

CALENDAR OF EVENTS: September

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		TUESDAY		WEDNESDAY		THURSDAY	
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	NO ZUMBA		Exercise Class	9:30 - 10:30		
Chair Tai Chi	10:45 - 11:45			Woodcarving	9:30 - 11:30	Bargains & Bites	11:00 - 2:00
Standing Tai Chi	12:00 - 1:00			Chair Tai Chi	10:45 - 11:45	Lunch Bunch	
LUNCH- RSVP	12:00 - 12:30			Standing Tai Chi	12:00 - 1:00		
GR Elderly Care - *SPEAKER				Service Project/STOREHOUSE	12:30 - 2:00		
September 7		September 8		September 9		September 10	
		Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
LABOR DAY		Sewing	10:00 - 12:00	Exercise Class	9:30 - 10:30		
Grateful for work		NO ZUMBA		Woodcarving	9:30 - 11:30		
Time to relax				Card Making Ministry	10:00 - 11:30		
Enjoy family				Chair Tai Chi	10:45 - 11:45		
				Standing Tai Chi	12:00 - 1:00		
				Lunch- Meals on Wheels RSVP	12:00 - 12:30		
September 14		September 15		September 16		September 17	
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	NO ZUMBA		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		
PIZZA LUNCH - RSVP	12:00 - 12:30			Book Club	11:00-12:00		
BINGO	12:45 - 1:30			Standing Tai Chi	12:00- 1:00		
				Speaker - Your Live in a Binder	11:00-12:00		
September 21		September 22		September 23		September 24	
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	NO ZUMBA		Woodcarving	9:30 - 11:30		
Standing Tai Chi	12:00 - 1:00	EUCHRE	12:00 - 2:30	Chair Tai Chi	10:45 - 11:45		
Score restaurant RSVP	11:15 - 1:30			Standing Tai Chi	12:00 - 1:00		
				Speaker- Fire Safety	11:00 -12:00		
				Lunch: Brown Bg	12:00 -12:30		
September 28		September 29		September 30		October 1	
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 NOW	11:30 - 12:30	Exercise Class	9:30 - 10:30		
NO Chair Tai Chi				Woodcarving	9:30 - 11:30		
NO Standing Tai Chi				NO Chair Tai Chi			
LUNCH - RSVP Meals on Wheels	12:00 - 12:30			NO Standing Tai Chi			
TRIVIA	12:45 - 2:00			YAH Lunch	12:00 -12:30		

LUNCHES (*menu is subject to change if low registration)		SATURDAY WALKING CLUB (9:30 a.m. start time)	
Wed. 09/2	SERVICE PROJECT - No Lunch	09/05	LABOR DAY WEEKEND! Enjoy the outdoors...and breathe in all the fresh air!
Weds. 09/9	MEALS ON WHEELS: TBD Cost \$3.50 RSVP by Monday September 7	09/12	Blanford Nature Center (FREE entrance during September) 1715 Hillburn NW, Grand Rapids MI 49504
Mon. 09/14	Pizza, Salad and Dessert Cost: \$6 RSVP: by Friday, September 11	09/19	Grand Ravines 3991 Fillmore St Jenison MI 49428
Wed.. 09/16	BIRTHDAY BRUNCH: TBD Cost: \$6 RSVP: by Monday September 14	09/26	Huff Park 2399 Ball Ave NE Grand Rapids MI 49505
Mon. 09/21	Lunch out The YAH participants will eat out at the SCORE restaurant RSVP so we can plan transportation		
Weds. 09/23	BROWN BAG Lunch	<i>Walking Club: Car Pool to meet and 2nd Church Parking at 9:00 am Or meet at the 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.</i>	
Mon. 09/28	MEALS ON WHEELS: TBD Cost \$3.50 RSVP: by Friday September 25		
Weds. 09/30	YAH lunch: Menu TBD Cost \$6 RSVP: by Monday September 28		

SPONSORS



PROGRAM DETAILS

Wed. 09/2	STORE HOUSE Service Project! . 12:30 -2:00 pm NO lunch Ride share or meet at Storehouse.
Thurs. 09/3	Bargains & Bites Lunch Bunch (first Thursday of the month, 11-2pm) Visiting one/two local thrift stores/outlet stores in search of hidden treasures, unique finds and amazing deals before gathering for lunch at a local restaurant. RSVP Required: Contact Charlene at 616-481-1401
Wed. 09/09	CARD Making. Come and join Madelyn in creating cards to be used for various events. No experience is necessary - just a willingness to join in the fun! This month Halloween cards are on the agenda!!
Mon. 09/14	Pizza and Bingo. Have some fun and win some prizes! This event is always well attended and fun! RSVP Early!
Wed. 09/16	9:30 BirthDAY Brunch: Birthday participants FREE. Bring a guest (\$6) and they can celebrate with you and your friends at Young at Heart. RSVP 11:00 Speaker: Your Life in a Binder If something happens to you, who takes care of your bank accounts, social media, emails, insurance, mortgage/rent, memberships? This talk will help you make a plan and prepare yourself and your loved ones for the unexpected. RSVP 11:00 Book Club: We are resuming after a summer of great reading! Come ready to share the books you read, and help to make a decision about what we will read in the future. Contact Char if you have questions (616-862-6392)
Mon. 09/21	Ready to EAT OUT ? How about joining your Young at Heart friends and either meet or carpool - at SCORE restaurant at 5301 Northland Dr NE Be sure to RSVP by Friday September 18! Car pool meet at 2nd Church at 11:15
Wed. 09/23	11:00 Speaker: Fire Safety RSVP Join us for an informative Fire Safety Presentation from the Grand Rapids Fire Department and learn practical tips to help keep your family and your home safe. Topics will include fire prevention, emergency preparedness and what to do in case of a fire. Invite a friend! Noon: Brown Bag Lunch
Mon. 09/28	Meals on Wheels \$3.50. Menu to be given at later date RSVP Team Trivia 12:45 - 2:00 pm Always lots of fun, discussion and opinions shared!!!
Tues. 9/29	ZUMBA RESUMES! Come and join Elsie in a dance-based fitness program that combines Latin dance styles with aerobic exercises. Elsie's classes are upbeat and FUN! (FREE from YMCA sponsorship)