



Senior Programming Calendar December 2023

Everyone 55+ is welcome, including non-parishioners. For more information contact the Young at Heart Voicemail at 616-451-3043 x 419 or email info@youngatheartgr.org. This schedule is SUBJECT TO CHANGE. If you would like to offer any feedback, including suggestions or concerns, please feel free to contact us.

Monday, December 4	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Lunch: Senior Meals RSVP \$5.00	12:00-12:30
Standing Tai Chi	12:00 -1:00
Advent Reflections	12:45 -2:00

Wednesday, December 6	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00 -1:00

Monday, December 11	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Knitting/ Crocheting	9:30-11:30
Chair Tai Chi	10:45-11:45
Lunch: YAH RSVP \$3.00	12:00-12:30
Standing Tai Chi	12:00 -1:00
Team Trivia	12:45-2:00

Wednesday, December 13	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Making Birthday Greeting Cards	10:00-12:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00 -1:00
Senior Meals RSVP \$5.00	12:00-12:30

Monday, December 18	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Christmas BINGO	11:00-12:00
Standing Tai Chi	12:00 -1:00
Christmas Lunch RSVP \$5.00	12:00-12:30
Entertainment: David Molinari RSVP \$5.00	12:45 -2:00
Christmas Dessert and Gift Exchange	2:00 -2:30

Wednesday, December 20	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Birthday Brunch RSVP \$5.00	9:30-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club: Small Things Like These	11:00-12:00
Standing Tai Chi	12:00- 1:00

Monday, December 25	
BLESSED	
CHRISTMAS	

Wednesday, December 27	
JOYOUS	
NEW YEAR	
See you again: Monday, January 8, 2024	

Saturdays: Walking Club: Meets at 10:00. We walk both paved and wooded trails around GR. **RSVP.**

Tuesdays: Sewing Club meets the first and third Tuesday from 10:00-12:00 at the Parish Center.
Pickleball: Meets 9:30-11:00 in the gym at St. Alphonsus Parish Center.

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Advent Reflections: Help prepare your spirit for this reflective time of year; a time of new birth, family, peace, hope and joy.

“Back on Track” Exercise Class: Personal Trainer, Colleen Cleves from The Center for Physical Rehabilitation, offers a dynamic class each Monday and Wednesday. Get the endorphins pumping, with a focus on balance, core strength, and flexibility!! Suggested donation of \$3.00 for each class. No one is turned away. Colleen is also an official SilverSneakers instructor. Bring your qualifying insurance card, and it will cover the cost of the class.

Book Club: The Happy Bookers will be reading “Small Things Like These,” by Claire Keegan. A powerful historical fiction that sheds light on Ireland’s Magdalene Laundries. If you would like to participate, email YAH or contact Char: 862-6392.

BirthDay Brunch: If you have a December Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Our entertainment this month will be a surprise, as plans are still in the making. Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.**

Card Making: Madelyn will lead the group in making 2024 Birthday cards.

Christmas Party: Join our festive Christmas Party. YAH will provide Ham and Sweet Potatoes; Desserts will be provided by Heritage Funeral Homes. Feel free to sign-up and bring your favorite dish to pass. We will be playing special Christmas Bingo before lunch, with prizes also provided by Heritage Funeral Homes. The Ukelele Club Back by popular request, David Molinari will be providing live entertainment after lunch, followed by a gift exchange. Cost \$5.00. Bring one fun gift for the gift exchange.

Cooking Class: Jenn, the “Ginger Chef,” will be back in February.

Knitting/ Crocheting: Come and work on your projects, share ideas, learn from each other. No experience required.

Pickleball: A cross between tennis and ping pong, we welcome all skill levels for some fun competition and exercise. Tuesday mornings are for more challenging play. Wednesday mornings are best for beginners or to practice a specific skill. Come join the fun. It’s never the same game twice! Equipment provided or bring your own paddle.

Sewing Club: Meets the first and third Tuesday of each month at 10:00. Everything you need will be provided. No experience necessary. Have fun, share ideas, learn new skills. All are welcome.

Tai Chi: Tai Chi is a wonderful way to connect to the natural energy within your body to help you relax, become more stable and healthier overall. Mary will be offering Chair Tai Chi on Mondays and Wednesdays at 10:45. If you are interested in Standing Tai Chi, please contact YAH or Mary directly. Suggested donation: \$3.00. No one is turned away.

Team Trivia: Friendly game of challenging wits and useless trivia. Dan asks the questions; your team provides the answers.

Technology Support Classes: Will resume in January.

Walking Club: This month’s trails include paved pathways and natural trails around the Grand Rapids area. We will meet each week and walk at 10:00. Please **RSVP**. Call, email or stop by the Parish Center for a schedule.

Woodcarving: John LaPorte and friends will teach you the tricks of the trade. Each month features a topic presentation. Come see their projects. Try your own.

DECEMBER LUNCHES:

12/04: Senior Meals: Turkey Meatloaf w/ Gravy, Mashed Potatoes, Mixed Vegetables and a dinner roll. Cost: \$5.00. **RSVP** by Wednesday, November 29th.

12/11: YAH Lunch: Chicken & Vegetable Pasta with Alfredo Sauce, salad, and dessert. Cost: \$3.00. **RSVP** by Friday, December 8th.

12/13: Senior Meals: Salisbury Steak w/ Gravy, Baked Potato, Buttered Peas, and a dinner roll. Cost \$5.00. **RSVP** by Friday, December 8th.

12/18: Christmas Lunch: Crock Pot Ham, Sweet Potato Casserole and Potluck sides. Cost \$5.00. **RSVP** by Friday, December 15th.

12/20: BirthDay Brunch: Mini Quiches, fruit and pastries. Cost \$5.00. **RSVP** by Friday, December 15th.



St. Alphonsus Young at Heart Enrichment Program

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<https://youngatheartgr.org>

