

# Northview Senior Citizens Newsletter

## September and October 2011

### Geraldine Riall Jackson

*With Sincere Appreciation for  
your many years of service!*

Geraldine Riall Jackson is stepping down as choir director of the Silvertone's ~ the Northview Senior Citizens choir. For nearly 20 years she has dedicated her time and talent to our choir and has shared her love and passion for music. She is a retired music teacher, former first chair violinist in the Grand Rapids Symphony, and led a choir in the U.S. Navy! People describe her as young at heart, friend to all and VERY talented.

Thank you Geri  
for sharing your love of music with all of  
us and touching our lives.

We will miss you!

### Reservations and Payments

Northview Senior Citizens  
4365 Hunsberger N.E.  
Grand Rapids, MI 49525

Christine Friedt, Program Director  
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

### RESERVE NOW!!

~ Chicago Bound ~  
A day trip to Chicago featuring  
*A Christmas Carol*  
Lunch at South Water Kitchen  
Visit Christkindlmarket  
Wednesday, December 7<sup>th</sup>

*The play:* Charles Dickens' classic story, the exceptional actors and the miraculous stagecraft have made *A Christmas Carol* a beloved Chicago tradition. Every year, audiences look forward to the "Bah Humbugs," the arrival of the ghosts, the music and dancing and Scrooge's joyful discovery of life and love at the Goodman Theatre.

*Christkindlmarket:* Inspired by the Christkindlesmarkt in Nuremberg, Germany, which began in 1545, the Christkindlmarket Chicago brings a cherished German and European tradition with international flair and local charm to Chicago. You will have one and a half hours to enjoy this outdoor experience and do a little Christmas shopping at Daley Plaza.

#### *Itinerary:*

Michigan Time		Chicago time
7 AM	Depart senior center	8 AM
6:40 AM	Depart Ambrose Ridge	
	Coffee and donut break along the way	
11:30 AM	included lunch	10:30
1 PM	Goodman Theatre	Noon
4 to 5:30	Christkindlmarket shopping	3-4:30
	Dinner (on your own) Cracker Barrel in Stevensville	
10:00 PM	Arrive Grand Rapids	

**\$99 ~ Reserve by August 29<sup>th</sup>**  
**For this trip to be confirmed**  
**due to ticket release dates**

## Q & A :

**What is the new twist to the Holly Harvest Bazaar?** We are keeping the integrity of this traditional event and planning a bigger event around it called 'Tis the Season ~  
*Holiday Home Tour and Marketplace*

**What is a Holiday Home Tour and Marketplace?** It is an innovative twist on the traditional "arts and crafts show". We have 8 homes throughout the northeast side of Grand Rapids and Belmont displaying approximately 80 exhibitors. Artists and exhibitors will have their wares displayed throughout the homes which are decorated for Thanksgiving or Christmas.

**How much does this cost?** Tickets are just \$5 to gain admittance to the 8 homes. No fee will be charged to come to the event at the senior center.

**Why are we making these changes?** Our goal is to purchase a used mini-bus in the future in order to do this, we needed to increase revenue.

**But I like Maggie's Attic, the crafts and eating lunch at the event. Are they all gone?** Absolutely not! All the traditional food, treats and treasures will still be featured at the center!

Come to the center on Tuesday mornings from 9:30 to 11:30 to help with crafts. You do not have to have special skills. Sometimes we need people to cut fabric or glue things or package items. Just come and have some fun. The coffee pot is on and the cookies are on the plate.

**How can I participate and support this event?**

Cookie, bread and pie bakers will still be needed in abundance! Crafters, volunteers and many others are still needed. Most important ~ help us spread the news of this new event! Contact Christine for more information.

