

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, January 6

| Event | Time |
|------------------------------------|-------------|
| Socializing and Games | 9:30-12:00 |
| Exercise Class | 9:30-10:30 |
| Chair Tai Chi - NO CLASS | |
| Standing Tai Chi - NO CLASS | |
| YAH Lunch Soup-n-Chili RSVP | 12:00-12:30 |
| BINGO | 12:45-2:00 |

Wednesday, January 8

| Event | Time |
|---------------------------------------|-------------|
| Socializing and Games | 9:30-12:00 |
| Exercise Class | 9:30-10:30 |
| Woodcarving | 9:30-11:30 |
| Technology Support: Social Media | 10:00-11:00 |
| Chair Tai Chi - NO CLASS | |
| Standing Tai Chi - NO CLASS | |
| Lunch Outing – Mill Creek RSVP | 12:30-2:00 |

Monday, January 13

| 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 – NO CLASS | |
| YAH Lunch: Goulash RSVP | 12:00-12:30 |
| Trivia | 12:45-2:15 |

Wednesday, January 15

| Event | Time |
|--|-------------|
| Socializing and Games | 9:30-12:00 |
| Exercise Class | 9:30-10:30 |
| Woodcarving | 9:30-11:30 |
| Technology Support: Streaming Media | 10:00-11:00 |
| Card Making Ministry | 10:00-11:30 |
| New Service Project RSVP | 12:30-2:00 |

Monday, January 20

| 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 |
| YAH Lunch: Sandwiches RSVP | 12:00-2:00 |
| New January Series: Jonathan Eig | 12:30-1:30 |

Wednesday, January 22

| Event | Time |
|---|-------------|
| January 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: Adventures of Huckleberry Finn | 11:00-12:00 |
| Standing Tai Chi | 12:00-1:00 |
| New Travelogue: African Safari RSVP | 12:00-1:00 |

Monday, January 27

| 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 RSVP | 12:00-12:30 |
| New January Series: Peter Sagal | 12:30-1:30 |

Wednesday, January 29

| Event | Time |
|---------------------------------------|-------------|
| Socializing and Games | 9:30-12:00 |
| Exercise Class | 9:30-10:30 |
| Woodcarving | 9:30-11:30 |
| Technology Support: Working with Apps | 10:00-11:00 |
| Chair Tai Chi | 10:45-11:45 |
| Standing Tai Chi | 12:00-1:00 |
| YAH Lunch: Sloppy Joes RSVP | 12:00-12:30 |
| Euchre | 12:45-2:15 |

JANUARY LUNCHES:

- 01/06:** YAH lunch: Soup and Chili with Salad and Dessert. Cost: Food or Cash donation. **RSVP** by Fri, January 3.
- 01/13:** YAH lunch: Goulash, Cheese/Crackers, Salad, Dessert. Cost \$6.00. **RSVP** by Friday, January 10.
- 01/20:** YAH lunch: Ham and Turkey Sandwiches, Chips, Veggies, Dessert. Cost \$6.00. **RSVP** by Friday, January 17.
- 01/22:** *BirthDay Brunch*: Egg, Sausage and Cheese Casserole, with Fruit and Pastries. Cost \$6.00. **RSVP** by Fri, Jan 17
- 01/27:** Pizza lunch: Pizza, Salad and Dessert. Cost \$6.00. **RSVP** by Friday, January 24
- 01/29:** YAH lunch: Sloppy Joe Sandwiches, Chips, Veggies, Dessert. Cost \$6.00. **RSVP** by Monday, January 27.

Saturdays: Walking Club: Meets at 10:00. We walk a variety of paved pathways around GR. Check out the YAH website for the weekly calendar. Or stop by YAH to pick up a copy. **RSVP.**

Calendar of Events January 2024

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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/One Pass instructor. Bring your qualifying insurance card, and it will cover the cost of the class.

Book Club: The Happy Bookers will be reading Adventures of Huckleberry Finn, by Mark Twain. This novel explores themes of freedom, friendship, and moral dilemmas. This is a pre-cursor to the February book: James by Percival Everett. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a January 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: Join Madelyn in making Valentine Cards for the Homebound. Come join this fun and important Ministry.

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

Euchre: Join in on the game! We play for fun. No cost. Experience preferred. **RSVP.** Questions? Contact Char: 862-6392.

New January Series: Jonathan Eig: Pulitzer Prize-winning author of “King: A Life.” Jonathan will explore MLK’s legacy as a leader, thinker and strategist, drawing parallel to contemporary social justice issues.

Peter Sagal: Host of NPR’s “Wait, Wait, Don’t Tell Me.” Peter will take a humorous look at his 25-year career and share stories of interviews with notable figures.

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

Medicare Specialist: Questions about Medicare changes for 2025? Prescription coverage? Medicare expert, Jo Murphy, is not insurance affiliated but can help you navigate the system. She is available by appointment. Contact YAH if interested.

New Service Project: We will help StoreHouse, a low-cost supplier for non-profit organizations, open packages, sort supplies, stock shelves and other miscellaneous tasks. We will eat a sack lunch at YAH, then head to Storehouse. **RSVP.**

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: Our Caller 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 topic-specific classes this month! Each class will dedicate half-hour to the identified topic, followed by Q/A. Bring your questions about your Smart Devices, phones, tablets, Kindles, Lap-tops...

New Travelogue: Join Mike and Terri Firlik (who has a January Birthday), as they share exciting adventures from their African Safari, from October 2022.

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.