

Northview Senior Citizens Newsletter

September and October 2010

Save the date

Holly Harvest Bazaar

Saturday, November 6th ~ 9 a.m. to 3 p.m.

The Holly Harvest Bazaar is the main fundraiser for the senior center and you can support this event in many ways

- *Donate items to Maggie's Attic (your junk is someone else's treasure!). No linens or clothing are accepted. Clean out your closets and cupboards and bring your items into the center!*
- *Help make or donate handmade arts and crafts to our sale*
- *Buy raffle tickets (available in September)*
- *Volunteer to help the week of the event*
- *Shop at the craft fair and Maggie's Attic and then enjoy a delicious lunch at the Bazaar with your friends and family*

Numbers of Friendship Telephone Directory

Every three years the Northview Seniors compile the Numbers of Friendship Telephone Directory and it is that time again! You will notice a 1/2 sheet form on the opposite side of your mailing label. If you want to be a part of the directory, drop off or mail in the form. Only those contributing to the directory will be receiving a copy.

All those that are returned prior to November 1st will be included. Directories will be available after the first of the year.

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”

One hour of exercise ~ \$1 class fee
10:30 ~ 11:30 am

Tuesdays

Holly Harvest Bazaar Workshop

Free ~ snacks served
9:30 ~ 11:30 am

Wednesdays

Bridge/Card Games
\$1 fee ~ snacks served
1:00 ~ 3:00 pm

Thursdays

Line Dancing
\$2 class fee
9:00 to 10:30 a.m.

AFEP Exercise Class

One hour of exercise ~ \$1 class fee
11:00 a.m. to Noon

Fridays

Choir Practice
1:00 to 3:00 p.m.

~ Ongoing Programs ~

Monday's

~ Stretch and Flex Exercise ~

Each Monday morning at 10:30 a.m. the Stretch 'n Flex class combines gentle stretching along with toning exercises to maintain and increase strength and flexibility. Some of these exercises are done seated and some from a standing position. Some exercises are added to support the cardio-vascular system. Join Darcy, the instructor, in this class! \$1 drop-in fee.

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~ Chain Gang Crochet Class ~

Monday's from 1:00 to 2:30 p.m.

\$3 per class drop in fee

Help at all levels! Whether you are a beginner or need to be brought to the next level, Alice will help you get there!

Contact Alice D'Agostino at
915-7825 or gonow57@yahoo.com

Tuesday's

~ Holly Harvest Bazaar ~

Weekly Individual and Group Craft Projects

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 would love 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.

Contact Sue Morrow with questions at 916-3634 or smorrow43@yahoo.com

Wednesday's

~ Bridge and Card Games ~

For over 25 years, Northview has hosted a Bridge group and they encourage others to join in! They play every Wednesday afternoon at 1 p.m.

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Card playing and other games

We have another group that meets across the hall from Bridge that enjoys different card games, Rumikube, Cribbage etc. They are always looking for more players as well!

\$1 drop in fee

Thursday's

~ Line Dancing ~

Line Dancing continues at Northview! What a wonderful way to keep moving, enjoy good music and dance! Join this group for a variety of music and line dances.

Class fee: \$2.00 drop in

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~ AFEP Exercise ~

The Arthritis Foundation Exercise Program is a fun and invigorating recreational exercise program, led by a certified instructor, for anyone who is limited by impaired motion and/or strength. ***It is effective for everyone but safe for those who have Arthritis!***

The program increases joint flexibility, strength and endurance, decreases pain and stiffness while improving your posture.

Class fee: \$1 drop in

~ Lunch and a Movie ~

This group of members enjoys going out to lunch one day a month followed by a movie. Some only come for the lunch and that is fine too! The movie cannot be decided until Tuesday evening the week of the meeting date.

If this is something you would like more info about ~ please contact Pat Arbour at 361-0070 ~

~ Bingo ~

Join others as they enjoy bingo with grocery items as prizes each month. Enjoy the fellowship, fun and refreshments!

\$1 drop-in fee ~ no reservations necessary!

Tuesday, September 14th, 2010 at 1:00 p.m.

Tuesday, October 19th at 1:00 p.m.

~ Book Club ~

We are utilizing Kent District Library's "Book Club in a Bag" program which allows book clubs to check out 12 copies of each selection so no purchase of a book is needed!

We meet on the second Thursday of each month at 1:00 pm. at the senior center.

This is an ongoing group and we have just a few openings.

Contact Christine ~ 365-6150 or cfriedt@nvps.net if interested

~ Special Events Lunch Bunch ~

Special Events Lunch Bunch will be event driven and **not** meet on a set day of the month. In 2009-10 they rented the Grand Rapids Trolley and toured **ArtPrize** in October as well as scheduled an outing for **Beneath the Tree**, an annual holiday home tour and art sale, in November. They will look at local, upcoming events and plan lunch and an excursion around it.

If you are interested in being on the list for this group, Contact Nancy Porter @ 361-6946 or Gayle Gooslin @ 365-0293 for more information.

