

WE HAVE SENIOR CENTERS IN GRAND RAPIDS, GRANDVILLE, LOWELL, SPARTA AND WALKER

OUR ADDRESS:

ADMINISTRATIVE OFFICE: 678 FRONT AVE. NW, SUITE 205 • GRAND RAPIDS, MI 49504
616-459-6019 • www.seniorneighbors.org • EMAIL: info@seniorneighbors.org

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Senior Neighbors Gets A New Award



PARTNERS FOR A
RACISM-FREE
COMMUNITY

Earlier this year, we were awarded the Partners for a Racism-Free Community Level I Designation. According to president Bob Barnes, "Being inclusive and accepting has always been in our hearts (however imperfectly we achieved it), but through our work with the Partners For a Racism-Free Community, we became much more mindful of many steps we could take to live out our mission of enhancing the lives of seniors in a more inclusive fashion."

Life Purpose Statements – Tips for Discovering and Articulating Your Life Purpose

Wrestling with life purpose statements and the large questions behind them – "Who am I? What am I here to do? What's my purpose?" – can be a difficult exercise. For many people, it is uncomfortable to navigate these ambiguous challenges.

Yet, looking inward in order to discern your life purpose can bring incredible clarity and energy to your life. Clear direction can guide both your overall life planning and your day-to-day decisions.



When investigating life purpose, people rarely experience an epiphany where the clouds part and they have their life's purpose magically revealed. That does happen, but more frequently people begin to hear their intuition and instincts whispering louder and louder until it becomes unmistakable.

To navigate this terrain and help yourself hear your intuition, I recommend a few tips. First, ask yourself several questions:

- When in my life – past and present – have I been happiest?
- When in my life – past and present – did I feel like I was making the biggest contribution?

Finding the times in your life when you felt happiest and most fulfilled (through contribution to others) are clear clues on the path to discovering your purpose. As Mother Teresa said, "Profound joy of the heart is like a magnet that indicates the path of life."

In addition to looking at the past and present, think about the future. What do you want to contribute in your life? What's your gift to give? When you are an old man or old woman, what do you want to be able to say you did with your life? What do you want people to say about you when you are dead and gone?

Once you have a clear (or at least more clear) idea of your life purpose, take some action. Even if you can't quite pinpoint your purpose, start looking for ways – starting today – to live your purpose more fully.



Julie Lake, MPA, CTRS
Wellness Coordinator

Healthy Aging Program Funding

Currently all of our exercise classes are funded primarily through the Kent County

Senior Millage, the Older American's Act, and United Way funding. We are so glad to have an opportunity to offer these programs with this funding, but we believe that seeking alternative funding sources is an important part of being fiscally responsible with the resources we have.

Because Medicare recognizes the importance of keeping people healthier through activity, they have begun offering gym memberships and other fitness class coverage under some of their plans. Insurance companies have reached out to Senior Neighbors to determine if we could partner together in having our current classes covered under some Medicare plans. Additionally, many of our clients have asked us to look into this option.

Recently, I have been visiting all of our fitness sites talking with our fitness participants about the possibility of their Medicare plan paying for our classes. Here are a few questions that have come up.

What about the Millage Funds we use now?

If we are able to fund the program using the benefit many Medicare plans already offer, that Millage money could be reallocated for other important services and potentially serve additional seniors through services such as transportation, senior centers, home maintenance and much more!

When will this begin?

We do not have a timeline for implementation. At this time we are in the exploratory stages and learning more about how many people this will impact and what the process would look like from an administrative standpoint.

If Medicare reimburses for our classes, will we still be asked to make a donation?

If we pursue this and if your Medicare plan sufficiently reimburses us for your attendance, you will not be asked to make a donation. If Medicare reimburses us for your attendance, ultimately, we will no longer use Millage funding to cover the costs of the classes. This could free up those Millage Funds to serve a growing senior population.

Is this mandatory and can we still attend if we do not have a plan that provides this benefit?

We have no intention of forcing anyone to use this benefit and you certainly can still attend if your plan does not offer the benefit. We would ask you to make a suggested donation, just as we are currently doing. Some people have also asked if they will lose their health club membership— some plans will not let you use both. Again, we would not force you to choose which class would be reimbursed.

If you have any other questions please do not hesitate to contact me. I would be happy to address any other concerns you may have. You can contact me at 616-233-0283.

Julie





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The Laurels of Hudsonville
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Hudsonville, MI 49426
616-669-1520

The Laurels of Kent
350 North Center Street
Lowell, MI 49331
616-897-8473

The Laurels of Sandy Creek
425 East Elm Street
Wayland, MI 49348
269-792-2249

VIRTUAL TOURS - Visit www.laurelhealth.com



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Offers daytime activities for older adults with cognitive impairments while providing needed respite and support for caregivers.

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www.hopenetwork.org/sidebyside
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Momber Pharmacy

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616-678-5380



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our SENIOR CENTER

The Online Directory of Senior Centers

NEVER MISS A NEWSLETTER!

Sign up to have our monthly senior newsletter emailed to you at www.ourseniorcenter.com

4 Grand Rapids Senior Neighbors Center

Located in downtown Grand Rapids, at 333 S. Division
Monday—Friday: 8:30 a.m. to 2:30 p.m.

Are you looking for a place to grab a cup of coffee and shoot the breeze with some pals or have lunch and participate in crafts with friends? Then come and check out Senior Neighbors where you can *exercise, socialize and realize* age isn't anything but a number. Lunch 11:45 - \$2.00 suggested donation. Guests under 60 are charged \$3.50.



Staff:

Center Coordinator: Zach Harris
Activity Assistant: Carol Kolb
Kitchen Manager: Jill Mancewicz
Transportation Provider
Deborah Anderson

AARP:

Richard Battle, Dorothy Armstrong

Senior Companions:

Sue Owen, Terry Murphy, Ruby Leggett

Volunteers: CeCe Williams

Advisory Council Members:

President: Barb Turner

Vice President: Perry Hughes

Treasurer: Sue Owen

Secretary: CeCe Williams

Members at Large: Stan Smith, Doris Phillips,
Allen Glover, Terry Murphy

Representative to the SNI Board: Mary Ann Fuentes



Don't forget to claim your free birthday lunch during the month of your birthday!

3.... Gerard Jean Pierre
3.... Holly Mapp
7.... Christine Given
7.... Daniel Dolph
7.... Joe Holliman
9.... Harylon Moore
10... Alvin Shields
10... Joseph Thompson
14... Larnell Brown
19... Joseph Bettistre Jr.
16... John Adams
21... Miguel Flores
21... Ceceila Steed
24... George Kelly
24... Joseph Gammons
25... Bobby Kidd



From the Coordinator's Desk ~ Zach Harris



Hello Members....

Please give a big "WELCOME" to Mayor Rosalynn Bliss!

"First Female Mayor of Grand Rapids"

We are thrilled and honored that Mayor Bliss will visit our Grand Rapids Center on September 2, 2016 at 1:00 pm. During the Mayor's visitation, she will be given a tour of the Center and speak with the Center Coordinator and Advisory Council. We will be addressing the concerns of seniors within our community.

As always, if you have any questions or concerns, please feel free to come in and speak with me.

YOUR CONCERNS ARE IMPORTANT—*Thank you everyone!!*



September Events

(Events are subject to change)

Please see the front desk for fee or transportation to events.

Please Check with your Healthcare Provider before starting a new exercise Program.

