



Senior Programming Calendar April 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, April 1	
Event	Time
BLESSED EASTER	

Wednesday, April 3	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support	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: 616 Kabob RSVP	11:30-3:00

Monday, April 8	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
YAH Lunch RSVP \$5.00	12:00-12:30
Standing Tai Chi	12:00-1:00
Wits Work-out: "Roam in Rome"	12:45-2:00

Wednesday, April 10	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Calvin Nursing Students	10:00-11:30
Technology Support	10:00-11:00
Making Greeting Cards	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: "C.S. Lewis: Beyond Namia"	12:45-2:00

Monday, April 15	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
World's Geological Wonders – Galapagos	12:45-1:45

Wednesday, April 17	
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: "West with Giraffes"	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, April 22	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Pizza Lunch: RSVP \$5.00	12:00-12:30
Where in Michigan? Trivia & Travel \$5.00	12:45-2:00

Wednesday, April 24	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support	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

Monday, April 29	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Lunch: Cousin's Chicken/Fish RSVP \$5.00	12:00-12:30
MOVIE: "Tolkien"	12:45-2:45

Saturdays: Walking Club: Meets at 9:30. We walk natural and paved pathways around GR. **RSVP.**



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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 “West with Giraffes,” by Lynda Rutledge. Inspired by a true story, Lynda writes about a gentleman, who during the Great Depression finds inspiration from giraffes. From a hurricane to a trip across continental USA, you will enjoy this journey. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have an April Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Our entertainment this month is BirthDay BINGO sponsored by Heritage Funeral Homes. Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.** No cost for Bingo.

Card Making: Madelyn will lead the group in making All Occasion Cards for participants to take home.

Cooking Class: Due to personal leave this month, Ginger Chef will be back in May preparing Vegan recipes.

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.

NEW! Line Dancing: Get your cardio work-out doing a few fun steps! Chit will refresh your memory and teach some new steps. This class is great for beginners and intermediates. Advanced dancers will enjoy the third Tuesday of each month. Cost: \$3.00. **RSVP.** Questions? Contact YAH or Chit Barker: 822-5965 or chitbarkerretired@gmail.com

NEW! Movies: “*C.S. Lewis: Beyond Narnia*” (2005) follows the story of C.S. Lewis’ childhood, WWI, college friendships and events that shape his life from atheism to Christianity. (1h)

“*Tolkien*” (2019) explores the formative years of the orphaned author as he finds friendship, love and artistic inspiration that lead him to write his famous trilogy. (1h 52m)

NEW! Munch & Movie: This group will meet the first Tuesday of each month at Panera Bread at Knapps Corner for lunch at 11:30. (Cost on your own.) Then head over to Celebration Cinema for a movie (Cost is \$5.00). If you are interested in joining this group for lunch, movie or both, call to get your name on the list. Char will contact you directly once the movie for the day is determined and the theater posts their schedule.

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.

NEW! Team Trivia: Trivia has a new face this month. Join Kyle Schippa as he tests our knowledge about Michigan with a visual trivia game. This will still be a team event, so prepare for some friendly competition.

Technology Support 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: We are back to walking some of the trails of the beautiful parks around Grand Rapids. We will meet each week and walk at 9:30. Please **RSVP.** Check out the website or stop by the Parish Center for a schedule.

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 feature "Roam in Rome," focuses on exercise and brain health.

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 "Wonders of Mid-Ocean Ridges," featuring the Galapagos Rift. This will be followed by a brief travelogue about the Galapagos Islands.

Tuesdays: Sewing Club meets the first and third Tuesday from 10:00-12:00 at the Parish Center.
Pickleball: Meets every Tuesday at 9:00-11:00 in the gym at St. Alphonsus Parish Center.
Line Dancing: Each Tuesday at 11:00-12:00. Advanced class on 3rd Tuesday each month. **RSVP.**
Munch & Movie: First Tuesday of each month, meet for lunch and head to the theater. **RSVP.**

APRIL LUNCHES:

- 04/08: YAH:** Vegetable Lasagna, salad, breadsticks and dessert. Cost \$5.00 **RSVP** by Friday, April 5.
- 04/10: Senior Meals:** Pulled Turkey in gravy, mashed potatoes, broccoli and Texas Toast. Cost: \$5.00. **RSVP** by Monday, April 8.
- 04/15: Senior Meals:** Pasta with Meat Sauce, broccoli, breadsticks and fruit cobbler. Cost: \$5.00. **RSVP** by Friday, April 12.
- 04/17: BirthDay Brunch:** Ham and scrambled eggs, fruit and pastries. Cost \$5.00. **RSVP** by Friday, April 12.
- 04/22: Pizza Lunch:** Pizza, Salad, and dessert. Cost \$5.00. **RSVP** by Friday, April 19.
- 04/24: YAH:** Chicken and Vegetable Alfredo, salad and dessert. Cost: \$5.00. **RSVP** by Monday, April 22.
- 04/29:** Entrée catered by Cousin's Chicken/Fish, salad and dessert. Cost \$5.00. **RSVP** by Friday, April 26.