

# Northview Senior Citizens Newsletter

## June ~ July ~ August 2011

**Lots of New  
Programming!  
Look inside for details!**

Yoga/Pilates for Seniors

Wii Bowling

Mah Jongg lessons

Walking Club

Charlevoix, MI day trip

Brown Bag ~ Up North! day trip

Agawa Canyon 3-day trip

Walking club

Friendship Lunch and Bingo

### Reservations and sending payments

Northview Senior Citizens  
4365 Hunsberger N.E.  
Grand Rapids, MI 49525  
616-365-6150 [cfriedt@nvps.net](mailto:cfriedt@nvps.net)

### Site of Program

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

### ~ Trips and Outings ~

**Wednesday, September 14<sup>th</sup>**

### *Brown Bag ~ Up North!*

*Here it is! The MUCH anticipated Brown Bag trip! We have organized another and we are heading up north! "Bag" some fun by joining this mystery day trip as we visit unique, locally owned businesses and receive a special gift from each business to fill our Brown Bag. We will enjoy a wonderful lunch at a locally owned restaurant.*

*Seats are limited so reserve soon!*

**Included:** travel by motor coach, lunch and all gratuities . . . plus a brown bag full of goodies!

*Pick up at senior center: 8:00 a.m.  
Pick up at Ambrose Ridge: 8:15 a.m.  
Back by 7 p.m.*

*Cost: \$72.00 pp*

**Monday, July 18<sup>th</sup>, 2011**

**"Charlevoix, Michigan"**

*See attached itinerary!*

**The Splendor of Fall Colors in  
Michigan and Ontario**

*Agawa Canyon Train*  
**September 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup>, 2011**

*See attached itinerary!*

**Thursday, June 23, 2011**

*"On Broadway Too: An Irving Berlin  
Songbook" ~ 10 tickets left!*

## Weekly Class Schedule

### Mondays

“Stretch and Flex”

June 6<sup>th</sup> & 13<sup>th</sup> at 10:30 a.m.

June 20<sup>th</sup> thru July 25<sup>th</sup> @ 8:45 a.m.

\$1 drop in fee

### Tuesdays

Bazaar Workshop

9:30 ~ 11:30 am

### Wednesdays

Shuffleboard

9:30 ~ 11:00

\$1 drop in fee

Bridge/Card Games

1:00 ~ 4:00 pm

\$1 drop in fee

### Thursdays

Line Dancing ~ 9 to 10:30 a.m.

Last class: July 28th

Fee for summer: \$4 per class

Resumes: September 8<sup>th</sup>

AFEP Exercise Class

Last class: July 28<sup>th</sup>, Resumes: 9/8

\$1 drop in fee

### Fridays

Yoga/Pilates for Seniors

9:30 a.m.

\$3 drop in fee for seniors

\$7 drop in ~ younger than 60

Silvertone's Choir Practice

Last practice: May 27<sup>th</sup>, Resumes: 9/9

## ~ New Programs ~

Do you enjoy spending some time playing games or cards? Are you ready to learn a new one?

### Mah Jongg

Mah Jongg (or "Maajh", as it is usually called) is a fascinating gin rummy-like game played with tiles rather than cards. The game originated in China, dating back to the time of Confucius. To this day, Mah Jongg remains the most popular game in the Orient. There are several versions of Maajh, but each fall under two broad categories: American Mah Jongg and Chinese Mah Jongg. American Maajh differs from Chinese in several ways. It uses more tiles, notably the Joker.

The game is started with "Charleston", or the passing of 3 unwanted tiles from one player to another. This occurs 3 or 6 times in a specific order.

It uses a card of Standard Hands, against which all games are played; these cards are changed annually. Only these specific hands may be played. The cards are produced by the National Mah Jongg League each year and the cards for each new year are available for sale each March.

**Be forewarned; if you catch on to this game, you may find it habit-forming!!**

Member Joyce Motta will teach beginning Mah Jongg each Wednesday morning in June. Classes will be from 11:00-12:30 at the Senior Center and will be limited to the first 12 people with registration.

Please contact Christine to register by May 20 so 2011 Mah Jongg cards can be ordered. Please specify if you would prefer a regular print card or a large print card.

## Yoga/Pilates for Seniors

### 2 free demo classes

*Two Friday's in May we are offering this class free so you can check it out and see if it would be a good fit for you!*

Friday, May 20<sup>th</sup> and May 27<sup>th</sup> @ 9:30 a.m.  
(Bring an exercise mat if you have one!)

This class is designed for seniors that wish to lead an active fit life. The exercise poses are suitable for all levels of fitness with modifications using a chair or yoga block as an available option. Pilates will focus specifically on exercises that strengthen the core muscles, while yoga will increase strength, flexibility and balance. Slow deep rhythmic breathing will strengthen the respiratory system and bring calmness to the mind and body.

