Young At Heart Kent County Senior Millage

CALENDAR OF EVENTS: November

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	
November 2		**November 3**		**November 4**		**November 5**	
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	Bargains & Bites	11:00 - 2:00
Presentation: Rose Coonen	10:45 - 11:45			Chair Tai Chi	10:45 - 11:45	Lunch Bunch	
Standing Tai Chi	12:00 - 1:00			Standing Tai Chi	12:00 - 1:00		
PIZZA Lunch RSVP	12:00 - 1:00			**Service Project/STOREHOUSE**	12:30 - 2:00		
Bingo	12:45 - 2:00						
November 9		**November 10**		**November 11**		**November 12**	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	**BELTONE HEARING TESTS**	9:30 - 1:00	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		
Honoring our Veterans!	10:45 - 11:45			**Card Making Ministry**	10:00 - 11:30		
Standing Tai Chi	12:00 - 1:00			Chair Tai Chi	10:45 - 11:45		
Meals on Wheels RSVP $4	12:00 - 12:30			Standing Tai Chi	12:00 - 1:00		
				YAH Lunch RSVP	12:00 - 1:00		
November 16		**November 17**		**November 18**		**November 19**	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	**Birthday Brunch RSVP $6**	9:30 - 10:45	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	Zumba	11:30 - 12:30	Exercise Class	9:30 - 10:30		
Mahjong	10:45 - 11:45			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			**Presentation: Elders Helpers**	10:45 - 11:45		
YAH Lunch RSVP	12:00 - 1:00			Book Club	11:00 - 12:00		
				Standing Tai Chi	12:00- 1:00		
November 23		**November 24**		**November 25**		**November 26**	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30			**HAPPY**	
Exercise Class	9:30 - 10:30	Sewing	10:00 - 12:00	**A day to get ready for**		**THANKSGIVING**	
Chair Tai Chi	10:45 - 11:45	Zumba	11:30 - 12:30	**THANKSGIVING DAY**		**DAY**	
Standing Tai Chi	12:00 - 1:00			**NO YAH programs**			
THANKSGIVING $10 RSVP	12:00 - 1:00	Euchre	12:30- 2:30				
November 30							
Exercise Class	9:30 - 10:30						
CARDS with Char	10:30 - 11:30						
Chair Tai Chi	10:45 - 11:45						
Standing Tai Chi	12:00 - 1:00						
Meals on Wheels RSVP $4	12:00 - 12:30						
TRIVIA	12:45 - 2:00						

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LUNCHES (*menu is subject to change if low registration)		SATURDAY WALKING CLUB PLEASE NOTE …10:00 a.m. start time	
Mon 11/2	**PIZZA Lunch**. Salad, dessert Cost: $6 **RSVP**	11/7	Lamoreaux Park 4585 Coit NE Grand Rapids MI
Weds. 11/4	SERVICE PROJECT at the STOREHOUSE NO LUNCH	11/14	Millenium Park 1415 Maynard SW Walker MI 49534
Mon. 11/9	**MEALS ON WHEELS:** 3 bean chili, baked potato, broccoli, corn muffins Banana **Cost $4.00** **RSVP** by Wednesday Nov 4	11/21	Cascade Township Park 3810 Thornapple River Dr SE
Wed.. 11/11	**YAH lunch: Tacos with all the fixins!, dessert** Cost $6	11/28	NO WALK……Enjoy the long Thanksgiving weekend
Mon. 11/16	**YAH lunch**: Ham/Cheese casserole, salad, dessert Cost $6 **RSVP**: by Wednesday, November 11		
Weds. 11/18	**Birthday Brunch**: menu TBD Cost $6 **RSVP**: by Monday November 18	*Walking Club: Car Pool to meet and 2nd Church Parking at **9:30 am** or meet at the Park at **10:00**.* *Please contact Julie LaPorte to confirm/to be added/to be aware of changes 616-634-9175* *Bring water, a walking stick and a happy step! You set your pace and distance.*	
Mon. 11/23	**Holiday lunch: Turkey, mashed potatoes, dressing, gravy $10 RSVP** Potluck/Volunteers needed for relishes, jello salad, rolls, dessert		
Mon.. 11/30	**MEALS ON WHEELS:** Hot Dogs/buns, tater tots, Malibu blend, applesauce **Cost $4.00** **RSVP**		

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PROGRAM DETAILS	
Mon. Nov 2	**Rose Coonen, an estate planning attorney,** will be with us to share basic ideas about estate planning and answer questions. You will be glad you attended!
Thurs. Nov 5	**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. Nov 9	**Honoring our Veterans: A couple of our Board members who are veterans will share an interesting and educational presentation about the military. They will also recognize and honor all veterans in attendance. Bring your family, friends and other veterans to YAH so we can celebrate, honor and thank our veterans.** **Meals on Wheels: $4.00**
Wed. Nov 11	**Beltone Hearing will be at 2nd Church 9:30 - 1 pm Be sure and sign up for free on-site services including hearing evaluations, ear wax evaluation and management and hearing aid services. SIGN-UP sheet in the Community Room.** **Our Calvin nurses** will be available to do Blood pressures, and diabetic testing. Please take a few minutes to see what YOUR numbers are**!** **Our Card ministry** will be making **Christmas cards for the homebound**. Take a few minutes to share your time and creativity with them**.**
Mon. Nov 16	**Lynette Moyer** will be back with more ideas for **MAHJONG playing.** Join her in the Community Room 10:30 - 11:30….and bring a friend! Looks to be a fun activity!!
Wed. Nov 18	**9:30 BirthDAY Brunch: Birthday participants are FREE.** Bring a guest ($6) to celebrate with you and your friends at Young at Heart**. RSVP** **Our Sewing Group will have Christmas gift ideas/gifts on display today…free will offering! Get a jump on your shopping!!!** **Presentation:** Mike Kane from Elders Helpers will give a brief summary of the program, with special emphasis on 2 new areas that Elders Helpers are administering for the Kent County Senior millage….light housekeeping and medical alert buttons. Come and hear what is happening!! **11:00 Book Club:** The Happy Bookers Book Club will be reading "Born of Lakes and Plains" by Anne Hyde. She shows how inter-marriage and mixed descent families formed middle ground for trade, diplomacy and survival.. Contact Char if you have questions (616-862-6392)
Mon. Nov 23	**Come and celebrate THANKSGIVING by sharing a meal with YAH. RSVP, please. $10** Turkey, gravy, dressing and mashed potatoes provided by YAH and a sign up sheet for volunteers to bring relishes, jello salad , rolls and dessert.
Mon. Nov 30	Come have some fun and learn a new card game….**CARDS with CHAR will broaden your card game library!** **Meals on Wheels $4.00 RSVP** **Team Trivia:** Always fun, full of discussion and many, many laughs!!