



# Senior NEIGHBORS



January 2020

... no longer alone.

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](http://www.seniorneighbors.org) • EMAIL: [info@seniorneighbors.org](mailto:info@seniorneighbors.org)

### Senior Neighbors Exercise Classes Now Working with Silver Sneakers!



Julie Lake, MPA, CTRS  
Wellness Coordinator

Happy New Year! As you get back into the swing of your fitness classes, we

have exciting news to share! EnhanceFitness, Tai Chi and Arthritis Exercise classes are now covered under Silver Sneakers. We will be working out the kinks with EnhanceFitness first, then adding our other classes after that! If you have the Silver Sneakers benefit as part of your Blue Cross or Priority Health Medicare Advantage plan, you can use your benefit for EnhanceFitness classes. And, you can use it in multiple locations, for multiple classes!

For example, if you have a gym membership under your Silver Sneakers benefit, you can keep that membership but also use it to attend classes. We are excited about this new partnership because it allows so many more of you to save your own money! If you use your Silver Sneakers benefit, you will not be asked to make a donation! We're happy to help you save money!

We are currently working on getting all of our current instructors and classes onboarded into this new system, so please be patient as we work through this new process. If you have any questions please feel free to contact me or reach out to your insurance company!

I wish you all a happy and healthy year.

Be Well! -Julie



## CHANGE YOUR MINDSET ABOUT YOUR BODY



Written by Writers for Good Health A MAGAZINE FOR BLUE CARE NETWORK MEMBERS | FALL 2019

What happens when you look in the mirror? Do you feel comfortable about your body and the way you look? Or do you focus on the nose you don't like or the hips you think are too big?

There's a connection between body image and mental health, according to the Office of Women's Health. Individuals who feel positive about their bodies tend to have good physical and mental health. Those who have a negative body image are at greater risk for depression and eating disorders.

### Be kind to yourself

To have a healthier relationship with your body, practice these tips:

- Replace your negative self-talk with positive thoughts and affirmations.
- List all the things you like about yourself that are unrelated to your appearance and read it often.
- Celebrate all the things your body can do, such as walk, run dance and laugh.
- Treat your body well by eating healthy foods and exercising regularly.
- Avoid comparing yourself with the unrealistic standards of beauty promoted in the media.
- Realize that beauty is about your state of mind and not your body.
- Surround yourself with positive and supportive people.



### Take patience with yourself

Changing your mindset about your body image can take time. Talk with your primary care physician if you feel you need help. He or she can determine whether you suffer from depression or an eating disorder. Treatment might include counseling, medication or a combination of the two. Your provider will create a care plan to help you feel better.

## When You Need an Antibiotic

Antibiotics can be powerful medicine, but they're not a cure-all. If you have a bacterial infection – such as pneumonia – they can be a big help. But if you have a runny nose, fever, cough and are feeling rundown, you likely have a cold or the flu. Because viruses cause these infections, antibiotics don't help. Sometimes, they can even be harmful.

### Overuse spells trouble

Antibiotics work by fighting bacteria that make you sick, either by killing them or stopping them from growing. But, sometimes, bacteria learn how to resist an antibiotic. The more often antibiotics are used, the bigger the risk that this can happen. You can end up with stronger bacteria that are very hard to treat. These resistant bacteria can cause serious illness or even death.

That's why you should take antibiotics only when your primary care physicians (PCP) says they're necessary. **NOT SURE WHETHER YOU HAVE A VIRUS OR BACTERIAL INFECTION?** See the chart below or call your PCP.

### Antibiotics Guidelines:

- Take them for bacterial infections.
- Take all the medication prescribed. (If you use only part of the prescription, it can mean you treated only part of the infection).
- Finish the course of treatment even if you feel better.
- Don't take antibiotics for common cold symptoms like a runny nose or cough.
- Don't self-prescribe. Antibiotics won't help viral infections and they won't prevent other people from catching your cold. Even worse, they can create stronger bacteria that are harder to treat.

### What's ailing you?

*It's sniffle season again. How can you tell whether you have a cold, the flu or something else?*

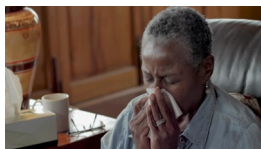
*Check it out with this symptom guide!*

*And remember, if your*

*symptoms don't improve or you start noticing new ones, call your PCP.*



COLD	FLU	What is it?	STREPTHROAT	BRONCHITIS
Viral infection	Viral Infection	What is it?	Bacterial Infection	Viral Infection
<ul style="list-style-type: none"> <li>•Low-grade fever</li> <li>•Sneezing, runny nose</li> <li>•Mild cough</li> <li>•Slight muscle aches</li> </ul>	<ul style="list-style-type: none"> <li>•Sudden and high fever (above 101 F)</li> <li>•Stuffy, runny nose</li> <li>•Headache</li> <li>•Muscle aches</li> <li>•Nausea</li> </ul>	What are the symptoms?	<ul style="list-style-type: none"> <li>•Fever</li> <li>•Pain when swallowing</li> <li>•Red and swollen tonsils, and white patches</li> </ul>	<ul style="list-style-type: none"> <li>•Coughing with or without mucus</li> <li>•Soreness in chest</li> <li>•Fatigue</li> <li>•Mild headache</li> <li>•Mild body aches</li> </ul>
<ul style="list-style-type: none"> <li>•Wash your hands</li> <li>•Avoid close contact with people who have colds.</li> </ul>	<ul style="list-style-type: none"> <li>•Get our annual flu vaccine.</li> <li>•Wash your hands often.</li> </ul>	Best prevention	<ul style="list-style-type: none"> <li>•Practice good hand hygiene.</li> <li>•Don't share personal items, especially with someone who's sick.</li> </ul>	<ul style="list-style-type: none"> <li>•Don't smoke or be around a smoker.</li> <li>•Stay up-to-date on recommended vaccines</li> </ul>
<ul style="list-style-type: none"> <li>•Rest and over-the-counter medicines</li> </ul>	<ul style="list-style-type: none"> <li>•Rest and fluids</li> <li>•Over-the-counter medicines</li> <li>•Antiviral medicines, if needed</li> </ul>	Best treatment	<ul style="list-style-type: none"> <li>•Antibiotics after positive strep test.</li> </ul>	<ul style="list-style-type: none"> <li>•Rest and fluids</li> <li>•Use a clean humidifier or cool-mist vaporizer.</li> </ul>



# 4 Grand Rapids Senior Neighbors Center

Open Monday—Friday  
8:30 am—2:30 pm

We are located in downtown Grand Rapids at 333 S. Division  
(Across from the Catholic Diocese)

We want to serve you, so if you are 60 or better, stop in for a cup  
of coffee, shoot the breeze or play pool, make new friends,  
have lunch and participate in our fun happenings!

**Lunch is served daily at 11:30—\$2.00 suggested donation.**

Guests under 60 are charged \$3.50

# JANUARY

## From the Center Coordinator's Desk

Can you believe it's the year 2020? Sounds like the title of a space movie! What a year 2019 has been. So many highs and lows, sometimes I didn't know whether I was coming or going, but we got through it. This month we will be celebrating the life of Dr. Martin Luther King Jr., celebrating all of our January birthdays and honoring our veterans, all on separate occasions. So stay tuned and look out for further announcements.

**Jonathan**

Center Phone Number 616.459.3040



We want to take this opportunity to thank all of you who donated items/money to the GR Senior Neighbors Center! Some of you give of your time and talents and we want to thank you too!