2016 SEPTEMBER EVENTS

- 9/2/16 Mayor Rosalynn Bliss Visit
- 9/5/16 Labor Day—Center Closed
- 9/6/16 Tiffany House Tour 10:00
- 9/7/16 Fire Safety 9:00
- 9/9/16 Chocolate Factory Tour 10:00
- 9/9/16 Meet with Zach 11:00
- 9/16/16 Q & A 9:00
- 9/19/16 Red Cross
- 9/20/16 Advisory Council Meeting@1:00pm
- 9/21/16 J.U.L.I.E.T Outing
- 9/22/16 R.O.M.E.O. Outing



ONGOING ACTIVITIES

- Clap for Health Introduction—Varies (check schedule)
- Color Pencil Therapy—Mondays at 11:00
- Pet Therapy—4th Tuesday at 11:00
- Bible Study—Tuesdays at 11:00
- Creative Art & Intro to Art Therapy—Wednesdays at 1:00
- Bible Study—Thursdays at 11:00
- Fishing with Perry—Thursdays 11:00 to 11:30
- Tai Chi (certified instructor)—Thursdays at 1:00
- Healthy Changes—2nd and 4th Thursday's at 11:00
- First Friday Service at 10:45
- Special Guest 1st/3rd Friday's at 1:00.

Grand Rapids Senior Center Wish List



On Our Wish List

The GR Senior Neighbors Center operates, in part, through the donations and financial support of the community & local businesses. Every donated item from the wish list is money we can put toward our senior services.

- *Decaf/Regular
- *Bingo Prizes
- *Placemats
- *Cereal & Breakfast items
- *Blankets
- *Mrs. Dash
- *Books, CDs, Games
- *Coffee Creamers
- *Snacks/Goodies
- *Toilet Bowl Cleaner
- *New Batteries
- *Postage Stamps
- *Gift Cards
- *Pancake Mix & Syrup



We want to take this opportunity to thank all of you who donate items/money to GR Senior Neighbors!

A Special Thank You To:

- * JW Marriot
- * Mitchell Rhodes & Co.
- * Walgreen's
- * Metron of Lamont
- * Amway
- * Grand Rapids Drive
- * Spectrum Health
- * Sharon Landman

If you or your organization would like to be a part of the Senior Neighbors Volunteer family please call **Nicole Gebben** at 233.0745

Fun Fall Birthday



JOIN US ON FRIDAY

September 30

TO CELEBRATE ALL THE SEPTEMBER BIRTHDAYS

We Will Have . . .

Food ~ Entertainment Games ~ Prizes

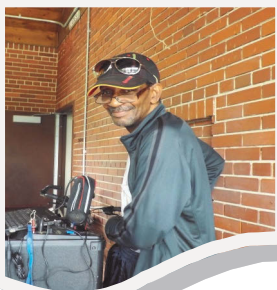
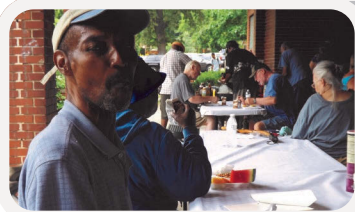
50/50 Raffle ~

and so much more!

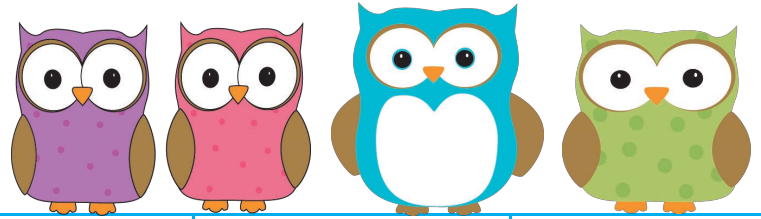


6 Grand Rapids Senior Neighbors Center

Highlights of Our Annual John Ball Summer Picnic 2016



Grand Rapids Senior Neighbors Center 7



Mon	Tue	Wed	Thu	Fri
<p>Suggested Donations: Breakfast ~ Good Will Donation Lunch: \$2.00 60+ \$3.50 59- (not a donation) Exercise: \$2 Tai Chi \$2</p>			<p>1 Exercise 10:00 Homecare Wellness 10:30 Bible Study 11:00 Fishing with Perry 11:00 to 11:30 Pantry 12:30 Tai Chi 1:00</p>	<p>2 Special Guest... Mayor Bliss Visit 1:00 AA/NA 1:00 Music 1:00</p> 
<p>5 Labor Day Center Closed</p> 	<p>6 Tiffany House Tour 10:00 Exercise 10:00 Board Games 11:00 Memory Games 11:00 Bible Study 11:00 GRSN Bingo 11:00 Blood Pressure 1:00</p>	<p>7 Fire Safety 9:00 Breakfast 9:00 Wii Bowling 10:00 Board Games 1:00 Walgreens 1:00</p> 	<p>8 Exercise 10:00 Healthcare Wellness 10:30 Bible Study 11:00 Fishing with Perry 11:00 to 11:30 Metron Bingo 1:00 Tai Chi 1:00</p> 	<p>9 Chocolate Factory 10:00 Board Games 10:00 Meet with Zach 11:00 Music 1:00 AA/NA 1:00</p>
<p>12 Scrabble 10:00 BP 10:30 Color Pencil Therapy 11:00 Board Games 1:00</p> 	<p>13 Exercise 10:00 Attorney 10:00 GRSN Bingo 11:00 Bible Study 11:00 Open Games 1:00</p> 	<p>14 Breakfast 9:00 Wii Bowling 10:00 Walgreen 2:00</p> 	<p>15 Exercise 10:00 Bible Study 11:00 Fishing with Perry 11:00 to 11:30 Pantry 12:30 Tai Chi 1:00</p> 	<p>16 Q & A 9:00 Holland Homes 10:30 AA/NA 1:00 Music 1:00</p> 
<p>19 Red Cross 10:00 Scrabble 10:00 Color Pencil Therapy 11:00 New Members Recognition 11:45</p>	<p>20 Tech Support 9 to 11 Exercise 10:00 Pet Therapy 11:00 Bible Study 11:00 Open Games 1:00 Advisory Council 1:00</p> 	<p>21 Breakfast 9:00 Wii Bowling 10:00 J.U.L.I.E.T Outing 11:30 GRSN Bingo 1:00 Diabetic Recovery 1:00 Keystone Pharmacy 1:00</p>	<p>22 Exercise 10:00 Healthy Changes 11:00 Bible Study 11:00 Fishing with Perry 11:00 to 11:30 R.O.M.E.O. 12:00 Tai Chi 1:00 Brain Health 1:30</p>	<p>23 Cooking Class 10:00 Music 10:00 Bingo 11:00 AA/NA 1:00</p> 
<p>26 Scrabble 10:00 Color Pencil Therapy 11:00 Board Games 1:00</p>	<p>27 Tech Support 9 to 11 Exercise 10:00 Bible Study 11:00 Senior Neighbor Walk 11:00</p> 	<p>28 Breakfast 9:00 Wii Bowling 10:00 Tournament Talk 11:00</p> 	<p>29 Exercise 10:00 Healthy Changes 11:00 Fishing with Perry 11:00 to 11:30 Tai Chi 1:00</p>	<p>30 Celebrate Birthdays for the Month AA/NA 1:00 Music 1:00</p> 

Located in Grandville at 3380 Division,

The Grandville Senior Neighbors Center

We welcome you to join us **Monday - Friday: 8:00 a.m. to 4:00 p.m.** for social/recreational educational activities, parties, music & art, games, and outings. A healthy, delicious lunch is served daily at 12:00 p.m. Suggested donation of **\$2.75** & a charge of **\$3.50** for people under 60.

Phone: 616-531-5250

Fax: 616-531-7743

www.seniorneighbors.org

From the Coordinator's Desk

If you are like me, I am sure you are wondering how Labor Day got here so fast this year. The summer seemed to fly by, but then as I get older I realize that they all do. Labor day is the day to honor all the workers who keep our country running.

