

Northview Senior Citizens Newsletter

June ~ July ~ August 2010

Important Mailing List Information!

The good news is that our mailing list has grown by several hundred households in two years! The bad news is that mailing/printing costs continue to rise. Please contact the Northview Senior Citizens to let them know that you want to REMAIN on the mailing list! You can do this in the following ways:

1. If you are attending the May Luncheon, you are automatically on the mailing list. You DO NOT need to do anything!
2. Contact Christine (365-6150 and leave a message or email at cfriedt@nvps.net) and let her know that you want to REMAIN on the list.
3. Mail your address label to Northview Seniors 4365 Hunsberger NE Grand Rapids, MI 49525
4. Sign your name on the list available at the center (on the clipboard by the phone in the kitchen) that states you want to REMAIN on the mailing list

Thank you for helping us control our costs!

Reservations and sending payments

Northview Senior Citizens
4365 Hunsberger N.E.
Grand Rapids, MI 49525
616-365-6150 cfriedt@nvps.net

Site of Program

Plainfield Senior Center
5255 Grand River Dr. N.E.
Grand Rapids, MI 49525

Weekly Class Schedule

Mondays

“Stretch and Flex”
Runs all summer long!
10:30 ~ 11:30 am

Tuesdays

Holly Harvest Bazaar Workshop
9:30 ~ 11:30 am

Wednesdays

Bridge/Card Games
1:00 ~ 4:00 pm

Shuffleboard
9:00 ~ 11:00

Thursdays

AFEP Exercise Class
Last class: June 10th
Resumes: September 9th

Line Dancing
Last class: July 29th
Resumes: September 9th

Fee for summer: \$4 per class

Fridays

Last practice: May 28th
Resumes: September 10th

~ New Programs ~



Thinking Thin ~

Thinking Thin is a weight loss program that uses cognitive-behavioral techniques to help individuals lose weight and keep it off. This class is only for participants who want to discover the psychological reasons behind their weight and how to apply skills that will help them lose weight.

You will learn:

- To set achievable goals
- How to get ready for dieting
- Ways to solve real-life dieting problems
- How to deal with weight loss obstacles
- How to succeed on any healthy diet

This class will provide you with all the tools and techniques you need to succeed in your weight loss goals. Classes led by Kris Henderson, a licensed counselor.

Dates/Times:

6-week program on Wednesday's at the Plainfield Senior Center
June 9th from 10:00 a.m. to Noon
June 16th, 23rd, 30th, July 7th and July 14th from 10:00 to 11:00 a.m.

Cost:

\$130.00 includes 6 week class, workbook and Diet Coach support

Payment options available:

Total amount due first day of class \$130.00 OR \$65.00 due first day of class and \$65.00 due on the third week of class. Checks (made payable to Kris Henderson), cash, or credit card accepted.

Alzheimer's Association Presents

Early Stage Dementia Support Group
7 sessions ~ Intake Screening Required

June 24 - August 5 ~ 10:00 AM to Noon

The Early Stage Dementia Support Group provides individuals and their care partners:

- ~ An opportunity to gain support from others who are living and learning to cope with dementia
- ~ Experts to listen and answer questions and a connection to vital community resources that can help improve the quality of life for both the person with dementia and their care partner

The early stage dementia support group is for individuals who have the ability to:

- ~ Talk about their diagnosis and the experience of living with the symptoms of dementia;
- ~ Sit in a group for 45-50 minutes;
- ~ Listen to others and respond in a socially appropriate manner; and
- ~ Work with their care partner to plan for the future.

Contact Mary Mathieu at the Alzheimer's Association (616.459.4558) to make an appointment for an intake screening.

**Weekly Group Craft Projects
All Summer Long!
Craft Room at the Center**

Join us every Tuesday morning from 9:30 to 11:30 a.m. We are making some changes in the 2010 Holly Harvest Bazaar and we need some help! All your standard favorites will still be for sale, but we have many new ideas as well. Sign up and we will have things prepped, materials purchased and ready to be made, painted, sewn etc.! If you are a little bit "crafty" ~ or a lot ~ come join the fun and help out the Holly Harvest Bazaar too!

If you wish to work on projects at home, materials necessary for the crafts can be picked up on Tuesday mornings. Call ahead to make arrangements for these craft kits.

~ Traditional Favorites ~

Tuesday, June 1st

***Bluebird of Happiness
Potluck Salad Luncheon @ Noon***

Followed by All Games Day @ 1:00

Make or buy your favorite salad to feed eight (8) people. Salad suggestions: potato, spinach, melon, macaroni, fruit, German potato, chicken salad etc.

Northview Seniors will furnish meatballs, rolls, beverages and place settings.

