
(lunch cost is a gift)
in honor of

FATHER'S DAY

Thursday June 17th
11 a.m. on the patio
at Trinis and Margarita Joe's
148 E. Division St. Sparta

R.S.V.P. Jane 616-516-4419



Thank You
Everyone
for the beautiful
diamond dot
hummingbird
made by Margie
& for the
appreciation card.
Love, Jane



**Fun, Games
& Prizes**



Join
Senior
Neighbors
Camping
Club

Fridays in June
12 - 2 p.m.
Long Lake Park
West Side off
Long Lake Rd.



**Contact Jane
616-516-4419**



AmeriCorps Seniors

RSVP

MI MASK+ PROJECT THANK YOU!

A warm thank you to all our volunteers who assisted in assembling and sewing 500 children's masks! Other volunteers assisted with writing notes of appreciation and assembling care packages filled with school supplies and cleaning products. With your help we delivered 10 care packages to 5 local daycare centers around Grand Rapids that serve low income families.

The staff were so appreciative of your thoughtfulness and masks and other items will help keep children healthy and able to remain in care and parents working.

Little Lights



Helping Hands



La Escuelita



Baxter



UMCH



Preventive Screenings

Can Keep Your Heart Healthy



Some risk factors for heart disease you can't control, such as your age, sex or family history. But some you can. Here are three important screening tests to help monitor your heart health, and when you need them.

- Blood pressure.** Most adults should have their blood pressure checked at least once per year to ensure it's below 120/80 mmHg. If yours is higher, your health care provider may want to check it more often.
- Blood sugar.** Starting at age 45, have your blood sugar tested every three years. After an overnight fast, normal blood sugar levels should be 99 mg/dL or lower.
- Cholesterol.** Adult ages 20 and older should have their cholesterol measured every four to six years. Performed after an eight- or 12-hour fast, this test creates a lipoprotein profile that reveals your levels of LDL, or "bad," cholesterol; HDL or "good," cholesterol; and triglycerides, another type of blood fat.



Aim to keep total cholesterol levels below 200 mg/dL, with LDL cholesterol less than 100 mg/dL. For HDL, a level of 60 mg/dL or higher helps protect your heart. Triglycerides should test below 150.

If you're at high risk for heart disease, your provider also may recommend other screenings, such as an electrocardiogram, an exercise stress test on a treadmill or a CT (computed tomography) scan.

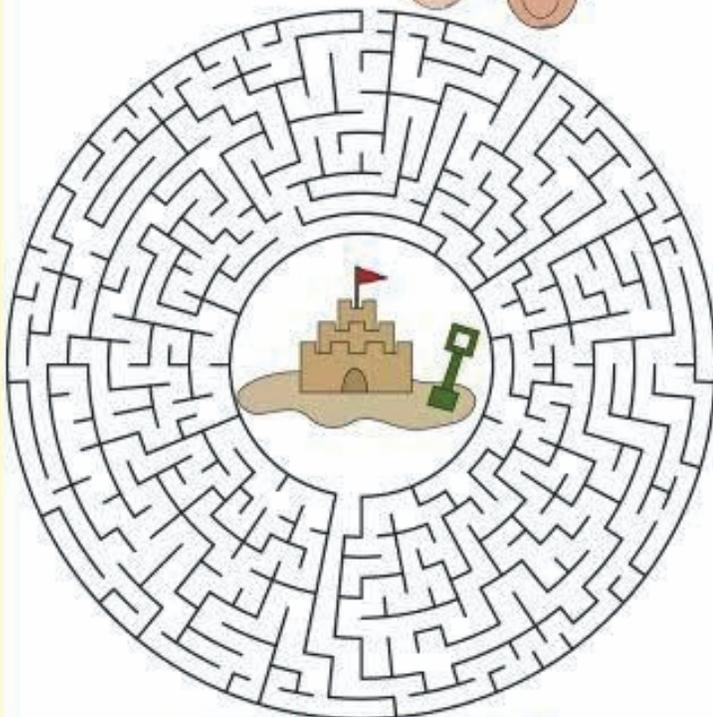


Take heart.