Our seniors have left a legacy of hard work, honesty and integrity. As a generation who has gone through the great depression, they have learned to save, share resources and give to others in need. Now many seniors are facing needs themselves. Instead of the retirement funds they have planned on, many are living on fixed incomes and very little, if any, discretionary funds to cover the cost of food, utilities and medicines.

However, there are resources available through Senior Neighbors. Case managers can help with transportation, home repairs, taxes, prescription drug assistance & emergency funds. The Senior Center can help with meals, opportunities to meet new friends and provide a place to spend time with old friends. If you have a friend or neighbor who could benefit, please encourage them to come to the Senior Center and check us out.

Lisa Sarber, CTRS
Center Coordinator

Staff:

Coordinator: Lisa Sarber, CTRS
Kitchen Assistant: Celia Cherry
Bus Driver: Bill Yoemans
Senior Neighbors Representative: Nicole Gebben

Advisory Council Members:

President: Lois Ripma
Vice President: Craig Geerlings
Treasurer: Judy Seals
Secretary: Mary Ann Meeter
Members at Large: Pat Crosby, Jackie Scheler & Jim VanStee

Representative to the SNI Board: Russ Ripma
Advisory Council Meeting: September 8 at 1 pm



September Birthdays

3	Craig Hunt
4	Jack McGregor
6	Edith Copron
7	Rozella Kipp
9	Elizabeth Grooters
12	Bert Bossardet
13	Janet Nelson
14	Diane Ames
15	Frederick Bardo
15	Joyce VanStee
19	Betty Walcott
22	Yvonne Wynsma
24	Nancy Meyer
25	Kenneth Scott
30	Kathleen Meldrom

Do not forget to claim your free birthday lunch on Birthday Friday - the last Friday of the Month.

Advisory Council Elections

It's that time of year again. The time to elect Advisory Council members. We will be voting for new members on **Tuesday, September 13 & Friday, September 16 from 11 am to 1 pm.** Please come vote at the Center. Your vote counts!



Thank You for your Donation:

Family Fare: Groceries
Panera: Baked Goods
Judy Seals: Ice Cream
For Birthdays
Medilodge of Wyoming: Cooking Class
Byron Center Manor: Birthday Cake
Lois Ripma: Fresh Flowers for Tables

RideLink Information:

Rides are scheduled through RideLink. Call 774-1288 no later than noon of the workday before your appointment. Also, rides must be cancelled through RideLink. Your \$2 donation each way (\$4 round trip) is appreciated & expected. Your donation helps insure the future of this valuable service for seniors.

Wish List

Grandville Senior Neighbors Center operates through the donations and financial support of the community & local businesses. Every donated item from the wish list is one more dollar we can put toward senior services.

- *Place Mats for Lunch - White
- *Colored Place Mats for Special Occasions
- *Decaf Coffee & Regular Coffee
- *Green Tea (individual packaged)
- *Coffee Cream
- *Splenda or Equal
- *Postage Stamps
- *Copy Paper - White & Color
- *Bingo prizes - \$5 gift card
- *New AA & AAA Batteries
- *Get Well, Thank You & Birthday Cards



Sunday Luncheon

September 11, 2016
1 pm

Catered by Carole's Catering
Menu: Roast Beef
Sign up with \$7 payment by:
Tuesday, September 6, 2016.
Please invite your family & friends!

Thank you to our Sunday Dinner Sponsors:

- *Health Care Associates
- *Somerset Manors

Tech Thyme with John

(Individualized Personal Technology Instruction)

Do you wish someone would just sit down with you and answer your computer questions? Do you need help with specific issues on your computer, tablet, or smart phone? We have an instructor with the skills and experience to help. He will meet with you individually to give you the help you need when and how you need it. You can work with your own personal equipment, directly addressing what you need to know.

Computers, tablets, and smart phones of any kind may be brought in with your list of questions and concerns. Whether you are a beginner or experienced, our instructor has insights that can guide you toward technologies that will benefit you most. Since some computers and most televisions cannot be easily transported to our Center, home visits are also available.

One hour rates: \$30 (1/2 hour rate \$15)

Call the Center and schedule your appointment in 1 hour or 1/2 hour increments.

Provide a brief description of your equipment and needs to help our instructor prepare for you.

Come to the appointment with your equipment.

(Including cables and camera if pertinent)

**Thursday,
September 29, 2016
12:30 pm – 3:30pm**





Friday September 2 at 11:30 am - Live music by Lois Ripma. RSVP by Friday, August 26.

Friday September 2 at 12:30 pm - Ice Cream Social with Laurels of Hudsonville.

Monday September 5 - Center is closed for Labor Day!

Thursday September 8 at 11:00 am - Free Legal Advice with Michael Herring, an attorney. RSVP at the desk.

Friday September 9 at 11:00 am - Live music by the Band Freehand. RSVP by Friday, September 2.

Wednesday September 14 at 10:30 am - Lunch Bunch Outing to Noodles & Company. A \$4 suggested donation for the bus. RSVP by Thursday, September 8.

Thursday September 15 at 1:00 pm - Cooking Class with Eric from Medilodge of Wyoming. RSVP by Friday, September 9.

Friday September 16 at 11:00 am - Live music by Carol Folkert. RSVP by Friday, September 9.

Monday September 19 at 10:00 am - Hearing Aid Cleaning with Beltone. RSVP by Friday, September 16.

Wednesday September 21 at 10:30 am - Eye Glass adjustments with John from Grandville Optical.

Wednesday September 21 at 1:00 pm - Book club will meet to discuss the book "A Thousand Splendid Suns" and hand out the next book "Life After Life".

Thursday, September 22 at 1:00 pm - Arts & Crafts — Table Runner Quilting with Peg. RSVP by Monday, September 19.

Friday September 23 at 11:00 am - September Birthday party with live music by Marvin Lutrell. RSVP by Friday, September 16.

Tuesday September 27 at 12:45 pm - Feeding America West Michigan Food Pantry.

Friday September 30 at 11:00 am - Hawaiian Luau Party with Elvis sponsored by Leaves Personal Care. A \$5.00 donation prepay by Friday, September 23.



Ladies Chit Chat
Listen, Learn, Live
Friday, September 2 at 1pm
&
Friday, September 16 at 1pm
RSVP at the Center desk!

guest speakers

Wednesday September 7 at 9:30 am - "Diabetics Shoes" by Harold from AD Medical. Come find out if you qualify for diabetic shoes.

Wednesday September 21 at 9:30 am - "Auto-Immune Disease" by Health Care Associates and Community Caregivers. What is Auto-Immune disease? How does it affect you?

Host Location
 Grandville Senior Center
 3380 Division Ave. SW
 Grandville, MI 49418

Date
 Information session on Wednesday, September 14, 2016
 Weekly sessions start on Wednesday, September 21, 2016

Time
 1-2 p.m.

Register
 Visit the National Kidney Foundation of Michigan at www.nkfm.org/dpp to sign up online or call the NKFM at 616-458-9520. Questions? Email preventeddiabetes@nkfm.org.

Cost
 My Choice... My Health is supported by various insurers and funders. Attend the information session to learn more.

Small steps can prevent diabetes
 Becoming more active and losing a moderate amount of weight can help you change your family history. The My Choice... My Health: Diabetes Prevention Program® will help you take steps to prevent type 2 diabetes.

- Move those muscles
- Control your portions
- Find your healthy weight
- Be part of a group
- Take back negative thoughts
- Stay motivated
- 16 weekly sessions followed by monthly maintenance sessions

National Kidney Foundation of Michigan

This program is for people who have not been diagnosed with diabetes. © National Kidney Foundation of Michigan, 2016. All rights reserved.



