



The Newsletter

Georgetown Connections

“Center for Active Living”

January, February 2017

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Contact Us:

**Phone: 457-1170 or
457-3270**

Fax: 457-3670

Email:

**haverdinkp@gmail.com
dawnparkwood@gmail.com
rachelle.koetje@gmail.com
jbyker7454@gmail.com
marla.gtconnections@gmail.com**

**7100 8th Ave.
Jenison, MI 49428
Newsletter online at:
georgetown-mi.gov**

What a successful 2016 we had! A new building where we had a wonderful Thanksgiving with many things to be thankful for. We also had a great Christmas party with over 170 people in attendance. Thank you to all of you who spend your time with us at the Center and those of you who volunteer your time. You are greatly appreciated!! Rachelle, Dawn, Kris, Jen, Marla, Dan and Pam are looking forward to the New Year and all it holds for us!

Center Information

Center Staff

Director: Pam Haverdink
Assistant Coordinators:
Jennifer Byker & Marla Matthews
Transportation Coordinators:
Dawn VanKoevering & Rachelle Koetje
Meal Coordinator: Kris Brayman-VanderTil
Maintenance: Dennis Wilson

Volunteer Secretaries

Monday: Diane Burns
Tuesday: MaryBeth Sackrison
Wednesday: Elaine Williams
Thursday: Roseanne James
Friday: Marilyn DeKleine

Senior Advisory Board

Shirley Minnie Kathy Newland
Lew Powell Joan Stark
Ed Walter Leslie Sowers-Winkel

Librarian

Yvonne Arntz Bonnie TerAvest

CENTER HOURS

GT Connections is open Monday-Friday from 8:00 a.m. to 4:00 p.m. **In case of inclement weather, the center will be closed when Jenison Public Schools are closed. Please watch Channel 8 or 13!**

Our Membership

Membership is open to all men and women 55 and better for the low price of \$15 for residents & \$25 for non residents, good from January 1-Dec. 31. **Please renew your membership for 2017 very soon.** There is a liability form for you to sign. Please update medical and emergency information throughout the year.

Newsletters may be picked up at the Center. However, if you are sick or physically unable to stop by, please give us a call. We'd be happy to mail or email you a copy. The newsletter is also available on the Georgetown Website.

Wish list A few things we would like to have.

- Blankets and Sheets for our quilters
- Copy Paper for the Office
- Stamps & Wrapped Candy

Lunch

Lunch is served at the Center Tuesday-Friday from 11:30am-12:45pm. We suggest individuals 60 and over donate \$4.50 per meal and those under 60 donate \$6.00 per meal. You may choose the hot meal, but you must register **a day ahead** by calling 457-1170.

For Soup & Salad Bar there is no need to pre-register.

Transportation

We are extremely fortunate to operate our own bus system for individuals who live in Georgetown Township with special needs or 55 and older. If you'd like to come to the Center for the meal or any activity, the fee is \$2.50 each way. Please call the Center for more information on cost of trips or to schedule your ride.

Transportation Policy:

The Georgetown Connections Staff must receive a phone call at least 2 hours prior to a cancelled event or ride. If we do not receive notice the transportation client will still be billed for this ride.

Our Drivers:

Don Benninger Pam Burkholder
Dave Bruinsma Al DeFrancesco
Anne DeMull Rich Schillne
Randy Spohn Rick Steenbergen

Ratings for trips

Sometimes it is unknown to you how difficult a trip is going to be as far as walking and handicap accessibility. We came up with a rating system for you with numbers.

- 1 Easy a trip for anyone**
- 2 Moderate but accessible**
- 3 Must be a good walker or this may be a long trip with longer than an hour drive.**



Monthly Specials

Birthday Party Lunch

Join us on the 1st Monday of each month at Noon for a delicious meal and a great time . We will be celebrating members who have a birthday during the month. Cake Sponsored by: Sunset Home Services.

Dates: January 9: Join us for card playing.
Sponsored by: Leaves Personal Care Service
February 6: Entertainment: Carol Folkert, Accordionist

Cost: \$4.00 member, \$5.00 non-member or guest.



Lunch Bunch

Join us for these excursions while dining at some of West Michigan's favorite restaurants. Set aside your worries and fears of city driving and climb aboard one of our buses to the following restaurants.

Participants will pay for their own lunch, gratuity and \$5.00 for the ride. **Time: 11:30am**

Monday, January 16: El Azteca's Restaurant in Allendale.

Monday, February 20: Big E's in Holland

Breakfast Bingo

It's the perfect combination: breakfast and bingo at GT Connections. On the fourth Monday of each month, you can join us for pancakes & sausages and try your luck at grocery bingo. Breakfast is free and \$.25 per bingo card.

Monday, January 23 at 9:30 a.m.

Monday, February 27 at 9:30 a.m.

(Sponsor Cook Family Services, & Vista Springs Assisted Living & Memory Care)



BUNCO

Join us for this fun dice game, no experience is needed.