Scheduled classes begin  
Friday, June 3<sup>rd</sup> and meet weekly through  
the end of July at 9:30 a.m.

Cost: \$3 drop in for seniors  
\$7 drop in for those under 60 years old

Classes in May: FREE

Meet the instructor: **Nancy McQuate** has over 30 years of experience teaching various exercise and fitness classes and has been teaching yoga classes for the past 13 years. She has a physical education major and has recently retired from elementary school teaching in Rockford. As a senior, she has experienced daily the profound benefits that yoga, Pilates and regular exercise provides for the mind and body. She loves passing this on to others.

## Wii Bowling

Starts Monday, June 20<sup>th</sup> at 1 p.m.

Playing Wii Sports Bowling is a load of fun! Many seniors are familiar with it since they have played it with their grandchildren. Come to the center to learn how to play and enjoy an afternoon of fun!  
No charge!

## *Easy Does It Walking Club*

**This new group started meeting in mid-April and would love some more people to join them! They walk a short section of the White Pine Trail in Belmont. Ideally, you will meet someone with a similar walking pace and enjoy the outdoors as a group!**

**This weekly group meets every Thursday (weather permitting) at 9:30 a.m. If you are interested in learning more contact Nancy Porter at 361-6946 or nporter35@gmail.com**

## Lunch 'N Lecture Series

*Enjoy a free lunch while educating yourself on a variety of health issues.* A 20-30 minute power-point slide-show with take-away literature is provided by Grand Rapids Home Health Care. They provide skilled in-home nursing and rehabilitative therapy. They are a Medicare certified, Mich. based company.

**Starts at Noon ~ reservations appreciated**

### **Topics:**

Thurs., May 12th: Guide to Community Resources  
Thursday, June 9th: Tips for Healthy Aging

## ~ Free Investment Consultations ~

*Third Monday of each month from 1 – 3*

Similar to the free attorney consultations, we are offering free investment counseling. If you have questions about your retirement investments or general investments then schedule an appointment with this local financial advisor.

*Robert Maloof is a Financial Advisor with Edward Jones here on the Northeast side of Grand Rapids. Edward Jones provides financial services for individual investors and local businesses through long term solutions based strategies. Maloof is proud to work for a firm that has received J.D. Powers highest ranking in investor satisfaction, two years in a row 2009 and 2010.*

Interested in this 30 minute free counseling session? Please make your appointment by contacting Christine 365-6150  
cfriedt@nvps.net

## ~ Traditional Favorites ~

### **Wednesday, June 1<sup>st</sup>** ***Shuffleboard Begins!***

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

Chairman: Gayle Gooslin Co-Chair: Lillian Irish

**~Weather permitting ~**

Contact Gayle to sign up ~ or if you have any questions at 365-0293.

\$1 drop in fee each week

**Starts Wednesday, June 1<sup>st</sup> from 9:30 to 11:00**

**Runs weekly through August 31<sup>st</sup>**

**Except center shut down weeks ~ August 1<sup>st</sup> to 12<sup>th</sup>**

### **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 working on some new projects for the 2011 bazaar. We would love some more help!

**If you prefer working on projects at home, then contact us and we will gather the materials necessary for the crafts and they can be picked up on Tuesday mornings. Call ahead to make arrangements for these craft kits. We especially need people to make fabric yo-yo's!**

If you are a little bit "crafty" ~ or a lot ~ come join the fun and help.

Contact Sue Morrow @  
916-3634 or [smorrow43@yahoo.com](mailto:smorrow43@yahoo.com)

## **Tuesday, June 7<sup>th</sup>**

### **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.*

*Chaired by Judy Grantz and Nancy O'Neal*

**Reservations due by June 1<sup>st</sup>**  
**365-6150 or [cfriedt@nvps.net](mailto:cfriedt@nvps.net)**  
**Cost: \$5.00 paid in advance**

## **Grocery Bingo** **Tuesday, June 14<sup>th</sup>** **from 1 - 3 p.m.**

Enjoy an afternoon of bingo with grocery items as prizes! Fellowship & refreshments!

**Pay at the door: \$1**

**Tuesday, June 28<sup>th</sup>**

***Summer Friendship Luncheon  
with Bingo***

***11:30 a.m. doors open***

***Noon ~ lunch is served***

Enjoy this summer tradition at Boulder Creek Golf Club. It is sponsored by the *Plainfield Charter Township Senior Citizen Advisory Board*.

**Lunch, snacks, bingo, 50/50 raffle . . . lots of fun!**

*Bingo will be played  
immediately following the lunch.*

**Menu choice:** Homemade chicken salad served on a bed of lettuce with fresh fruit **OR** Napa Salad with grilled chicken breast strips. All luncheons include a fresh baked breadstick, beverage and dessert.