2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Suggested Donations:</p> <p>Fitness: \$3 Zumba Gold: \$2 Chair Yoga: \$2 Painting: \$3 Breakfast: \$3</p>			<p>1</p> <p>9:00 Walk Club 10:00 Fitness 11:00 Scrabble 12:45 Cards & Games 1:00 People Bingo</p>	<p>2 9:00 Pokeno 9:00 Yoga 10:00 Zumba Gold 11:30 Live Music - Lois Ripma 12:30 Ice Cream Social 12:45 Cards & Games 1:00 Ladies Live Listen & Learn Group</p> 
<p>5</p> <p>Center Closed!</p> 	<p>6 9:00 Walk Club 10:00 Wii Bowling 11:00 Relaxation Coloring Group 11:00 Zumba Gold 12:45 Cards 1:00 Bingo</p>	<p>7 9:00 Breakfast 9:30 Speaker 10:00 BP Checks - Clark Retirement Homes 10:00 Fitness 11:00 Fitness 12:45 Cards/Euchre</p>	<p>8</p> <p>9:00 Walk Club 10:00 Fitness 11:00 Legal Advice 12:45 Cards & Games 1:00 People Bingo 1:00 Advisory Council</p>	<p>9</p> <p>9:00 Pokeno 9:00 Yoga 10:00 Zumba Gold 11:00 Live Music - Freehand 12:45 Cards & Games</p>
<p>12</p> <p>9:00 Kitchen Band 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group</p>	<p>13</p> <p>9:00 Walk Club 10:00 Bible Study 11:00 Zumba Gold 12:45 Cards Games 1:00 Bingo 1:30 Kitchen Band at Vista Springs</p>	<p>14 9:00 Breakfast 10:00 BP Checks - Medilodge of Wyoming 10:30 Lunch Bunch 10:00 Fitness 11:00 Fitness 12:45 Cards/Euchre 1:00 My Choice My Health Diabetes Class</p>	<p>15</p> <p>9:00 Walk Club 10:00 Fitness 11:00 Scrabble 12:45 Cards & Games 1:00 People Bingo 1:00 Cooking with Eric from Medilodge</p>	<p>16 9:00 Pokeno 9:00 Yoga 10:00 Zumba Gold 11:00 Live Music - Carol Folkert 12:45 Cards & Games 1:00 Ladies Live Listen & Learn Group</p> 
<p>19</p> <p>9:00 Kitchen Band 10:00 Beltone Hearing Aide Cleaning 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group</p>	<p>20</p> <p>9:00 Walk Club 10:00 Bible Study 11:00 Wii Bowling 11:00 Zumba Gold 12:45 Cards Games 1:00 Bingo</p>	<p>21 9:00 Breakfast 9:30 Speaker & BP Checks 10:30 Eyeglass Adjustments 10 & 11 Fitness 12:45 Cards/Euchre 1:00 Book Club 1:00 My Choice My Health Diabetes Class</p>	<p>22</p> <p>9:00 Walk Club 10:00 Fitness 11:00 Uno 12:45 Cards & Games 1:00 People Bingo 1:00 Quilting Table Runner with Peg</p>	<p>23</p> <p>9:00 Pokeno 9:00 Yoga 10:00 Zumba Gold 11:00 Live music - Marvin Lutrell 12:45 Cards & Games</p>
<p>26</p> <p>9:00 Kitchen Band 10:00 Fitness 11:00 Fitness 12:45 Cards & Games 1:00 Painting Group</p>	<p>27</p> <p>9:00 Walk Club 10:00 Bible Study 11:00 Zumba Gold 12:45 Food Pantry 12:45 Cards Games 1:00 Bingo</p>	<p>28 9:00 Breakfast 10:00 BP Checks - Sunset Homes 10:00 Fitness 11:00 Fitness 12:45 Cards/Euchre 1:00 My Choice My Health Diabetes Class</p>	<p>29 9:00 Walk Club 10:00 Fitness 11:00 Uno 12:45 Cards & Games 1:00 People Bingo 12:30 - 3:30 Tech Thyme John</p>	<p>30 9:00 Pokeno 9:00 Yoga 10:00 Zumba Gold 11:00 September Birthday Party & Hawaiian with Elvis 12:45 Cards & Games</p> 

Welcome to the Lowell Senior Savvy

If you are age 60 or older, the Lowell Senior Center welcomes you to join us Monday - Friday, 8:30 AM - 2:00 PM, for socializing, events & entertainment, playing cards, and bingo. A delicious lunch from Senior Meals is served daily at 12:00 noon for a \$2.75 donation. Come join us. We have lots of fun!

314 South Hudson, Lowell, MI 49331
Phone: (616) 897-5949 www.seniorneighbors.org

Staff

Terra Bieneman: Center Coordinator
Carol Schwierking: Nutrition Aide
Marci Billock: Bus Driver

Advisory Board

Kay Estes: President
Angie Cole: Vice-President
Russ Harig: Treasurer
Roselynn Peters: Secretary
Nicole Gebben: SNI Central Office Rep
Barb Sheehan, Julia Rasch,
Glenda Geldersma: Member at Large
Leo Peters: Representative to the SNI Board



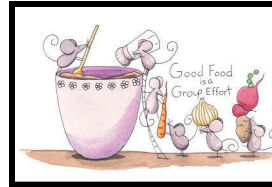
Coordinator's Corner

We had a wonderful pirate-themed picnic in August to celebrate the end of summer together with all of our friends from all of the Senior Neighbors' Centers at Grandville High School! We filled three buses for this event and had about 43 members attend the picnic this year. It was great to see so many attend this fun event!

We have also had many new people come by this summer to check out our Center and see what kind of fun is had in this historic home. I am so proud of how welcomed everyone is made to feel when they come in to our Center and would like to commend every one who attends our Center for being so friendly to newcomers! It is very nerve wrecking to walk into a new place for some and the experience is always better if one is welcomed by friendly faces. I have heard many compliments from newcomers who express what a friendly place we have here at our Center so thank you everyone for welcoming new faces. I encourage you to keep up the great work!

Have a blessed September!

~Terra Bieneman



Quick & Easy Bran Muffins

Ingredients:

- 1 Pkg. Martha White Honey Bran Muffin Mix 7.4oz
1/2 Cup Raisins 1 apple peeled, cored, & minced
2/3 Cup Milk 1/2 Cup finely chopped nuts

1. Preheat oven to 425. Coat medium muffin pans w/ cooking spray or line with paper cups.
2. Combine muffin mix and milk, stir until moistened. Add nuts, raisins, and apple. Fill muffin cups 3/4 full.
3. Bake 14-17 minutes until golden brown or until a toothpick comes out clean.



Lowell Highlights

We had a fun time together in August with our regular events like travelogues, Bible study, bingos by different organizations, hand and foot card games, computer class, walking club, music, and book club with our Lowell KDL library.



We kicked off the month with an awesome pirate-themed picnic with fabulous dueling pianos for entertainment! We enjoyed our Lowell Fair together and music with Wayne Williams. We celebrated the August birthdays with Eddie Francisco as well as showed our pride by buying pink arrow shirts and attending community day! We went on a few outings, too. We visited the fair, had ice cream at Metron, dinner at Big Boy, donuts by the Riverboat, and dinner at LaTeDa's to round out the month.

We completed the month by having ice cream bars and wonderful music with our Singing Carpenter in the evening!

We look forward to having you join us as we offer a variety of programs and outings at the Lowell Senior Center. Hope to see you soon!