Come on in at **12:30pm**
on the following Thursdays

Dates: January 5, 26 and February 2, 16
(Sponsor: American House)



Euchre @ 1:00pm

Thursday, January 12 Tourney

Tuesday, January 17

Tuesday, February 7

Thursday, February 23 Tourney

Movies at the Center

Date: Wednesday, January 25

"When The Game Stands Tall"

Date: Monday, February 27

"Finding Dori "

Time: 12:30p.m. Cost:\$1.00 for snacks.

Social Media Informational Presentation & Computer Help

You will get the chance to learn about Facebook, Instagram, Pinterest, and Twitter. Valerie from Grand Rapids Home Care is coming to talk to you about the crazy world of techy things. Have your questions ready so she can help you out.

Date: Thursdays, January 19 & February 16

Time: 1:00pm

Cost: Free

Cooking Corner for Seniors

Baked Potato Cheddar Soup

Ingredients

- 1/3 C all-purpose flour
- 3 cups milk
- 2 large baked potatoes, peeled & mashed (1-1/2 pounds)
- 1/3 C plus 2 Tbs shredded cheddar cheese, divided
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup sour cream
- 1/2 C thinly sliced green onions, divided

Directions

1. In a large saucepan, whisk flour & milk until smooth. Bring to boil; cook & stir for 2 minutes or until thickened. Stir in the potatoes, 1/3 C cheese, salt & pepper. Cook over medium heat for 2-3 minutes or until cheese is melted
2. Remove from heat. Stir in sour cream & onions until blended. Cover; cook over medium heat for 10-12 minutes or until heated through (do not boil). Garnish with remaining cheese & onions; if desired bacon.
Yield: 4 servings

Classes and Events

Bible Study

We would like to invite all participants to join us for the interdenominational Bible Study every Friday. The interesting studies are based on topics using various books of the Bible. We start at 10:30 a.m., led by the following:

January 6: Pastor Lee Buer
January 13: Pastor Jay Piper
January 20: Pastor Larry Miller
January 27: Pastor Jim Lester
February 3: Pastor Steve Igo
February 10: Pastor Terry Genzink
February 17: Pastor Lee Buer
February 24: Pastor David DeHaan



Bible T(rivia) Fun while we learn

Join us for an hour of Q & A, No competition, 7 questions per card, any guesses?, and then the answers. **Dates: Thursdays, 10:30-11:30am**
January 5, 12, 26
February 9 & 23

Knitting & Crocheting Group

Join the group every Tuesday afternoon to socialize, knit or crochet together. Work on your own projects or create new items for charity groups. Thank you Ladies for all the beautiful items you have made and sold to make money for GT Connections & other charities.

Dates: Tuesdays, 12:30pm

Prayer Shawls

Are you looking for something to give to a loved one who is lonely, sick or dying? One of our members, Elaine, is making and selling beautiful knitted shawls for \$10 to raise money for various charities. Stop by to look at the wonderful selection.

Computer Class

Interested in taking beginner, intermediate or I pad classes, call the Center. The classes consist of basic computer knowledge, such as how to surf the internet, email and Microsoft Word. Limited computers and seats are available. **Cost: \$50 (5 week class)**

Date: Saturdays Times: TBD

Use A Computer Today

While you are at the Center, use one of our computers to surf the internet or email a friend. This is available to members for free. If you need to print any papers the cost is \$.15 a copy.

Watercolor Painting Class

Taught by artist Vicki Marnich-Reynolds, the class covers various watercolor techniques for beginner and intermediate artists.

On **Wednesdays** from **9:00-12:00** or **1:00-4:00**

Session A: Jan 4-Feb 8 \$36 - 6 weeks

Session B: Feb 15-Mar 22 \$36 - 6 weeks

Or \$7 for individual classes.

If you are a new student to this class, please call for availability. There may be a waiting list.

Tech Thyme with John

Do you wish someone would just sit down with you and answer your computer questions? John has over 30 years of tech experience and has taught hundreds to be comfortable and confident users. He will help you with computers, tablets, and smart phone questions and concerns.

Cost: \$15.00 per half hour.

Call him for an appointment: 616-498-8093

Quilting

Come for a wonderful social time and to spread quilting joy. We have a group on **Mondays and Tuesdays at 9:00am**. We need people to tie, no experience needed. Stop by to look at the wonderful selection of twin size quilts for \$20 each.

Friday Cards

Join our groups for Bridge, Hand & Foot, or Euchre. We form groups at **12:30pm** and you do not need a partner to play. If you are interested in learning Bridge, please call Leslie Pentico at 540-0510. Drop ins are always welcome.

Mahjong

Mahjong is a game of skill, strategy, and calculation and involves a degree of chance.

Typically this game is played with 4 players. To join this group we need players who know how to play, but if you would like to learn, we are able to set that up as well.

Date: Thursdays 12:30-3:30pm

Trim Class

Are you looking for a group that will hold you accountable when it comes to your weight? The Trim class is for you. They are looking for new members and would love to help you start your year out. **Mondays, ongoing**

Time: 8:00am

Cost: Monthly dues \$3

Social Services

Blood Pressures

This clinic is sponsored by American House of Jenison with Judy Boven, RN. Judy will kindly take your blood pressure twice a month on the following dates. Thank you Judy for your smile and friendly advice!