**Indicate choice at time of reservation.**

**Location:** Boulder Creek Restaurant @ 5750 Brewer in Belmont (go East on Cannonsburg Road, turn left on Brewer ~ just minutes away from the senior center). **Reservations due by June 21<sup>st</sup>**

**Cost: \$13.00 ~ includes gratuity**

**Tuesday, July 12<sup>th</sup>**

***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 July 5<sup>th</sup> ~**

Contact Christine at 365-6150 or [cfriedt@nvps.net](mailto: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***

**Tuesday, July 26<sup>th</sup>**

**12:30 p.m.**

**“Purple Cow” Ice Cream Social  
with 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](mailto:cfriedt@nvps.net)

**Plainfield Senior Center is closed  
NO ACTIVITIES ~ including  
shuffleboard**

**2 Weeks of Maintenance  
August 1<sup>st</sup> thru 12<sup>th</sup>**

**Tuesday, August 30<sup>th</sup>**

**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**

**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, place settings and  
beverage.**

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

## **Maggie's Attic Donations**

Still spring cleaning? Don't forget to donate your household items to Maggie's Attic. This annual sale benefits our programs. We take everything but furniture, linens and clothes. Drop them off at the center whenever programs are offered. We will make sure they get moved to the right place!

## **Maggie's Attic Mid-year Sale!**

We have had so much stuff donated early this year that we are having our "garage sale" open at the June lunch for our members and on Thursday and Friday, June 9<sup>th</sup> and 10<sup>th</sup> to the public.

## **Thank You's:**

~ **Gordy Pickerd and Paul Kazmierski** made us a beautiful wooden step stool to be used on our bus outings.

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

~ **Beverly Brumley** for sending out holiday cards to our homebound seniors.

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

~ For the **Northview Advisory Board Members: Mike Bolhuis, Betty Brown, Gayle Gooslin, Judy Heidenreich, Fran Kazmierski and Willie Schrier** for all their guidance, support, advice and patience!

~ Newsletter assembly crew at Ambrose Ridge Apartments: **Doris Winters, Corinne Weeks, Lois Wetzel, Thelma Vis, Margaret See, Ceil Truesdell, Lillian Irish, Pat Hamernick, Maxine Flood and Glenda Emmons.** They do a GREAT job!

~ **Gayle Gooslin** for donating a Christmas tree

~ **To everyone** who steps forward to help with trash pick up at each luncheon. Small things add up!

~ **Gloria Shoudy** for taking responsibility for

Tuesday mornings at the center the entire winter months.

~ Spring cleaning crew ~ **Mike Bolhuis, Carol DeHaan, Judy Grantz, Lillian Irish, Cindy Johns, Sharon Pickerd, Nancy Porter, Nancy Pulte, Gloria Shoudy, Diana Winterhalter and Joan Wernimont**

## **June Activities**

- 1 Shuffleboard begins & meets weekly Starts at 9:30 a.m.
- 1 Mah Jongg begins and meets weekly at 11:00 a.m.
- 2 Walking Club @ 9:30, Advisory Board meeting at 10
- 3 Yoga/Pilates for Seniors @ 9:30
- 6 Attorney Consultation ~ by appt.
- 7 Father's Day Luncheon at Noon  
Chaired by: Judy Grantz and Nancy O'Neal  
RSVP by May 31<sup>st</sup>
- 9 Lunch 'N Lecture at Noon, Book Club at 1:00 p.m.
- 14 Bingo
- 17 Lunch and a movie outing
- 20 Wii Bowling begins and meets weekly at 1:00 p.m.
- 23 Irving Berlin Day trip departs @ 7:45
- 28 Friendship Lunch/Bingo RSVP 6/21

## **July Activities**

- 7 Advisory Board meeting at 10:00 a.m.
- 12 Bluebird of Happiness lunch/Games
- 14 Book Club @ 1 p.m.
- 15 Lunch 'N Movie time: TBD
- 18 Charlevoix Day Trip departs 7 a.m.
- 26 Purple Cow" Ice Cream Social with entertainment at 12:30 p.m.

## August Activities

4 Advisory Board meeting at 10:00 a.m.

*1<sup>st</sup> thru 12<sup>th</sup> SHUT DOWN WEEKS  
~ MAINTENANCE WEEKS ~  
NO PROGRAMS*

30 Summer Picnic Pot Luck w/ Bingo

### Looking Ahead

Sept. 14 Brown Bag ~ Up North! Day trip  
Sept. 27 Monthly Luncheon  
Sept. 28-30 Agawa Canyon Trip

## Prayers and Concerns

**Bernice Ambrose, Margaret Balkcom, Mary Fisher, Alice Hahn, VeraJean Hall, Lee Marcusse, Bill Schumacher, Bea Scrote, Dorothy Stocks, Angelo Tiberio, Lucy Traxler, Eleanor Volwiler, Helen Walsh, Lorraine Walsh, Virginia Zukowski**

