

Senior Programming Information February 2018

Open to anyone 55+

Book Discussion Group: “Tinker Tailor Soldier Spy”, by John le Carre, is a well-written, 100% authentic 1974 classic. It is viewed as one of the greatest espionage novels of all times. Join spymaster George Smiley in his endeavors to uncover a Soviet mole in the British Secret Intelligence Service. Read, then join the discussion. Questions? Contact Char at 862-6392.

Bridge: Ed may be gone, but “the best card game” continues on... meet some great people and have some fun.

Calvin Nursing Students are available for Blood Pressure and Glucose Screenings. They will also present on contributing factors to Parkinson’s Disease, and ways to help manage the symptoms.

Card Ministry: Join Madelyn Pierce-Mellema as we craft cards for Spring events.

Cooking Class: Dawn Davies is back! Join her and her partner from MSU Extension Services in this enlightening class of healthy living. Live strong and eat smart! This is a FREE four week class. Participants **MUST** register by Wed February 14th.

Crafts: Come join the crew as they paint small trinket, gift boxes. Creative and relaxing. Surprise yourself!

Enhance Fitness: Get your heart pumping with upbeat work-outs adaptable to your skill level. Come meet Kassidy Nwabuike, our inspiring instructor, brought to you by Senior Neighbors. \$3.00 donation appreciated but not required.

Euchre Tournament: Play for pride and cash. Pit your Euchre skills against the best of St. Al’s. Always fun and rewarding! Bring \$2.00 in quarters in case you get euchred and bring a dish to pass for our potluck lunch. \$5.00 entry fee. **RSVP**

Knitting/Crochetting: Come and relax, get a few tips, give a few tips on needle work projects from our Parish hobbyists.

Lent Mini-series: Catechism 101- facilitated by Fr. Brian, come and learn, or be refreshed, on some of the basic principles that we have long forgotten or taken for granted...

Live Music: Join Sandee Sicard, talented singer and guitarist. Sing-a-long to some of your favorites!

Movie: Feb 5 – Celebrate Black History Month with “Mandela: Long Walk to Freedom” (2013). Nominated for countless Awards, this captivating movie follows the humble beginnings of this shepherd boy, through anti-apartheid, his 28 years of imprisonment up to the first presidency of democratic South Africa.

Movie: Feb 19: Come celebrate Presidents Day and Valentines with an all-star cast including Michael Douglas, Annette Bening, Martin Sheen, Michael J Fox, and others. “American President” is a 1995, well written romantic-comedy-drama directed by Rob Reiner. Stirring speeches, nostalgic moments and tender scenes will leave you feeling good!

Outing Feb 7th: Join us for lunch at The Filling Station, then meet us at Pinky’s Place an antique/artisan Market - 125 vendors.

Outing Feb 21: The St Jude’s Seniors are serving goulash, meatballs, parmesan potatoes, corn and house salad, catered by Billy K. Vocalist Gary McCurray, will surprise you with his many musical talents as he plays/sings Big-band, swing, country, gospel and patriotic songs. Cost \$8.00 **RSVP** by Feb 16th.

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 Feb 12: Start the afternoon with an engaging Ted Talk by Jane Fonda, “Life’s Third Act,” then enjoy an interactive presentation by Emmanuel Hospice. “Caring for the Caregivers,” is a presentation on self-care, avoiding burnout and resources. This will be followed by some light-hearted entertainment.

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: Has been cancelled for this month due to the instructor’s vacation. Tai Chi will resume March 12th.

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. This month’s theme will be The Olympics!

Woodcarving: Master crafter, Jerry Randall, gently guides individual and group projects. All skill levels welcome!

Questions? Want to RSVP? Please contact Young at Heart at 616-913-4419

or email Virginia at vscholten18@gmail.com