~ Free Attorney Consultations ~

The Michigan Attorneys Practicing Law for the Elderly (M.A.P.L.E.) will be bringing the law to you with **free** legal advice once a month at the Northview/Plainfield Senior Center. M.A.P.L.E. focuses on your rights as you age and the options available to you.

M.A.P.L.E. is always looking for better ways to serve the retiree community. Michael Herring, attorney, is focused on Elder Law as his primary practice; however, feel free to bring him any legal questions you might have. He is currently working with the Rockford Seniors, Senior Neighbors of Grand Rapids, the Age Well Center in Muskegon, and the Portage Senior Center.

You will have a chance to meet Michael Herring at our September luncheon.

If you are interested in this 30 minute free counseling session, please make your appointment by contacting Christine 365-6150 cfriedt@nvps.net

Wednesday, September 15th Turkeyville Trip *See attached itinerary!*

Tuesday, October 5th at 10:00 a.m. & 12:30 p.m.

~ ArtPrize ~

~ Via the Grand Rapids Trolley~

ArtPrize was all over the news last year and many of us didn't know quite what to think of it! It is described as part arts festival, part social experiment where artists take over the city and visitors explore! So whether you experienced ArtPrize last year or are curious and want to experience it this year ~ this is your chance to see the top 10 art pieces . . . by trolley!

We will meet in the Knapp's Corner Meijer parking lot and hop on a 24 passenger trolley to head downtown for a 2-hour adventure! The trolley will stop to view all top 10 art pieces. You will get off the trolley at each venue to view the art piece and any other art at that location. ***Cost: \$14***

Limited Seats available! Reserve your seats early!

Friday, October 8th at 10:00 a.m.

~ New Programs ~

"Medicare Made Clear"

This is a 1 hour presentation that simply explains the 4 parts of Medicare, A, B, C & D, eligibility, costs, and different types of plans, so you can better understand your options. This will give you a head start as we head into Annual Election Period which begins November 15th, 2010.

This program is facilitated by Kelly Briggs, Northview parent and an insurance agent that specializes in Medicare from Briggs Insurance Agency. This is NOT a sales presentation.

Free presentation

RSVP is appreciated

Beginners Knitting Class!

Whether you have never knitted before or it has been a long time and you need a refresher course ~ this class is for you! Audrey VanPelt, Northview Seniors member and long-time knitter, will start you with the basic stitch and progress from there. By the end of the 6 weeks, you will be knitting simple projects. If you have size 9, 10 or 11 needles you can bring them along. All yarn will be furnished as well as needles for those who need them.

6 week class ~ Thursday's 9/23, 9/30, 10/7, 10/14, 10/21 and 10/28 at 1:00 p.m. Class fee: \$6

Tuesday, October 12th @ 1:00 p.m.

~ A Victorian Tea ~

Here is a good reason to get dressed up for a party! Bring a tea cup and saucer and eat a light lunch at home because we will serve a few teatime favorites along with your tea.

Prior to pouring the tea we will hear The Story of Tea and learn proper tea etiquette from a certified tea etiquette consultant. From the bush to the cup, you will learn about tea!

Jeanne Hawkins is the owner of The Secret Ingredient and resides in Rockford. Her passions are gardening, parties, social graces and everything Victorian. The Secret Ingredient is a combination of these passions. She is a certified etiquette consultant. Cost: \$6.00 RSVP Necessary

Wednesday, October 20th Brown Bag ~ Lakeshore!

We've had nearly 100 members enjoy either the Amish Brown Bag trips or the Local Brown Bag trip in the past year. By popular demand, we have organized another and we are heading to the Lakeshore! "Bag" some fun by joining this 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.

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

Pick up at Ambrose Ridge: 9:15 a.m.

Pick up at senior center: 9:30 a.m.

Back by 6 p.m.

Cost: \$62

Reserve your spot today!

Wednesday, November 3rd, 2010 "Lion King" in Chicago *See attached itinerary!*

~ Traditional Favorites ~

Tuesday, September 7th @ 1 p.m.
~ Video Day ~

Roman Holiday (1953)

A princess embarks on a highly publicized tour of European capitals. She rebels against her restricted, regimented schedule and enjoys an adventure with an American newspaper reporter stationed in Rome.

Free Event!

Fresh popcorn served

Tuesday, September 21st at Noon

Welcome Back Luncheon

Join us for our welcome back luncheon which is the annual kick-off for the Holly Harvest Bazaar

Menu: chicken mozzarella sub, pasta salad, green beans, jello and apple crisp

Reservations due by September 15th

Cost: \$5.00 **Paid in Advance**

Thank you to Chairs ~ Betty Brown, Gerie Anderson and committee

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Tuesday, October 26th at Noon

Halloween Luncheon

Feel free to add to the fun by dressing up in Halloween costumes (optional). Prizes awarded!