**Save the Dates:  
Friday and Saturday, November 4<sup>th</sup> and 5<sup>th</sup>**

## **~ New Programs and Outings ~**

**SOLD OUT ~ BUT NEED WAIT LIST**

**Brown Bag ~ Up North!**  
Wednesday, September 14<sup>th</sup> departing at 8 a.m.

**Encore Brown Bag ~ Up North!**  
Wednesday, September 21<sup>st</sup> departing at 8 a.m.

**All 120 seats are reserved for this mystery trip but we need a waiting list!**

*Contact Christine for more information.*

## Apprentices for Life Lecture Series

*presents*

**Valerie van Heest ~ Author & Filmmaker**

**Tuesday, September 20<sup>th</sup> at 1:00 p.m.**

**Free event!**

An energetic and passionate presenter, Valerie van Heest shares the exciting stories of her expeditions to discover and document Great Lakes Shipwrecks. A recent Inductee to the Women Divers Hall of Fame and a 2007 recipient of a Michigan History Award for her work preserving and promoting Michigan's maritime heritage, Valerie has researched and dived some of the most significant shipwrecks in the Great Lakes over the past 25 years. She has written and directed more than a dozen documentary films and appeared on the major television networks discussing these projects. Valerie's work has appeared in numerous print publications and news media outlets. She is an author, of the award-winning books, *Icebound! The Adventures of Young George Sheldon and the SS Michigan*, and *Buckets and Belts, Lost on the Lady Elgin* and her most recent *Unsolved Mysteries, the Shipwreck Thomas Hume*. Her programs feature spectacular underwater images and video, and are filled with excitement, adventure, surprises that ultimately offer a "deeper" look at the roots of our Great Lakes communities.

**Join Us!**

**Reservations appreciated**

**~ Learn to Play Samba ~**

September 7<sup>th</sup>, 14<sup>th</sup> & 21<sup>st</sup> (all Wednesdays)  
10:00 to 11:30 a.m.

Do you remember playing Canasta? Would you like to learn a game quite similar to it, but with a bit more challenge? Joyce Motta will be teaching this card game that encourages an enjoyable use of your thinking skills.

*Several people already play this game every Wednesday at the Center from noon to 3:30 and would welcome new players after the class is taught.*

**~ ArtPrize ~**

**~ Via the Grand Rapids Trolley~**

**Limited Seats available! Reserve your seats early!**

Two options!

**What is ArtPrize?** ArtPrize is described as part arts festival, part social experiment where artists take over the city and visitors explore!

**~ Venue-Driven Tour ~**

**Friday, September 23<sup>rd</sup> at 10:00 AM & 1:00 PM**

*You will go to several densely exhibited sites to view the works of art. The trolley will drive you from one site to the next.*

**~ Top Ten Tour ~**

**Tuesday, October 4<sup>th</sup> at 9:30, 10:00, 12:30, 1:00**

*This is your opportunity to see the top ten works of art. The trolley will drive you from one venue to the next.*

All tours meet in the Knapp's Corner Meijer parking lot where the 24 passenger trolley heads downtown for a 2.5-hour adventure! Ride the trolley to each venue to view the art pieces.

**Cost: \$17 for each tour**

**~ CPR Training ~**

Wednesday, October 19<sup>th</sup> at 10:00 AM  
**\$25 fee**

Are you interested in becoming CPR certified? If you are a mom, dad, grandparent, sibling, caregiver or friend you would benefit from knowing how to give CPR. Knowing how to deliver this lifesaving care is important! Encourage and educate the community on these lifesaving skills.

Our instructor, Casey Quinn owner of Elite CPR, is a Plainfield Township fire fighter and certified medical first responder and has been teaching CPR and First Aid classes for five years.

**~ Reservations needed ~**

**Brain Aerobics ~**

Starts Monday, October 10<sup>th</sup> at 3:00 PM

This six week class continues each Monday at 3 PM until November 14<sup>th</sup>

This series of classes focuses on a range of activities and mind exercises designed to stimulate many different parts of the brain. Participants will benefit from mental workouts that aid in improved memory, clearer thinking and overall healthier lifestyle. **Each 60-minute session is fun and action-packed** to help everyone's brain remain fit and youthful.

*Instructor: Linda Kirpes, MSW is the Director of Life Enrichment at Covenant Village of the Great Lakes. She is a certified gerontologist and social worker who specializes in brain health for older adults since 2003. Her workshops are offered regularly through retirement communities, area churches, senior centers and adult community education programs.*

**Register Now!**

**Class fee: \$25 class fee**

## IKEA SHOPPING TRIP!

**Thursday, November 17, 2011**

**Reserve today! \$29.00**

Depart senior center at 8:30 a.m.