If you or your organization would like to be a part of the Senior Neighbors volunteer family please call Nicole Driesenga at 616.233.0745



# THANK YOU

## A Special Thank You To:

- \* JW Marriott
- \* GRPD
- \* Don & Barb Turner
- \* Michael Herring
- \* Grand Rapids Drive
- \* Spectrum Health
- \* United Healthcare
- \* Amway
- \* Rob & Diane Robinson
- \* Pat Callahan
- \* Panera
- \* Stacy Peck
- \* GVSU Pharmacy
- \* Grand Rapids Griffins

## Staff & Volunteers

Center Coordinator: Jonathan Bates  
Activity Assistant: Jill Mancewicz  
Nutritional Aide: Walter Smith  
Representative from SNI: Nicole Driesenga  
AARP Volunteers: John Burns, Wilson Thompson, John Lofton, Emanuel Foxworth  
Senior Companions: Sue Owen, Terry Murphy, Ruby Leggett, Ollie Williams, Ervin Dykstra



## Advisory Council Members

President: Barb Turner  
Vice President: Perry Hughes  
Treasurer: Sue Owen  
Secretary: Terry Murphy  
Members at Large: Stan Smith, Hank Slagter, Charlie Pace  
Representative to the SNI Board: Charlie Pace



Freedom, Freedom

Tune: Twinkle, Twinkle, Little Star



Monday, January 20, 2020

Freedom, freedom, let it ring.

"Let it ring," said Dr. King.

Let us live in harmony

Peace and love for you and me.

Freedom, freedom, let it ring.

"Let it ring," said Dr. King.



## GR Senior Center 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 frees money we can put toward our senior services.

- \*Decaf/Regular Coffee/Tea
- \*Peanut Butter/Jelly
- \*Toilet Bowl Cleaner
- \*Pancake Mix & Syrup
- \*Cereal & Breakfast items
- \*Coffee Creamers
- \*Snacks/Goodies
- \*New Batteries
- \*Postage Stamps
- \*Bingo Prizes

**Let's Celebrate All  
January Birthday's**

The Party will be on  
**January 31, 2020 All Day Long!**

We will celebrating with food,  
**fun, and fellowship!**

We hope you will come  
**party with us!**

**JANUARY BIRTHDAY BASH**

Happy New Year

## Upcoming EVENTS

- |         |                                       |
|---------|---------------------------------------|
| 1/1/20  | New Years Day: Center Closed          |
| 1/2/20  | Breakfast (Advisory Council) 9:00     |
| 1/3/20  | Bingo w/Jill 12:30                    |
| 1/9/20  | Wii Golf 12:00                        |
| 1/10/20 | Catered Breakfast (Plant Moran) 9:00  |
| 1/16/20 | Veterans Tribute Celebration          |
| 1/20/20 | MLK Day Celebration                   |
| 1/21/20 | Free Legal Advice 10:00               |
| 1/21/20 | Advisory Council 1:00                 |
| 1/22/20 | Wii Bowling Challenge vs. Plant Moran |
| 1/23/20 | Wii Golf 12:00                        |
| 1/31/20 | Birthday Celebration                  |

## Grand Rapids Senior Center Senior of the Month

### William Duker

"Dukes" as he is affectionally known at the center was born in Oxford, Mississippi in 1953. At the ripe age of 3 years old his parents relocated to Michigan to be close to his grandfather. Duker attended Sheldon Elementary and graduated from South High School. Believe it or not Duker is the oldest of 8 siblings (4 boys & 4 girls). Duker first job was working at St. Mary's Hospital. He got married at age 22 and had two daughters, Shanette and Shatasha. Eventually Duker got divorced and from his next relationship Duker had three other kids. Shandale, Shamaree and Tayshaun. Duker has a loving bright personality and he enjoys playing Bid Whist and Dominoes. If you see Duker, don't be shy to say hi! He enjoys a hot cup of tea and some good conversation.



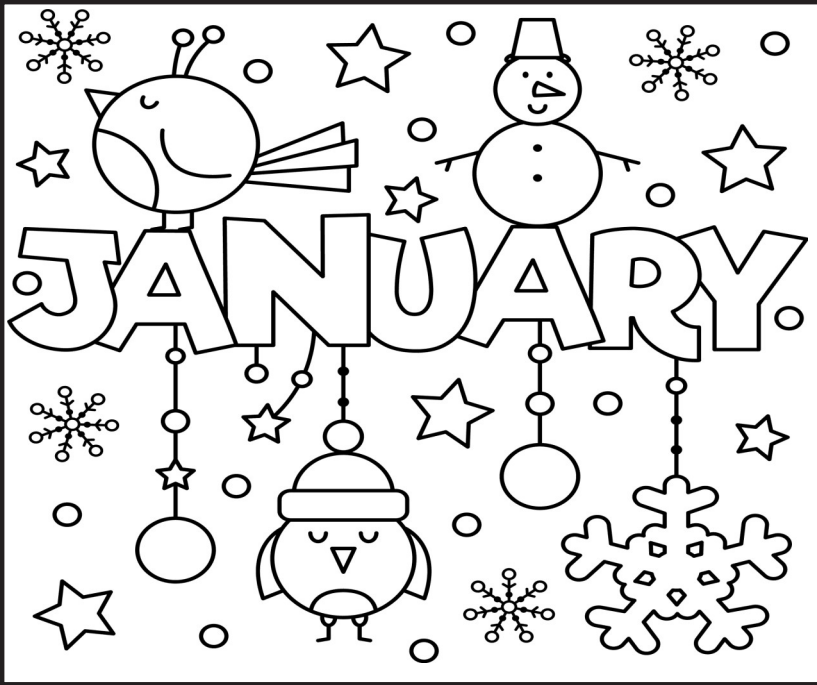
## January Birthday People!

- |                      |                         |
|----------------------|-------------------------|
| 4....Larry Jenkins   | 23...Wilson Thompson    |
| 6....Sylvester Hatch | 25...Brian Lattomored   |
| 8....Sue Owen        | 28...Robert Berry       |
| 9....Ceaser Fisher   | 29...Francisco Gonzalez |
| 10...Don Turner      | 30...Richard Marquardt  |
| 13...Kevin Kosten    | 31...John Lofton        |
| 13...Jill Mancewicz  | 31...Steve Strickland   |
| 15...Henry Slaughter | 31...Nathan Love        |



Birthday Party to be held on Friday, January 31, 2020  
All Day Long! We will have food, entertainment, prizes and so much more!

# 6 Grand Rapids Senior Neighbors Center



## RideLink Information:



The Rapid participates in RideLink, a network of area transportation providers. RideLink offers transportation to persons aged 60 or older to any destination, including doctor visits, recreational visits, and shopping trips **within Kent County**. Providers include Hope Network, Senior Neighbors, Kent County Community Action, United Methodist Community House and The Rapid. These agency's vehicles provide trips for RideLink.