~ Reservations are requested by May 26th ~

Contact Christine at 365-6150 or cfriedt@nvps.net

PLEASE NOTE: If you plan to attend just the All Games Day, please arrive @ 12:50 p.m.

Donations for All Games is \$1.00 at the door

Dress is casual and bring a neighbor!

**Wednesday, June 9th
Shuffleboard Begins!**

Join this fun group every Wednesday for shuffleboard! The courts are located adjacent to the parking lot at Plainfield Senior Center.

Chairman: Willie Schrier Co-Chair: Lillian Irish

~Weather permitting ~

Contact Willie to sign up ~ or if you have any questions at 785-9313.

Starts Wednesday, June 9th from 9:00 to 11:00

Runs weekly through September 1st

Except center shut down weeks ~ August 9th - 20th

Tuesday, June 8th

Father's Day Luncheon

Join us for our June luncheon honoring those that have raised us and those that are fathers themselves.

Menu: Orange chicken with rice, California blend vegetables, pineapple, jello cup and a yogurt parfait for dessert.

Reservations due by June 2nd

@ 365-6150 or cfriedt@nvps.net

Cost: \$5.00 paid in advance

Tuesday, June 29th
Summer Friendship Luncheon
with Bingo

at Thousand Oaks Golf Club
~ 11:30 a.m. doors open ~
~ Lunch is served at Noon ~
~ 12:45 Bingo begins ~

Northview and Rockford Seniors combine to enjoy this summer tradition at a new venue! Join us at Thousand Oaks Golf Club in the Oak Arbor Room for lunch and bingo.

This event is sponsored by the *Plainfield Charter Township Senior Citizen Advisory Board*

Snacks, bingo, 50/50 raffle . . . lots of fun!

Bingo will be played immediately following the lunch.

Menu choice: French Dip Au Jus OR Chicken Boursin on a Kaiser Roll OR Cherry Pecan Salad with Grilled Chicken and house vinaigrette. Beverages and a scrumptious cupcake for dessert are also included!

Indicate choice at time of reservation.

Location: Thousand Oaks Golf Club Restaurant take 5 Mile Rd. East and look for signs ----- ~ just minutes away from our senior center).

Reservations due by June 18th

Cost: \$13.00 ~ includes tax and tip

Tuesday, July 13th
1:00 to 3:00 p.m.
~All Games Day ~

Join others who love to pass the afternoon playing games! Cribbage, cards, Scrabble, Set Back . . . the choice is yours! Snack & beverages will be served.

Cost: \$1.00

Tuesday, July 13th

Bridge and Card/Game playing
Every Wednesday from 1- 4 pm

Tuesday, July 20th
12:30 p.m.

“Purple Cow” Ice Cream Social
And live music!

What better way to spend a hot July afternoon!

All you can eat ice cream sundaes!

Wear a little purple and enjoy the entertainment of “The Old Tyme Music Makers” featuring Mitzi and Henry Berkhout playing a variety of old time songs and sing-a-longs . . . music begins at 12:45.

Free Event!

However, reservations are necessary

Call Christine 365-6150 cfriedt@nvps.net

Plainfield Senior Center is closed
NO ACTIVITIES ~ including
shuffleboard

2 Weeks of Maintenance
August 9th thru 20th

Tuesday, August 31st
Annual Summer Picnic Potluck
and Cash Bingo

11:00 a.m. ~ Registration and cold lemonade

11:30 a.m. ~ Potluck Luncheon

Bingo immediately following lunch

2:30 p.m. ~ Watermelon treat

3:00 p.m. ~ Activities conclude

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You are asked to bring a dish to pass:

**A ~ E** Casseroles, potatoes, vegetables or beans

**F ~ N** Salads – potato, cole slaw, fruit, taco etc

**0 ~ Z** Desserts – cakes, pies, fruit, cookies etc.

**Northview Seniors will furnish: grilled hot dogs with all the trimmings, watermelon, place settings and beverage.**

***Hosted by your Advisory Board Members***

## Thank You's:

~ April and May Luncheon chairman's ~ **Ruth Smith and Judy Heidenreich, Gayle Gooslin and Audrey VanPelt and all the many luncheon workers**

~ **Bob and Judy Heidenreich** for helping set up and clean up for the Appreciation Lunch

~ **Willie Schrier** for sending out cards on behalf of our organization to those who are in need

~ Joyce Motta for volunteering to teach computer classes

~ For the **Northview Advisory Board Members:**

**Mike Bolhuis, Betty Brown, Bev Brumley (retired), Gayle Gooslin, Judy Heidenreich, Fran Kazmierski and Willie Schrier** for all their guidance, support, advice and patience!