Monthly On-Going Activities



Mondays & Fridays
9:00 - Hand & Foot

Tuesdays
10:00 - Aggravation

Tuesdays & Thursdays
10:00 - Exercise Class/Schneider Manor

Wednesdays

10:00 - Games
10:30 - Bible Study w/Jan Bier
12:45 - Shopping/Meijer

Thursdays

9:30 - Knitting Group
10:00 - Exercise/Schneider
12:45 - Euchre

Fridays

12:45 - Bingo

3rd Friday of the Month

11:00 - Birthday Friday with Entertainment



Lowell Senior Center Wish List

Lowell Senior Neighbors operates through the donations and financial support of the community & local businesses. Every donated item from the wish list is money we can put toward our senior services.

- *Paper Towel
- *Decaf/Regular Coffee
- *Bingo Prizes
- *Word Search Puzzles
- *Meijer Gift Cards
- * Toilet Paper
- *Creamers
- *Snacks/goodies
- *Toilet Bowl Cleaner
- *Dollar Tree Gift Cards



I want to take this opportunity to thank all of you who donate items or money to Lowell Senior Neighbors! We really appreciate your generosity in donating items that are needed at the center. So many people benefit from them. Your kindness is greatly appreciated!

Schedule of Outings

Monday September 12
Boulderridge Wild Animal Park - 9:45
\$9.00/person

Wednesday September 14
First Wok Chinese for Dinner - 4:30

Monday September 19
FREE Ice Cream at Metron of Forest Hills - 2:00

Monday September 26
Mystery Dinner Outing - 4:30

Please sign up in the outings book and get more details on outings at the Lowell Senior Center.

Trips are subject to change as we need a minimum of four people for an event to occur.



Please remember that there is a suggested donation of \$4.00 round trip for transportation on outings!

Special Person of the Month Peggy Covert



Peggy Covert was born and raised in Lowell on the Flat River and is back living in that house now. She grew up with two brothers. One of them had Down's Syndrome and passed away at age 19. Peggy said that growing up with a brother who had Down's Syndrome filled her early years with love and taught her compassion, acceptance and joy.

While growing up, Peggy enjoyed horseback riding through 4H, swimming, bird watching, and critter watching!

She lived and worked twenty-five years out west as a secretary to the U.S. Attorney in LA and as a Special Education teacher in Utah and Wyoming.

One thing that Peggy has always wanted to do and has not is to skydive. She would go back to a younger age when her mother was alive to share and reminisce more! Her favorite place to visit is Yellowstone National Park.

Peggy's "children" are her puppy dogs. She has rescued dogs that have been abused and are not adoptable by others. She has had several wonderful companions over the years and enjoys them very much!

Peggy's best piece of advice for living is to make the most of today and do not take anything too personally!

We really enjoy Peggy being a part of our Center and look forward to her friendly face each time she comes.

FREE Cooking Matters Class

We will be offering this free cooking series with Carla from the YMCA starting Thursday September 15. It will run for six weeks on Thursdays from 12:30-2:00 at the Center. This course is designed to introduce adults to healthy eating and safe cooking.

*Healthy snack and beverage choices

*Importance of whole grains, fruits & vegetables

*Hands on cooking demos & food tasting

Please Sign Up at the Center

Thank You For Your Sponsorship

Homecare Assistance

Senior Care Nursing Services

Metron of Forest Hills

Heartland

Intelicare Health Service

KDL Library

Laurels of Kent

Heather Hills



September Birthdays



5-Lil Bosscher

5-Joanne Miller

5-Jean Rockwell

8-Don Tuttle

10-Aileen Ross

13-Sharon Rix

15-Linda Westveld

21-Arlene Fansher

24-Clara King

27-MaeDean Alexander

* Anyone celebrating a birthday will receive a coupon for a FREE lunch and should also come to be celebrated at the monthly birthday bash!



2016



Mon	Tue	Wed	Thu	Fri
<p>Please check out the binder to sign up for outlines!</p>	<p>Suggested Donations: Lunch 60+ \$2.75 Lunch 59- \$3.50 Exercise: \$2 Craft Class: \$3</p>		<p>1 9:30 ~ Nifty Knitters @ Laurels of Kent</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>12:45 ~ Euchre</p>	<p>2 9:00 ~ Hand & Foot</p> <p>11:00 ~ Steel Drum Workshop w/ Jean</p> <p>12:45 ~ Bingo w/ Laurels of Kent</p>
<p>5</p> <p>CENTER CLOSED</p> <p>LABOR DAY</p>	<p>6 10:00 ~ Aggravation</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>11:00 ~ Bingo</p>	<p>7 10:00 ~ Walk Club</p> <p>10:00 ~ Games</p> <p>10:30 ~ Bible Study</p> <p>12:45 ~ Meijer</p>	<p>8 9:30 ~ Nifty Knitters</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>11:00 ~ Book Club</p> <p>12:45 ~ Euchre</p>	<p>9 FREE EXPO 9:00 ~ Hand & Foot 10-11:30 ~ FREE HEALTH EXPO w/ Senior Nursing Care Services 12:15 ~ Blood Pressures & Bingo w/ SNCS 1:00 ~ Advisory Council</p>
<p>12 9:00 ~ Hand & Foot</p> <p>9:45 ~ Boulderridge Wild Animal Park Outing</p> <p>12:45 ~ Pokeno</p>	<p>13 10:00 ~ Aggravation</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>10:45 ~ Bingo w/ Intelicare Health</p>	<p>14 10:00 ~ Walk Club</p> <p>10:00 ~ Games</p> <p>10:30 ~ Bible Study</p> <p>12:45 ~ Meijer</p> <p>4:30 ~ First Wok for Chinese Food</p>	<p>15 9:30 ~ Nifty Knitters</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>12:30-2:00 ~ Cooking Matters Class Begins</p> <p>12:45 ~ Euchre</p>	<p>16 PINK ARROW GAME 9:00 ~ Hand & Foot</p> <p>11:00 ~ Birthday Bash w/ Lisa Erb</p> <p>12:45 ~ Bingo w/ "Metron"</p>
<p>19 9:00 ~ Hand & Foot 10:00 ~ Color Me Calm 12:45 ~ Pokeno 2:00 ~ Icecream @ Metron</p>	<p>20 10:00 ~ Aggravation</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>10:45 ~ Bingo</p>	<p>21 10:00 ~ Walk Club</p> <p>10:00 ~ Games</p> <p>10:30 ~ Bible Study</p> <p>12:45 ~ Meijer</p>	<p>22 9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 10:30 ~ ComputerClass 12:30-2:00 ~ Cooking Matters Class 12:45 ~ Euchre</p>	<p>23 9:00 ~ Hand & Foot</p> <p>11:00 ~ FREE Smoothies & More w/ Heartland 12:45 ~ Bingo w/ Heartland</p>
<p>26 9:00 ~ Hand & Foot 10:00 ~ Color Me Calm</p> <p>12:45 ~ Pokeno</p> <p>4:30 ~ Mystery Dinner Outing</p>	<p>27 10:00 ~ Aggravation</p> <p>10:00 ~ Exercise @ Schneider Manor</p> <p>10:45 ~ Bingo</p>	<p>28 10:00 ~ Walk Club</p> <p>10:00 ~ Games</p> <p>10:30 ~ Bible Study</p> <p>12:45 ~ Meijer</p>	<p>29 9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 12:30-2:00 ~ Cooking Matters Class</p> <p>12:45 ~ Euchre</p>	<p>30 9:00 ~ Hand & Foot</p> <p>12:45 ~ Bingo w/ Heather Hills</p>

Sparta Senior Neighbors Center

Sparta Senior Center

Located at 100 Ida Red, Sparta, MI
In the Harvest Way Building.
Phone: (616) 887-1273; Fax: (616) 887-1937



Please join old friends and make new ones here at the Senior Center in Sparta. Monday through Friday 8:30—2:30

We offer Entertainment, Music, Exercise, Bingo, Crafts and Programs.

