



March 2025 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, March 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: Mardi Gras theme RSVP	12:00-12:30
New Mardi Gras Celebration with Games	12:45-2:00

Wednesday, March 5	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Photos	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch Outing – Culvers on Alpine RSVP	12:00-1:30

Monday, March 10	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
New Painting Bowls for God's Kitchen	10:00-1:00
Chair Tai Chi	10:45-11:45
New What's Happenin' at YAH meeting	11:00-11:30
Cooking Class: Chinese Fake Out RSVP	11:30-1:00
Standing Tai Chi	12:00-1:00

Wednesday, March 12	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
New Painting Bowls for God's Kitchen	10:00-11:30
Technology Support: Videos	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, March 17	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
New Painting Bowls for God's Kitchen	10:00-1:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
YAH Lunch: St Patrick's Day theme RSVP	12:00-2:00
New St. Pat's Day Celebration with Music	12:30-1:30

Wednesday, March 19	
Event	Time
March BirthDay Brunch RSVP	9:30-11:30
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
New Painting Bowls for God's Kitchen	10:00-12:00
Chair Tai Chi	10:45-11:45
Book Club: Books about African Safari	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, March 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
Lunch: Build a Salad Bar RSVP	12:00-12:30
Team Trivia	12:45-2:00

Wednesday, March 26	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: AI – How does it work?	10:00-11:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: Chicken Salad Sandwiches RSVP	12:00-12:30
Euchre	12:45-2:15

Monday, March 31	
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 What's Happenin' at YAH meeting	12:15-12:45
New Travelogue: African Safari RSVP	12:45- 2:00

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.**

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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 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 books about life in Africa. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a March 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 Easter Cards for the Homebound. Come join this fun and important Ministry.

New Community Outreach: YAH will be joining the students of Coit Creative Arts Academy for National Reading Month. If you would like to read to grade schoolers ages 5-10, please contact YAH. Various times will be available.

Cooking Class: The Ginger Chef will be featuring “Chinese Take Out, Fake Out.” See below for the tantalizing menu. **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 Mardis Gras Party: Join us for a taste of the season, and fun themed activities. Cost is \$8.00. **RSVP**

New Painting Bowls for God’s Kitchen: This is a YAH tradition... join the fun of painting a ceramic latte mug or a soup bowl. You may keep your creation for \$15.00. Or you can pay \$10.00 to paint, then donate your creation. Proceeds support the Soup’s On! Fundraiser for God’s Kitchen. **RSVP.** Call or email YAH to reserve your mug and/or bowl.

Service Project: We will help Storehouse of Community Resources, a low-cost supplier for non-profit organizations, open packages, sort supplies, stock shelves and other miscellaneous tasks. Lunch on your own. Meet at Storehouse. **RSVP.**

New St. Patrick’s Day Party: Everyone is Irish on St. Paddy’s Day. Celebrate with live Celtic music, games and Irish-themed fare. Cost is \$8.00. We will collect a donation for the live entertainment. **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 Photos, Videos, AI.

New Travelogue: Join Mike & Terri Firlik, as they share exciting adventures from their African Safari, October 2022. **RSVP.**

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.

New What’s Happenin’ at Young at Heart: The Young at Heart Board Members will be on hand to discuss a quick review of programming, introduce the Board Members, budget overview, financial status and fundraising ideas.

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>

MARCH LUNCHEES:

- 03/03:** YAH lunch: Mardis Gras Theme: Jambalaya, Gumbo, Rolls and King Cake. **Cost: \$8.00. RSVP** by Fri, February 28
- 03/10:** COOKING CLASS: Chicken Fried Rice, Mongolian Chicken, Honey Garlic Shrimp with Lo Mein Noodles. Cost \$6.00. **RSVP** by Friday, March 7.
- 03/17:** YAH lunch: St Patrick's Day theme: Irish Stew, Veggies, Green Jello, Irish Soda Bread and dessert. **Cost \$8.00. RSVP** by Friday, March 14
- 03/19:** BirthDay Brunch: Baked Oatmeal, Ham, with Fruit and Pastries. Cost \$6.00. **RSVP** by Friday, March 14
- 03/24:** YAH lunch: Build your own Salad Bar, Rolls and Dessert. Cost: Food or Cash donation. **RSVP** by Friday, March 21
- 03/26:** YAH lunch: Chicken Salad on Croissants, Chips, Veggies, Dessert. Cost: Food or Cash donation. **RSVP** Mon, March 24.
- 03/31:** Pizza lunch: Pizza, Salad and Dessert. Cost \$6.00. **RSVP** by Friday, March 28