## June Activities

- 1 Bluebird of Happiness lunch/Games
- 2 White Caps Baseball & Bingo
- 3 Advisory Board Meeting at 10 a.m.
- 8 Father's Day Luncheon at Noon  
Chaired by: Jane Barber,  
Doris Johnson and Margaret Olson  
RSVP by June 2<sup>nd</sup>
- 9 Shuffleboard begins & meets weekly
- 9 Thinking Thin Class
- 10 Book Club
- 11 Lunch and a movie outing
- 11, 12, 13 Mississippi River trip
- 15 Bingo
- 16 Thinking Thin Class
- 22 Brown Bag Road Trip
- 23 Thinking Thin Class
- 24 Alzheimer's class
- 29 Friendship Lunch/Bingo RSVP 6/22
- 30 Thinking Thin Class

## July Activities

- 1 Advisory Board meeting at 10:00 a.m.
- 13 All Games Day at 1:00 p.m.
- 20 Purple Cow" Ice Cream Social with entertainment at 12:30 p.m.

## August Activities

- 3 Election ~ Center is closed
- 5 Advisory Board meeting at 10:00 a.m.

**9<sup>th</sup> thru 20<sup>th</sup> SHUT DOWN WEEKS  
~ MAINTENANCE WEEKS ~  
NO PROGRAMS**

- 17 Fish Boil trip
- 31 Summer Picnic Pot Luck w/ Bingo

## Looking Ahead

- Sept. 15 [Turkeyville Trip](#)  
Sept. 21 Monthly Luncheon  
Sept. 27-Oct 1 [Branson Trip](#)

## Prayers and Concerns

Bernice Ambrose, Margaret Balkcom, Marie Buffington, Anna Crampton, Marcia Duvall, Bev Fron, Barbara Hough, Wilma Ingham, Lee Marcusse, Bill Schumacher, Lorraine Walsh, Charlie Traxler, Virginia Zukowski

### Nursing Homes

**Vivian Hood** - Porter Hills, **Maxine Melinn** – Northview Manor, **Dorothy Doyle** - St. Mary's Living Center, **Betty Lunger** -Clark Retirement, **Joan Martin, Maggie Fegel** and **George Woodbridge** - Pilgrim Manor, **Doris Osburn** – 8305 Cowen Lake Rockford 49341, **Bill Paul** - Bishop Hills, June Thielke – Villa Maria.

# HAPPY BIRTHDAY TO ALL OF YOU!!

## June

- 2 Alice Hahn
- 3 Bernice Hanrahan
- 4 Julia Meneghini
- 9 Thelma Innis
- 11 Bernice Breen, Gladys Spangler
- 11 Thelma Vis, Juanita Fabian
- 13 Willie Schrier
- 24 Charlie Traxler, Ruth Smith
- 29 Edna Reno

## July

- 3 Frank Budnick, Geraldine Jackson
- 7 Joan Martin
- 8 Betty Brown
- 15 Margaret Wellman
- 16 Joyce Dwyer
- 19 Beverly Belluomini
- 20 Margaret Olson
- 26 Dorothea VanOort
- 27 Beverly Brumley, Don Malinowski
- Liz Alicki, Darline Kaplanowski and Dee Jones

## August

- 2 Lynette Hafer
- 4 Richard Oudbier
- 6 Genevieve Faski
- 7 Mary Fisher
- 11 Lorraine Abramowski
- 12 Gerie Anderson
- 18 Bernice Ambrose

*Area Agency on Aging:  
An Excellent Resource*

*The Area Agency on Aging of Western Michigan is an excellent resource for services that help older adults remain independent. To access the full list of services, go to [www.aaawm.org](http://www.aaawm.org), call them at 456-5664 or email at [maryf@aaawm.org](mailto:maryf@aaawm.org)*

## Heartfelt Appreciation to Our Volunteers ~ both past and present

The Northview Senior Citizens organization is very fortunate to have so many wonderful volunteers. A lot of things are done quietly, both great and small. Many of you were active for years, but due to life circumstances, have stepped down from your duties. For those who currently volunteer and those who volunteered in the past ~ thank you. You have made a difference in the lives of our members!

These quotes reminded me of the spirit of the Northview Seniors Citizens ~

***We can do no great things, only small things with great love.***  
~Mother Teresa

***I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do.*** ~Edward Everett Hale

***Nobody can do everything, but everyone can do something.***  
~Author Unknown

***We make a living by what we get, but we make a life by what we give.*** ~Winston Churchill

***The world is hugged by the faithful arms of volunteers.***  
~Terri Guillemets

***Volunteers don't get paid, not because they're worthless, but because they're priceless.***  
~Sherry Anderson