



Senior Programming Calendar June 2024

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, June 3	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
BINGO	12:45-2:15

Wednesday, June 5	
Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Drop In	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi - Canceled	
Wedding Shower RSVP	12:00-2:00

Monday, June 10	
Event	Time
HEARING TESTS	9:00-1:00
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Cooking Class RSVP \$5.00	11:30-1:00
Standing Tai Chi	12:00-1:00
Jacob & Foley Variety Show RSVP	1:15-2:00

Wednesday, June 12	
Event	Time
Exercise Class	9:30-10:30
Technology Support: Drop-In	10:00-11:00
Woodcarving	9:30-11:30
Making 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
YAH: Baked Potato Bar RSVP \$5.00	12:00-12:30
Wits Workout: Star Gazing	12:45-2:00

Monday, June 17	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Father's Day activities	11:00-12:00
Father's Day Cook-out RSVP \$5.00	12:00-12:30
Team Trivia	12:45-1:45

Wednesday, June 19	
Event	Time
Exercise Class	9:30-10:30
BirthDay Brunch RSVP \$5.00	9:30-11:00
Woodcarving	9:30-11:30
Plant Exchange	9:30-12:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club: Boys in the Boat	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, June 24	
Event	Time
Socializing and Games	9:30-12:00
Exercise Class – outside or classroom	9:30-10:30
Pickleball – at Belknap Park	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Pizza Lunch RSVP \$5.00	12:00-12:30
**** CELEBRATION of YAH ****	12:30-2:00

Wednesday, June 26	
Event	Time
Casual Coffee and Socializing	9:30 – 11:30

Saturdays: Walking Club: Meets at 9:30. We walk a variety of natural trails and paved pathways around GR. Check out the YAH website for the weekly calendar. Or stop by to pick up a copy. **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 at Belknap Park.



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“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 “Boys in the Boat,” by Daniel Brown. Recently made into a movie, this novel shares the story of nine American college students and their epic quest for Gold at the 1936 Berlin Olympics. If you would like to participate, email YAH or call Char: 862-6392.

BirthDay Brunch: If you have a June Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and entertainment. Our entertainment this month, once again will be games and activities, as YAH hosts its final BirthDay Brunch. Cost for brunch for non-birthday celebrants: \$5.00. **RSVP.**

Card Making: Madelyn will be making All Occasion cards for your personal use. Come join this important ministry.

****** Celebration of YAH: ****** Join us for an afternoon of Celebrating what Young at Heart has been to many. Share your memories, look over photo albums, watch our 2014-2017 slide show, and so much more!!! Pizza, Salad with sides and Desserts. Cost \$5.00 for lunch. Bring your memories! **RSVP.**

Cooking Class: The Ginger Chef will be featuring “All Things Strawberry.” See the delicious menu below. **RSVP.** Cost \$5.00

Father’s Day Picnic and Events: It’s our annual Father’s Day Picnic. While John grills on the porch, come play some games, and share your favorite stories about your Dad, or about being a dad. Bring a donation to support Strong Beginnings: Strong Fathers: <https://graahi.com/join-a-program/strong-fathers/>. This is an initiative in Grand Rapids that helps support men and father-child activities. Cost for lunch: \$5.00

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

Performance: “The Last Laugh with Jacob and Foley.” John Foley, retired teacher and well-seasoned Community Theater performer is back on the scene! John has joined forces with Lori Jacobs, a woman of many talents. Synonymous with Jewish Theater, Lori sings, acts, is a songwriter and had a successful career in law. Join them as they come out of “retirement,” to perform their new Variety Show. Donation will be collected. **RSVP.**

Pickleball: A cross between tennis and ping pong, we welcome all skill levels for some fun competition. Offered on Monday, Tuesday, and Wednesday mornings. Monday and Wednesday mornings are good days for beginners and is held in the gym at St. Alphonsus. Tuesday’s session is held at Belknap Park. It’s never the same game twice! Equipment provided or bring your own paddle. Come see what all the rave is about! Cost: \$3.00.

Plant Exchange: Indoor plants, and outdoor plants are welcome... share your extras and trade for a few new varieties.

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 email YAH or call Mary at 890-3592. Suggested donation: \$3.00. No one is turned away.

Team Trivia: Dan has the questions; your team has the answers. Drop in! Fun competition. No pressure.

Technology Support: Senior Neighbors is back to help us stay caught up on the best ways to use our devices. Each week will feature a small lesson, then answer your questions. Everyone learns from each other’s questions and experiences.

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 9:30. Please **RSVP.** Call, email or stop by the Parish Center for a schedule.

Wit’s Workout: Join us as we work our way through this engaging, interactive, and educational brain health program crafted by University of Illinois Extension. Challenge your short- and long-term memory, increase focus and attention, learn a few tips about diet, exercise, and sleep, all in a light-hearted environment. This month’s lesson is titled, “Star Gazing.”

Woodcarving: Bring your project or start a new one. Join John LaPorte and friends as they practice their art and learn a few new tricks. New to the trade? You are welcome!! Woodburning and other skills are explored.

JUNE LUNCHES:

- 06/03:** Senior Meals: Beef and Broccoli, Vegetable Fried Rice, Snap peas, and applesauce. Cost: \$5.00. **RSVP** by Friday, May 31.
- 06/10:** Cooking Class: Strawberry Salsa Salmon, Roasted Strawberries & Boursin on Crostini, Strawberry Crunch Salad, and Strawberry Cheesecake Bars. Cost \$5.00. **RSVP** by Friday, June 5.
- 06/12:** YAH: Baked Potato Bar, with Salad and Dessert. Cost: \$5.00. **RSVP** by Monday, June 10.
- 06/17:** Father's Day Picnic: Hot Dogs and Burgers, sides and a Dessert. Cost: \$5.00. **RSVP** by Friday, June 14.
- 06/19:** BirthDay Brunch: Egg, Cheese and Meat Casserole, fruit and pastries. Cost \$5.00. **RSVP** by Friday, June 14.
- 06/24:** Pizza Lunch: Pizza, Salad, Sides and dessert. Cost \$5.00. **RSVP** by Friday, June 21.