Arrive IKEA at 11 a.m.

3 hours shopping/lunch on your own

We continue our shopping at Trader Joe's

Return at approximately 6 p.m.

*What is IKEA? It is an international home products company that specializes in home accessories and ready-to-assemble furniture. Great experience!*

## ~ Traditional Favorites ~

**Tuesday, September 27<sup>th</sup> at Noon**

### Welcome Back Luncheon

Join us for our welcome back luncheon!

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

**Reservations due by Wednesday, September 21<sup>st</sup>**

**Cost: \$5.00**

**Paid in Advance**

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

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**Tuesday, October 26<sup>th</sup> at Noon**

### Halloween Luncheon

Costumes are optional but fun!

Prizes will not be awarded

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

**Reservations due by Wednesday, October 19<sup>th</sup>**

**Cost: \$5.00**

**Paid in Advance**

Thank you to Chairs ~ Susan Morrow, Sharon Pickerd and Gloria Shoudy and committee

## ~ Bingo ~

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

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

*Tuesday, September 6<sup>th</sup> at 1:00 p.m.*

*Tuesday, October 11<sup>th</sup> at 1:00 p.m.*

## ~ Bunco ~

**Tuesday, October 18<sup>th</sup> @ 1:00 p.m.**

Bunco is a game played in teams of four with 3 dice. No experience . . . and no talent are needed! Join us for a fun afternoon where we enjoy fellowship, refreshments and prizes!

**1:00 to 3:00 p.m. drop in fee: \$1.00**

## ~ Ongoing Programs ~

### ~ Lunch and a Movie ~

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

Everyone will be contacted by phone or email once it is decided.

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

[pjaarbs@gmail.com](mailto:pjaarbs@gmail.com)

**Dates: 9/16, 10/21, 11/18, 12/16, 1/20, 2/17, 3/16, 4/20, 5/18, 6/15**

### ~ 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](mailto:cfriedt@nvps.net)

~ Free Attorney Consultations ~

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

~ Weekly Programs ~

Mondays

~ Stretch and Flex Exercise ~  
Time Change to 11 AM start

Each Monday morning at 11:00 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!

Class fee: \$1 drop-in fee

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~ Mah Jongg ~

1:00 to 4:00 p.m. kicks off Mah Jongg (or "Maajh", as it is usually called) ~ a fascinating gin rummy-like game played with tiles rather than cards.

Class fee: \$1 drop-in fee

Tuesdays

~ Crafts for 'Tis the Season ~  
Craft Projects

Join us every Tuesday morning from 9:30 to 11:30 a.m. This group is working on all sorts of crocheted, knitted and quilted projects and would love others to join them! If you prefer to work on projects from home, contact Sue and she 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 craft items for the 'Tis the Season event (formerly the Holly Harvest Bazaar). *Contact Sue Morrow at 916-3634 or smorrow43@yahoo.com*

Wednesdays

~ 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 are also played during this time in the kitchen. Several people play Samba, a card game, every Wednesday at the Center from noon to 3:30 and would welcome new players. Additional groups play Pinochle, Spades, Mexican Train and other games during these afternoon sessions. Come share some fun and companionship every Wednesday.

This group meets from 1 to 3:30 p.m.

Class fee: \$1 drop in fee

Thursdays

~ 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: \$3.00 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

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~ Wii Bowling ~

Playing Wii Sports Bowling is loads of fun! Many seniors are familiar with it since they have played it with their grandchildren. No experience necessary!

Come join the fun! Class fee: \$1 drop in

## Thursdays

### ***Easy Does It Walking Club***

***September and October***

**This 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**

## Wednesdays and Fridays

~ Yoga/Pilates for Seniors ~ Beginner  
9:30 to 10:30 a.m.

~ Yoga/Pilates for Seniors ~ Intermediate  
10:40 to 11:40 a.m.

**BENEFITS:** By regularly practicing yoga/pilates you will notice benefits in your entire mind and body as well as improvements in range of motion, flexibility, circulation, posture, abdominal-core strength, balance, plus a decrease in back, neck and joint pain.

