Young At Heart Kent County Senior Millage

CALENDAR OF EVENTS: December

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 30		**December 1**		**December 2**		**December 3**	
		Gentle Yoga	9:30 - 10:30	Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30
		Zumba	11:30 - 12:30	Exercise Class	9:30 - 10:30		
				Woodcarving	9:30 - 11:30	Bargains & Bites	11:00 - 2:00
				Chair Tai Chi	10:45 - 11:45	Lunch Bunch	
				Standing Tai Chi	12:00 - 1:00		
				Raffle Drawing	12:00		
				Service Project/STOREHOUSE	12:30-2		
December 7		**December 8**		**December 9**		**December 10**	
Socializing/Games	9:30 - Noon	Gentle Yoga	9:30 - 10:30	Exercise Class	9:30 - 10:30	Gentle Yoga	9:30 - 10:30
Exercise Class	9:30 - 10:30	Sewing	10:00 - 12:00	Woodcarving	9:30-11:30		
Chair Tai Chi	10:45 - 11:45	Zumba	11:30 - 12:30	Card Making Ministry	10-11:30		
Crafts w/ Theresa R	10:45 - 11:45			**Presentation: Nicole Ropecki**	10:30-11:30		
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		
				Pizza Lunch - RSVP $6	12:00 - 1:00		
December 14		**December 15**		**December 16**		**December 17**	
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		
Chair Tai Chi	10:45 - 11:45			Woodcarving	9:30 - 11:30		
Standing Tai Chi	12-1:00			Chair Tai Chi	10:45 - 11:45		
Christmas Dinner RSVP $10	11:30-12:30			**Hand 2 Hand Service Project**	11:00-12:00		
Liberty Girls	12:30-1:30			Book Club	11:00 - 12:00		
				Standing Tai Chi	12:00- 1:00		
December 21		**December 22**		**December 23**		**December 24**	
						Merry	
NO YAH PROGRAMMING THIS WEEK						**Christmas**	
						Eve!	
December 28		**December 29**		**December 30**		**December 31**	
						Happy	
NO YAH PROGRAMMING THIS WEEK						**New Years**	
						Eve!	

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LUNCHES (*menu is subject to change if low registration)		SATURDAY WALKING CLUB PLEASE NOTE …10:00 a.m. start time	
Weds. 12/2	SERVICE PROJECT at the STOREHOUSE NO LUNCH	Dec 5	Riverside Park - 200 Monroe Ave NE. Grand Rapids, MI. 49505
Mon. 12/7	**MEALS ON WHEELS:** **Cost $4.00** **RSVP**	Dec 12	White Pine Trail - 2868 West River Dr. Comstock Park, MI. 49505 (Behind Vitale's)
Wed.. 12/9	**Pizza Lunch with salad and dessert: $6** **Please RSVP**	Dec 19-Jan 2	NO YAH Programming
Mon. 12/14	**Christmas Dinner!** YAH will provide ham and rolls. Feel free to bring a side/salad/dessert to share. **Cost $10 RSVP**		
Weds. 12/16	**Birthday Brunch** Cost $6 **RSVP**	*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.*	
Dec 21-Jan 2	**NO YAH PROGRAMMING**		
Mon. 1/4	Programming Resumes		

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PROGRAM DETAILS	
Thurs. Dec 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
Mon. Dec 7	**10:45 Crafts**: Theresa R, YAH Board President will be bringing crafts for everyone to work on. **Meals on Wheels: $4 RSVP Required**
Wed. Dec 9	**Our Card ministry** will be making **Christmas cards for the homebound**. Take a few minutes to share your time and creativity with them**.** **10:30 Presentation: Nicole Ropecki** will be presenting on recycling ideas. **Pizza Lunch: $6 RSVP Required**
Mon. Dec 14	**Christmas Dinner**! Ham and rolls provided, feel free to bring a side/salad/dessert, and a friend or two! 🙂 **Cost: $10 RSVP Required** **12:30 Liberty Girls -** This trio of ladies from the Grand Rapids area sings songs from the 40's, 50's and 60's bringing back the sounds of the Andrew Sisters, the Ronettes, the Supremes and other famous, familiar groups. Enjoy the memories and trivia, and sing-along participation will be encouraged!
Wed. Dec 16	**9:30 BirthDAY Brunch: Birthday participants are FREE.** Bring a guest ($6) to celebrate with you and your friends at Young at Heart**. Please RSVP** **11:00 Hand 2 Hand Service Project:** Help put together snack packs for local children who are at risk of food shortage. YAH will provide the snacks, ziploc bags, and gloves. If you would like to contribute items, please let Emily know! 🙂 **11:00 Book Club:** The Happy Bookers Book Club will be reading "Everyone this Christmas has a Secret" by Benjamin Stevenson. A short Christmas novel involving a murder mystery with masters of illusion and misdirection. Contact Char if you have questions (616-862-6392)