Lunch is served daily
at 11:30

Provided by
Meals On Wheels

Suggested
Donation \$2.75

Guests under 60
always \$3.50

Senior Center Staff

Coordinator: Jane Ringler
Nutrition Aide: Robin Price
Bus Driver: Process of Hiring

Advisory Council Members

President: Dori Johnson
Vice President: Karen Keech
Secretary: Marian Andersen
Treasurer: Annette DeVries
Members at Large: Dee Biddinger
Wanda Poling, Lorraine Gray,
Lee Beurkens & Teresa Beuschel

Sparta Senior Neighbors Antique Road Show

Coin Evaluations

With Dave Huhn
Friday Sept 9th
10 a.m.



Let senior member Dave Huhn evaluate your coins. Attend this fun and informational time as Dave shares his old coin expertise.

Let's go Antique Road Show, Sparta Center style!

RIDELINK

Please call Ridelink at 1-866-425-3848 to schedule your rides. The requested donation is \$2 per ride. A safer, cheaper alternative!!

Heart to Heart With Jane

The life stories of a senior are not only extremely interesting, but full of funny moments. I think about the books that could be written. As the memory fades with age, it's amazing how several of the extraordinary events in one's life still remain. It's made me begin to think about my own life and the truly funny moments I've been a part of. I would like to start a journal to record these events. I have a good sense of humor and enjoy laughing it up with my sisters. We often enjoy sitting together dreaming up a reality television show in which we could be stars. Some of the everyday unique experiences together could make hilarious programming. One example of many, is my younger sister and I look like twins. I received rude treatment from a waitress in our town and could not figure out why. Come to find out, the waitress thought I was seeing two different men for dinner. Ha-ha. Once this was cleared up, regarding my sister "twin" and her husband frequenting the same restaurant, it made for big laughs. My sister threatens me often in fun, that she will play me all over town. We've had so many funny times, we are sure we would be reality T.V. stars. But that would mean we would have to be completely vulnerable and open about every aspect of our lives. That would certainly not only be a courageous thing to do, but it could cause great embarrassment to our teenagers. So we opt to keep our everyday happenings to just our family and friends. Life is fun for the most part, it really can be with a sense of humor. I find the seniors here in Sparta are funny and entertaining. It's a choice to look at the humorous side and with laughter brings a longer, healthier, happier life. I'm sure this is why the seniors I know are living longer and enjoying everything life has to offer.



Mod Podge

Happy Birthday

Remember your FREE Meal

- 1st Ann Plarsyk
- 3rd Doris Johnson
- 10th Judith Temperle
- 14th Skip Hiler
- 14th Nora Seidel
- 19th Ann Gelbuda
- 19th Dot Lausin
- 21st Mike Westover
- 22nd Roger Tawney



Sept 6th 11:00 a.m.
Help Welcome Back
Mary Ann Wallace

Advisory Council Elections
Accepting nominations for council 8/22 to 8/26. Work with great people and have a say in guiding the direction of the Senior Center.



Senior Neighbors Picnic 2016



Tall Ships coming in to Grand Haven

Is it legal for seniors to have this much fun? Who knows, but they can't arrest all of us. 😊



Factory Chocolates by Grimaldi Tour

Y'ALL INVITED

Big Daddy Sugarbaker's

Property

Atlanta Georgia 

(Sparta Senior Center)

Southern **BBQ** Bash

Wednesday September 14th

9:45 a.m. Sharpe

Chix off the Pit, Cob Corn & all the F'ixins'

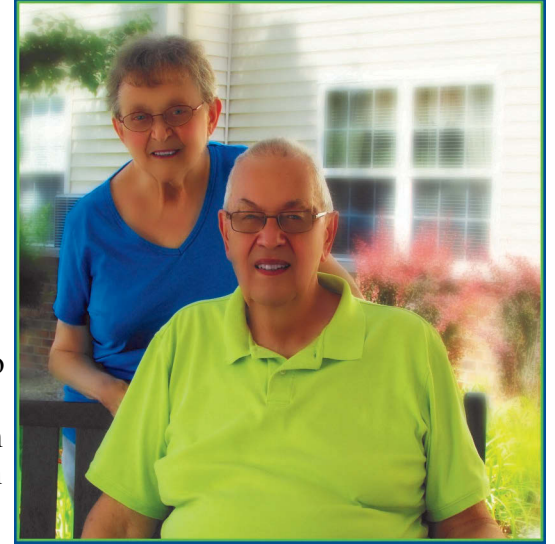
FUN, LAUGHS & A MURDER MYSTERY

R.S.V.P. the center or call 877-1273

Irv Lister Retires from Senior Neighbors

Article and Picture by Jane Ringler

Irvin Thomas Lister was born at home in Savannah, Illinois on May 26, 1938. He was welcomed by his parents, Irvin and Harriet Lister and two brothers. Prior to Irv's birth, his family had lost his six-year-old sister to leukemia causing the family to endure much pain and grief. Irv was the ray of sunshine and wonderful addition the family needed. Not long after Irv arrived, the family welcomed yet one last child, another boy. Irv lived a good childhood with his three brothers in the same home since birth. His parents owned and operated a small mom and pop grocery store until the depression made it too difficult to keep the doors open. After the grocery store closed, Irv's father went to work with the carpenters' union. Irv graduated from Savannah high school in 1956. He then started a part time job checking box cars with the local railroad company. At his pastor's recommendation, in the fall, he traveled by steam engine train from Savannah, Illinois, to Alberta Canada to begin college at Prairie Bible Institute. This small college was a self-contained school on a farm. Irv was required to work one and a half hours a day on the farm to pay tuition. Later that year, he received notification that his father was diagnosed with terminal cancer and Irv left Canada to be closer to home. He became a student at Moody Bible Institute in Chicago, which was 150 miles from Savannah. The first of the year, Irv's father passed away at 58 years old. Irv continued working towards his speech and communications degree. The second year of school, he sat behind a bright and beautiful young girl from Sparta, Michigan. Her name was Donna Amburgey and they hit it off immediately. Irv and Donna wrote notes to one another to pass their time in the boring English class. As their relationship blossomed, they discovered that Moody Bible Institute would not allow them to attend and live on campus as a married couple. Irv and Donna then made the decision to move over to the University of Illinois where Irv could continue going to school and Donna would work in a grocery store to support the young couple. Irv graduated from this university in 1962 with a B.A. in Speech Communication. After earning his degree, the couple moved back to Donna's hometown of Sparta, Michigan and started their family. A boy they named Brent was the first child to be born in 1962. Irv had landed a position teaching speech at the Grand Rapids Baptist Seminary and Donna picked up another job working in a grocery store. Their first daughter Wendy was born in 1965. Irv started commuting to Michigan State University to earn his masters degree in Speech Communications and graduated in 1967. Teaching jobs were tough to locate, so he began working for Sparta Farm Machinery. In 1969 the couple traveled back to where they began in Chicago at the Moody Bible Institute, where Irv accepted a teaching position. He also became a student at the Northern Illinois University to earn his doctorate. Again, Donna worked in grocery. The couple continued to care for their own children by working different shifts. In 1974 their daughter Kari was born. That next year, Irv graduated from Northern Illinois with his doctorate. In 1981 another daughter named Elizabeth was born. Due to job cuts in teaching in 1986, Irv started a painting business with his son Brent called Lister Decorating/Lister Painting. In 2004 Irv accepted the position as transportation provider for the Senior Neighbors in Sparta. He has had a good 12 years working for this nonprofit organization and has made an abundance of friends. Irv not only continues to enjoy reading, but he and Donna are actively involved in the Sparta Baptist church. Irv is a chaplain and has performed several funerals and marriages. Irv and Donna have eight grandchildren and five great grandchildren. Irv has been such a pleasure to work with over the time I've been at the Sparta Senior Neighbors. He was welcoming and helpful to me in so many different ways. Irv is described as friendly and caring. He is a great man with compassion for people. The love for his LORD and Savior gives Irv the strength, grace and kind, gentle nature to take care of others. Irv was treasured here at the Sparta Center and will be greatly missed, as he retired on July 15, 2016. A party was given in his honor. We hope to see Irv and Donna at the Sparta center often. Instead of a clipboard and transport manifest in hand, we look for Irv to have a cup of coffee and his big smile on his face, as usual. Congratulations Irv, enjoy your retirement!





