



# Senior Programming Calendar January 2023

Everyone 55+ is welcome, including non-parishioners. For more information contact the Young at Heart Voicemail at 616-913-4419 or email [info@youngatheartgr.org](mailto:info@youngatheartgr.org). This schedule is SUBJECT TO CHANGE. If you would like to offer any feedback, including suggestions or concerns, please feel free to contact us.

Monday, January 9	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Lunch by Deb <b>RSVP \$5.00</b>	12:00-12:30
January Series I	12:30-1:30
Technology Drop-in <b>RSVP for timeslot</b>	1:00-2:00

Wednesday, January 11	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Making Valentines Cards	10:00-12:00
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Senior Meals <b>RSVP \$5.00</b>	12:00-12:30
BINGO	12:30-2:00

Monday, January 16	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Senior Meals <b>RSVP \$5.00</b>	12:00-12:30
January Series II	12:30-1:30

Wednesday, January 18	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
January BirthDay Brunch <b>RSVP \$5.00</b>	9:30-11:00
Calvin Nurses	10:00-12:00
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Book Club	11:00-12:00

Monday, January 23	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Knitting/ Crocheting	9:30-12:00
Chair Tai Chi	10:45-11:45
Soup/Chili Lunch <b>RSVP \$5.00</b>	12:00-12:30
January Series III	12:30-1:30

Wednesday, January 25	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-Noon
YAH Lunch <b>RSVP \$3.00</b>	12:00-12:30
Euchre	12:30-2:30

Monday, January 30	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pizza Lunch	12:00-12:30
Team Trivia	12:30-2:00

Wednesday, February 1	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Chair Tai Chi	10:45-11:45
Lunch outing- Vitales <b>RSVP</b>	11:45-1:30

**Tuesdays: Sewing Club** meets first and third Tuesdays 10:00-Noon.

**Pickleball:** Meets each Tuesday at 9:30-11:00. Join us in the gym at St. Alphonsus Parish Center.

**Saturdays: Walking Club:** Meets at 10:00. We walk plowed pathways. Call / email for a schedule. **RSVP.**

St. Alphonsus Young at Heart Enrichment Program

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**“Back on Track” Exercise Class:** Personal Trainer, Colleen Cleves from The Center for Physical Rehabilitation, offers a dynamic class each Monday and Wednesday. Get the endorphins pumping, with a focus on balance, core strength, and flexibility!! Suggested donation of \$3.00 for each class. No one is turned away. Colleen is also an official SilverSneakers instructor. Bring your qualifying insurance card, and it will cover the cost of the class.

**Book Club:** The Happy Bookers will be reading “First: Sandra Day O’Conner,” by Evan Thomas. Evans breaks new ground with extra-ordinary access to O’Connor’s’ papers, journals and 20 years of her husband’s diary. He illustrates the making of this strong and inspirational woman, from cattle ranch to the U.S. Supreme Court. If you would like to participate, email YAH or contact Char: 862-6392.

**BirthDay Brunch:** If you have a January Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Have you ever thought about preserving family history for your loved ones, by telling your life story on video? Greg Ghering, a videographer, will be holding a discussion and focus group with YAH to reflect on the benefits and interest of this service. Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.**

**Cooking Class:** Resumes on Monday, February 13<sup>th</sup>.

**Euchre:** Join in on the game! We play for fun. No cost. Experience preferred. **RSVP.** Questions? Contact Char: 862-6392.

**January Series – January 9<sup>th</sup>: WHAT CAN A BODY DO?** Sara Hendren is an artist, design researcher, writer, and professor at Olin College of Engineering. She has several family members with disabilities. She also considers herself a humanist in tech—creating collaborative public art, social design, and writings that reframe the human body and technology.

**January Series – January 16<sup>th</sup>: O STICK WITH LOVE: KING’S VISION FOR TODAY’S MOVEMENT** Gregory Thompson is a pastor, scholar, writer, producer, and amateur cook whose work focuses on racial healing in America. He currently serves as the executive director of Voices Underground, an initiative to build a national memorial to the Underground Railroad in southeast Pennsylvania. Thompson is also a research fellow in African American Cultural Heritage at Lincoln University and the visiting theologian for mission at Grace Mosaic Church in Washington, D.C.

**January Series – January 23<sup>rd</sup>: AND THE ANSWER IS: WHY IS IT BETTER TO BE A GENERALIST?** Ken Jennings holds the record for the longest winning streak on *Jeopardy!* In 2004, he went on an unprecedented 74-game victory streak worth \$2.52 million. He joined the game show as a consulting producer, and in early 2021, he guest-hosted the program for six weeks after the passing of long-time host Alex Trebek. As a speaker, Jennings appears at college and corporate events nationwide, covering topics ranging from the importance of education to artificial intelligence (specifically his encounter with IBM’s Watson) to his love of geography — always sharing his insider stories from behind the scenes at *Jeopardy!* For Calvin’s January Series, he will discuss why it’s important to be a generalist in the age of hyper-specialization.

**Knitting/ Crocheting:** Come and work on your projects, share ideas, learn from each other. No experience required.

**Pickleball:** A cross between tennis and ping pong, we welcome all skill levels for some fun competition. Come see what all the rave is about! It’s never the same game twice! Equipment provided or bring your own paddle.

**Sewing Club:** Meets the first and third Tuesday of each month at 10:00. Everything you need will be provided. No experience necessary. Have fun, share ideas, learn new skills. All are welcome.

**Tai Chi:** Tai Chi is a wonderful way to connect to the natural energy within your body to help you relax, become more stable and healthier overall. Mary will be offering Chair Tai Chi on Mondays and Wednesdays at 10:45. If you are interested in Standing Tai Chi, please contact YAH or Mary directly.

**Team Trivia:** Dan has the questions; your team has the answers. Drop in! Fun competition. No pressure.

**Technology Drop-In Sessions:** VanBelkum Library, the Creston Branch of the Grand Rapids Public Library, is sponsoring these Drop-in Sessions in Technology to help you learn more about your digital/electronic devices and better use them to suit your needs. Please call to reserve your 10–20 minute spot and let us know your question or concern.

**Walking Club:** This month’s trails include paved, plowed routes in the Grand Rapids area. We will meet each week and walk at 10:00. Please **RSVP.** Call, email or stop by the Parish Center for a schedule.

**Woodcarving:** Jerry Randall and friends will teach you the tricks of the trade. Come see their projects. Try your own.

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**JANUARY LUNCHES:**

**01/09:** Catered by Deb: Cheeseburger Soup. Cost: \$5.00. **RSVP** by Friday, January 6<sup>th</sup>.

**01/11:** Senior Meals: **TBD** Cost \$5.00. **RSVP** by Monday, January 9<sup>th</sup>

**01/16:** Senior Meals: **TBD**. Cost \$5.00. **RSVP** by Friday, January 13<sup>th</sup>.

**01/18:** BirthDay Brunch: 100 Calorie Breakfast Chili, with hashbrowns and eggs and pastries. Cost \$5.00. **RSVP** by Monday, January 16<sup>th</sup>.

**01/23:** YAH lunch: Taco Casserole, with chips, salad and *dessert*. Cost \$3.00. RSVP by Friday, January 20<sup>th</sup>.

**01/25:** YAH lunch: Popcorn Chicken, salad and *dessert*. Cost \$3.00. RSVP by Monday, January 23<sup>rd</sup>.

**01/30:** Pizza Lunch: Pizza, Salad, and *dessert*. Cost \$5.00. RSVP by Friday, January 27<sup>th</sup>.