**You must pre-register to use RideLink.**

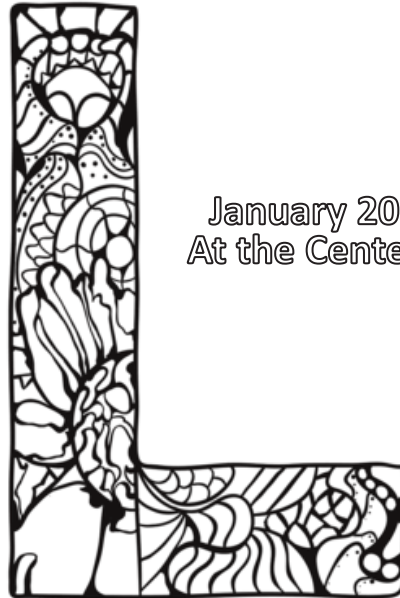
**Rides are scheduled through RideLink. Call 774-1288 no later than noon of the workday before your appointment.**

RideLink passengers are encouraged to make a **\$2.00 donation per trip**. Donations are an important part of this program. The money goes directly back into the program to allow for continued service.

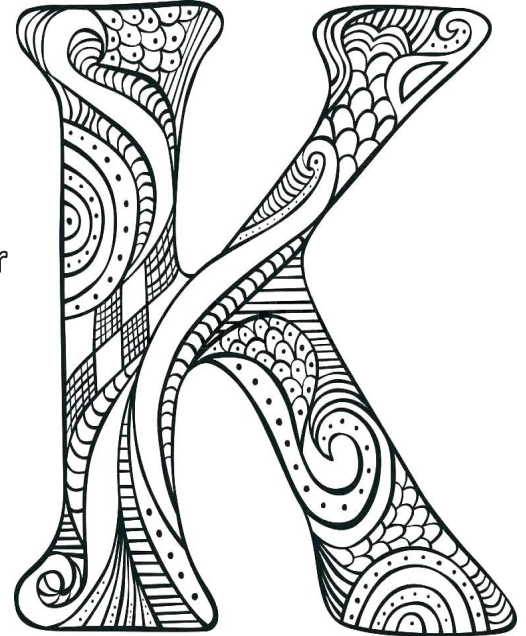
Service hours are Monday – Friday, 7:30 a.m.– 4:30 p.m. and Sunday, 8:00 a.m. – 2:00 p.m.

Rides must be cancelled through RideLink.

This service is available Sunday through Friday.



January 20  
At the Center



## Daily Happenings

Color Pencil Therapy—Mondays at 11:00

Bible Study—Thursdays at 11:00

Bingo—1st Friday of the Month at 12:30

Case Manager—Thursdays 10:00—12:00

Breakfast—2nd Thursday of the Month at 9:00

Wii Bowling—Wednesdays at 10:00

Wii Golf—Thursdays at 12:00

Attorney—3rd Tuesday of the Month at 10:00

Advisory Council—3rd Tues. of the Month at 1:00

Arthritis Exercise—Tues. & Thurs. at 10:00

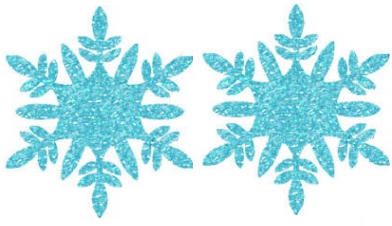
Card games Wizard, Bid Whist & Pool Daily



January  
16,  
At the  
Center






















V  
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Y



# January 2020



Thank You  
for  
donating  
for lunch.  
Every little  
bit helps!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please Make Sure You Stop by the Front Desk to Sign-In and Sign-Up for Special Trips and Activities!</b></p> 	<p><u>Suggested Donations</u></p> <p>Arthritis Exercise: \$3 Chair Exercise: Free Breakfast: Any Donation Lunch: \$2</p> 	<p><b>1 Center Closed</b></p> 	<p><b>2</b> Breakfast 9:00 Case Manager 10:00-12:00 Bible Study 11:00</p>	<p><b>3</b> Bingo 12:30 Cards 1:00</p> 
<p><b>6</b> Cribbage 10:00 Colored Pencils 11:00</p> 	<p><b>7</b> Arthritis Exercise 10:00</p> 	<p><b>8</b> Wii Bowling 10:00</p> 	<p><b>9</b> Case Manager 10:00-12:00 Bible Study 11:00 Wii Golf 12:00</p> 	<p><b>10</b> Breakfast 9:00 Plante Moran</p> 
<p><b>13</b> Cribbage 10:00 Colored Pencils 11:00</p> 	<p><b>14</b> Arthritis Exercise 10:00</p> 	<p><b>15</b> Wii Bowling 10:00</p> 	<p><b>16 Veteran Tribute Celebration!</b> Arthritis Exercise 10:00 Case Manager 10-12 Bible Study 11:00</p> 	<p><b>17</b> Cards 1:00</p> 
<p><b>20</b> Cribbage 10:00 Colored Pencils 11:00 <b>Celebrate MLK Day</b></p> 	<p><b>21</b> Arthritis Exercise 10:00 Free Legal Advice 10:00 Advisory Council 1:00</p>	<p><b>22</b> Wii Bowling (Challenge) 10:00 Plante Moran</p>	<p><b>23</b> Arthritis Exercise 10:00 Case Manager 10:00 Bible Study 11:00 Wii Golf 12:00</p> 	<p><b>24</b> Cards 1:00</p>
<p><b>27</b> Cribbage 10:00 Colored Pencils 11:00</p>	<p><b>28</b> Arthritis Exercise 10:00</p> 	<p><b>29</b> Wii Bowling 10:00</p>	<p><b>30</b> Arthritis Exercise 10:00 Case Manager 10:00-12:00 Bible Study 11:00</p> 	<p><b>31</b> <b>All Day Birthday Celebration!</b></p> 



## Grandville Senior Neighbors Center

Located in Grandville at 3380 Division. 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 noon for a 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](http://www.seniorneighbors.org)



### From the Coordinator's Desk

This is the time of year for new beginnings. A New Year and new resolutions. A resolution to think about what could be: "What can each of us do to make this an even better center than it already is?" Invite a friend or reach out and make new friends. We can each put our special skills to use to keep the center a cheerful and welcoming place. Once a senior begins coming to the center, we hope they feel at home and needed. We are here for each other. This is what being part of the Senior Center is all about, sharing goodness through simple acts of kindness. Have a wonderful, safe, and healthy January!

Lisa Sarber, CTRS  
 Center Coordinator



4 Margie Bossardet	18 Pearl Ritsema
4 Patricia Dever	18 David Woodruff
6 Patricia Persons	19 Monta Blake
10 Barb Weaver	21 Ron Tahtinen
12 Delores Gary	22 Sharon Brink
12 Beth Marshall	23 Sharleen Heathman
12 Beth Tomsu	23 Wayne VanDommelen
13 Mary Evans	23 Bill Yeomans
15 Jean Dalman	28 Janet Roelofs
15 Jason Kortering	29 Ardith Danneffel
16 Charlotte Duell	29 Francisco Gonzalez
17 Thomas Koon	30 Phillip Koenig
18 Jean Cisler	31 Georgia Dryer
18 Gerry Post	

Don't forget to claim your free birthday lunch on  
 Birthday Friday  
 ~ Friday, January 31, 2020 ~

### Staff

Coordinator: **Lisa Sarber, CTRS**  
 Nutritional Aide: **Joann Kanady**  
 Bus Driver: **John Bouma**  
 SNI Representative: **Nicole Driesenga**



### Advisory Council Members

President: **Jim VanStee**  
 Vice President: **Roger Wynsma**  
 Treasurer: **Fred Dillinger**  
 Secretary: **Jackie Sheler**  
 Members at Large: **Joe Haviland,**  
**Al Wolf & Lois Ripma**  
 Representative to the SNI Board:  
**Joe Haviland**



Advisory Council Meeting:

Thursday, January 9 at 1:00 PM

### Thank You for your Donation:

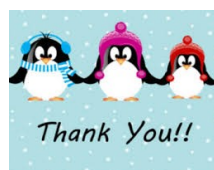
**Panera: Baked Goods**

**Samaritas: Birthday Cake**

**Lois Ripma: Ice Cream**

**Sunset Manor: Dessert for**

**Gleaners Lunch**





Volunteer of the month is Fred Dillinger.

