



September 2024 Calendar of Events

Everyone 55+ is welcome, including non-parishioners. For more information contact the Young at Heart Senior Enrichment Center at 616-251-1134 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, September 2	
Event	Time
Have a safe	
And Blessed	
Memorial Day	

Wednesday, September 4	
Event	Time
Programming at St. Alphonsus	

Monday, September 9	
Event	Time
Socializing, Games	
Tour YAH's new home	9:30-Noon
Coffee and Treats	

Wednesday, September 11	
Event	Time
Socializing, Games	
Tour YAH's new home	9:30-Noon
Coffee and Treats	

Monday, September 16	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball – at St. Alphonsus	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00

Wednesday, September 18	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Card Making Ministry: Halloween Cards	10:00-11:30
Pickleball – at St. Alphonsus	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, September 23	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball – at St. Alphonsus	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Cooking Class Cost: \$6.00 RSVP	11:30-1:00

Wednesday, September 25	
BirthDay Brunch Cost: \$6.00 RSVP	9:30-11:30
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Pickleball – at St. Alphonsus	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Euchre	12:30-2:00

Monday, September 30	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball – at St. Alphonsus	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Pizza Lunch Cost: \$6.00 RSVP	12:00-12:30
Team Trivia	12:45-1:45

Tuesdays: Sewing Club details to be determined. Please stay posted during our transition.
Pickleball: Meets 9:30-11:00 at Belknap Park.

Saturdays: Walking Club: Meets at 9:30. We walk a variety of natural trails and paved pathways around GR. Check out the YAH website for the weekly calendar. Or stop by to pick up a copy. **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 all about our great State of Michigan. Read a book of your choice, fiction or non-fiction and come to our meeting to share your reading experience. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a September Birthday, you will be invited for a special Birthday Brunch, a blessing and entertainment. Our entertainment this month, will be games and activities. Non-Birthday Celebrants are also welcome to share the day with your friends. Cost for brunch for non-birthday celebrants: \$6.00. **RSVP.**

Card Making: Madelyn will be making Halloween cards for the Homebound. Come join this important ministry.

Cooking Class: The Ginger Chef will be focusing on all things apple! Check out the tasty menu listed below. **RSVP.**

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. Offered on Monday, Tuesday, and Wednesday mornings. Monday and Wednesday mornings are good days for beginners and is held in the gym at St. Alphonsus. Tuesday's session is held at Belknap Park. It's never the same game twice! Equipment provided or bring your own paddle. Come see what all the rave is about! Cost: \$3.00 when playing at St. Alphonsus.

Sewing Club: Stay tuned as we work through the details. For now, the Sewing Club will continue to meet Tuesdays at St. Alphonsus.

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. You do not have to have your own team. Teams are formed before we play.

Technology Support: Senior Neighbors will be back in October for drop-in classes! Let us know what topics you are interested in as we prepare for a Fall class. Please sign up with YAH if you are interested in Fall classes.

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 YAH for a schedule.

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

SEPTEMBER LUNCHESES:

09/23: Cooking Class: Autumn Stew with Apples, Apple Corn Bread, Apple S'mores and Apple Tart Tatin. Cost is \$6.00. **RSVP** by Friday, September 20.

09/25: BirthDay Brunch: Apple Crockpot Steel Cut Oatmeal, fruit and pastries. Cost is \$6.00. **RSVP** by Monday, September 23.

09/30: Pizza Lunch: Pizza, Salad, and dessert. Cost \$6.00. **RSVP** by Friday, September 27.