When it comes to heart health, talk to your PCP and learn what services are available to you.

SUMMER MAZE

Help the kids get through the maze and find their sand castle.



FATHER'S DAY UNSCRAMBLE THE WORDS

Unscramble the Father's Day vocabulary and number the pictures

1. rhetfa	_____
2. lskx	_____
3. gtfl	_____
4. lswreof	_____
5. rfermaghad	_____
6. wahtc	_____
7. teertl	_____
8. shseo	_____
9. drca	_____
10. fiberaatk	_____
11. eamsegs	_____
12. ecuebarb	_____
13. vleo	_____
14. trdaghue	_____
15. caek	_____
16. oin	_____
17. eothaolcc	_____
18. bbay	_____
19. ugh	_____
20. hemo	_____



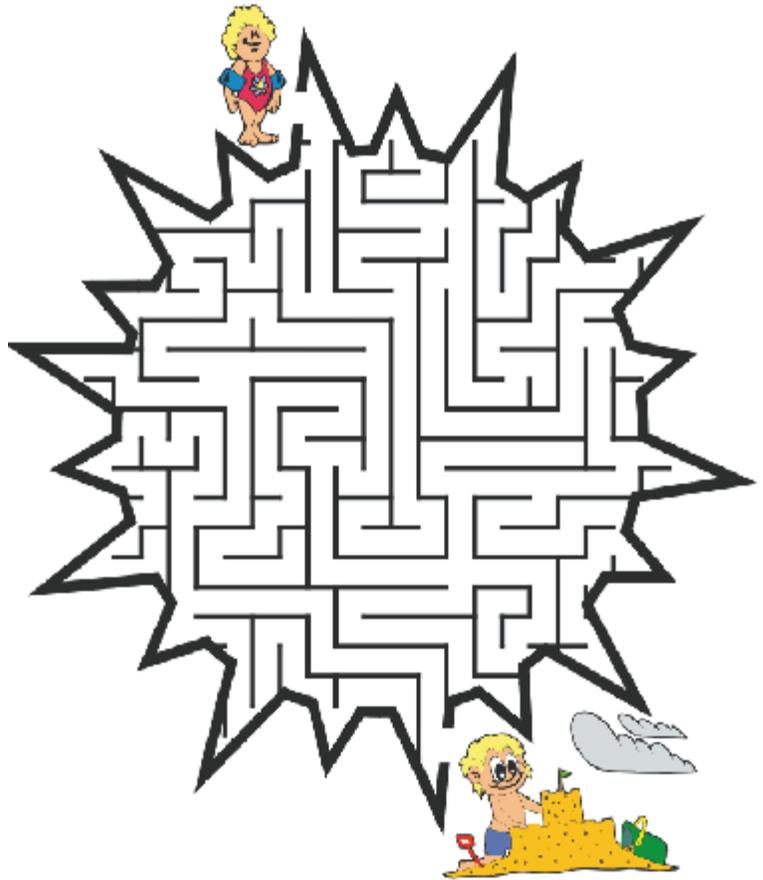
GIFTS FOR DAD

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

Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links

Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razer
Slippers
Socks
Tie
Wallet
Watch



	3								
			1	9	5				
	9	8						6	
8				6					
4					3				1
				2					
	6						2	8	
			4	1	9				5
									7

Juneteenth Word Search

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

ABOLITION
AFRICAN
AMERICAN
BARBECUE
CELEBRATION
CEREMONY
CONFEDERACY
EMANCIPATION
FLAG
FREEDOM DAY
GALVESTON



GENERAL GRANGER
HOLIDAY
JUNETEENTH

LINCOLN
MARCH
PARADE
PORTMANTEAU
PROCLAMATION
READING
SINGING
SLAVERY
SOUTH
TEXAS
UNION ARMY





Elders' Helpers
Live on your own with a helper in your home
Celebrating 20 Years

Home Health Care & Homemaking Services
CALL TODAY - 616.454.8305
WWW.ELDERSHELPERS.COM - Local and Reliable