Dates: January 5 & 19

February 2 and February 16

Time: 9:45—11:15 a.m.



Commodities

The Commodities Supplemental Food Program (CSFP) is a nutrition program designed to maintain or improve the nutritional intake of seniors over 60 years old. Seniors who are age 60+, live in Ottawa County, and have an annual income at or below \$15,444 for a household of one and \$20,826 for a household of two, are eligible for this program.

Dates: Tuesdays, January 10 and February 14

Time: 1:30—3:00 p.m.

Legal Assistance for Seniors

William E. Westerbeke, JD handles Estate Planning and Elder Law. Please call him and tell him you are a member of the Georgetown Senior Center if you would like to ask him any questions. 965-2060

Hearing Clinic

Do you need a check, cleaning, or new batteries? Larry Williams will take care of your needs at this free hearing clinic. **(Cost only for the batteries)**

Date: Tuesday, January 24 from 10:00-12:00pm.

Sign up for a 15 minute time slot.

Cost: Free



Meijer Shopping Trips

Each Wednesday & Friday mornings, GT Transportation will drop you off at Meijer for shopping time. Call the Center to arrange pick-up.

Cost \$5.00 per person



Taxes Do you need help with your taxes? Bring all your information to the Center where Harold Postema will assist you. The appointments last approximately 10 minutes.

Day: Tuesdays Dates: Feb 7 -March 28

Time: 1:00pm-3:30pm Call for appointment time

Caring Hands of West Michigan

This group donates essential baby care items to hospitals, homeless shelters, family centers, county health units, police offices and any other organizations that provide for the needs of newborn babies that are sick or in crisis.

Date: January 12 & February 9

Time: 10:00am

Podiatrist

Date: Thursday, February 16

Time: 9:15-11:00am

Please call 456-9744 to schedule with Julie



New Board Members

Nominate yourself or a friend to be a board member. This is a 2 year commitment, meeting 4 times a year. Represent your fellow members.

Grandville Optical Eyeglass Repair

Wednesday, January 4 @ 10:30am Free



Welcome New Members

Lori Langeland
Sue Kerbel
John & Marie Snow
Joyce Leeth
Karen Myers
Marian Zsigray
Anna DeBoer
Dick & Carol Sterken
Harriett Wattlelet
Philip & Betty Stendel
Irene Jones
Bernadette Boshoven
Judy Hungerink
Ben & Sally Lundquist
Carol Masselink

Robert Duell
Gordon & Judith Haan
David & Fran Alkema
Rose Cazier



January Specials

Happy Hormones Workshop

Dr. Mark Wolfman is here again, this time to discuss hormones and some of the problems we all face. If you stay for the seminar your lunch is free.

Dates: Tuesday, January 3

Time: 11:30am lunch, seminar to follow.

Cost: Free lunch if you stay for the seminar



Calvin's January Series & Lunch

Born a little over 36 hours apart, **Justin Skeesuck & Patrick Gray** have been blessed with a lifelong friendship.

Their lives have been intertwined for 40

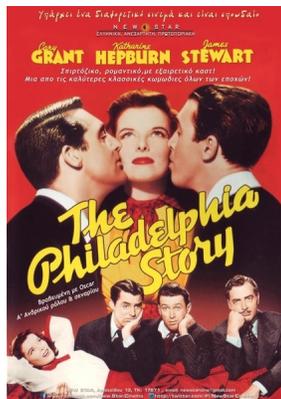
years and have brought them on many adventures - most notably, their 500-mile trek across the vast terrain of Spain. Justin, who lives with a progressive neuromuscular disease and manages life from a power wheelchair, had the urge to tackle this trip, and when asked, Patrick responded with "I'll push you!" Though Justin has very limited use of his arms or legs, his insatiable desire to live life and his willingness to be vulnerable have taken him places few dream of. Patrick's servant heart and fierce determination makes them a great pair. Their heartfelt and hilarious storytelling has placed them in front of many audiences across the country.

Date: Thursday, January 12 **Rate:** 3

Time: 11:00am **Cost:** \$10 (Lunch on your own)

"Philadelphia Story" at Civic Theatre

Wealthy Philadelphia heiress Tracy Lord is preparing for her second marriage when her ex-husband and a tabloid reporter arrive on her door step. This witty, sophisticated, classic romantic comedy has Tracy deciding between her past love, her present love, and a new love. This play first opened on Broadway in 1939 and rose to fame with the 1940 movie adaptation starring Katharine Hepburn, Cary Grant, and Jimmy Stewart. It was also source material for 1956's musical film High Society starring Grace Kelly, Bing Crosby and Frank Sinatra.



Recommended for teen/adult audiences.