2016

Mon	Tue	Wed	Thu	Fri
<p>Suggested Donations:</p> <p>Lunch 60+ \$2.75 Lunch under 60 \$3.50 (not a donation)</p> <p>Exercise: \$2 Crafts: \$3</p>	<p>Sign up for a make over & photo shoot for Tues Sept 20th</p>  <p>Make up, hair, nails, goodies, music & beautiful pictures to pass down.</p> 	<p>Smiles are Contagious</p> 	<p>1</p> <p>10 a.m. Games with Jane 11:30 a.m. Lunch 12:20 p.m. Bingo w/Sonus</p>	<p>2</p> <p>10 a.m. Piano w/Dale 10:30 a.m. Exercise 11:30 a.m. Lunch 1-3 p.m. Euchre at Meadowlark</p>
<p>5</p> <p>LABOR DAY CENTER is CLOSED!</p> 	<p>6</p> <p>10:30 a.m. Exercise 11 a.m. Welcome Back Mary Ann Wallace 11:30 a.m. Lunch 12:20 p.m. Bingo with Mary Ann</p>	<p>7</p> <p>10 a.m. Music with Silvertones 11:30 a.m. Lunch & Sept B-day cake with Metron 12:30 p.m. Bowling 12:30 p.m. Craft & Chat</p>	<p>8</p> <p>9:30-11:30 a.m. Beltone Hearing Aide Check & Clean 11:30 a.m. Lunch 12:20 p.m. Bingo</p>	<p>9</p> <p>10 a.m. Piano with Dale 10 a.m. Old Coin Evaluations with Dave 10:30 a.m. Exercise 11:30 a.m. Lunch 12:30 p.m. Coin Game with Jane</p>
<p>12</p> <p>8:30 a.m.—4 p.m. Foot Care with Dr. Hyde 10 a.m. Bean Bag Toss with Jane 11:30 a.m. Lunch</p>	<p>13</p> <p>8:30 a.m.—4 p.m. Foot Care with Dr. Hyde 10 a.m. Ask a Nurse 10:30 a.m. Exercise 11:30 a.m. Lunch 12:20 p.m. Bingo</p>	<p>14</p> <p>9:45 a.m. Big Daddy Sugarbaker's BBQ & Murder Mystery 12:30 p.m. Raffle 12:30 p.m. Bowling at Sparta Lanes</p>	<p>15</p> <p>10 a.m. Medicare Open Enrollment Discussion w/Khue 11:30 a.m. Lunch 12:20 p.m. Bingo</p>	<p>16</p> <p>10 a.m. Piano with Dale 10:30 a.m. Exercise 11:30 a.m. Lunch 1-3:00 p.m. Euchre at Meadowlark</p>
<p>19</p> <p>10 a.m. Michigan Commodities 10 a.m. Music with Country Stringz 11:30 a.m. Lunch</p>	<p>20</p> <p>10:30 a.m. Exercise 11:30 a.m. Lunch 12:20 p.m. Bingo 4 p.m. Make Over & Photo Shoot w/Jane & Friends</p>	<p>21</p> <p>10:30 a.m. Senior Steppers 11:30 a.m. Lunch 12:30 p.m. Bowling at Sparta Lanes 12:30 p.m. Craft & Chat</p>	<p>22</p> <p>9-3 p.m. Hearing Test with Sonus 11:30 a.m. Lunch 12:20 p.m. Bingo 12:15 p.m. Advisory Board Meeting</p>	<p>23</p> <p>10 a.m. Piano with Dale 10:30 a.m. Exercise 11:30 a.m. Lunch</p>
<p>26</p> <p>10 a.m. Karaoke with Jane 11:30 a.m. Lunch</p>	<p>27</p> <p>10:30 a.m. Exercise 11:30 a.m. Lunch 12:20 p.m. Bingo</p>	<p>28</p> <p>10 a.m. Blood Pressure Checks 10:30 a.m. Music w/Spoon man 11:30 a.m. Lunch 12:30 p.m. Bowling 12:30 p.m. Craft Chat</p>	<p>29</p> <p>10:30 a.m. Hula Hands 11:30 a.m. Lunch 12:20 p.m. Bingo</p>	<p>30</p> <p>10 a.m. Piano with Dale 10:30 a.m. Exercise 11:30 a.m. Lunch & Home Movies with Jane 1-3 p.m. Euchre at Meadowlark</p>



Walker Firehouse Café

4101 Lake Michigan Dr.

Walker, MI 49534

Located on the 2nd floor in the Community Room of
Fire Station #2 Downtown Standale

Phone: 616.735.3240 Fax: 616.735.2966

Email: smzings@seniornighbors.org



At Walker Firehouse Café we pride ourselves in being a social, welcoming location for seniors to connect and enjoy life with other older adults in our community. Enjoy a cup of coffee, maybe a snack. Meet new friends as you play bingo, be entertained, enjoy a craft, learn new things, or engage in a friendly game of cards.

**Hours: Monday, Wednesday & Friday
9:00am to 2:00pm**

Come and enjoy lunch at noon.

There is a suggested donation
of \$2.75 over 60

Guests under 60 are \$3.50

When planning a group luncheon, please
RSVP to 616.735.3240

Guests are always WELCOME!

Senior Center Staff

Sherri Meines: Center Coordinator

Kathy Soper: Nutrition/Activity Aid

Esther Anderson, Delores Dykstra,

Nancy Plaisier

Senior Companion Volunteers

Advisory Council Members

Dr. John Hulsing: Chairperson

Nancy Jansen: Vice Chairperson

Carole Yurgaites: Treasurer

Members at large: Lori Dillman,
Mary Kinnane, Steve Kwaitkowski,
Charlie Ross

Welcoming Committee:

Kenneth Scott, Roger Vander Velde

Representative to the SNI Board:

Myrna Zielinski

Rapid Board: Mary Kinnane

Advisory Council meets the third
Wednesday of the month. Subject to
change if needed.

Reduced Price Go Bus and Rapid Tickets are available here!

\$6.00 Suggested donation for
Rapid City Bus

Reduced Fare over 65

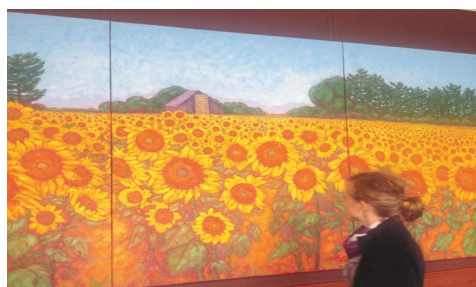
\$8.00 Suggested donation

For Adult Fare age 60 to 64

\$21.00 Suggested donation for Go Bus

September is National Senior Center Month This years theme is "Finding Balance at Your Senior Center"

Check out the pictures below of seniors who enjoy finding balance at their local senior center!





