

Senior Programming Information August 2017
Open to anyone 55+

Ask an Expert: Each month, we'll be bringing in an "expert" from a variety of fields. It could be a priest, a computer person, a monkey trainer-who knows? Open question time will follow a brief presentation.

Book Discussion Group: This month we'll be doing things a little differently. Find the most popular book from the year you were born, read it, and then we'll talk about them! Lunch to follow at The Mitten Brewery. Questions? Contact Char at 862-6392.

Card Ministry: Join Madelyn Pierce-Mellema as we craft cards for all occasions.

Euchre Tournament: Get ready to see some bauers! \$5.00 to play. Bring \$2.00 in quarters in case you get euchred. Bring a dish to pass for the potluck lunch. **RSVP.**

Jewish Feast Class: All are invited to develop a deeper relationship with Christ by understanding the Lord's Biblical calendar through a study of the Feasts of the Lord. Join us for either our morning (10-11:30am) or evening session (7-8:30pm).

Knitting and Crochet Club: Come and join a group of new and experienced yarn crafters and everyone in between! Share ideas, learn the basics, and enjoy some company while you work on your projects.

Live Music: Parishioner Sandee Sicard talented singer and guitarist will perform beloved hits and folk songs in the lounge.

Outing Aug 2: Come and see a Goat Farm up close! We'll be carpooling to Zeeland and taking a tour of this working farm. Goat cheese and other products available for purchase! Lunch will be along the way at Franks Old Time Diner. **RSVP.**

Outing Aug 16: We'll take a boat ride down the Kalamazoo River from 11-12:30pm and then have lunch nearby. Cost for the boat ride is \$19 unless we have 20+ then the fare is \$17- so invite your friends! Cash only for the boat ride. **RSVP by Wed Aug 9th.**

Outing Aug 23: Kayaking is a relaxing way to get a good workout and spend some time in nature! We'll be picked up from the parish center at 9:30, kayak for a few hours and enjoy a boxed lunch along the way. Cost \$40.00 lunch included. **RSVP by Mon Aug 21st.**

Outing Aug 23: Kayaking not your cup of tea? Well, do we have an outing for you! Come and take a tour of the organization Women Hear for Women There. This nonprofit makes and sells items that benefit struggling women in Ghana. We'll also have a small service project while we are there and enjoy lunch at Vitale's in Hudsonville. **RSVP**

Outing Aug 30: Did you know that Windmill Gardens is host to hundreds of annuals? There is more to see than just tulips! We'll spend the day at this delightful spot in Holland and have lunch at Boatwerks. Cost for entrance into the gardens is \$9. **RSVP by Wed Aug 23rd.**

Playing Cards with Judy: What's your favorite card game? Hearts, Polish Poker, Euchre, Set Back, Bridge? Play a favorite or learn a new one! Help us shuffle the deck and challenge Queen Judy...if you dare!

Presentation Aug 7: Have you ever wondered what happens with the blood after you donate? How is it stored and how does it get to hospitals? Amy Rotter from the Michigan Blood Bank will teach us all about the Blood Bank and we'll hear from a donor and recipient as well

Presentation Aug 14: Spend an afternoon finding a new way to exercise and relax! We'll hear about Catherine's Health Center Walking Program and see live demonstrations on Enhanced Fitness (a gentle cardio/weight work out...you asked, we listened!) pickleball, and Tai Chi. Diane Kreslins will join us for a guided meditation. Come and find a fitness style that works for you!

Sewing with Liz: This month's simple and creative projects will be fun, functional and either kept for personal use or donated to non-profits. Can't sew? We can use cutters and stuffers. .

Stone Art with Theresa: Join us for an afternoon of crafting as we make stone masterpieces! Led by Theresa Taylor, stone savant!

Tai Chi: Taught by Mary Kaiser, Tai Chi is based on the art of balance and movement. Join us as we strengthen our core.

Team Trivia: Join Dan Taylor as he leads the teams in fun questions about contemporary and nostalgic trivia. Come as you are. Teams will be determined at time of play.

Questions? Want to RSVP? Please contact Young at Heart at 616-913-4419
or email Virginia at vscholten18@gmail.com