



# Senior Programming Calendar February 2024

Everyone 55+ is welcome, including non-parishioners. For more information contact the Young at Heart Voicemail at 616-451-3043 x 419 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. **UP-DATED**

Monday, February 5	
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 - soup-n-chili <b>RSVP</b> \$5.00	12:00-12:30
Wits Work-out: "Forget Me, Not!"	12:45-2:15

Wednesday, February 7	
Event	Time
Exercise Class	9:30-10:30
Tech Support: Navigating Phone/ Internet	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch Outing: Bud-n-Stanleys <b>RSVP</b>	12:00-1:30
Honeysuckle: Linen Towels <b>RSVP</b>	1:30-3:00

Monday, February 12	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
NO Chair Tai Chi	
NO Standing Tai Chi	
Cooking Class <b>RSVP</b> \$5.00	11:30-1:00
BINGO	1:00-2:00

Wednesday, February 14	
Event	Time
Exercise Class	9:30-10:30
Tech Support: Email and phone apps	10:00-11:00
Make Greeting Cards: St. Patrick's Day	10:00-12:00
Pickleball	10:30-12:00
NO Chair Tai Chi	
NO Standing Tai Chi	
Senior Meals <b>RSVP</b> \$5.00	12:00-12:30
Cards for Prisoners	12:30-1:30

Monday, February 19	
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
Senior Meals <b>RSVP</b> \$5.00	12:00-12:30
World's Geological Wonders - Santorini	12:45-1:45

Wednesday, February 21	
Event	Time
Exercise Class	9:30-10:30
BirthDay Brunch <b>RSVP</b> \$5.00	9:30-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club: "A Little Devil in America"	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, February 26	
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
Pizza Lunch: <b>RSVP</b> \$5.00	12:00-12:30
Team Trivia	12:30-2:00

Wednesday, February 28	
Event	Time
Exercise Class	9:30-10:30
Tech Support: Identifying spam/scams	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 - soup n chili <b>RSVP</b> \$5.00	12:00-12:30
Euchre	12:45-2:00

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

**Tuesdays: Sewing Club** meets the first and third Tuesday from 10:00-12:00 at the Parish Center.  
**Pickleball:** Meets 9:30-11:00 in the gym at St. Alphonsus Parish Center.



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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 “A Little Devil in America: In Praise of Black Performance,” by Hanif Abdurraqib. Explore the impact of Black American’s from midcentury Paris, to the moon, and back down again to a cramped living room in Columbus. If you would like to participate, email YAH or call Char: 862-6392.

**BirthDay Brunch:** If you have a February Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Our entertainment this month, once again will be games and activities. Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.**

**Card Making:** Madelyn will be making St. Patrick’s Day cards for our Homebound friends. Come join this important ministry.

**Cards for Prisoners:** Paula Creswell will present on this wonderful program. Its mission is to connect individuals with the names and addresses of incarcerated men and women and provide them with instructions for corresponding. This program allows you to give hope and support to an inmate, anonymously, and from the comfort of your own home. **Cards for Prisoners** goal is to show the love of Christ to people who are incarcerated. To give hope during difficult times.

**Cooking Class:** This month the Ginger Chef will feature a Chocolate Extravaganza. See the delectable menu, attached.

**Craft:** Alyssa from Honeysuckle will guide us as we have fun stamping a print on a linen Tea Towel. Various designs in multiple color options. **Cost** is \$20.00/pair of towels. Payment holds your spot. **RSVP** by Monday, February 5<sup>th</sup>.

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

**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:** 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.

**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.

**Wit’s Workout:** Join us as we work our way through this engaging, interactive, and educational brain health program crafted by University of Illinois Extension. Challenge your short- and long-term memory, increase focus and attention, learn a few tips about diet, exercise, and sleep, all in a light-hearted environment. This month’s lesson is titled, “Forget Me, Not!”

**Woodcarving:** Will return in March.

**World’s Greatest Geological Wonders:** Come, be amazed by this great planet we call Earth as Professor Michael Wyession, from Washington University in St. Louis, takes us on a journey through 36 Spectacular Sites. This is a video series from “The Great Courses.” This month’s feature is “The Impact of Volcanic Eruptions,” featuring the Island of Santorini, off the coast of Greece. This will be followed by a brief travelogue about Santorini.

**FEBRUARY LUNCHES:**

- 02/05:** YAH: Broccoli/ Cheese Soup and Cactus Chili, salad, and dessert. Cost: \$5.00. **RSVP** by Friday, February 2.
- 02/12:** Cooking Class: Chili and Salad for starters, Chocolate Cake: How to assemble and decorate a 3-4 layer cake; Chocolate Truffles; White Chocolate and Raspberry Panna Cotta. Cost \$5:00 **RSVP** by Friday, February 9.
- 02/14:** Senior Meals: Veggie Lasagna, Tossed Salad, Breadsticks and Dessert. Cost: \$5.00. **RSVP** by Monday, February 12.
- 02/19:** Senior Meals: Sweet & Sour Chicken, Brown Rice, Glazed Baby Carrots, Broccoli and a Dessert. Cost: \$5.00. **RSVP** by Friday, February 16.
- 02/21:** BirthDay Brunch: Egg, sausage, cheese casserole, fruit and pastries. Cost \$5.00. **RSVP** by Friday, February 16.
- 02/26:** Pizza Lunch: Pizza, Salad, and dessert. Cost \$5.00. **RSVP** by Friday, February 23.
- 02/28:** YAH: Potato Soup and Traditional Chili, salad, and dessert. Cost: \$5.00. **RSVP** by Monday, February 26.