*~To the family and friends of ~ Dorothea Van Oort and Judy Heidenreich*

### Nursing Homes

**Vivian Hood** - Porter Hills, **Maxine Melinn** – Northview Manor, **Warren Jackson** and **Betty Lunger** -Clark Retirement, **Lynette Hafer, Joan Martin, Maggie Fegel and George Woodbridge** - Pilgrim Manor, **June Thielke** – Villa Maria, **Doris Johnson** – Heron Manor, **Geraldine Jackson** – Lincoln Square, **Charlie Traxler** – Home for Veterans

## **HAPPY BIRTHDAY TO ALL OF YOU!!**

### June

3 Bernice Hanrahan  
5 Dorothy Stocks  
10 Nancy Porter  
11 Bernice Breen  
11 Thelma Vis, Juanita Fabian  
13 Willie Schrier  
17 Nancy Cook  
20 Bertha Lockard  
24 Charlie Traxler, Ruth Smith

### July

3 Frank Budnick, Geraldine Jackson  
7 Joan Martin  
8 Betty Brown  
15 Margaret Wellman, Margaret Buffum  
16 Sharon Feedback  
19 Beverly Belluomini  
20 Margaret Olson, Ginny Oard, Joyce Larsen  
22 Dee Jones  
24 Pat Paine, Kristine Larsen,  
Larry McKinney  
26 Beverly Brumley, Don Malinowski  
Liz Alicki, Darline Kaplanowski and

### August

2 Lynette Hafer  
4 Richard Oudbier  
5 Robert Manikowski  
6 Genevieve Faski  
8 Mary Fisher, Nancy Pulte  
11 Lorraine Abramowski  
12 Gerie Anderson  
18 Bernice Ambrose  
19 Madeleine Barrette  
24 Loretta Oosdyke  
26 Patricia DeGroot  
29 Joanne Barnes, Maxine Kohls  
30 Kay Wilson

## ~ Volunteers Needed ~

~ To make fabric Yo-yo's for our craft projects! We provide fabric (already cut to size) and all other materials needed. You provide your time and talent!

~ To edit the newsletter five times a year. Good grammar, attention to detail etc. is needed.

~ To decorate the center for each season or holiday (hanging items on the walls)

~ Please contact Christine if you can help with set up for any of the following events: Friendship Lunch at Boulder Creek Golf Course on Tuesday, June 28<sup>th</sup>; Tuesday, July 12<sup>th</sup> at the center for the Bluebird of Happiness Lunch; Tuesday, July 26<sup>th</sup> at the center for the ice cream social; or Tuesday, August 30<sup>th</sup> at the center for the summer picnic.

Christine at 365-6150 or  
cfriedt@nvps.net

### Judy Heidenreich Served Us Well

Judy served as an Advisory Board Member for nearly 3 years before her passing on April 29<sup>th</sup>. She was happy to serve the Northview Seniors community and took her responsibility to heart. We will miss her business sense, her common sense, her humor and, especially, her energy and enthusiasm. We will miss her a great deal.

## ~ Annual Fundraiser ~

The Holly Harvest Bazaar has been an important fundraiser for us the past 29 years. We want to maintain the integrity of that event while building a new event around it. The new event, 'Tis the Season ~ Holiday Marketplace and Home Tour, will incorporate the traditional bazaar (crafts, Maggie's Attic, lunch and baked goods) while adding a holiday marketplace and home tour.

### The tradition continues!

Crafts, Maggie's Attic, lunch (with our wonderful homemade pies!) and baked goods will still be a big part of this new event!

### What is new?

~ The Cookie Dash was a HUGE hit last year (we were sold out by 11:30 a.m.!) so that will be expanded.

~ The name is changed to 'Tis the Season ~ Holiday Marketplace and Home Tour for the entire event.

~ Home Tour - We will have eight or nine homes throughout the northeast side of Grand Rapids/Belmont/Rockford area displaying 80 to 100 exhibitors (about 10-15 per home). Each home will be decorated for Thanksgiving or Christmas.

~ Holiday Marketplace ~ Exhibitors will have their wares displayed throughout the home using, as much as possible, the homes furniture and floor plan.

### How you can help!

~ We will need lots of volunteers to assist with set up, monitoring and cashiering.

~ We will need even more bakers for the Cookie Dash! We will also need baked goods and pies.

~ Tickets will be available for purchase to the general public for \$5 for both days of the event.

### **Mark your calendars!**

#### **'Tis the Season**

**Holiday Marketplace & Home Tour**  
**Friday, November 4<sup>th</sup> from Noon to 7**  
**Saturday, November 5<sup>th</sup> from 9 to 3**  
*The center's events will be held on Saturday*