



Senior Programming Calendar March 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. 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, March 4	
Event	Time
HEARING TESTS RSVP	9:00-1:00
Exercise Class	9:30-10:30
"Help the Sewers" Projects	9:30-11:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Lunch: YAH RSVP \$5.00	12:00-12:30
Wits Work-out: "Take a Number"	12:45-1:45

Wednesday, March 6	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Tech Support: Setting up on-line accts.	10:00-11:00
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch Outing: Cheers RSVP	12:00-1:30

Monday, March 11	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
"Help the Sewers" Projects	9:30-11:30
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Cooking Class RSVP \$5.00	11:30-1:00
Irish Trio RSVP \$5.00	1:15-2:15

Wednesday, March 13	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Calvin Nursing Students	10:00-11:30
Tech Support: Digital Footprint	10:00-11:00
Making Greeting Cards - Easter	10:00-12:00
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
Movie: Bonhoeffer: Agent of Grace	12:45-2:15

Monday, March 18	
Event	Time
Exercise Class	9:30-10:30
Painting for God's Kitchen "Soups On!" RSVP	10:00-11:30
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
World's Geological Wonders – Mount Fuji	12:45-1:45

Wednesday, March 20	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
BirthDay Brunch RSVP \$5.00	9:30-11:00
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Book Club: "Chernobyl"	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, March 25	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Painting for God's Kitchen "Soups On!" RSVP	10:00-11:30
Pickleball	10:45-12:00
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

Wednesday, March 27	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Calvin Nursing Students	10:00-11:30
Tech Support: Streaming	10:00-11:00
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: YAH RSVP \$5.00	12:00-12:30
Euchre RSVP	12:45-2:00

Tuesdays: Sewing Club meets the first and third Tuesday from 10:00-12:00 at the Parish Center.
Pickleball: Meets 9:00-11:00 in the gym at St. Alphonsus Parish Center. Cost: \$3.00



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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 “Chernobyl,” by Adam Higginbotham. Explore the political, environmental and social consequences of the nuclear disaster that took place in Ukraine in 1986. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a March Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Our event this month is Painting for God’s Kitchen “Soups On!”. Cost for brunch for non-birthday celebrants: \$5.00. This year we will be painting soup mugs, soup bowls or salad plates. Your choice. Cost to paint: \$8.00 to paint and donate. \$10 to paint and keep. \$15.00 to donate one and keep one. **RSVP for brunch and painting choice.**

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

Cooking Class: Ginger Chef is going to teach us how to start the day off right, with delicious Breakfast Foods this month.

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

“Help the Sewers Projects”: Come help the sewers cut fabric or stuff balls and teddy bears, as we prepare for our Mother’s Day and Father’s Day donation drives. Everything is provided. Just bring a willing spirit.

****** Irish Trio: ****** Join the Fiddler/Banjo Player, the Harper, and the Guitarist/Mandolin Player for some jolly music and Irish fun. Bring five green bills to enjoy the experience. (Cost: \$5.00).

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

Line Dancing: Will start in April.

NEW! Movie: Bonhoeffer: Agent of Grace (2000) tells the story of Dietrich Bonhoeffer, a German clergyman who against all advise, follows his convictions, and boldly opposed the Jewish persecution by Hitler. 1hr 30min.

Painting for God’s Kitchen, “Soups On! 2025” fundraiser: We will be painting soup mugs, soup bowls or salad plates. Your choice. Cost to paint: \$8.00 to paint and donate. \$10 to paint and keep. \$15.00 to donate one and keep one. Simple, fun & for a good cause! No painting experience required. **RSVP** for the date you wish to paint: Monday 3/18 or 3/25 at 10:00-11:30 or Wednesday 3/20 at 10:30-noon.

Pickleball: A cross between tennis and ping pong, we welcome all skill levels for some fun competition. Come to see what all the rave is about! It’s never the same game twice! Equipment provided or bring your own paddle. Monday & Wednesday mornings are good days for beginners, while Tuesday is intermediate level of play. Donation \$3.00 requested.

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 Support Workshops: Senior Neighbors is here to help us stay caught up on the best ways to use our devices. Each week features a small lesson, then Q/A. Everyone learns from each other’s questions and experiences.

Walking Club: This month we will walk paved paths around the Grand Rapids area. We meet each week at 10:00. Please **RSVP.** Call, email or stop by the Parish Center for a schedule.

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

NEW!!! 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 intellectual challenge is titled, "Take a Number"

Woodcarving: Bring your project or start a new one. Join John LaPorte and gang as they practice their art and learn a few new tricks. New to the trade? You ARE welcome!!! Woodburning, and other skills are also explored.

NEW!!! World's Greatest Geological Wonders: Come, be amazed by this great planet we call Earth as Professor Michael Wyssession, 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 "Sleeping Power," featuring Mount Fuji, on the island of Japan. This will be followed by a brief travelogue about Japan.

MARCH LUNCHES:

- 03/04:** YAH: Spinach/ Beef Barley Soup with Mac-n-Cheese, and dessert. Cost: \$5.00. **RSVP** by Friday, March 1.
- 03/11:** Cooking Class: Breakfast Burrito; Ham and Cheese Everything Hash Brown Waffles; Sweet Potato Breakfast Bowl; Cinnamon Roll Baked Oatmeal. Cost \$5.00 **RSVP** by Friday, March 8.
- 03/13:** Senior Meals: Turkey Meatloaf/Gravy, Mashed Potatoes, Tossed Salad and dessert. Cost: \$5.00. **RSVP** by Mon, March 11.
- 03/18:** Senior Meals: Corned Beef & Cabbage, Potatoes Obrien, dinner roll and dessert. Cost: \$5.00. **RSVP** by Fri, March 15.
- 03/20:** BirthDay Brunch: 100 Calorie Breakfast Chili, fruit and pastries. Cost \$5.00. **RSVP** by Friday, March 15.
- 03/25:** Pizza Lunch: Pizza, Salad, and dessert. Cost \$5.00. **RSVP** by Friday, March 22.
- 03/27:** YAH: Quick Garden Cheese Soup -n- Salad. Cost: \$5.00. **RSVP** by Monday, March 25.