### **CLASS DESCRIPTION:**

Beginner/Gentle Yoga Class ~ 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 as an available option. Slow deep yoga breathing will be incorporated to strengthen the respiratory system and bring calmness to the mind and body for overall relaxation.

Intermediate Yoga/Pilates ~ Perfect for those who are comfortable in the Beginner Class and are ready to challenge and advance their practice. Chairs will not be encouraged in this class as the class will require more strength, stamina and balance as new poses are introduced and practiced.

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

## **Thank You's:**

~ **JT Stitchery in Rockford** for their generous donation of high end yarn for our bazaar projects! Stop by the shop and say thank you!

~ Maggie's Attic has been successfully and smoothly run by **Lillian Irish and Lois Wetzel** (with lots of help from **Thelma Vis**) for many years. As they step down, please join us in thanking them for their many years of dedicated service.

~ **Joyce Motta** volunteered to teach Maj Jongg lessons this summer with the help of **Barb Etzel and Sandy McDaniels**. Thank you for sharing your love of the game to many of our members!

~ Friendship Luncheons set up crew was **Maxine Kohls, Nancy Pulte and Marcia Stotz**. Many thanks!

~ Bluebird of Happiness set up crew was **Nancy Pulte, Nancy Porter and Diana Winterhalter** ~ thanks!

~ Dimensions for Senior Living Expo volunteers were **Madeleine Barrette and Diana Winterhalter** ~ Kudos!

~ Newsletter assembly: **Glenda Emmons, Maxine Flood, Lillian Irish, Connie Kukla, Margaret See, Lucy Traxler, Thelma Vis, Corinne Weeks and Doris Winters**.

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

~ **Gayle Goslin and Lillian Irish** for chairing another fun-filled shuffleboard season!

~ Thank you to **Helen Debri** for the Christmas tree donation

~ Purple Cow Ice Cream Social: Thank you to **Nancy Pulte, Linda McClellan and Diana Winterhalter** for volunteering for the event plus others who helped scoop, serve and clean up!

~ **Bob Heidenreich** for another year of handling the accounting and budget for Northview Seniors. A major accountability piece for this organization!

### **Maggie's Attic Donations**

Do you need a reason to clean out a drawer or closet? Don't forget to donate your household items to Maggie's Attic. We have already made over \$600 the first half of the year! This 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!

**~Donation needed ~  
kids' wooden alphabet blocks**

### **September Activities**

- 1 Advisory Board Meeting at 10 a.m.
- 5 Labor Day ~ Enjoy!
- 6 Bingo at 1 p.m.
- 8 Book Club at 1 p.m.
- 12 Township Meeting at 11:00 a.m.
- 14 Brown Bag departs at 8 a.m.
- 16 Lunch and a Movie
- 20 Apprentices for Life Lecture @ 1
- 21 Encore Brown Bag departs at 8 a.m.
- 23 ArtPrize Trolley ~ Venue Driven Tour
- 27 Welcome Back Luncheon @ Noon -  
RSVP by 9/21
- 28-30 Agawa Canyon trip

### **Prayers and Concerns**

**Bernice Ambrose, Margaret Balkcom, Bernice Breen, Arlene DeBruyn, Mary Fisher, Alice Hahn, VeraJean Hall, Lee Marcusse, Bill Schumacher, Dorothy Stocks, Evelyn Van Timmeren, Eleanor Volwiler**

#### *To the family and friends of Alice Bolhuis*

#### Nursing Homes

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

**Marcia Duvall** moved to Ambrose Ridge  
**George Woodbridge** moved to Traverse City

### **October Activities**

- 3 Attorney ~ 11 to 1 p.m. (appt. needed)
- 4 ArtPrize Trolley ~ Top 10 Tour
- 6 Advisory Board @ 10 a.m.
- 11 Bingo at 1:00 p.m.
- 13 Book Club @ 1 p.m.
- 18 Bunco @ 1 p.m.
- 19 CPR class @ 10 a.m.
- 21 Lunch and a Movie
- 25 Halloween Luncheon @ Noon  
RSVP by 10/19