No more pain.
Free Consultations, Arthritis Management, Balance & Dizziness Therapy, Pain Relief



NORTHERN
Physical Therapy

31 Ida Red . Sparta . 887.8152 | 2050 W. Main . Lowell . 987.0019 | northernpts.com

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPi is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required

 Contact us at: careers@4lpi.com
www.4lpi.com/careers

**ADVERTISE
HERE** to reach the senior market



Call (800) 477-4574

WHO IS MISSION POINT HEALTHCARE SERVICES?

Mission Point Healthcare Services is a full service health care management company located throughout the Detroit-Metro, greater Grand Rapids and Northern Michigan regions. **Mission Point** operates and manages twenty (20) fully licensed, skilled nursing care facilities consisting of over 1,690 skilled nursing beds. **Mission Point's** services offered are physical rehabilitation, skilled nursing care, wound care, hospice care, Alzheimer's and dementia patient care, tracheal and enteral services, transitional rehabilitation services and short-term respite care. **Mission Point** provides health care services to senior citizens and elderly patients as well as other patients requiring specialized nursing care.

With 20 facilities across the state, we are never far away.
Delivering Excellence. Every Life. Every Moment. Every Day.

For more information or to schedule a tour, please contact us at:
Western MI—616-957-3957
Eastern MI—248-577-2632
Northern MI—906-482-6644
info@missionpointhealthcare.com

Our Services:

- Short-Term Rehabilitation
- Skilled Nursing
- Long-Term Care
- Hospice Care
- Respite Stays
- Cardiac Rehab Services
- Stroke Rehab Services

We are proud to offer short and long term care with a dedicated, professional staff whose goal is to assist you or your loved one to reach the highest level of independence as quickly as possible. Each patient will have individualized goals to help them return to their prior level of function and to return home safe and independently.



missionpointhealthcare.com



**Bernard's Ace
Hardware &
Rental Place**

1601 W. Main St. • Lowell
616-897-9490



REHAB CLOSE TO HOME



Our team of professionals is dedicated to promoting the highest level of independence and quality of life for our guests by creating a comfortable living environment and providing comprehensive health care services.

Let The Laurels of Hudsonville be your first choice for Short Term Rehabilitation Services.

Contact us any time at **616.669.1520**

with any questions or to schedule a tour.

**AVAILABLE FOR
A LIMITED TIME!**

ADVERTISE HERE NOW!

Contact **Jen Zalinski**
to place an ad today!
jonalinski@4LPi.com
or **(800) 477-4574 x6633**



Bring in this
coupon for **FREE**
Senior Vitamins



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

**FREE LOCAL
DELIVERY**

Call the pharmacy for more details

Member Hometown Pharmacy

11 S State St., Sparta, MI 49345

(P) 616-887-7323 • (F) 616-887-9559



At SarahCare Adult Day Care Centers, seniors are safe, healthy, and happy during the day.

Metro Health • Knapps Corner

616-528-4003

www.sarahcare.com



cleansweepsolutions.net • info@cleansweepsolutions.net

20% OFF FIRST TIME CLEANING

**ADT-Monitored
Home Security**

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



ADT Authorized Provider SafeStreets

1-855-225-4251



4-D-5-5

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

15-0664

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



Every year we serve over 4,000 older adults, helping them remain independent through our five Senior Neighbors Centers and a wide range of services.

A steady, steady hand to hold to
In times of strife and stress
A true friend we can turn to
When times are good or bad
One of our greatest gifts and
blessings
The man that we call Dad.



HAPPY FATHERS DAY

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.



Please Note:
SNI does not necessarily endorse advertisements in this newsletter.