Date: Thursday, January 12

Time: 6:30pm **Rate:** 2

Cost: \$11 for Transportation & Ticket



Cinderella @ Master Arts

The story of Cinderella is a tale told around the world. Meet the Russian Cinderella, who is sent into the woods to face the evil Baba Yaga, the Chinese Cinderella who just wants to see the parade with dragons and acrobats, the Native American Cinderella who is told, only true love can see the

Invisible Hunter, the African Cinderella who finds a young boy, hungry and gives him her lunch and the Egyptian Cinderella, probably the oldest of all the Cinderella tales, based on the real slave girl.

Date: Friday, January 13

Time: 6:15pm **Rate:** 2

Cost: \$15 transportation and ticket.

The DASH Diet

Kathy Vanderbroek from Hospice of Holland will be here to talk to us about a guide to Lifelong Healthy Living. Hospice of Holland will also be offering free lunch to those who attend the seminar.

Dates: Tuesday, January 17

Time: 11:30am lunch, seminar to follow.

Cost: Free lunch if you stay for the seminar



Sights & Sounds of Michigan

One of our members, Glenn Hartger, has a beautiful presentation of Michigan pictures and videos all over our great state, Join him as you reminisce about the wonderful places and sounds Michigan has to offer.

Dates: Wednesday, January 18

Time: 12:30pm

Cost: Free (14 people max)



Exercise & Wellness

Sunset presents some helpful tips on this topic which will be presented by Physical Therapist, Jen Edwards.

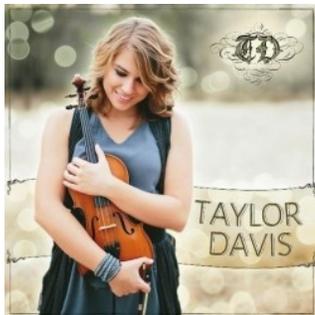
Dates: Thursday, January 19

Time: 10:30-11:30am

Cost: Free snacks provided



January Continued



Calvin's January Series & Lunch

Taylor Davis is a classically trained American violinist, arranger and composer, whose passion for video game and film music led her to launch her widely popular YouTube channel in 2010.

She has become one of the

fastest rising stars in the digital world. Taylor has released 5 full-length game, anime, and film themed albums, a full-length Christmas album, and most recently a self-titled original album that debuted at #10 on the Billboard Classical Charts. Davis has performed live on many stages and events throughout the U.S. and Europe. Taylor began studying the violin at age 8 and continued her classical training through college where she graduated magna cum laude from Gonzaga University with a degree in Public Relations and a minor in Violin Performance.

Date: Thursday, January 19 **Rate: 3**
Time: 11:00am **Cost: \$10 (Lunch on your own)**

Coloring & Poetry

Esther Meeuwenberg, one of our members, loves to color and create things out of coloring pages. She will be here to help you create and put together your own special books. Come find out what this class is about and share ideas for more classes to come.

Date: Tuesday, January 24 **Rate: 1**
Time: 10:30-11:30am **Cost: Free**

Jenison Christian Honors Choir

Hear the wonderful sounds of this choral group here at the center. These kids do a fantastic job and we want to support them by listening to their beautiful music.

Date: Tuesday, January 24
Time: 12:30pm **Cost: Free**

Tour of Amway

This trip is a great way to see how the DeVos's and Van Andel's started this amazing and iconic business here in Grand Rapids. Hear their story, see the products, receive some fun samples, and enjoy a day out and about. We will stop for lunch at The Shnitz in Ada.

Date: Thursday,
January 26 **Rate: 2**
Time: 10:00am
Cost: \$8 for trans., lunch
on your own.



Tour of Ferris Coffee

One of my favs! Chocolate and Coffee, what could be better? Join us for a great day out enjoying this tour and lunch out at Bobarino's in the Bob for their pizza buffet. (Other options available)

Date: Monday, January 30 **Rate: 2**
Time: 9:30am **(\$10.95 for buffet)**
Cost: \$6 for transportation, lunch on your own.

Music at Midday

A wonderful soup & salad bar buffet is served at Park Church, downtown GR. Enjoy the music upstairs after lunch in this beautiful church.

Date: Tuesday, January 31 **Violin, horn, piano**
Time: 10:30am **Rate: 2**
Cost: \$13.00 for Transportation & Lunch

February Activities

Grand Valley Arts at Noon Series & Lunch

Almava Trio Miki-Sophia Cloud, Violin
Jia Kim, Viola, Sookkyung Cho, Piano. A time to listen to beautiful classical music.

Dates: Wednesday, February 1
Time: 11:30am **Rate: 2**
Cost: \$8.00 for transportation, lunch on your own.

Non Hospice Palliative Care

Dr. Wyn from Hospice of Holland will be here to talk to us about a service many do not know is available. Come hear about this very important topic.

Dates: Thursday, February 2
Time: 10:30-11:30am **Cost: Free**

Super Bowl Party

When we know the two teams playing in the Super Bowl you will want to dress in the colors of the team you believe will win the game. You will also be able to vote for your predicted team and out of the winning team entries a winner will be chosen to win a special prize. A Super Bowl lunch will be served and fun will be had by all.

