



Senior Programming Calendar May 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, April 29	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Lunch: Cousin's RSVP \$5.00	12:00-12:30
MOVIE: "Tolkien"	12:45-2:45

Wednesday, May 1	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Android- II	10:00-11:00
Pickleball	10:45-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Lunch: Burger Theory- Holiday Inn RSVP	12:00-1:30
Outing: Mandela Exhibit at GRPM RSVP	1:30-3:00

Monday, May 6	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Lunch: Mother's Day Tea RSVP \$5.00	12:00-12:30
Baby Shower Games and Presentation	12:30-1:30

Wednesday, May 8	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Making Greeting Cards	10:00-12:00
Tech Support: Photo Management & Editing	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
Wits Work-out: Savor the Season	12:45-1:45

Monday, May 13	
Socializing and Games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Cooking Class RSVP \$5.00	11:30-1:00
Standing Tai Chi	12:00-1:00
Geological Wonders: African Rift Valley	1:00-2:00

Wednesday, May 15	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
May BirthDay Brunch RSVP \$5.00	9:30-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Book Club: "South to America"	11:00-12:00
Standing Tai Chi	12:00-1:00

Monday, May 20	
Socializing and games	9:30-12:00
Exercise Class	9:30-10:30
Chair Tai Chi	10:45-11:45
Pickleball	10:45-12:00
Standing Tai Chi	12:00-1:00
Pizza Lunch RSVP \$5.00	12:00-12:30
Team Trivia	12:45-2:15

Wednesday, May 22	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Technology Support: Social Media	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
Standing Tai Chi	12:00-1:00
Senior Meals RSVP \$5.00	12:00-12:30
Euchre	12:45-2:00

Monday, May 27	
Blessings for a Safe Memorial Day Holiday	

Wednesday, May 29	
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Tech Support: Password Mgmt / Security	10:00-11:00
Pickleball	10:30-12:00
Chair Tai Chi	10:45-11:45
White Caps Baseball RSVP	Leave 10:15
Standing Tai Chi	12:00-1:00

Saturdays: Walking Club: Meets at 9:30. We walk both paved and wooded trails around GR. **RSVP.**



St. Alphonsus Young at Heart Enrichment Program

info@youngatheartgr.org 616-451-3043 x 419

<https://youngatheartgr.org>



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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, South to America: A Journey Below the Mason-Dixon to Understand the Soul of a Nation, by Imani Perry. If you would like to participate, email YAH or contact Char: 862-6392.

BirthDay Brunch: If you have a May Birthday, you and a guest will be invited for a special Birthday Brunch, a blessing and Spring Door Prizes.

Card Making: Madelyn will lead the group in decorating invitations for the BirthDay Brunch. Come join the creative fun!

Cooking Class: This month, the “Ginger Chef” will focus on all things Vegan. Delicious menu posted below. **RSVP**.

Euchre: Join in on the game! We play for fun. No cost. Experience preferred. **RSVP**. Questions? Contact Char: 862-6392.

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

NEW! Line Dancing: Get your cardio work-out doing a few fun steps! Chit will refresh your memory and teach some new steps. This class is great for beginners and intermediates. Advanced dancers will enjoy the third Tuesday of each month. Cost: \$3.00. **RSVP is preferred**. Questions? Contact YAH or Chit Barker: 822-5965 or chitbarkerretired@gmail.com

Mother’s Day Tea and Baby Shower: Join us for a tasty finger-food lunch, games and a presentation by Stephanie Busch, the Program Manager for St. Gianna’s No Cost Boutique. Bring a Baby Shower Gift or cash donation for St. Gianna’s and \$5.00 for lunch. **RSVP**. Seating is limited. Want to dress up, wear a fancy hat??? Go for it! All the more fun!!

NEW! Munch & Movie: This group will meet the first Tuesday of each month at Panera Bread at Knapps Corner for lunch at 11:30. (Cost on your own.) Then head over to Celebration Cinema for a movie (Cost is \$5.00). If you are interested in joining this group for lunch, movie or both, call to get your name on the list. Char will contact you directly once the movie for the day is determined and the theater posts the schedule.

Outing: Lunch at Burger Theory at Holiday Inn Downtown (310 Pearl NW). Following lunch, we will head to the GR Public Museum for Mandela: The Official Exhibition. The exhibit follows the life of Nelson Mandela, South Africa’s first democratically elected president, a freedom fighter and humanitarian. General Admission for Museum: (62+ \$10.00). **RSVP**.

Outing: White Caps Baseball: “Root, Root, Root for the home team!” as the West Michigan White Caps host the Midland Great Lakes Loons for an 11:00 matinee. Carpool leaves St. Alphonsus at 10:15. Cost for parking is \$8.00/car. Cost for the game is \$10.00. **RSVP** with \$10.00 payment by Friday, May 17.

Pickleball: A cross between tennis and ping pong, we welcome all skill levels for some fun competition and exercise. Tuesday mornings, played at Belknap Park, are for more challenging play. Monday and Wednesday mornings, played in the gym, are best for beginners or to practice a specific skill. Come join the fun. Equipment provided or bring your own paddle.

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 contact YAH or Mary directly. 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: This month, Joslyn from Senior Neighbors will focus on part two of using your Android, Photo Management and Photo Editing, Social Media, and Password Management and Personal Security. Useful and important information for today’s world!

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.

NEW!!! 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 feature "Savor the Season," focuses on a healthy diet.

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

NEW!!! World's Greatest Geological Wonders: Come, be amazed by this great planet we call Earth as Professor Michael Wyession, from Washington University in St. Louis, takes us on a journey through 36 Spectacular Sites. This is a video series from "The Great Courses." This month's feature is "Cracks into the Earth," featuring the African Rift Valley. This will be followed by a brief travelogue featuring a journey through the African Rift Valley and the wildlife it serves.

MAY LUNCHESES:

05/06: Mother's Day Tea and Luncheon: Mini Sandwiches: Cucumber, Ham Salad, Chicken Salad, and Egg Salad along with Fresh Fruit, Scones and Jams. Cost \$5.00. **RSVP** by Wednesday, May 1.

05/08: Senior Meals: Pulled Turkey in gravy, Mashed Potatoes, Texas Toast Bread, Broccoli and Dessert. Cost: \$5.00. **RSVP** by Monday, May 6.

05/13: Cooking Class: Vegan Bolognese over Penne Pasta, Asian Lettuce Wraps, Vegetable Enchiladas and Dessert. Cost \$5.00. **RSVP** by Friday, May 10.

05/15: BirthDay Brunch: French Toast Casserole, Bacon, Fruit and Pastries. Cost \$5.00. **RSVP** by Friday, May 10.

05/20: Pizza Monday: Pizza, Salad and Dessert. Cost \$5.00. **RSVP** by Friday May 17.

05/22: Senior Meals: Chicken Patty Sandwich, Potato Salad, Pickled Beats and a Dessert. Cost \$5.00. **RSVP** by Monday, May 20.

Tuesdays: Sewing Club: meets the first and third Tuesday from 10:00-12:00 at the Parish Center.

Pickleball: Meets 9:30-11:00. Join us at Belknap Park. If weather is inclement, meet at St. Al's gym.

Line Dancing: Each Tuesday at 11:00-12:00. Advanced class on 3rd Tuesday each month. **RSVP.**

Munch & Movie: First Tuesday of each month, meet for lunch and head to the theater. **RSVP.**