

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, February 3

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: Soup-n-Chili RSVP	12:00-12:30
BINGO	12:45-2:00

Wednesday, February 5

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: iPhones	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch Outing – Broadway Bar RSVP	12:00-1:30

Monday, February 10

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
HEARING TESTS RSVP	9:30-1:00
Chair Tai Chi	10:45-11:45
Cooking Class: Soups On! RSVP	11:30-1:00
Standing Tai Chi	12:00-1:00

Wednesday, February 12

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Androids	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
New Service Project RSVP	12:30-2:00

Monday, February 17

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: Hot Dog Bar RSVP	12:00-12:30
Team Trivia	12:30-2:00

Wednesday, February 19

Event	Time
February 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: "James"	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, February 24

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
Movie: "Huck Finn"	12:45-2:15

Wednesday, February 26

Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Smart Watches	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH Lunch: Pulled Pork Sandwiches RSVP	12:00-12:30
Euchre	12:45-2:15

FEBRUARY LUNCHES:

- 02/03:** YAH lunch: Soup and Chili with Salad and Dessert. Cost: Food or Cash donation. **RSVP** by Fri, January 31.
- 02/10:** *Cooking Class:* Loaded Potato Soup, Asparagus Soup, and Avgolemono (Greek Chicken & Rice Soup). Cost: \$6.00. **RSVP** by Friday, February 7.
- 02/17:** YAH lunch: Hot Dog Bar, Chips, Veggies, Dessert. Cost: Food or Cash donation. **RSVP** by Fri, Feb 14.
- 02/19:** *BirthDay Brunch:* Egg, Ham and Cheese Casserole, with Fruit and Pastries. Cost \$6.00. **RSVP** by Fri, Feb 14
- 02/24:** Pizza lunch: Pizza, Salad and Dessert. Cost \$6.00. **RSVP** by Friday, February 21
- 02/26:** YAH lunch: Pulled Pork Sandwiches, Chips, Cole slaw, Dessert. Cost: Food or Cash Donation. **RSVP** by Mon, Feb 24.

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 February 2025

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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 “James” by Percival Everett. This is Huckleberry Finn re-imagined as told from the perspective of Huck’s friend, Jim, an escaped slave. If you would like to participate, email or call Char: 862-6392.

BirthDay Brunch: If you have a February Birthday, you will be invited for a special Birthday Brunch, a blessing and entertainment. 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: Join Madelyn in making St. Patrick’s Day Cards for the Homebound. Come join this fun and important Ministry.

New Community Outreach: Coit Arts Academy Second Graders are looking for a few friendly “older persons’ to interview during the first week in February for their lesson called, “A Place in Time.” If you are willing to participate in this fun opportunity, please contact YAH to sign up. Date and time is not yet determined. In March, we will be joining the students for National Reading Month. If you are willing to take a few moments to read to grade schoolers ages 5-10, please contact YAH. Various times will be available.

Cooking Class: The Ginger Chef will be featuring Soups. ‘Bone warming’ menu is posted on the front of this calendar. **RSVP.**

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

Hearing Tests: Brennen Kartes from Beltone is back this month, offering free hearing tests for anyone 18+ who may be experiencing hearing loss or wish to establish a baseline reading. 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.

Lunch Outing: Enjoy Christmas and Valentine decorations as you dine at this legendary pub. Limited seating. **Must RSVP.**

Movie: “Huck Finn,” a favorite from childhood will be our featured film this month. How does the movie depict this legendary adventure written by Mark Twain? How much do you remember from childhood?

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...

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.

Young at Heart Senior Enrichment Center

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<https://youngatheartgr.org>