Date: Thursday, February 2
Time: 11:30 lunch **Cost: \$5 for lunch and party.**

The Heritage Restaurant

Lunch out at Community College's Culinary School. A great dining experience! This is one place where they make you feel extra special.

Dates: Tuesday, February 7
Time: 11:00am **Rate: 3**
Cost: \$8.00 for transportation, lunch on your own.

Thank You!

We'd like to THANK
Sheldon Meadows
for sponsoring our
Thanksgiving Dinner
Thank-you to
American House for
sponsoring Buncos.
Healthcare Associates for
November B-day.
**Hospice of Holland & Porter
Hills** for Thanksgiving
Clark for
December B-day and
**Cook Family Services, and
Vista Springs Assisted Living &
Memory Care** for the
November & December Bingo.
**Holland Home, The Laurels,
Cook Family Services, Hospice
of Holland, Sunset and
Baruch Senior Ministries**
for Sponsoring this years
Christmas Party!

Gifts in Memory

Keep Memories alive while giving the gift of hope. Please consider a memorial gift to Georgetown Connections to honor the memory of your beloved family member or friend.



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Accessory Party

So many things in my closet I do not wear or use anymore. Jewelry, scarves, purses, hats oh my! Bring as many as you would like and see if someone else may have an item you are interested in? Enjoy a vendor party this same day, more details to come.

Date: Thursday, February 9

Time: 12:30pm Cost: \$3 for party & snacks.

Mini Massages

Sign up for a 5 minute free chair massage time slot by Dr. Mark Wolfman's therapists.

Dates: Wednesday, February 8

Times: 11:30-1:30pm, sign up for a time slot.

Cost: Free

Trip to Vista Springs for Bingo

Great Prizes to win in a warm and friendly atmosphere! A special bingo is being set up just for GT Connections

Date: Monday, February 13

Time: 1:30pm-4ish

Cost: \$3 for Bus



Valentine's Party

Tuesday, February 14

11:30 a.m.

Put yourself into a fun, loving mood and join us for this extra special event.

Cost: \$6.00

Sponsor by Cook Family Services

Entertainment:

The Hat Lady

National Parks Travelogue

One of our members, Glenn Hartger, has a beautiful presentation of National Parks and videos all over our great nation, Join him as you reminisce about the wonderful places and sounds of our country.

Dates: Wednesday, February 15

Time: 12:30pm

Cost: Free (14 people max)

Sunset Presents:

Sunset presents bladder and digestive health by Physical Therapist, Stephanie Smit.

Dates: Thursday, February 16

Time: 10:30-11:30am

Cost: Free snacks provided

Cotton Patch Gospel @ Master Arts

This rousing musical retells the life of Jesus as if occurred in modern day, rural Georgia. Though the setting differs from the original telling of the Gospels, the message of the story stays true to the historical recording in The Gospel of Matthew.

Date: Thursday, February 16

Time: 6:15pm Rate: 2

Cost: \$24 for transportation and ticket.

Ottawa County K-9 Unit

A real special treat as we get to see how K-9 dogs are trained and used in the Ottawa County Police Department.

Date: Tuesday, February 21

Cost: Free

Times: 10:30-11:30am

Tea (Coffee) & Tour

Pat Cnosson, one of our members, has her home still decorated for Christmas and has invited us over for tea/coffee and goodies in her home. It is always fun to see how others decorate. Have a wonderful morning visiting with friends. (Maximum 16)

Date: Wednesday, February 22

Time: 10:00am

Cost: \$5

Civic Theatre Presents: "Ragtime"

After resounding reviews and sold-out performances of the 2004 production, Civic Theatre is delighted to bring this powerful story to life for a second time. Based on the 1975

Doctorow novel, Ragtime is a story of the American Experience. Set at the birth of the 20th century, this is a story of how our country, and those who immigrated here, share the same hopes and dreams while struggling with class and racial divides. History comes to life in this beautifully sung story. Ragtime, is a 'must see in my lifetime' experience. Recommended for teens/adult audiences

Date: Thursday, February 23

Time: 6:30pm

Cost: \$16 for transportation & ticket

Music at Midday

A wonderful soup & salad bar buffet is served at Park Church, downtown GR. Enjoy the music upstairs after lunch in this beautiful church.

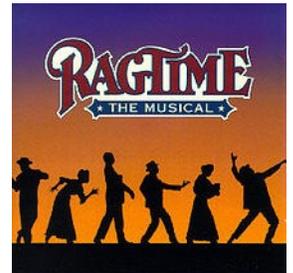
Date: Tuesday, February 28

Jenny Walvoord & Andrew Le

Violin & Piano

Time: 10:30am Rate: 2

Cost: \$13.00 for transportation & lunch





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January 2017 Activity Sign-Up Form

Name: _____ Phone Number: _____

Please check (✓) the box on the left of each activity you would like to participate in.