Fred has been attending the Grandville Senior Center for the past twelve years. Fred is a very active volunteer for the Center & serves on the Advisory Council. Fred enjoys socializing with others, EnhanceFitness, playing dominos, meals, and outings. He also enjoys spending time with his family and continues to be active with his church family as well.



## GRANDVILLE G

Join the Fun! Community Education offers adult classes, lap swimming, senior water aerobics and pickleball. Also, Community Ed offers the free Golden Age card for 60+ year old Grandville School District residents. The card entitles you to free admission to all school sponsored athletics offered by member Kent County Schools.

Please stop by the Community Ed office for a free brochure or check them out online at: [recpro.gpsbulldogs.org](http://recpro.gpsbulldogs.org) or call 616-254-6553  
3843 Prairie Street SW  
7:30 am to 4 pm

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
- \*Hot Tea & Green Tea
- \*Coffee Creamer
- \*Sugar, Splenda or Equal



- \*Postage Stamps
- \*Copy Paper - White & Color
- \*New Batteries - AA, AAA, 9 Volt, C, & D
- \*Greeting Cards
- \*Foam Lunch Trays, Round Plates & Salad Bowls

## JANUARY

### Town Hall Meeting

Friday, January 10, 2020 at 11 am

Please come to discuss ideas for activities and how to make 2020 the best year at the Center yet!

We need all your ideas please.  
We hope to see you there!



### RideLink Information:

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- RideLink passengers are encouraged to make a \$2.00 donation per trip. Donations are an important part of this program. The money goes directly back into the program to allow for continued service.
- Service hours are Monday – Friday, 7:30 a.m.– 4:30 p.m. and Sunday, 8:00 a.m. – 2:00 p.m.
- Rides must be cancelled through RideLink.
- This service is available Sunday through Friday.



# JANUARY

Find Out  
**What's  
Happening**

**Wednesday, January 1** - The Center is Closed. Wishing you a Happy & Safe New Year!

**Friday, January 3 at 11:30** - Music with Lois Ripma.  
**RSVP by Monday, December 30.**

**Thursday, January 9 at 11:00** - Free Legal Advice. **RSVP by Monday, January 6.**

**Wednesday, January 15 at 11:00** - Lunch Bunch Outing to Wings N More in Grandville. **RSVP by Friday, January 10.**

**Friday, January 17 at 11:30** Music with Mayor Steve Maas  
**RSVP by Friday, January 10.**

**Monday, January 20 at 10:00** - Beltone Hearing Aid Cleaning. **RSVP by Friday, January 17.**

**Monday, January 20 at 1:00** - Martin Luther King Junior Trivia.

**Tuesday, January 28 at 10:30** - Free Eyeglass adjustments and minor repairs with Eyeglass World.

**Tuesday, January 28 at 12:45** - Feeding America West Michigan Food Pantry.

**Friday, January 31 at 11:00** - January Birthday Party with music by Martin Zyla. **RSVP by Friday, January 24.**

Don't Forget to  
**RSVP!**

## WINTER FUN!



Please come to one or all of our Fitness classes. We have them during the day and on Monday evenings, 6 pm.



Did you know that exercise classes are a big part of the Grandville Senior Center? We have the following exercise classes each week:

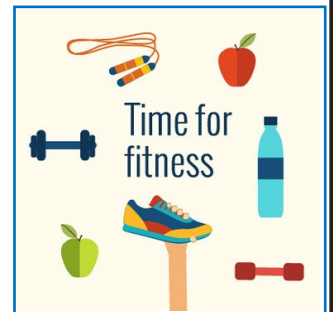
**Monday:** Enhanced Fitness at 10:00  
11:00 and 6:00 pm

**Tuesday:** None

**Wednesday:** Enhanced Fitness at 10:00 & 11:00

**Thursday:** Enhanced Fitness at 10:00

**Friday:** Yoga Chair at 9:00 & Zumba Gold at 10:00



**Come join us  
And help us  
Celebrate our January  
Birthdays**



**Friday, January 31 2020**

**At 11:00 AM**

**RSVP by Friday, January 24.**



**We Will Have Food, Music by Martin Zyla  
and so much more!**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Make Sure You Stop by the Front Desk to Sign-In and Sign-Up for Special Trips and Activities!</p> <p><b>Sign Up</b></p>	<p><b>Suggested Donations</b>                      Fitness: \$3                      Zumba Gold: \$3                      Chair Yoga: \$3                      Painting: \$3                      Breakfast: \$3                      Arts &amp; Crafts: \$5</p> 	<p><b>1 Center Closed</b></p> 	<p><b>2</b>                      9:00 Coffee Group                      10:00 Fitness                      10:00 Wii Bowling                      11:00 Pokeno                      12:45 Card Games                      1:00 People Bingo</p>	<p><b>3</b>                      9:00 Yoga                      10:00 Zumba                      11:30 <b>Piano Music with Lois Ripma (RSVP)</b>                      12:45 Card Games</p>
<p><b>6</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games                      1:00 Painting Group                      6:00 Fitness</p>	<p><b>7</b>                      9:00 Coffee Group                      10:00 Bible Study                      11:00 Coloring Group                      12:45 Card Games                      1:00 Bingo</p> 	<p><b>8 Footcare with Pam</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games</p>	<p><b>9</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Legal Advice                      12:45 Card Games                      1:00 People Bingo                      1:00 Advisory Council</p>	<p><b>10</b>                      9:00 Yoga                      10:00 Zumba                      11:00 <b>Town Hall Meeting</b>                      12:45 Card Games</p>
<p><b>13</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games                      1:00 Painting Group                      6:00 Fitness</p>	<p><b>14</b>                      9:00 Coffee Group                      10:00 Bible Study                      11:00 Coloring Group                      12:45 Card Games                      1:00 Bingo</p>	<p><b>15 Footcare with Pam</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      11:00 <b>Lunch Outing to Wings N More (RSVP)</b>                      12:45 Card Games</p>	<p><b>16</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Pokeno                      12:45 Card Games                      1:00 People Bingo</p>	<p><b>17</b>                      9:00 Yoga                      10:00 Zumba                      11:30 <b>Music with Mayor Steve Maas (RSVP)</b>                      12:45 Card Games</p>
<p><b>20 MLK Jr. Day</b>                      9:00 Coffee Group                      10:00 <b>Beltone Hearing (RSVP)</b>                      10 &amp; 11 Fitness                      12:45 Card Games                      1:00 <b>Martin Luther King Jr. Trivia</b>                      6:00 Fitness</p>	<p><b>21</b>                      9:00 Coffee Group                      10:00 Bible Study                      11:00 Coloring Group                      12:45 Card Games                      1:00 Bingo</p>	<p><b>22 Footcare with Pam</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games</p>	<p><b>23</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Wii Bowling                      12:45 Card Games                      1:00 People Bingo</p>	<p><b>24</b>                      9:00 Yoga                      10:00 Zumba                      11:00 <b>Travelogue</b>                      12:45 Card Games</p>
<p><b>27</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games                      6:00 Fitness</p>	<p><b>28</b> 9:00 Coffee Club                      10:00 Bible Study                      10:30 <b>Eyeglass adjustments &amp; minor repairs with Eyeglass World</b>                      12:45 Card Games                      12:45 Food Pantry                      1:00 Bingo</p>	<p><b>29 Footcare with Pam</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Fitness                      12:45 Card Games</p>	<p><b>30</b>                      9:00 Coffee Group                      10:00 Fitness                      11:00 Wii Bowling                      12:45 Card Games                      1:00 People Bingo</p>	<p><b>31</b>                      9:00 Coffee Group                      10:00 Pokeno                      11:00 <b>January Birthday Party &amp; music with Martin Zyla (RSVP)</b>                      12:45 Card Games</p>

