

CALENDAR OF EVENTS: October

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	
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	NOW Zumba	11:30 - 12:30	Exercise Class	9:30 - 10:30		
Speaker: Part 1, Scott Looman	10:30 - 11:30			Woodcarving	9:30 - 11:30	Bargains & Bites	11:00 - 2:00
NO Chair/Standing Tai Chi				NO Chair Tai Chi	10:45 - 11:45	Lunch Bunch	
Lunch Meals on Wheels RSVP	12:00 - 1:00			NO Standing Tai Chi	12:00 - 1:00		
Trivia	12:45 - 2:00			YAH Lunch	12:00 - 12:30		
October 5		October 6		October 7		October 8	
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			Card Making Ministry	10:00 - 11:30		
PIZZA LUNCH - RSVP	12:00 - 12:30			Chair Tai Chi	10:45 - 11:45		
BINGO	12:45 - 1:30			Standing Tai Chi	12:00 - 1:00		
				Service Project/STOREHOUSE	12:30 - 2:00		
October 12		October 13		October 14		October 15	
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		
NEW Part 2, Scott Looman	10:30 - 11:30	Zumba	11:30 - 12:30	Woodcarving	9:30 - 11:30		
Chair Tai Chi	10:45 - 11:45			Chair Tai Chi	10:45 - 11:45		
Standing Tai Chi	12:00 - 1:00			NEW Lunch Kobold's Kitchen	11:15 - 1:00		
Lunch Meals on Wheels RSVP	12:00 - 1:00			Standing Tai Chi	12:00 - 1:00		
October 19		October 20		October 21		October 22	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Birthday Brunch RSVP \$6	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		
NEW Cards with Char	10:30 - 11:30			Woodcarving	9:30 - 11:30		
NO Chair Tai Chi				NEW: GR Elderly Care	10:45 - 11:45		
NO Standing Tai Chi				Book Club	11:00 - 12:00		
YAH Lunch	12:00 - 1:00			NO Chair Tai Chi			
				NO Standing Tai Chi			
October 26		October 27		October 28		October 29	
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	12:30 - 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	12:45 - 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)	
Mon 10/5	PIZZA Lunch. Salad, dessert Cost: \$6 RSVP	10/3	Huff Park 2399 Ball Ave NE Grand Rapids MI 49505 Park in lot on Ball Ave
Weds. 10/7	SERVICE PROJECT at the STOREHOUSE NO LUNCH	10/10	White Pine Trail (12 mile to 13 mile) Park in lot on 12 Mile Lunch at the Old Mill in Rockford after the walk
Mon. 10/12	MEALS ON WHEELS: Beef n Broccoli, Veggie fried rice, oriental blend Applesauce Cost \$3.50 RSVP by Wednesday October 7	10/17	Chief Hazy Cloud Park 329 Pettis Ave NE Ada MI 49301
Wed.. 10/14	Lunch outing to Kobold's Kitchen, 2450 Plainfield Ave NE. 49505	10/24	Rogue River Park Trailhead to White Pine Trail 6240 Belmont Ave Belmont MI 49306
Mon. 10/19	YAH lunch: Hotdog/Chili dogs, bun, chips, fruit dessert Cost \$6 RSVP: by Wednesday, October 14	10/31	Canal Park (if completed) 905 Monroe Ave NW Grand Rapids MI
Weds. 10/21	Birthday Brunch: menu TBD Cost \$6 RSVP: by Monday October 19	<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. 10/26	MEALS ON WHEELS: Beef/bean burrito, Fiesta rice, sweet corn, applesauce Cost \$3.50 RSVP: by Wednesday October 21		
Weds. 10/28	YAH lunch: Goulash, bread, salad, dessert Cost \$6 RSVP: by Monday October 26		

SPONSORS



PROGRAM DETAILS

Thurs. Oct 1	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
Mon. Oct 5	PIZZA and BINGO! Have some fun and win some prizes!
Wed. Oct 7	StoreHouse Service Project! 12:30 - 2:00 pm. NO lunch at YAH
Mon. Oct 12	Part 2 Presentation by Scott Looman. He will focus on some unique American Government Institutions: The Electoral College, the US Court system, the Federal Bureaucracy, the Bill of Rights. See you at 10:30 am! Meals on Wheels luncheon follows. RSVP \$10 for both, \$5 for talk.
Wed. Oct 14	Join us at Kobold's Kitchen , the new restaurant on Plainfield (located where Fat Boy used to be). Will be fun to see what it is like, enjoy the delicious menu items. Meet us there or car pool from 2nd Church - leaving at 11:15. Be sure and RSVP - no matter how you will get there, as we need to let them know how many we will be!!
Mon. Oct 19	Come have some fun and learn a new card game.... <u>CARDS with CHAR</u> will broaden your card game library!
Wed. Oct 21	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 10:45 Speaker: GR Elderly Care Heather Johnson will address: Where do we begin? Understanding Senior Care Options. RSVP 11:00 Book Club: The Happy Bookers Book Club will be reading "The Lightkeeper's Daughters" by Jean Pendziwol. This historical fiction is set on the remote shores of Lake Superior and follows the poignant story of love and loss of a blind, elderly woman as she uncovers family secrets. Contact Char if you have questions (616-862-6392)
Mon. Oct 26	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!!!
	<u>Please NOTE</u> - 2nd Church is having their 2nd BEST SALE , so some of the classes may be relocated from Oct 4-Oct 17, as 2nd Church members need to set-up for the sale. Be sure and read your instructor's notices about <u>WHERE</u> you will meet - downstairs Dining Room will be OFF LIMITS! COME and SHOP for bargains!!