Menu: meatballs with gravy, mashed potatoes, corn, applesauce and carrot cake

Reservations due by October 20th

Cost: \$5.00 **Paid in Advance**

Thank you to Chairs ~ Susan Morrow, Eileen Malinowski and committee

Tuesday, September 28th @ 1 p.m.

1:00 to 2:30 p.m.

~ Bunco ~

Bunco is a game played in teams of two with 3 dice. No experience . . . and no talent are needed! If you enjoy board games or card games then you will enjoy Bunco! Join us for a fun afternoon where we enjoy fellowship, refreshments and prizes!

Cost: \$1.00 *No reservations needed!*

Thank You's:

~ Newsletter assembly: **Glenda Emmons, Pat Hamernick, Lillian Irish, Doris Johnson, Margaret See, Lucy Traxler, Thelma Vis, Corinne Weeks and Lois Wetzel**

~ Monthly Social Dance - The **Social Aires Band** played faithfully for the Northview Seniors for over 20 years. Due to low attendance, they played their last "gig" in June. We appreciate the good music they provided for all those years!

~ **Lillian Irish** for calling Bingo for another year!

~ **Willie Schrier** and **Lillian Irish** for chairing another fun-filled shuffleboard season!

~ Purple Cow Ice Cream Social: Thank you to the Northview Advisory Board for scooping, setting up and cleaning up for this fun event! **Mike Bolhuis, Betty Brown, Gayle Gooslin, Judy Heidenreich, Fran (and Paul!) Kazmierski and Willie Schrier.**

~ Bob Heidenreich for another year of handling the budget and accounting entries for Northview Seniors. I couldn't do what you do!

September Activities

- 1 Shuffleboard @ 9 and Shuffleboard Luncheon
- 2 Advisory Board Meeting at 10 a.m.
- 6 Labor Day ~ Enjoy!
- 7 Video Day at 1 p.m.
- 9 Book Club at 1 p.m.
- 13 Attorney ~ 11 to 1 p.m. (appt needed)
- 14 Bingo
- 15 Turkeyville Day Trip ~ departing 8:30
- 17 Lunch and a Movie
- 21 Welcome Back Luncheon @ Noon - RSVP by 9/15
- 28 Bunco at 1 p.m.

October Activities

- 4 Attorney ~ 11 to 1 p.m. (appt. needed)
- 5 ArtPrize Trolley
- 7 Advisory Board @ 10 a.m.
- 8 Medicare Made Clear @ 10 a.m.
- 11 Tea party food prep @ 1 p.m.
- 12 Tea @ 1:00 p.m.
- 14 Book Club @ 1 p.m.
- 19 Bingo at 1:00 p.m.
- 20 Lakeshore Brown Bag Trip
- 22 Lunch and a Movie
- 26 Halloween Luncheon @ Noon
RSVP by 10/20

Prayers and Concerns

Bernice Ambrose, Margaret Balkcom, Marie Buffington, Anna Crampton, Gen Faski, Verajean Hall, Barbara Hough, Wilma Ingham, Geraldine Jackson, Lee Marcusse, Emily Rosendall, Bill Schumacher, Charlie Traxler, Lorraine Walsh, friends and family of Betty Kelly, friends and family of Bill Paul

Nursing Homes

Vivian Hood - Porter Hills, **Maxine Melinn** – Northview Manor, **Gil Clark and Dorothy Doyle** - St. Mary's Living Center, **Warren Jackson and Betty Lungner** -Clark Retirement, **Lynette Hafer, Joan Martin, Maggie Fegel and George Woodbridge** - Pilgrim Manor, **June Thielke** – Villa Maria.

Help Needed!

We have various areas where we could use some additional help.

. . . **Luncheon chairs and co-chairs** for January and June luncheons needed.

. . . **Luncheon workers** ~ We have a wonderful group of dedicated luncheon workers and they want to continue helping! We do need more new volunteers to sign up to help with one luncheon a year. It is fun and a great way to meet more people.

. . . **Member Profiles Coordinator** ~ you may have noticed these short biographies of some of our members on the bulletin board in the hall of the center. We need someone to call six members (we give you the names) each month, "interview" them by phone and then type up their bios to post on the board. It is a great way to meet new people!

. . . **Plainfield Township Senior Citizen Advisory Board member**. This committee meets three times a year at Plainfield Charter Township offices to plan three events jointly with Rockford Seniors ~ Bunco, a one-day trip and annual Friendship Luncheon.

. . . Are you proficient on the computer and are willing to **volunteer to work with individuals to increase their computer knowledge** while using the internet and email? We hope to have a "Computer Lab" type class open to those who want to come in and work on a 2 to 1 ratio (2 participants to 1 volunteer) but we need volunteers to help!

. . . A small group of people who enjoy cooking and fellowship. We will meet at the center to **prepare the food** for the Victorian tea on Monday, October 4th at 1:00 p.m.

Thank you for considering these opportunities!
Contact Christine if you are able to volunteer @
365-6150 or cfriedt@nvps.net