## Welcome to the Lowell Senior Center

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 Meals on Wheels 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*



### Advisory Board

Kay Estes: *President*  
Russ Harig: *Treasurer*  
Nicole Driesenga: *SNI Central Office Rep*  
Ronni Moyer, Marlene Briggs, Teresa Potts,  
Shirley Willis, David Maltman: *Members at Large*  
Leo Peters: *Representative of the SNI Board of Directors*

## THERE'S NO MEMORIES LIKE SNOW MEMORIES





These pictures show us having a good time together!



Please Help Me Thank The Following Sponsors of the Lowell Senior Center

- Community Caregivers
- Green Acres of Lowell
- Laurels of Kent
- The Medical Team
- Stud Muffins & Cupcakes
- Fountainview of Lowell
- KDL Library
- Senior Sing Along
- Metron of Forest Hills



### Pinto Bean Auction

Please join us Friday January 10 at 11:00 for our Pinto Bean Auction!  
Please donate items by January 10 for the auction.

## UPCOMING Events

Monday, January 6  
Kids Food Basket Tour Outing—9:30

Thursday, January 9  
Big Boy Dinner Outing—4:30

Thursday, January 23  
Mystery Dinner Outing—4:30

Monday, January 27  
Sprinkles Donut Outing—9:30

Please sign up in the outings book and get more details on these events 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!

## SENIOR IN THE SPOTLIGHT

### TERRI HOAG



Terri Hoag was born and raised in Lowell and has been here all of her life.

She has only been coming to the Lowell Center for a few months but is loving it. She said she was home alone everyday before and was very depressed. Since coming here all of those feelings have disappeared.

She loves coming to the Center each day to see her friends, play cards, play bingo, go on outings and loves the entertainment here as well.

Outside of coming to the Center, Terri enjoys seeing her friends and going to church. We enjoy seeing Terri each day and are so glad she loves coming to the Lowell Center!



## Birthdays

- 01 - Deloris Schoen
- 04 - Russ Harig
- 20 - Ron Deleeuw
- 21 - Vern Edwards

- 22 - Fran Walling
- 23 - Gloria Jackson
- 26 - Leo Peters
- 28 - Joan Baty



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

## Lowell Senior Center Wish List

Lowell Senior Neighbors Center 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.

*Wish list Wish list Wish list*

- \*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 Center! We really appreciate your generosity in donating items that are needed. So many people benefit from them. Your kindness is greatly appreciated!

## RideLink Information:

The Rapid participates in RideLink, a network of area transportation providers. RideLink offers transportation for persons aged 60 or older to any destination, including doctor visits, recreational visits and shopping trips **within Kent County**. Providers include Hope Network, Hope Network Volunteer Transportation, Senior Neighbors, Kent County Community Action, United Methodist Community House, and The Rapid. These agency's vehicles provide trips for RideLink.



### You must pre-register to use RideLink.













Rides are scheduled through RideLink. Call 774-1288 no later than noon of the workday before your appointment.

- RideLink passengers are encouraged to make a **\$2.00 donation per trip**. Donations are an important part of this program. The money goes directly back into the program to allow for continued service.
- Service hours are Monday – Friday, 7:30 a.m.– 4:30 p.m. and Sunday, 8:00 a.m.– 2:00 p.m.
- Rides must be cancelled through RideLink.
- This service is available Sunday through Friday.



# January 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please Make Sure to Sign-In and Sign-Up for Special Trips &amp; Activities!</p> <p><b>Sign Up!</b></p>	<p><u>Suggested Donations</u> Lunch 60+ \$2.75 59 &amp; below-\$3.50 charge Exercise: \$2 Craft Class: \$3</p> 	<p>1 Center Closed</p> 	<p>2</p> <p>9:30 ~ Nifty Knitters @ Laurels of Kent 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Trivia Time</p> 	<p>3 <b>Winter Hat Day</b></p> <p>9:00 ~ Hand &amp; Foot Game 11:00 ~ Jeopardy w/ Teresa 11:30 ~ Town Hall Mtg. 12:30 ~ Bingo w/ Green Acres</p> 
<p>6</p> <p>9:00 ~ Hand &amp; Foot 9:30 ~ Kids Food Basket Outing 12:45 ~ Pokeno 12:45 ~ Advisory Council Mtg.</p>	<p>7</p> <p>10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo w/ Laurels of Kent</p> 	<p>8</p> <p>9:00 ~ Hand &amp; Foot 10:30 ~ Bible Study 11:00 ~ Word Games 12:45 ~ Meijer Outing</p> 	<p>9</p> <p>9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Book Club KDL</p> <p>4:30 ~ Big Boy Dinner Outing</p>	<p>10 <b>Sweater Day</b></p> <p>9:00 ~ Hand &amp; Foot Game 11:00 ~ Pinto Bean Auction 12:30 ~ Bingo w/ Fountainview of Lowell</p> 
<p>13</p> <p>9:00 ~ Hand &amp; Foot 11:00 ~ Winter Themed Charades 12:45 ~ Pokeno</p> 	<p>14</p> <p>10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo</p> 	<p>15</p> <p>9:00 ~ Hand &amp; Foot 10:30 ~ Bible Study 11:00 ~ Outburst 12:45 ~ Meijer Outing</p> <p><b>meijer</b></p>	<p>16</p> <p>9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Winter Craft</p>	<p>17 <b>Pajama Day</b></p> <p>9:00 ~ Hand &amp; Foot Game 10:45 ~ B-day Bash w/ Eddie Francisco 12:30 ~ Bingo w/ Community Caregivers</p>
<p>20 <b>MLK DAY</b></p> <p>9:00 ~ Hand &amp; Foot 11:00 ~ LCR Game 11:30 ~ MLK Day 12:45 ~ Pokeno</p>	<p>21</p> <p>10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Mystery Prize Bingo</p> 	<p>22</p> <p>9:00 ~ Hand &amp; Foot 10:30 ~ Bible Study 11:15 ~ Chitter Chatter 12:45 ~ Meijer Outing</p>	<p>23</p> <p>9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Brain Games w/ Laurels of Kent 4:30 ~ <b>Mystery Dinner Outing</b></p>	<p>24 <b>Winter Themed Shirt</b></p> <p>9:00 ~ Hand &amp; Foot Game 10:45 ~ Music w/ Martin Zyla 12:30 ~ Bingo w/ Metron</p>
<p>27</p> <p>9:00 ~ Hand &amp; Foot 9:30 ~ Sprinkles Donut Outing 12:45 ~ Pokeno</p> 	<p>28</p> <p>10:00 ~ Aggravation 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Bingo</p>	<p>29</p> <p>9:00 ~ Hand &amp; Foot 10:30 ~ Bible Study 11:00 ~ Apples to Apples Game 12:45 ~ Meijer Outing</p>	<p>30</p> <p>9:30 ~ Nifty Knitters 10:00 ~ Exercise @ Schneider Manor 11:00 ~ Snowball Fight &amp; Hot Cocoa Bar</p>	<p>31 <b>Bird Shirt Day</b></p> <p>9:00 ~ Hand &amp; Foot Game 10:45 ~ Maher 3 Bird Tour w/ Phil Willenstein 12:30 ~ Bingo</p> 

# Sparta Senior Neighbors Center

**THE Senior  
Center of Sparta**



100 Ida Red  
(inside the Harvest Way Community Bldg.)  
Sparta, Michigan 49345  
(616) 887-1273  
Center Coordinator: Jane Ringler

**Where the coffee is always on and the friendships run deep!**

Staff Members: Nutrition Aides Janice Follett & Sharon Mills, Bus Drivers Melode LaHuis & Donna VanOeffelen

Your Advisory Council is volunteering for you. Please be sure to thank them. You're invited to share any ideas, concerns or constructive opinions with any one of them.

