



November 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, November 4

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Professional Card Making Techniques <i>New</i>	10:00-11:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH Lunch RSVP	12:00-12:30
BINGO	12:45-2:00

Wednesday, November 6

Event	Time
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
Lunch Outing: Beltline Bar RSVP	12:00-1:30
Access to Music: GR Symphony RSVP	2:00-2:45

Monday, November 11

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Medicare Specialist – By Appointment <i>New</i>	10:00-11:30
Chair Tai Chi	10:45-11:45
Cooking Class RSVP	11:30-1:00
Standing Tai Chi	12:00-1:00
Presentation: Michigan Veterans Home	1:15-2:00

Wednesday, November 13

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
Chair Tai Chi	10:45-11:45
Book Club: Good Night, Irene	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, November 18

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
YAH - Pizza Lunch RSVP	12:00-12:30
Team Trivia	12:45-2:15

Wednesday, November 20

November 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
Standing Tai Chi	12:00-1:00
Euchre RSVP	12:30-2:00

Monday, November 25

Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Thanksgiving Lunch & Activities RSVP	12:00-1:30
Standing Tai Chi	12:00-1:00

Wednesday, November 27

CLOSED	
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Saturdays: Walking Club: Meets at 10:00. 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.**

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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 “Good Night, Irene,” by Luis Alberto Urrea. This is a historical fiction that follows the experiences of two Red Cross Volunteers who provided coffee, donuts and companionship to American Troops on the front lines during World War II. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a November 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 Ministry: Madelyn will be making Christmas cards for the Homebound. Come join this important ministry.

New Professional Card Making: Cindy will share her 20 years of expertise, where you can learn many skills and tricks of the trade: Stamping, Embossing, Die Cuts, Inking, Stencils...

Cooking Class: The Ginger Chef will be featuring “Holiday Appetizers 2.” Check out the tasty menu below. **RSVP.**

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 Medicare Specialist: Medicare expert, Jo Murphy will be available by appointment to answer your questions about Medicare, help you pick a plan, learn about your benefits, help you navigate Open Enrollment. Jo is an Independent and does not market any specific insurance brand. Contact YAH to schedule an appointment.

Outing: Lunch & Concert: Join us as we head to lunch at the Beltline Bar, then join the GR Symphony for a free 45-minute concert. <https://www.grsymphony.org/access-to-music>. The concert, held at The Kroc Center (2500 Division SE, GR, 49507), features orchestral favorites, while music therapists facilitate interventions that engage audience members. The Concert is FREE. Cost for lunch is on your own. You may meet us there or carpool. The car-pool from YAH will leave at 11:30 and return around 3:00. If you are interested, **please RSVP for Lunch and/or the Concert no later than Friday, November 1st.**

Presentation: Tiffany Carr, Community Engagement Coordinator from Michigan Veterans Home, will be presenting an overview of MVH. “Who we are and who we serve,” as well as the Wreaths Across America Program. [Home - Wreaths Across America](#). We will also be posting their wish list. Please take a few moments to say “Thank you” to the Veterans for their dedication, sacrifice, and years of service.

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...

Thanksgiving Lunch & Activities: Lunch will be catered – more details to follow, along with interactive games and activities to help us celebrate this important holiday of thanksgiving.

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 10:00. 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.

Young at Heart Senior Enrichment Center

info@youngatheartgr.org 616-251-1134

<https://youngatheartgr.org>

NOVEMBER LUNCHES:

- 11/04:** YAH lunch: Sloppy Joes, chips, veggies, and dessert. Cost: Food or Cash donation. **RSVP** by Friday, November 1.
- 11/11:** Cooking Class: Holiday Appetizers 2: Goat Cheese and Avocado Truffles, Asparagus Tart, Apple, Cranberry and Brie Crostini and Dessert. Cost: \$6.00. **RSVP** by Friday, November 8
- 11/18:** Pizza Lunch: Pizza, Salad, and dessert. Cost \$6.00. **RSVP** by Friday, November 15
- 11/20:** BirthDay Brunch: Meat/Egg/Cheese Crock pot Casserole, Fruit and Pastries. Cost \$6.00. **RSVP** by Friday, November 15
- 11/25:** Thanksgiving: Lunch will be catered. More details will be coming. **RSVP** by Friday, November 22