	Date/Time	Activity	Cost	Pick-Up?
		2017 Membership Dues	Resident \$15 Non Resident \$25	
	1/3 @ 11:30am	Dr. Wolfman seminar at 12:30 Free lunch if you stay for the seminar	Free	Y/\$5
	1/5 @ 11:30am	Hot Meal: Spaghetti & Meatballs	Pay day of	Y/\$5
	1/5 @ 12:30pm	Bunco	Free	Y/\$5
	1/9 @ 11:30am	Fitness Class Overview	Free	Y/\$5
	1/9 @ 12:00pm	Birthday Party	M \$4 NM \$5	Y/\$5
	1/12 @ 11:00am	January Series Calvin College & Lunch	\$10, lunch on your own	Y/\$5
	1/12 @ 12:30pm	Euchre Tourney	Free	Y/\$5
	1/12 @ 11:30am	Hot Meal: Turkey Chili & Salad Bar	Pay day of	Y/\$5
	1/12 @ 6:30pm	Civic Theatre Play-Philadelphia Story	\$16, trans & ticket	Y/\$5
	1/13 @ 6:15pm	Master Arts-Cinderella	\$15, trans & ticket	Y/\$5
	1/16 @ 11:30am	Lunch Bunch-El Azteccas Mexican	\$5	Y/\$5
	1/17 @ 11:30am	Kathy VanderBroek seminar at 12:30 Free lunch if you stay for the seminar	Free	Y/\$5
	1/17 @ 1:00pm	Euchre	Free	Y/\$5
	1/18 @ 12:30pm	Glen Hartger, Sights & Sounds of MI	Free	Y/\$5
	1/19 @ 10:30am	Sunset Exercise & Wellness	Free	Y/\$5
	1/19 @ 11:00am	January Series Calvin College & Lunch	\$10, lunch on your own	Y/\$5
	1/19 @ 1:00pm	Computers with Valerie Cook	Free	Y/\$5
	1/19 @ 11:30am	Hot Meal: Roast Beef	Pay day of	Y/\$5
	1/23 @ 9:30am	Breakfast Bingo	Free breakfast, \$.25 per bingo card	Y/\$5
	1/24 @ 10:30am	Coloring & Poetry	Free	Y/\$5
	1/24 @ 12:30pm	Jenison Christian School Honors Choir	Free	Y/\$5
	1/24 @	Hearing Clinic, ask for a time slot	Free	Y/\$5
	1/25 @ 12:30pm	Movie "When the Game Stands Tall"	\$1.00 for snacks	Y/\$5
	1/26 @ 10:00am	Amway Tour & Lunch	\$8, lunch on your own	Y/\$5
	1/26 @ 11:30am	Hot Meal: Chicken Alfredo	Pay day of	Y/\$5
	1/26 @ 12:30pm	Bunco	Free	Y/\$5
	1/30 @ 9:30am	Ferris Coffee Tour & Lunch	\$6, lunch on your own	Y/\$5
	1/31 @ 10:30am	Music at Midday	\$13 for trans & lunch	Y/\$5

Total \$ _____

Office Use: Checked By _____ Amount Paid _____ Cash or Check # _____

February 2017 Activity Sign-Up Form

Please check (✓) the box on the left of each activity you would like to participate in.

Name: _____ Phone Number: _____

	Date/Time	Activity	Cost	Pick-Up?
		2017 Membership Dues	Resident \$15 Non Resident \$25	
	Tuesdays 2/7-3/28	Tax Appointments Make Reservations with the Staff	Free	Y/\$5
	2/1 @ 11:30am	Grand Valley Arts Series & Lunch	\$8 lunch on your own	Y/\$5
	2/2@ 10:30am	Dr. Wyn-Non Hospice Palliative Care	Free	Y/\$5
	2/2 @ 11:30am	Super Bowl Party: Beef Stew	\$5	Y/\$5
	2/2@ 12:30pm	Bunco	Free	Y/\$5
	2/6 @ 12:00pm	Birthday Party	M\$4 NM \$5	Y/\$5
	2/7 @ 11:00am	The Heritage Restaurant	\$8 lunch on your own	Y/\$5
	2/7 @ 1:00pm	Euchre	Free	Y/\$5
	2/8 @ 11:30am	Dr. Wolfman Massages, ask for a time	Free	Y/\$5
	2/9 @ 11:30m	Hot Meal: Goulash	Pay day of	Y/\$5
	2/9 @ 12:30pm	Accessory Party	\$3	Y/\$5
	2/13 @ 1:30pm	Bingo at Vista Springs	\$3 for trans	Y/\$5
	2/14 @ 11:30am	Valentine's Party	\$6	Y/\$5
	2/15 @ 12:30pm	Glen Hartger, National Parks	Free	Y/\$5
	2/16 @ 10:30am	Sunset Presentation	Free	Y/\$5
	2/16@ 11:30am	Hot Meal: Lasagna	Pay Day of	Y/\$5
	2/16@ 6:15pm	Master Arts	\$24 trans, & ticket	Y/\$5
	2/20 @ 11:30am	Lunch Bunch to Big E's	\$5 lunch on your own	Y/\$5
	2/21@ 10:30am	K-9 Unit	Free	Y/\$5
	2/22 @ 10:00am	Tea & Tour at Pat Crossen's house	\$5	Y/\$5
	2/23 @ 11:30am	Hot Meal: BBQ Chicken Breast	Pay day of	Y/\$5
	2/23 @ 1:00pm	Euchre Tourney	Free	Y/\$5
	2/27 @ 9:30am	Breakfast Bingo	Free breakfast, \$.25 per bingo card	Y/\$5
	2/27 @ 10:00am	Amway Tour & Lunch	\$8, lunch on your own	Y/\$5
	2/27 @ 12:30pm	Movie "Finding Dori"	\$1 for snacks	Y/\$5
	2/28 @ 10:30am	Music at Midday	\$13 trans & lunch	Y/\$5