Advisory Board Members: Dori Johnson, Karen Keech, Annette DeVries, Marian Andersen, Carol Toppen, Lee Beurkens, Lois Hall, Judy Skeans & Kathie Westcott.

## Sparta Sleuths



Join our group of detectives & help solve a murder from clues that will be delivered to us in a mysterious box.

**Monday 1/13**

**Start 10 a.m.**

**Break for Lunch**

**Finish after lunch 12:30 p.m.**

A  
Morning  
at the  
Opera

MADAMA  
BUTTERFLY

One of the most beloved works adored by opera lovers. Come to the center to experience the love, heartbreak and beautiful melodies created by the famous Puccini.

**A Cultural Experience**  
**Monday 1/27**

**Starts 9:30 a.m.**



Virginia Ann Marger was born on the very stormy night of February 18, 1928 to Fred and Rose at home in Grand Rapids. The delivery doctor put his horse and buggy in the family barn and spent the night with the Margers as the weather was too treacherous to travel. Virginia

was number five of seven children.

Virginia quit school at 15 years old and took her first job folding patterns. At 17, during WWII, she went to work at a defense plant to make parachutes.

Virginia turned 19 and met the love of her life, Jack Turpin. They were married in 1947. This was after Jack was honorably discharged from the service after he had heart surgery on a warship to remove shrapnel. The couple was blessed with three daughters, six grandchildren, 15 great-grandchildren and two great-great-grandchildren.

Jack, was a G.R. police officer, who turned salesman the later part of his life. He passed away from kidney failure in 1999 with Virginia by his side. Virginia also lost her youngest daughter, Betty to cancer in 2017.

Virginia enjoys working on the dollies she makes on her sewing machine, each one with creativity. She loves her family and spends as much time with them as possible. Virginia enjoys the simple things in life, and money is not a requirement for her happiness.

We love Virginia and are so grateful that she is part of our center. Her positivity and helpful heart are her gifts.

 <h2 style="text-align: center;">Who has the BEST Chili in Sparta?</h2> <p style="text-align: center;">Cooks sign up, prepare a crock of your best recipe to participate for 1st, 2nd or 3rd place \$\$\$ cash prizes &amp; bragging rights!</p> <p style="text-align: center;"><b>Everyone else come be the judge.</b> <b>\$1 to sample each competing chili.</b> <b>\$2 for a bowl of your favorite.</b></p> <p style="text-align: center;"><b>Friday 1/24 10:30 a.m.</b></p>	<h2 style="text-align: center;">Crafty Friday</h2> <h3 style="text-align: center;">Beads, Beads, Beads &amp; Do-Dads Galore</h3> <p style="text-align: center;">Zipper Pulls Purse Bling Book Marks &amp; MORE</p> <p style="text-align: right; font-size: small;">CraftTime with Deb &amp; Carol</p> <p style="text-align: center;"><b>Make &amp; Take 2 for \$1</b></p> <p style="text-align: center;"><b>Friday 1/10 10:30 a.m.</b></p>
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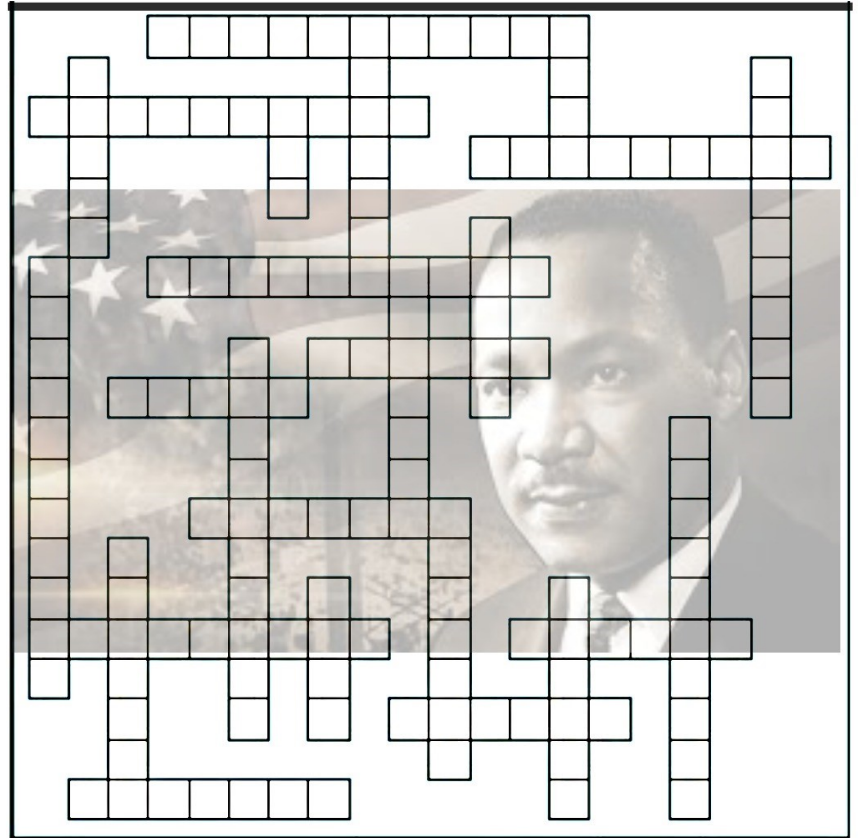


**Thank you**

**I ♥ Neil**  
**CHALK ART**

Your Creativity & Beautiful Work is Appreciated!

## Martin Luther King Jr. Day is Mon 1/20. A Puzzle to Commemorate His Day.




**Across**

1. His last speech is often titled "I've been to the \_\_\_\_\_"
6. City where Martin led a famous boycott against riding the bus
8. College Martin attended in Atlanta, GA
11. He wrote the "Letter from the \_\_\_\_\_ Jail" in 1963
14. He attended \_\_\_\_\_ T. Washington High School
15. I have a \_\_\_\_\_
17. He opposed the US involvement in the war in this country
22. His organization was called the Southern \_\_\_\_\_ Leadership Conference
23. He studied the philosophies of Indian peacemaker Mohandas \_\_\_\_\_
24. Civil \_\_\_\_\_
25. Month of Martin Luther King, Jr. Day

**Down**

2. \_\_\_\_\_ American civil rights movement
3. King began a campaign in 1968 to help these people who had little money
4. King won the \_\_\_\_\_ Peace Prize in 1964
5. She sat on the bus in Alabama and refused to give up her seat
7. His initials \_\_\_\_\_
9. \_\_\_\_\_ Earl Ray assassinated King
10. Martin preached this peaceful strategy while protesting
12. State where Martin Luther King, Jr. was born
13. He marched on \_\_\_\_\_ in 1963
16. President's home where King witnessed the signing of the Civil Rights Act of 1963
18. City in Tennessee where Martin was assassinated
19. Martin's wife was \_\_\_\_\_ Scott King
20. He fought for equal rights for people of any \_\_\_\_\_
21. Occupation of Martin Luther King, Jr.



