



# Senior Programming Calendar July 2021

Everyone 55+ is welcome, including non-parishioners. For more information contact the Young at Heart Voicemail at 616-913-4419 or email

[vscholten18@gmail.com](mailto:vscholten18@gmail.com). This schedule is SUBJECT TO CHANGE. If you would like

to offer any feedback, including suggestions or concerns, please feel free to contact us. While we look forward to seeing you, we also want you to be safe and stay healthy.

## July Special Events

**Presentation 7/12:** Elder Abuse, trending scams and tips for keeping yourself and your finances safe, and community resources.

**Outing 7/21:** West Michigan Whitecaps take on the Lansing Lugnuts, Join us for baseball Bingo at the park! Game starts at 12:05.

## Monday, July 12

Event	Time
Exercise Class	9:30-10:30
Tai Chi- Chair/ Seated Form	10:45-11:30
Tai Chi- Standing Form	11:45-12:30
Lunch by Deb <b>RSVP Cost \$5.00</b>	12:30
Presentation: Scams 101	1:00-2:00

## Monday, July 19

Event	Time
Exercise Class	9:30-10:30
Knitting/ Crocheting	9:30- noon
Creation Series 1&2 and Painting Bowls	10:30-noon
Tai Chi- Chair/ Seated Form	10:45-11:30
Tai Chi- Standing Form	11:45-12:30

## Monday, July 26

Event	Time
Exercise Class	9:30-10:30
Creation Series 3&4 and Painting Bowls	10:30-noon
Tai Chi- Chair/ Seated Form	10:45-11:30
NO Tai Chi- Standing Form	
Lunch: Pizza <b>RSVP Cost: \$5.00</b>	12:30
Game Day <b>RSVP Appreciated</b>	1:00-2:30

## Wednesday, July 07

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:00
Tai Chi- Chair/ Seated Form	10:45-11:30
Outing: Lunch at Boatwerks <b>RSVP</b>	12-1:30

## Wednesday, July 14

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:30
Tai Chi- Chair/ Seated Form	10:45-11:30
Picnic at Mary Waters <b>RSVP Cost \$5.00</b>	12:00-1:30

## Wednesday, July 21

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:00
Tai Chi- Chair/ Seated Form	10:45-11:30
Outing: Whitecaps Baseball <b>RSVP</b>	12:00- 2:45

## Wednesday, July 28

Event	Time
Exercise Class	9:30-10:30
Woodcarving	9:30-11:00
Tai Chi- Chair/ Seated Form	10:45-11:30
Picnic at Mary Waters <b>RSVP Cost \$5.00</b>	12:00
Team Trivia	12:30-2:00

## Tuesdays in July

**Pickleball:** Weather permitting we will play each week at Belnap Park. In case of inclement weather, we will play in the gym at the Parish Center. Play starts 9:30-11:00. All levels are welcome.

**Book Club:** Will meet Tuesday, July 20<sup>th</sup> at 11:00 in the Parish Center. More details on page two.

## Saturdays in July

**Walking Club:** Each week we will meet at various locations in or around Grand Rapids. Either meet us at the park at 9:30, or carpool from St. Al's. Carpool leaves at 9:00. Request a copy of the schedule if interested. More details on page two.

# Senior Programming Calendar July 2021

St. Alphonsus Young at Heart Enrichment Program

[vscholten18@gmail.com](mailto:vscholten18@gmail.com) 616.913.4419



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**“Back on Track” Exercise Class:** Personal Trainer, Colleen Cleves from The Center for Physical Rehabilitation, offers a dynamic class each Monday and Wednesday. Get the endorphins pumping, with a focus on balance, core strength, and flexibility!! Suggested donation of \$3.00 for each class. No one is turned away. Colleen is also an official SilverSneakers instructor. Bring your qualifying insurance card, and it will cover the cost of the class.

