



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

Wednesday, December 4	
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
<i>Seasonal</i> Advent Reflections II	11:00-12:00
Standing Tai Chi	12:00-1:00
Broadway Bar – Christmas Lunch RSVP	12:30-2:00

Monday, December 9	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Medicare Specialist – By Appointment	10:00-11:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH – Pizza Lunch RSVP	12:00-12:30
Trivia	12:45-2:15

Wednesday, December 11	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support Drop-In Class	10:00-11:00
Card Making Ministry	10:00-11:30
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH Lunch: Pulled Pork RSVP	12:15-12:45
<i>Seasonal</i> Advent Reflections II	1:00-2:00

Monday, December 16	
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
Christmas Lunch & Activities RSVP	12:00-2:00

Wednesday, December 18	
December 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 Echo of Old Books	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, December 23	
SAFE	
HOLIDAY WISHES	
TO ALL	

Wednesday, December 25	
BLESSED	
CHRISTMAS	
TO ALL	

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.**

DECEMBER LUNCHEES:

- 12/02:** YAH lunch: Soup and White Chicken Chili with Salad and Dessert. Cost: Food or Cash donation. **RSVP** by Fri, Nov 29.
- 12/09:** Pizza lunch: Pizza, Salad and Dessert. Cost \$6.00. **RSVP** by Friday, December 6
- 12/11:** YAH lunch: Pulled Pork Sandwiches, Chips, Veggies, Dessert. Cost \$6.00. **RSVP** by Monday, December 9.
- 12/16:** Christmas Lunch: Crock Pot Meatballs and your seasonal favorites. Cost: Food or Cash Donation. **RSVP** by Fri, Dec 13.
- 12/18:** *BirthDay Brunch:* Yogurt Bar, with Link Sausages, Fruit and Pastries. Cost \$6.00. **RSVP** by Friday, December 13

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Seasonal Advent Reflections: Join Pastor Anne as we reflect on the holiday season. This is a 2-part opportunity for meditation, music and reflection. All are welcome regardless of your faith traditions.

“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 Echo of Old Books,” by Barbara Davis. Get three books in one as Ms. Davis takes you back in time to meet the previous owners of the old books that end up in a rare-book dealer’s hands. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a December 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.**

Christmas Lunch & Activities: Participants are invited to bring their favorite Christmas side dish to complement crock pot meatballs, and finger food appetizers. Don’t want to cook? Cash donations will be accepted. Karen Malmsten, from MSU’s College of Nursing, will do a power point presentation on “Human Trafficking from the Viewpoint of Nursing Care.” We will be collecting donations for Bethany Christian Services Refugee Program. This will be followed by fun-spirited holiday games led by some staff from Lake Michigan Credit Union. **RSVP.**

Card Making: Join Madelyn in making Birthday Cards for our upcoming monthly BirthDay Recipients.

Cooking Class: The Ginger Chef will return in February. **RSVP.**

Euchre: Join Char in January. Questions? Contact Char: 862-6392.

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

Medicare Specialist: Questions about Open Enrollment? Medicare changes for 2025? Prescription coverage? Medicare expert, Jo Murphy, is not insurance affiliated. She will be available by appointment. Contact YAH if interested.

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...

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 playing.

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 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.