Remember Your Birthday Meal

**HAPPY BIRTHDAY JAN**

8th Tess Omara  
21st Gerri Yost  
25th Robert Robach  
27th Anne Heath  
27th John Mojzak



A Readers Theatre Performance by Local Actors

THE BEST EXOTIC MARIGOLD HOTEL

Seven Seniors Meet at a Hotel & the Adventures Begin.

Please call the center for date & time

January Evening Date to be announced for this Performance Story to be Read to us by local actors.

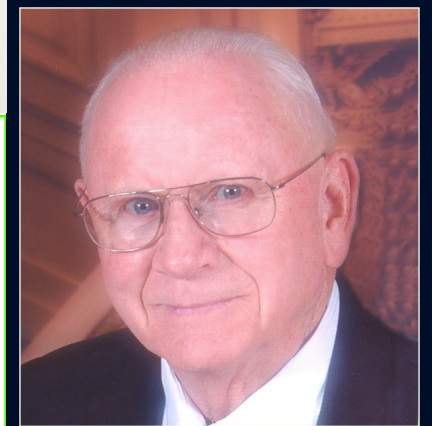


Embrace Winter

**Town Hall Meeting**  
Please come discuss ideas about making 2020 the best year of programming yet.

**Thurs 1/9 11:15 a.m.**  
**Before Lunch**  
**in the Dining Room**

**We Need Your Ideas Please!**



**R.I.P. Leon McCarty**  
4/14/1929 - 12/3/2019



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Suggested Lunch Donation \$2.75</b>		<b>1</b> <i>Closed</i> 	<b>2</b> 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>3</b> 10:30 Music w/Tyler Hickman 11:30 Lunch 12:15 Euchre \$1 1:30 Coffee Hour
<b>6</b> 10 Music w/ Country Stringz 11:30 Lunch 1:30 Coffee Hour	<b>7</b> 9-12 Memory Screenings 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>8</b> 10:30 Music with Crystal Stevenson 11:30 Lunch 1:30 Coffee Hour	<b>9</b> 10:30 Exercise 11:15 Town Hall 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>10</b> 10:30 CRAFT Beads Galore 11:30 Lunch 12:30 Shut the Box .50 1:30 Coffee Hour
<b>13</b> Commodities 10 Sparta Sleuths 11:30 Lunch 12:30 Sparta Sleuths Continue 1:30 Coffee Hour	<b>14</b> 10:30 Exercise 11:30 Lunch 11:30 Fair Housing Lunch/Learn 12:15 Bingo 1:30 Coffee Hour	<b>15</b> 10:30 Music w/Deb Eadie 11:30 Lunch 1:30 Coffee Hour	<b>16</b> 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>17</b> 10 Farkle .50 11:30 Lunch 12:15 Euchre \$1 1:30 Coffee Hour
<b>20</b> Martin Luther King Jr. Day 10 Music w/ Country Stringz 11:30 Lunch 1:30 Coffee Hour	<b>21</b> 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>22</b> 10:30 Music w/ The Silvertones 11:30 Lunch 12:30 Adv Meet 1:30 Coffee Hour	<b>23</b> 9:30 BP Check 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>24</b> 10:30 Chili Cook Off 11:30 Lunch 12:15 Rally Roll .50 1:30 Coffee Hour
<b>27</b> 9:30 Madama Butterfly 11:30 Lunch 1:30 Coffee Hour	<b>28</b> 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>29</b> 10:30 Music w/Bob Lacey 11:30 Lunch 1:30 Coffee Hour	<b>30</b> 10:30 Exercise 11:30 Lunch 12:15 Bingo 1:30 Coffee Hour	<b>31</b> 10:30 Coin Game .75 11:30 Lunch 12:15 Euchre \$1 1:30 Coffee Hour

# January



**Senior**  
**NEIGHBORS**  
no longer alone

At Walker Firehouse Café we pride ourselves in being a social, welcoming location for seniors to connect and embrace life with other older adults in our community.

Enjoy a cup of coffee or even a snack. Meet new friends as you play bingo, enjoy music, learn a new craft, or play cards.

**Guests are always Welcome!**

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

Lunch is Served at Noon.

There is a suggested donation of \$2.75 for people over 60.

Guests under 60 must pay \$3.50

**Senior Center Staff**

Center Coordinator:

Sherry Meines

Senior Director Certified

Nutrition Aide:

Lora Boogaard

Centers & Volunteer Supervisor:

Nicole Driesenga 616.233.0745

Senior Companion Volunteers:

Delores Dykstra

Mike Moklebst and Nancy Plaisier

## Walker Firehouse Café

4101 Lake Michigan Drive,

Walker, Michigan 49534

Located on the 2nd floor

in the Community Room

616.735.3240 Phone 616.735.2966 Fax

Email: [smeines@seniorneighbors.org](mailto:smeines@seniorneighbors.org)

### Advisory Council Members



Charlie Flake: President  
Mitch Ross : Vice President

Nancy Plaisier: Treasurer

Myrna Zielinski: Secretary

Members at Large:

Henry Bancroft, Bruce Dybas

Jerry Gillhespy,

Florance Goodgasell

Florance Reilly, Evelyn Veenstra

Welcoming Committee:

Lynn Hojnacki, Kevin Kosten,

Steve Kwaitkowski, Mitch Ross

Representative to the SNI Board:

Myrna Zielinski

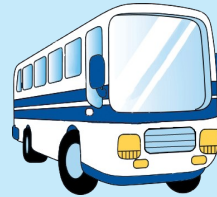
RAPID Board: Mary Kinnane

Advisory Council meets the third

Wednesday of the month.

Subject to change if needed.

Tickets for the Go! Bus and  
RAPID City Bus are available through our  
Central Office at a  
reduced donation rate.



Suggested Donations

Adults age 65 and over:

\$6.00 per 10 ride card

Adults age 60 to 64: \$8.00  
per 10 ride card

Book of ten Go! Bus  
tickets: \$21.00

Ride Link is available at 774.1288

The requested  
donation is \$2.00  
per ride.

Like Us on Facebook!

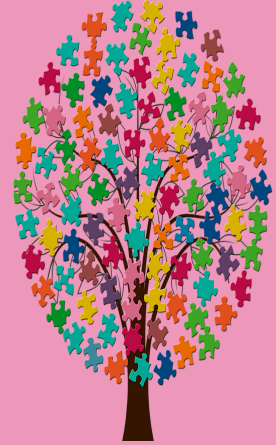


## This Month's Volunteer is Florence Goodgasell



Florence has been coming to Senior Neighbors for many years. She's the only one left of the original attendee's. Over the years she has volunteered to help set up and clean up weekly.

Many years ago, Florence moved with her family to Walker from Pennsylvania to find a better life. She currently lives with her daughter and son-in-law. Florence has five children, nine grandchildren and two great grandchildren. Florence enjoys puzzles, coloring, cards and spending time with family.