**Book Club:** The Happy Bookers will be discussing “*The Other Side of the River: A Story of Two Towns, a Death, and America’s Dilemma*,” by Michigan author, Alex Kotlowitz. Two southwest cities in Michigan, geographically close, are worlds apart! They are a living metaphor for America’s racial divide. Murder, suspense, and relevance. For more info contact Char: 862-6392.

**Bingo:** This month we will be playing Bingo at the Whitecaps Baseball game, Wednesday, July 21<sup>st</sup>.

**Creation Series:** This is a 6-part video series on seeking Joy and acts of Love, caring for Creation, connecting Faith and Nature, including Social Justice and Health. Donate \$3.00 to God’s Kitchen, and have fun painting a bowl for their fundraising event. This event reaches out to provide meals for the homeless in downtown. No painting skills required.

**Knitting/ Crocheting:** Join us and learn a new skill or work on your own project and share your ideas. All are welcome.

**Outing 7/7:** Lunch at Boatwerks Restaurant on beautiful Lake Macatawa. New American fare with homemade desserts. Patio seating with relaxing waterfront views. <https://www.boatwerksrestaurant.com/>. Carpool will leave St. Alphonsus at 11:30 or meet at the restaurant for 12:15 -12:30 seating. **RSVP** by Monday, July 5<sup>th</sup>. Sure to be a delightful afternoon.

**Outing 7/21:** Cheer on the West Michigan Whitecaps as they take on the Lansing Lugnuts, in a relaxing matinee Baseball Game. Join us for baseball Bingo at the park! Carpool leaves St. Alphonsus at 11:30. Game starts at 12:05. This is half-price day. Tickets are \$8.00. Parking is \$7.00/car.

**Presentation 7/12:** Cassie Caple, Kent County Elder Abuse Coalition Coordinator from Area Agency on Aging, West Michigan (AAAWM), will be presenting on the various types and warning signs of Elder Abuse, trending scams and tips for keeping yourself and your finances safe, and community resources.

**Pickleball:** A cross between tennis and ping pong, we welcome all skill levels for some fun competition. We will be playing Tuesday mornings, 9:30 – 11:00 at Belnap Park, weather permitting. In case of poor weather, we will play in St. Al’s gym. Equipment provided or bring your own paddle.

**Team Trivia:** Join the fun! We are playing both in person and virtually (hybrid version). If you prefer to play via Zoom, call and we will send you the link. Surprisingly easy! Jovially competitive, tons of Fun!!! Check it out! Join us at Mary Waters Park weather permitting. We will play at St. Al’s Parish Center if weather is inclement.

**Tai Chi:** Join Mary Kaiser for a meditative form of exercise that is designed to enhance core strength, improve balance, and reduce stress and anxiety. Cost: \$3.00 donation is appreciated, but no one is turned away.

**Walking Club:** This month we will walk the natural trails at Pickeral Lake and Luton Park. Kent Trails and Huff Park will be our featured paved walkways. Meet at the park and walk at 9:30. Options for short hikes and longer hikes will be available. Call or email for a schedule. Carpooling from St. Alphonsus, leaving at 9:00 is an option. Please **RSVP** so we are sure to connect at the same location within the park.

**Woodcarving:** Jerry Randall, gently guides individual projects. All skill levels are invited. No experience necessary.

**JULY LUNCHESES: 07/12:** Catered by Deb: Menu: Wet burritos, Mexican Rice, chips and dessert. **Cost: \$5.00.** Eat in or Pickup at 12:30. **RSVP by Friday, July 9<sup>th</sup>.**

**07/14:** Pulled pork sandwiches, chips, slaw and dessert at Mary Waters Park. **Cost: \$5.00. RSVP by Monday, July 12<sup>th</sup>.**

**07/26: Pizza Monday.** Pizza delivered by neighborhood pizzeria, Ceasar salad and banana splits/ice cream sundaes for dessert. RSVP by Sunday, July 25<sup>th</sup>. **Cost: \$5.00**

**07/28:** Spaghetti, salad, garlic bread and dessert, catered by Vitales at Mary Waters Park. **Cost: \$8.00. RSVP by Monday, July 26<sup>th</sup>.**