



St. Alphonsus Young at Heart Senior Programming August 2019
228 Carrier NE, Grand Rapids, MI 49505



Book Discussion Group: Join the Happy Bookers this month as they read "1984," by George Orwell. Written 70 years before the title's date, "1984," is said to be a startling and haunting vision of the world. Orwell writes with intensity and deep passion, you are sure to be moved. Contact Char at 862-6392 for more information.

Bridge (Tuesday evenings @ 6:00pm): Modern bidding and a few laughs. Mini lessons start at 5:30. Contact Ed Bartos (ednpatti@yahoo.com).

Card Ministry: Got a friend or loved one who is homebound, and would like a friendly card? Call or email and we will put them on the list!

Exercise Class: Personal Trainer, Colleen Cleves from The Center for Physical Rehabilitation, offers a dynamic class each Monday and Wednesday. Come try out the NEW equipment. Get the endorphins pumping, with a focus on balance, core strength, and flexibility!! A FUN workout. Suggested donation of \$3.00 for each class. No one is turned away.

Games: Join us Monday August 19th for games such as Dominoes, Qwirkle, Set back... Those in attendance will decide.

Lunch August 26th: Enjoy foods from the Blueberry Patch: Blueberry Balsamic Glazed Chicken, salads and Blueberry cobbler.

Outing August 7th: Sailing on "Friends Goodwill." **Sold Out!** All are welcome for lunch at Black River Tavern. **Please RSVP.**

Outing August 14th: It's a morning off to the Orchard for some blueberry picking or buy direct from the Orchard. Meet us for lunch at the honorable Lt. Firehouse Café in Coopersville. **RSVP.** Join the canners on Thursday morning, August 15th for canning blueberry jam. Please call for more details.

Outing August 21st: Spend a day exploring Midland in the summer... walk the Tridge downtown, where the Chippewa and Tittabawasee Rivers meet; stop at the Farmers Market, enjoy lunch at Shirlene's Cuisine, stroll the gorgeous Dow Gardens and meet the incredible life-sized Origami sculptures, experience the nation's longest forest canopy at Whiting Forest. Many of the walkways are handicap accessible. Cost for the gardens is \$10.00. Carpool leaves at 9:30am and returns around 6:00 pm. Tip your driver. **Must RSVP.**

Outing August 28th: Start with lunch at the Flat River Grill in Lowell, then take a relaxing nature walk at serene Wildwood Family Farm. Visit and pet the animals, take a few fun pictures, pick a fresh flower bouquet. Average cost for a bouquet is \$10.00. Carpool will leave St. Al's at 11:30. **RSVP.**

Presentations August 5th: Local Author Norma Lewis will present at 1:30. Ms. Lewis has written many books about Grand Rapids history such as "Lost Restaurants of Grand Rapids," "Wild Women of Michigan," "100 Things To Do in Grand Rapids Before You Die," and many more. Freewill Donation. At 2:00, Bethany Christian Services will help us to understand the process entailed in acquiring Refugee status and help us to understand what is entailed in co-sponsoring a Refugee Family, and how we can help. Bring your questions and concerns. Meet in the Lounge of the Parish Center.

Presentation August 12th: Where were you, when the shots were fired? Roger Relich presents "Investigations and Conspiracy Theories: Death of President John F. Kennedy." Mr. Relich will offer the facts and theories of a real life "who dunnit" mystery that is over 55 years old. Mr. Relich does not support one theory or another, he will let you decide for yourself after he presents his research. A picnic lunch of grilled burgers and hot dogs will be served for lunch at 12:45. Presentation starts at 1:30. Cost \$3.00. **Please RSVP.**

Sewing, Knitting and Crocheting Clubs: Join the needle workers for a variety of projects. This month's sewing project, tote bags, is looking for people to help cut, press, or sew. All skill levels are encouraged. Non-sewers also welcome!

Tai Chi: Mary Kaiser offers Beginners, and Advanced Classes. Tai Chi is sure to strengthen your core and improve your balance. The intentional moves are also calming and centering. \$3.00 donation appreciated. Call Mary to register, 454-0604.

Team Trivia: Team trivia is a friendly team competition with tons of laughs. Teams are decided at time of play.

Woodcarving: Come, learn the relaxing craft with master carver, Jerry Randall. All skill levels are welcome!



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