Thanks Florence for all your years at the Walker Center. We wish you many more.

## New for 2020

**Come join the Walker Shakers!**

At the Walker Center we are starting a rhythm ensemble, using percussion instruments to make music with rhythm. You don't have to know anything about music. Lora will teach you and you will learn as you go.



Directed by  
Lora  
Boogaard

## Please color me!



### January Birthdays

Please join us the first Wednesday of the month to celebrate birthdays and enjoy a



FREE Birthday Lunch.

Judith Fuller, Patricia Persons,  
Lora Boogard, Bruce Dybas,  
Beverly Killman, Kevin Kosten,  
Lee Gravelyn, Carol Yurgaites,  
Jerry White, Janet Roelofs,  
Mitch Ross

First Wednesday of the Month  
Free Legal Services with  
Michael Herring at 11:00 am

\*No Michael this month



Please stop by the Information table to sign up for activities and events at the Walker Center.



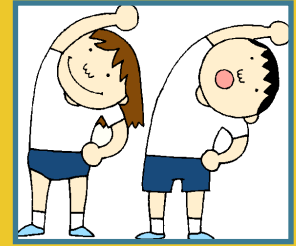
### Enhance Fitness Class

Walker Firehouse Café

offers an offsite

option to enjoy exercise and fitness.

Classes are available  
Monday, Tuesday & Thursday  
@ 9:00am  
Faith United Methodist Church  
2600 7th St. NW  
Grand Rapids, 49504



Tai Chi for Arthritis Class

New Class @  
Westview CRC  
2929 Leonard St. NW  
Tues. & Thurs. at 11:00  
Reserve your spot now by  
calling Julie Lake  
at Senior Neighbors  
616-233-0283



# January 2020

	<p><b>1</b> <b>Center Closed</b></p>	<p><b>3</b> "20/20 Party"  <b>9:00 Coffee, Cookies</b>  <b>11:00 Steve Troyer, Music</b>  <b>12:00 Lunch</b></p>  
<p><b>6</b>  <b>9:00 Coffee &amp; Cookies</b>  <b>9:30 Bingo</b>  <b>11:00 Townhall Meeting</b>  <b>"Future Programming"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>8</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>11:00 Happy 85th Birthday</b>  <b>Elvis Party</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>10</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>10:30 "The Walker Shakers"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>
<p><b>13</b>  <b>9:00 Coffee &amp; Cookies</b>  <b>9:30 Bingo, Hulst Jepsen</b>  <b>Kevin Hecksel Calling</b>  <b>11:00 Cards &amp; Games</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>15</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>11:00 Ron &amp; Lynn</b>  <b>"The Other's"</b>  <b>12:00 Lunch</b>  <b>1:00 Advisory Meeting</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>17</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>10:30 "The Walker Shakers"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>
<p><b>20</b>  <b>9:00 Coffee &amp; Cookies</b>  <b>9:30 Bingo</b>  <b>11:00 Officer Mitch Harkema</b>  <b>"Medical"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>22</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>9:30 Snowflake Craft w/Sherri</b>  <b>10:30 Bingo for Dollars</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>24</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>10:30 "The Walker Shakers"</b>  <b>12:0 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>
<p><b>27</b>  <b>9:00 Coffee &amp; Cookies</b>  <b>9:30 Bingo</b>  <b>10:30 Book Club w/Michelle</b>  <b>Walker KDL</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>29</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>11:00 Rudi Tegethoff,</b>  <b>"Accordion/Keyboard"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>	<p><b>31</b>  <b>9:00 Coffee, Cookies &amp; Cards</b>  <b>10:30 "The Walker Shakers"</b>  <b>12:00 Lunch</b>  <b>1:00 Cards &amp; Games</b></p>

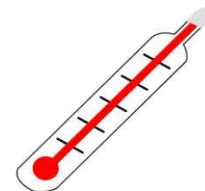
# Food Safety for Older Adults



By: Amanda Zbikowski, GVSU MS Dietetic Intern

Eating food is an everyday part of our lives. There is also a risk for food poisoning, or foodborne illness, with certain foods. It is important for everyone to practice food safety, especially older adults. The elderly are at an increased risk for food poisoning because as we age our immune systems get weaker. Sometimes certain prescribed medications may weaken the immune system too. We can avoid foodborne illness by being proactive while we cook or prepare foods. With a few tips and techniques, we can protect ourselves and our loved ones. Here are 4 basic tips to food safety:

**1. Cook/Chill** Keep foods at proper temperatures during all times. This includes storage, preparation, cooking, serving and leftovers. Your fridge should be below 40 degrees F and your freezer should be below 0 degrees F to ensure safe storage temperatures. Also, be sure to cook your raw protein, meat, and seafood thoroughly! Meals on Wheels Tip: if you are having frozen or refrigerated meals delivered to your home, it is very important to store them right away!



**2. Separate** Avoid “cross-contamination” during meal prep. This means keeping your food groups separate during the cooking process. For example, re-using a cutting board to cut vegetables after already using it for raw meat poses a threat. One idea to try is to cut your produce first and cut the meat last to avoid cross-contamination.

**3. Time** Read expiration dates and labels! Both commercial producers (grocery stores, etc.) and the Meals on Wheels Program provide labels on their food products. These labels offer valuable information such as how to prepare food and how long it is safe to keep. You should also label any saved leftovers to remind yourself of how long they are good for. Also, as a rule of thumb, never allow food to sit out at room temperature for more than 2 hours!

**Tip for Dining Site Visitors: Taking leftovers home should be done with caution. Be aware of food temperatures and place food in a closed container!**

**4. Clean** Keeping the kitchen area clean is essential for food safety and personal health. Be sure to frequently wash your hands, thoroughly wash fresh produce and wipe kitchen counters after cooking meals. Also, be aware of the dish rags and sponges you use when you wash your dishes. They should be kept clean and be frequently changed.

*“When in doubt, throw it out!”*

Name: \_\_\_\_\_

**Practice Food Safety!**

Please unscramble the words below

1. nmuiytim \_\_\_\_\_
2. aepertmuter \_\_\_\_\_
3. tsfaye \_\_\_\_\_
4. tfuir \_\_\_\_\_
5. sebteeagvl \_\_\_\_\_
6. ngcooik \_\_\_\_\_
7. enalc \_\_\_\_\_
8. oftsrlvee \_\_\_\_\_
9. emti \_\_\_\_\_
10. prespu \_\_\_\_\_







Every year we serve over 4,000 older adults, helping them remain independent through our five Senior Neighbors Centers and a wide range of essential services. We promote the well-being of older adults with services that promote self-sufficiency, especially for those with physical, social or economic needs living in Kent County.

**OUR MISSION IS...**

We are dedicated to promoting independent living for people who are 60 years and older by providing essential services that help seniors remain independent into their later years. We focus heavily on health and wellness programming as we work to aggressively pursue our mission of *Enhancing the Lives of Seniors*.

Senior Neighbors is funded in part by: Individual donations, Heart of West Michigan United Way, Area Agency on Aging of Western Michigan, Meals on Wheels of West Michigan, Meals on Wheels America, The Home Depot Foundation, Kent County Senior Millage, Kent County Community Development Block Grant, City of Grandville, Michigan Department of Transportation, Michigan Adult and Aging Services Agency, Michigan Department of Health and Human Services, Corp. for National and Community Service, Administration on Aging.



*The Source for Seniors*



*Kent County Senior Millage*



Heart of West Michigan United Way

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