



October 2024 Calendar of Events

Everyone 55+ is welcome. For more information contact the Young at Heart at 616-251-1134 or email info@youngatheartgr.org. This schedule is

SUBJECT TO CHANGE. If you would like to offer feedback, suggestions or concerns, please feel free to contact us. All activities take place at 525 Cheshire NE, Grand Rapids, unless otherwise indicated.

Monday, September 30

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 Cost: \$6.00 RSVP	12:00-12:30
Team Trivia	12:45-2:00

Wednesday, October 2

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support Drop-In	10:00-11:00
Chair Tai Chi – no class	
Standing Tai Chi – no class	
Outing: Sheshko Mediterranean RSVP	11:30-1:30

Monday, October 7

Event	Time
HEARING TESTS RSVP	9:00-12:00
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Medicare Presentation NEW RSVP	10:00-11:30
YAH Lunch RSVP	12:00-12:30
BINGO	12:45-2:00

Wednesday, October 9

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Card Making Ministry	10:00-11:30
Technology Support Drop-In Class	10:00-11:00

Monday, October 14

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
Cooking Class RSVP	11:30-1:00
Standing Tai Chi	12:00-1:00

Wednesday, October 16

October BirthDay Brunch RSVP	9:30-11:30
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Chair Tai Chi	10:45-11:45
Book Club: The Day the World Came to Town	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, October 21

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
Outing: Robinette's Apple Orchard: Tour, Lunch, Wine Tasting. RSVP	11:15 – 2:30

Wednesday, October 23

Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support Drop-In	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH Lunch RSVP	12:00-12:30
Euchre RSVP	12:30-2:00

Monday, October 28

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 Cost: \$6.00 RSVP	12:00-12:30
Team Trivia	12:45-2:00

Wednesday, October 30

Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support Drop-In	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
COMMUNITY OPEN HOUSE	3:00-6:00

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 YAH to pick up a copy. **RSVP.**

Young at Heart Senior Enrichment Center

info@youngatheartgr.org 616-251-1134

<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 Day the World Came to Town,” by Jim DeFede. Written by a journalist, DeFede reflects on the impact of 9/11 on the small town of Gander, Newfoundland as 38 jetliners were forced to land due to the closing of US airspace in the wake of 9/11. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have an October 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 Thanksgiving cards for the Homebound. Come join this important ministry.

Cooking Class: The Ginger Chef will be featuring “Around the World with Potatoes.” Check out the tasty menu below. **RSVP.**

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. 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.

NEW Medicare Presentation: Medicare expert, Jo Murphy will be presenting “What’s new for 2025 Medicare Coverage.” Jo will discuss the prescription drug plans that are available and what is new in 2025. Learn more before you commit...

OPEN HOUSE: Invite your friends and family as we officially introduce Young at Heart Senior Enrichment Center to the Community. YAH will have several of their programs represented by demonstrations, and information booths. Many collaborating organizations will have resource tables. Community Businesses and Leaders will be invited to learn more about YAH; with the hope they will invest in YAH as a wonderful 501c3 non-profit that invests in YOU. Show them the LOVE and SPIRIT that we call Young at Heart!

Outing: “Behind the Scene’s” at Robinette’s Apple Orchard. Join us for a covered wagon tour, hear about the history of the farm, the antique cider press, storage, polishing, and more; PLUS get a free donut and cider. This will be followed by lunch at the bakery, and winetasting. Enjoy all three events, or pick and choose. Cost: Tour - \$7.50. Lunch cost on your own. Wine Tasting - \$9.00, 50% off if you have your own Robinette’s tasting glass. **MUST RSVP** by Friday, October 18 for the tour and pay YAH (\$7.50) in advance.

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 play.

Technology Support: Senior Neighbors will be offering Drop-in Classes this month! Bring your questions about your Smart Devices, phones, tablets, Kindles, Lap-tops...

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.

OCTOBER LUNCHESES:

10/07: YAH lunch: Taco Bar and dessert. Cost: Cash donation. **RSVP** by Friday, October 4

10/14: Cooking Class: Hasselback Potatoes, Easy Potato Leek Soup, Duchess Potatoes and Dessert. Cost: \$6.00. **RSVP** by Friday, October 11

10/16: BirthDay Brunch: Waffle Bar (Belgian Waffles with fruit toppings), with Ham and Fresh Fruit. Cost \$6.00. **RSVP** by Friday, October 11

10/23: YAH lunch: Pasta Bar and dessert. Cost: Cash Donation. **RSVP** by Monday, October 21

10/28: Pizza Lunch: Pizza, Salad, and dessert. Cost \$6.00. **RSVP** by Friday, October 25.