Total \$ _____

Office Use: Checked By _____ Amount Paid _____ Cash or Check # _____

Exercise Classes

Sign up to reserve your exercise spot.
Drop in fee \$2. Class size is limited to 20 members per class.

We need 8 people minimum to run each exercise class, it is very important that you register ahead for each class.

Fitness Class Overview

Kimberly is going to describe for you the available fitness classes and help you decide which class/classes you should be a part of to keep you fit and moving this winter season.

Date: Monday, January 9
Time: 11:30 am

Gentle Tai Chi

This low impact class focuses on gentle and steady Tai Chi type movements to help reduce pain and stiffness and improve flexibility for daily living.

Dates: Wednesdays, January 4-February 22
Time: 10:15-11:00 am

Beginner Line Dance coming in January

Sue De Boode will be your instructor for this class. Get ready for a great time! Don't worry if you do not get it right away. The steps will come to you the longer you dance. **Time: 1:00-2:00pm**

Dates: Wednesdays, January 18-February 22
6 Week Session: \$18 Prepayment Required

Stretch Yoga Chair Class

Comfortably and confidently learn yoga poses without getting down on the floor. This class uses adapted exercises and postures that are safely done while seated or standing behind chairs for support.

Dates: Mondays, January 9-February 27
Time: 9:00-10:00am

Zumba Gold Class

Latin styles of music are used to teach very easy-to-follow dance steps that may include Salsa, Merengue, Cumbia, Belly Dance and Rock & Roll (Twist and Charleston). Wearing appropriate attire is really important. Comfortable workout clothing and athletic shoes work best. A water bottle and a hand towel are recommended.

Time: Mondays 10:15-11:15am Jan 9-Feb 27
Wednesdays 6:00pm-7:00pm Jan 4-Feb 22

New AM Class on Wednesdays 9:00-10:00am

Fit & Strong

These exercises are low impact, some movements done while sitting and some while standing. Join in the fun, imagine that, exercise that is fun!

Date: Tuesdays, Jan 3-Feb 28

&/OR Thursdays, Jan 5-Feb 23

Times: 9:00-10:00am or 10:15-11:15am

Better Balance

Each year, more than one-third of people age 65 or older fall. This class offers balance exercises, along with strength exercises, to help participants improve stability and prevent falls

Date: Mondays, Jan 9-Feb 27 1:00-2:00pm

Movement to Music

A slow paced and easy-to-follow workout using aerobic steps and exercise movements to fun and favorite tunes. Participants can stand or be seated.

Dates: Tuesdays, TBD

Time: 1:00-2:00pm

• This class currently does not have enough Participants, if you are interested let us know and we will keep your name and give you a call if it becomes available again.

Join us for a **WEIGHT LOSS CHALLENGE** to help you eat better, exercise, enjoy family and friends, work with your doctor, and connect with God. This fun step-by-step program makes it easy to participate.

- 1) Sign up - **Register by Friday, January 5, 2017.**
- 2) Write down your goal on the handout provided.
- 3) Weigh in every week on the Georgetown Center scale. No other scale should be used. Log your weight in your personal better living book. (Provided)
- 4) Watch what you eat. Eat lots of veggies, fruits and lean protein. Drink lots of water, avoid empty carbs and treats.
- 5) Exercise. Participants must attend a fitness class at the center at least twice a week during the challenge. Make sure you get checked in by Kimberly, our fitness instructor for credit.
- 6) Weigh Out. Submit your challenge ending weight by March 3, 2017. Remember body weight can vary so try to weigh in and out on the same time of day.
- 7) WIN! One winner will win eight free fitness classes at Georgetown Connections.
- 8) **Weekly Meetings: Thursdays: 8:00am**

1st Meeting January 5, registration and questions

Cost: \$10 Includes book, meetings, & incentives.



