

CALENDAR OF EVENTS: August

EVERYONE 55+ is welcome!

All activities take place at: 525 Cheshire Drive NE, Grand Rapids, MI 49505 unless otherwise indicated * This schedule is SUBJECT TO CHANGE.

MONDAY August 3		TUESDAY August 4		WEDNESDAY August 5		THURSDAY August 6	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	ZUMBA	11:30 - 12:30	Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45 - 11:45			Woodcarving	9:30 - 11:30		
Standing Tai Chi	12:00 - 1:00			Chair Tai Chi	10:45 - 11:45		
NEW Learn a New Card Game	10:30-11:30			Standing Tai Chi	12:00 - 1:00		
Lunch RSVP \$6	12:00-12:30			Service Project/STOREHOUSE	12:45-2:00		
August 10		August 11		August 12		August 13	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	Sewing	10:00 - 12:00	Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45-11:45	ZUMBA	11:30 - 12:30	Woodcarving	9:30 - 11:30		
Standing Chair Tai Chi	12:00-1:00			Card Making Ministry	10:00 - 11:30		
Pizza Lunch RSVP \$6	12:00-12:30			Chair Tai Chi	10:45 - 11:45		
BINGO	12:45-1:30			Standing Tai Chi	12:00 - 1:00		
				*LUNCH RSVP/Medicare 101	12:00 - 1:30		
August 17		August 18		August 19		August 20	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	BirthDAY Brunch \$6 RSVP	9:30-11:00	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	ZUMBA	11:30 - 12:30	Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45 - 11:45			Woodcarving	9:30 - 11:30		
Standing Tai Chi	12:00 - 1:00			Chair Tai Chi	10:45 - 11:45		
LUNCH RSVP	12:00 - 12:30			Standing Tai Chi	12:00-1:00		
Special Guest: Gertrude	12:45-1:00			** NO Book Club			
August 24		August 25		August 26		August 27	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	Sewing	10:00 - 12:00	Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45 - 11:45	ZUMBA	11:30 - 12:30	Woodcarving	9:30 - 11:30		
Standing Tai Chi	12:00 - 1:00	EUCHRE	12:00 - 2:30	Chair Tai Chi	10:45 - 11:45		
LUNCH RSVP/Meals on Wheels	12:00 - 12:30			Standing Tai Chi	12:00 - 1:00		
TRIVIA	12:30-2:00			Lunch RSVP	12:00-12:30		
August 31		September 1		September 2		September 3	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	ZUMBA	11:30 - 12:30	Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45 - 11:45			Woodcarving	9:30 - 11:30		
Standing Tai Chi	12:00 - 1:00			Chair Tai Chi	10:45 - 11:45		
LUNCH RSVP	12:00 - 12:30			Standing Tai Chi	12:00 - 1:00		
GR Elderly Care - *SPEAKER				Service Project/STOREHOUSE	12:30 - 2:00		

LUNCHES (* menu is subject to change if low registration)		SATURDAY WALKING CLUB (9:30 a.m. start time)	
Mon. 08/3	Tunafish on garlic toast, tomato and basil fruit, and desert Cost: \$6 RSVP: by Friday, July 31st	08/01	Michael McGraw Park (Ada Covered Bridge) 8400 Grand River Dr SE, Ada, MI 49301
Weds. 8/5	SERVICE PROJECT - No Lunch	08/08	Riverside Park 2001 Monroe Ave NE, Grand Rapids, MI 49505
Mon. 08/10	Pizza, Salad and Dessert Cost: \$6 RSVP: by Friday, August 7	08/15	Pickerel Lake 6001 Ramsdel Rd NE, Cannonsburg, MI 49317
Weds. 08/12	Hotdogs, coleslaw, chips, watermelon Cost: \$6 RSVP: by Monday August 10	08/22	Dwight Lydel Park 4040 Leland Ave NE, Comstock Park, MI 49321
Mon. 08/17	Hawaiian pulled pork, tropical fruit salad, chips, desert Cost \$6 RSVP: by Friday, August 14	08/29	Hager Park 8212 28th Ave, Georgetown Township, MI 49428
Weds. 08/19	BIRTHDAY BRUNCH: TBD Cost: \$6 RSVP: by Monday August 10	Walking Club: Car Pool to meet and 2nd Church Parking at 9:00 am Or meet at Park at 9:30. Please contact Julie LaPorte to confirm: 616-634-9175 to be added to text for any changes. Bring water, comfortable shoes, bug or sun screen, hat, sunglasses and a happy step! You set your pace and distance.	
Mon. 08/24	MEALS ON WHEELS: TBD Cost: \$3.50 RSVP: by Friday August 21		
Weds. 08/26	Deli Sandwich Buffet, fresh fruit and cookies Cost \$6 RSVP: by Monday August 24		
Mon. 08/31	Taco Bar, Tortilla chips, Dessert Cost \$6 RSVP: Friday August 28		

SPONSORS



PROGRAM DETAILS	
Mon. 08/3	NEW * Learn a New Card Game! Looking for a fun way to spend some time with friends? Join us to learn a new card game or two! Everyone is welcome. Card games are a great way to laugh, challenge your mind, and meet new people. Come enjoy good company, friendly competition, and plenty of fun. We hope to see you there! Sign up early!
Weds. 8/5	STORE HOUSE Service Project! NO lunch. Ride share at church or meet at Store house.
Mon. 08/10	Pizza and Bingo. Have some fun and win some prizes! This event is always well attended and fun! RSVP Early!
Weds. 08/12	*NEW A FREE Medicare 101 Educational Event designed to help you understand your Medicare options. Whether you're new to Medicare or just looking to refresh your knowledge, this session will cover the basics of Parts A, B, C, and D, enrollment timelines, and how to avoid common pitfalls. No sales—just helpful, unbiased information to empower your healthcare decisions. Jay Simon from Priority Health will be presenting. He will be able to answer any questions you have as well. Even if you don't have Priority Health this is a great program! *SPONSOR*
Mon. 08/17	Special appearance by Gertrude "Lessons from Birdbrain" - Load of laughs and fun! - <i>Chris Kaiser assisting!</i>
Weds. 08/19	BirthDAY Brunch! BirthDAY Participants FREE, but you are encouraged to bring a guest (\$6) so they can celebrate with you and all your friends at Young at Heart!
Mon. 8/24	Meals on Wheels \$3.50. Menu to be given at later date
Mon. 8/31	*Where Do We Begin? Understanding Senior Care Options NEW Join Grand Rapids Elderly Care for an informative conversation about the many care and support options available to older adults and their families. Learn how a senior care advisor can help identify local resources, explore in-home assistance and senior living options, and make the process of planning for current or future care feel less overwhelming.