



Senior Programming Calendar January 2024

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. 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 8

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: YAH RSVP \$5.00	12:00-12:30
BINGO	12:30-2:00

Wednesday, January 10

Event	Time
Exercise Class	9:30-10:30
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch Outing: 616 Kabob Shop RSVP	12:00-1:30

Monday, January 15

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: YAH RSVP \$5.00	12:00-12:30
Calvin Series: Challenge of MLK RSVP	12:30-1:30

Wednesday, January 17

Event	Time
Exercise Class	9:30-10:30
Tech Support: Cell Phone Troubleshooting	10:00-11:00
Making Greeting Cards - Valentines	10:00-12:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
Calvin Series: Religious Liberty RSVP	12:30-1:30

Monday, January 22

Hearing Tests RSVP	9:00-1:00
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Art Project: Copper/Enamel Jewelry RSVP	10:00-11:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
Calvin Series: Building Community RSVP	12:30-1:30
Art Project: Copper/Enamel Jewelry RSVP	12:30-2:00

Wednesday, January 24

Exercise Class	9:30-10:30
BirthDay Brunch RSVP \$5.00	9:30-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club: The Devil in the White City	11:00-12:00
Standing Tai Chi	12:00-1:00
Calvin Series: Lessons from Listening	12:30-1:30

Monday, January 29

Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Pizza Lunch RSVP \$5.00	12:00-12:30
Team Trivia	12:30-2:00
Calvin Series: Technology and the Future	12:30-1:30

Wednesday, January 31

Exercise Class	9:30-10:30
Tech Support: Navigating	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: YAH RSVP \$5.00	12:00-12:30
Calvin Series: Poetry for All RSVP	12:30-1:30
Euchre	12:45-2:30

Saturdays: Walking Club: Meets at 10:00. We walk plowed pathways around GR. **RSVP.**

Tuesdays: Calvin Series: Live-streamed in the Parish Center 12:30-1:30. Stop by for list of topics/speakers.
Pickleball: Meets 9:00-11:30 in the gym at St. Alphonsus Parish Center.
Sewing Club meets the first and third Tuesday from 10:00-12:00 at the Parish Center



St. Alphonsus Young at Heart Enrichment Program

info@youngatheartgr.org 616.913.4419

<https://youngatheartgr.org>



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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 “The Devil in the White City,” by Erik Larson. This is a historical non-fiction tale of murder, magic, and madness at the 1893 World’s Fair. It is said, “truth is stranger than fiction!” If you would like to participate, email YAH, or call 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. Our entertainment this month will be a variety of games to welcome in the New Year! Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.**

Calvin January Series: “The January Series is a FREE 15-day award-winning lecture series that takes place each year at Calvin University. The series aims to cultivate deep thought and conversations about important issues of the day, to inspire cultural renewal and make us better global citizens in God’s world.” YAH will live-stream the lectures on Monday, Tuesday and Wednesday. Check out the YAH flyer, YAH website or <https://calvin.edu/january-series/speakers/> for more information. Please **RSVP.**

Card Making: Madelyn will lead the group in making Valentine cards for our Homebound friends.

Cooking Class: Will return in February.

Craft: Art Project. Join Joan H. as she teaches us the art of enameling copper. Participants will be able to turn their creation into a necklace or a pair of earrings. This class will be held in the morning and repeated in the afternoon. Each class can only hold 6 participants. When you sign up, indicate if you prefer the morning or afternoon session. Must **RSVP** by Friday, January 19. Cost: Free.

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

Hearing Tests: Brennen Kartes from Beltone is back this month, offering free hearing tests for anyone 18+ who may be experiencing hearing loss. This is also a great time to establish a baseline for future exams. Must **RSVP** to set up your 30-minute evaluation.

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

Line Dancing: Will return in March.

Pickleball: A cross between tennis and ping pong, we welcome all skill levels for some fun competition. Come on Tuesday or Wednesday mornings to see what all the rave is about! It’s never the same game twice! Equipment provided or bring your own paddle. Wednesday mornings is a good day for beginners and is held in the gym at St. Alphonsus Parish Center.

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 email YAH or call Mary at 890-3592. Suggested donation: \$3.00. No one is turned away.

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

Technology Workshops: Joslin from Senior Neighbors is back to help us stay caught up on the best ways to use our devices. Each week will feature a small lesson, then answer your questions. Everyone learns from each other’s questions and experiences. This month’s lessons are: Cell Phone Troubleshooting and Navigating your phone and the Internet.

Walking Club: This month’s trails include paved pathways and natural trails around the Grand Rapids area. We will meet each week and walk at 9:30. Please **RSVP.** Call, email or stop by the Parish Center for a schedule.

Woodcarving: Will return in March.

JANUARY LUNCHESES:

- 01/08:** YAH: Goulash, Salad and dessert. Cost: \$5.00. **RSVP** by Friday, January 5.
- 01/15:** YAH: Broccoli Cheese Soup & Cactus Chili, Salad and dessert. Cost: \$5.00. **RSVP** by Friday, January 12.
- 01/17:** Senior Meals: Beef Stroganoff with Egg Noodles, Capri Blend Vegetables, Broccoli, Dinner Roll, and a dessert. Cost: \$5.00. **RSVP** by Monday, January 15.
- 01/22:** Senior Meals: Meatloaf w/ Gravy, Mashed Potatoes, Glazed Baby Carrots, dinner roll and a dessert. Cost: \$5.00. **RSVP** by Wednesday, January 17.
- 01/24:** BirthDay Brunch: Egg, ham, cheese casserole; fruit and pastries. Cost \$5.00. **RSVP** by Friday, January 19.
- 01/29:** Pizza Lunch: Pizza, Salad, and dessert. Cost \$5.00. **RSVP** by Friday, January 26.
- 01/31:** YAH: Beef Barley Soup & Chicken Chili, Salad, and dessert. Cost: \$5.00. **RSVP** by Monday, January 29.