September Birthday's

Mary Kinnane 9.6

Lucille Kwiatkowski 9.13

Kenneth Scott 9.25

Nancy Dorwin 9.27

Come and enjoy fresh baked cakes
or desserts on the
first Wednesday of the month.

It's a Celebration of Life Party

For one of our founding member's
"Angie Welsh"

Date: Wednesday September 14th

Time: 10:00am to 3:30pm

Place: Christian Reformed
Conference Grounds

12253 Lake Shore Drive
Grand Haven, Michigan 49417

Angie enjoyed decorating the center
for all the many Holidays and
Celebrations that were held. Angie
helped create the many flowers that sit
on the lunch tables. She also enjoyed
knitting and
doing crafts.

So come and
enjoy
a fun time while
we also
remember
a true friend,
Angie!



September is National Senior Month

So stop in to see what your local
Walker Center has to offer!

Friday, September 2nd 10:00am

Millennium Park Morning

We will be car pooling over to Millennium
Park to enjoy a fun morning of
Paddle Boats, Canoes or Kayaks.

Fees range from \$6.00 to \$10.00 per hour

Then we will return to the
center for lunch, after which
we will enjoy a fun afternoon
of kite flying
in the
parking lot.



Friday September 16th 11:00am

we will be car pooling to tour
Home Repair Services

Located at 1100 S. Division SE
Grand Rapids, Michigan 49507

This tour includes lunch,
returning around
2:00pm.



Wednesday September 28th 1:30pm

We will be car pooling to

Fredrick Meijer Garden & Sculpture Park
to enjoy Art Prize
along with the
many sites
the garden has to
offer. We will travel
by tram and also by
foot.



Cost per person: \$15.00

**As always, guests are always Welcome.
Over 18 please!**



September 2016



	<p><i>Seniors on the Go!</i></p>	<p>2 9:00 Coffee & Cards 10:00 Millennium Park \$6.00 to \$10.00 per person 12:00 Lunch 1:00 Kite Flying 1:00 Cards & Games</p>
<p>5</p> <p>Closed for LABOR DAY</p>	<p>7 9:00 Coffee & Cards 11:00 Music, Rob Werner 12:00 Lunch 1:00 Cards & Games</p>	<p>9 9:00 Coffee & Cards 10:00 Book Club 11:00 Craft w/Sherri Hens & Chicks Garden 12:00 Lunch 1:00 Cards & Games</p>
<p>12 9:00 Blood Pressure 9:30 Bingo 11:00 Senior Nursing Care Services Strength & Flexibility Program 12:00 Lunch</p>	<p>14 Celebration of Life Memorial For Angie Welsh at the CRCG</p> <p><u>Center Closed</u></p> <p>All Programming at the Conference Grounds</p>	<p>16 9:00 Coffee & Cards 11:00 Tour of Home Repair Services, with Lunch 12:00 Lunch 1:00 Cards & Games</p>
<p>19 9:00 Coffee & Cookies 9:30 Bingo 11:00 Wii Bowling 12:00 Lunch 1:00 Cards & Games</p>	<p>21 9:00 Coffee & Cards 11:00 Bing Higbee, Vocals 12:00 Lunch 12:00 Vote for the new Advisory Board 1:00 Advisory Meeting</p>	<p>23 9:00 Coffee & Cards 10:00 Mindful Meditation Music with Adult Coloring 12:00 Lunch 1:00 Cards & Games</p>
<p>26 9:00 Coffee & Cookies 9:30 Bingo 11:00 St. Ann's Home Dr. Randle D.O. Healthy Living 12:00 Lunch 1:00 Cards & Games</p>	<p>28 9:00 Cards & Games 11:00 Ed Link, Silvertones 12:00 Lunch 1:00 Fredrick Meijer Gardens \$15.00 per person Returning later afternoon</p>	<p>30 9:00 Coffee & Cards 10:30 Trivia with Kathy 12:00 Lunch 1:00 Cards</p>



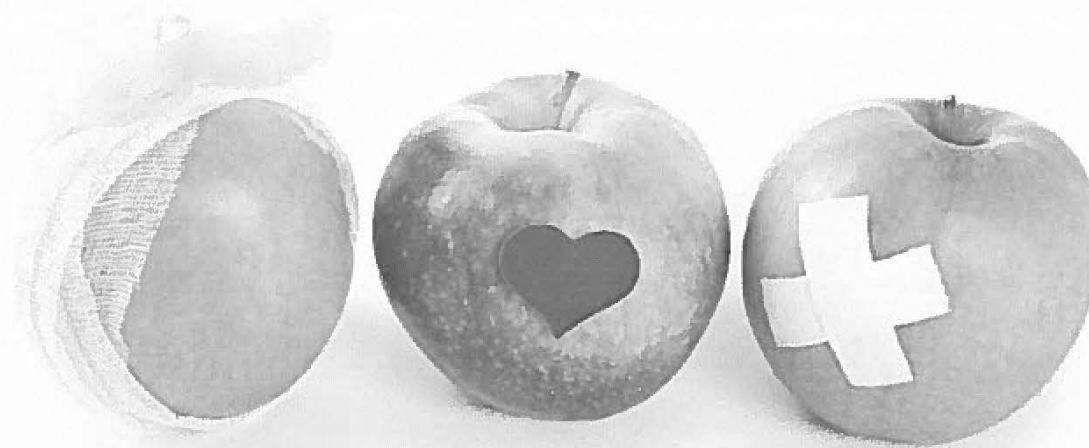
SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH[®] 2016

5 Nutrition Tips to Promote Wound Healing

By Lynn Grieger, RDN, CDE, CPT, CHWC

Published July 21, 2015



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March is **National Nutrition Month**, when the Academy of Nutrition and Dietetics reminds everyone to return to the basics of healthy eating. It is also the time of year when the Academy celebrates expertise of registered dietitian nutritionists as the food and nutrition experts.

We've all had a wound: a cut, scratch or scrape that breaks the skin. Most wounds on healthy people heal quickly when kept clean and free of infection, while other types of wounds are more serious and often require medical intervention. These can include decubitus ulcers, also known as pressure sores or bed sores, which develop where bones are close to the skin — such as ankles, back, elbows, heels and hips — in people who are bedridden, use a wheelchair or are unable to change their position. People with diabetes also have a higher risk of developing foot ulcers that can take weeks or months to heal.

Food choices and nutritional status influence wound healing since serious wounds increase the energy, vitamin, mineral and protein requirements necessary to promote healing. Also, nutrients are lost in the fluid that weeps from wounds.

The Nutrition Tips

1. The first priority is to eat sufficient calories from a balanced diet of nutritious foods. Plan healthy, balanced meals and snacks that include plenty of foods from all the MyPlate food groups — protein, fruits, vegetables, dairy and grains.
2. Include optimum amounts of protein. Aim for 20 to 30 grams of protein at each meal and 10 to 15 grams of protein with each snack. A piece of cooked chicken, lean meat or fish the size of a deck of cards (about 3 ounces) contains 20 to 25 grams of protein. One egg, 1 tablespoon of peanut butter and 1 ounce of cheese each contain 6 to 7 grams of protein. One cup of low-fat milk or yogurt contains 8 grams of protein.
3. Stay well-hydrated with water and other unsweetened beverages such as tea, coffee, 100-percent fruit juice and milk, which also contains protein.
4. Some wounds may require a higher intake of certain vitamins and minerals. Talk with a registered dietitian nutritionist for an individualized eating plan with optimum amounts of calories, protein, fluids, vitamins and minerals for your specific needs.
5. For people with diabetes, controlling blood sugar levels is one of the best ways to prevent and treat a wound. Work with your physician and registered dietitian nutritionist to develop a personalized blood sugar management plan.

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