

Senior Programming Information December 2017
Open to anyone 55+

Advent Retreat Dec 9: "BE-ING the Body of Christ: Experiencing the Incarnation of Christ" will be led by Spiritual Directors, Cami Mann and Fran Walker. Through song, word and movement we will explore the dignity, grace and beauty of the birth of the Body of Christ in each of us.

All Saints Academy joins YAH for a day of fun and laughter, celebrating the holiday cheer! Join twenty-three, 7th graders from ASA in playing Bingo, decorating cupcakes and homemade pizzas, live music by Larry Hefferon and friends for a Christmas sing-a-long, Special Guest, games and crafts. Promised to be a great time for ALL!!!

Book Discussion Group: "Frozen Footprint" by Therese Heckenkamp, is a Christian suspense thriller about faith and survival. The book follows the journey of 18 year old twins who grow up under the tyrannical rule of their oil-tycoon grandfather. Questions? Contact Char at 862-6392.

Bridge: The best card game ever! but, only if you are willing to put in a little effort to learn. Play starts at 6:00pm every Tuesday. Learn Standard American Yellow Card, meet some great people and have some fun. **Open to all ages.**

Card Ministry: Join Madelyn Pierce-Mellema as we craft cards for the upcoming Holidays.

Christmas Party and Games Dec 18: Bring a dozen cookies and go home with some else's cookies in a fun morning Cookie Exchange. Then join Sandee Sicard in a Christmas sing-a-long. Followed by a potluck lunch; bring your traditional favorite. Then let loose for some seasonal fun, including games and a gift exchange (\$5 suggested).

Euchre Tournament: Play for pride and cash. Pit your Euchre skills against the best of St. Al's Euchre players. Always fun and rewarding!

Live Music: Join Sandee Sicard, talented singer and guitarist, for a Christmas sing-a-long and other holiday favorites.

Mother Singers: A musical tribute to the beautiful season of Christmas. Michelle Ogren, former St. Al's Music Director, leads a group of women, singing Christmas favorites new and old. Come, let the Spirit flow!

Movie: People's Choice. There will be several Christmas favorites. Viewers Choice. Pick a sentimental oldie but goodie, or a newer classic.

Outing Dec 20: We head over to St. Judes for lunch and entertainment. The St Jude's Seniors are serving a Christmas Lunch that includes baked chicken, ham, scalloped potatoes, green bean casserole and a festive salad! There will be a visit by Santa and Mrs. Claus. 50-50 raffle drawings and door prizes. Cost \$8.00 **RSVP** by Dec 15th.

Outing Dec 20: A Christmas lunch at Sweetland's for ALL!

Pickleball: Interested in learning what all the craze is about? Already know? We welcome all skill levels for some fun competition. Tuesday mornings, 9:30 – 11:00 in the Parish gym. Equipment provided.

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

Presentation Dec 4 at 1:30: Margie Witbeck from Spectrum Health with talk about EncourAge, a new program , through Spectrum that highlights community resources for Seniors.

Presentation Dec 4 at 2:00: Penny Murray from AARP presents "Good Form Walking" and gives individual feedback based on video analysis of your walking gait and posture. The biometric technique will provide specific recommendations for you to improve health.

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.

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

Woodcarving: Master crafter, Jerry Randall, gently guides individual and group projects. All skill levels are invited. No experience necessary.

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