January 2017



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 CLOSED</p>	<p>3 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 11:30 Lunch 12:30 Dr. Wolfman Seminar 12:30 Knit/Crochet</p>	<p>4 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 10:30 Eyeglasses 11:30 Lunch 1:00 Watercolor 6:00 Zumba</p>	<p>5 9:00 Fit & Strong 9:45 B/P Check 10:30 Bible Trivia 10:15 Fit & Strong 11:30 Lunch 12:30 Bunco 12:30 Mahjong</p>	<p>6 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards</p>
<p>9 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 10:15 Zumba 11:30 Fitness Class Overview 12:00 B-day Party 1:00 Better Balance</p>	<p>10 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 11:30 Lunch 12:30 Knit/Crochet 1:30 Commodities</p>	<p>11 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 Lunch 1:00 Watercolor 6:00 Zumba</p>	<p>12 9:00 Fit & Strong 10:00 Caring Hands 10:15 Fit & Strong 10:30 Bible Trivia 11:00 January Series 11:30 Lunch 12:30 Mahjong 1:00 Euchre Tourney 6:30 Civic Theatre</p>	<p>13 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards 6:15 Master Arts</p>
<p>16 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 10:15 Zumba 11:30 Lunch Bunch to El Aztecas 1:00 Better Balance</p>	<p>17 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 11:30 Lunch 12:30 Seminar DASH Diet 12:30 Knit/Crochet 1:00 Euchre</p>	<p>18 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 Lunch 12:30 Travelogue 1:00 Watercolor 1:00 Line Dance 6:00 Zumba</p>	<p>19 9:00 Fit & Strong 9:45 B/P Check 10:15 Fit & Strong 10:30 Sunset Seminar 11:00 January Series 11:30 Lunch 12:30 Mahjong 1:00 Computer Help</p>	<p>20 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards</p>
<p>23 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 9:30 Breakfast Bingo 10:15 Zumba 1:00 Better Balance</p>	<p>24 9:00 Quilting 9:00 Fit & Strong 10:00 Hearing 10:15 Fit & Strong 10:30 Coloring 11:30 Lunch 12:30 Knit/Crochet 12:30 JCS Choir</p>	<p>25 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 Lunch 12:30 Movie 1:00 Watercolor 1:00 Line Dance 6:00 Zumba</p>	<p>26 9:00 Fit & Strong 10:15 Fit & Strong 10:30 Bible Trivia 10:00 Amway Tour 11:30 Lunch 12:30 Mahjong 12:30 Bunco</p>	<p>27 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards</p>
<p>30 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 9:30 Ferris Tour 10:15 Zumba 1:00 Better Balance</p>	<p>31 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 10:30 Music @ Midday 11:30 Lunch</p>	<p>14</p>		



February 2017



Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 GR Valley 11:30 Lunch 1:00 Watercolor 1:00 Line Dance 6:00 Zumba	2 9:00 Fit & Strong 9:45 B/P Check 10:15 Fit & Strong 10:30 Dr. Wyn 11:30 Super Bowl Party & Lunch 12:30 Bunco	3 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards
6 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 10:15 Zumba 12:00 Bday Party 1:00 Better Balance	7 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 11:00 The Heritage 11:30 Lunch 12:30 Knit/Crochet 1:00 Taxes 1:00 Euchre	8 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 Massage 11:30 Lunch 1:00 Watercolor 1:00 Line Dance 6:00 Zumba	9 9:00 Fit & Strong 10:00 Caring Hands 10:15 Fit & Strong 10:30 Bible Trivia 11:30 Lunch 12:30 Accessory Party	10 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards
13 8:00 Trim 9:00 Quilting 9:00 Yoga chair 10:15 Zumba 1:00 Better Balance 1:30 Vista Springs Bingo 1:45 Diabetes	14 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 11:30 Valentines Party 12:30 Knit/Crochet 1:00 Taxes 1:30 Commodities	15 9:00 Watercolor 9:00 Zumba 10:00 Meijer 10:15 Tai Chi 11:30 Lunch 12:30 Travelogue 1:00 Watercolor 1:00 Line Dance 6:00 Zumba	16 9:00 Fit & Strong 9:15 Podiatrist 9:45 B/P Check 10:15 Fit & Strong 10:30 Sunset Seminar 11:30 Lunch 12:30 Bunco 1:00 Computer 6:15 Master Arts	17 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards
20 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 10:15 Zumba 11:30 Lunch Bunch 1:00 Better Balance	21 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 10:30 K-9 Unit 11:30 Lunch 12:30 Knit/Crochet 1:00 Taxes	22 9:00 Watercolor 9:00 Zumba 10:00 Tea & Tour 10:00 Meijer 10:15 Tai Chi 11:30 Lunch 1:00 Watercolor 1:00 Line Dance 6:00 Zumba	23 9:00 Fit & Strong 10:15 Fit & Strong 10:30 Bible Trivia 11:30 Lunch 1:00 Euchre Tourney 6:30 Civic Theatre	24 10:00 Meijer 10:30 Bible Study 11:30 Lunch 12:30 Cards
27 8:00 Trim 9:00 Quilting 9:00 Yoga Chair 9:30 Bfast Bingo 10:15 Zumba 12:30 Movie 1:00 Better Balance	28 9:00 Quilting 9:00 Fit & Strong 10:15 Fit & Strong 10:30 Music @ Midday 11:30 Lunch 12:30 Knit/Crochet 1:00 Taxes			

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**Georgetown Connections
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