



Northview Senior Citizens

Newsletter

April & May 2024

Did you Know...

Our building is open and staffed with an ambassador to assist you.

Monday - Friday
9:00am - 11:15am

Registration Date

Monday, March 4 at 9 am

(not one minute before) Registration opens for activities in this newsletter for members.

Details can be found on page 9.

Payment Due Dates

All payments are due within 2 weeks of registration. We will no longer be offering multiple reminders of late payment.

Late payments put you in jeopardy of forfeiting your reserved spot. If you are offered a spot from the waitlist, payment is due right away.

Thank you for sending payment promptly!



Congratulations!

The grand prize winner of the raffle is:
John Smith

Thanks to everyone that supported the Senior Center with your raffle ticket purchase.

Bridge and Card Players Wanted!

Our Wednesday afternoon card players are looking for more players! Join others who love Bridge! Since the 1930's, Bridge has been one of the most popular card games in the world! We also offer Samba which is a card game that is a variant of canasta. Each group starts playing at 12:30 pm and pay a \$1 drop in fee. Coffee and snacks provided.

Contact Info

Make checks payable to *Northview Public Schools*

Mailing address

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

Site of Program

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

Christine Friedt, Program Director
Terri Karafa, Lead Program Assistant
Marcie Bergstrom, Program Assistant
Mary DiCello, Program Assistant
616-365-6150 NorthviewSeniors@nvps.net

Center Closed

**Spring Break
April 1-5**



Waitlists needed

BGR: Les Misérables on 3/5/24
Travelogue: Ethiopia on 3/7/24
March Luncheon on 3/12/24
Pressed Flower Lanterns on 3/18/24
Travelogue: Spain-Portugal on 4/15/24
BGR: To Kill a Mockingbird on 4/23/24

Apprentice For Life

Membership is not required.

Held at the Performing Arts Center at Northview High School @ 4451 Hunsberger

Getting to Know Our 50 States

Wednesday, May 1 @ 2:30pm

In addition to Alaska and Hawaii, our United States is comprised of five physical regions that differ considerably in landforms, climate, resources, history, and culture. "Getting to Know our 50 States" is a pictorial exploration of the unique features of these regions and states, and the most interesting travel destinations that you may want to experience for yourself! The presenter has explored all 50 states over the course of his lifetime and marvels at the many treasures that surround us in our own amazing homeland.

About the Speaker: Gary L. Hauck holds a PhD from Michigan State University and is Dean Emeritus at Montcalm Community College where he continues to teach the humanities. We enjoyed Gary's AFL presentation called Roads Less Traveled in 2023.

Generously underwritten by Cornerstone Retirement Partners

Providing personalized, comprehensive health insurance services for retirees and pre-retirees. There is no fee for our services as we are compensated by the insurance companies. We take the complicated and make it simple to understand so our clients can make the best choices.

Cost: Free

Reservations Required

101 Things That Happened On The Mackinac Bridge

Tuesday, May 28 @ 2:30pm ** 90-minute program **

In the summer of 2022, Mike Fornes gave an outstanding program about the Edmund Fitzgerald and the backstory of Gordon Lightfoot's song. We are thrilled to host him again! Enjoy this entertaining, informative presentation about Michigan's iconic five-mile span that has seen historic, tragic, and hilarious events. From gale-force winds, to being struck by lightning and hit by an airplane and a ship, it stands as perhaps the safest five miles of I-75. Hear the stories, see the photos and meet the people who have made this engineering wonder a symbol of the state of Michigan.

About the Speaker: Author, entertainer and speaker, Mike Fornes, covered the Mackinac Bridge and the vessel USCGC Mackinaw for 26 years for several media outlets in Michigan.

Generously underwritten by Grand Rapids Elderly Care

Taking the guesswork out of finding the best senior care options for yourself or your loved ones. We help you take a focused approach to choose the right in-home care company or community for your loved one to live their best, most comfortable life.

Cost: Free

Reservations Required

Create & Take

Project photos are on our website, Facebook and the Senior Center bulletin board.

Resin Art

Monday, April 8 @ 1pm ** 2 ½ hour class **

Great Lakes Crafting is returning! Resin art is a form of arts and crafts that uses resin (epoxy) mixed with paint, mica powders or alcohol inks to create colorful patterns and designs then poured on top of a wood laser-cut shape to create a thick and glossy protective layer. You will have the option of selecting from a variety of colors for your art piece. Great Lakes Crafting will have available rocks, crystals, shells, and other accessories to embellish your artwork for a small additional charge.

Select your shape at registration time:

- A. Sunflower with Centerpiece (15")
- B. Triple Butterflies (15")
- C. Deer with 8 Points (15")
- D. Lazy Susan (15")
- E. Upper and Lower Michigan (18")

About the Instructor: Tammy from Great Lakes Crafting will be joining us. GLC provides unique crafting experiences. They do events throughout Michigan - both private and public. If you're looking for a craft experience outside the box, check out their events page!

Cost: \$43

Reservations Required

Wooden Mosaic Quilt Square

Monday, May 13 @ 1pm

This beautiful Wooden Mosaic Quilt Square is made from Baltic birch and individually cut into pieces by a laser. The frame is pine and pre-stained for a dark brown natural wood finish. The finished size is approximately 13x13 inches. This project is extremely easy to paint as each piece is separately cut. You will paint and glue each piece into the frame much like a puzzle. You will choose four to five paint colors to paint your project and glue it together for a flawless look.

Select your shape at registration time:

- 1. Modern Tulip
- 2. Friendship Star
- 3. Aztec Star

About the Instructor: Becky Toth from The Art Stand is back! The Art Stand is a local do-it-yourself studio that helps your creativity and inspiration bloom through exciting classes that are trendy and fun.

Cost: \$33

Reservations Required

Presentation

Women's City Club of Grand Rapids - Cheers to 100 Years!

Wednesday, April 24 @ 1pm

In January, the Women's City Club of Grand Rapids celebrated their 100th anniversary. The Club, made of women who are active in creative endeavors, in commerce, and in community partnerships, has a long legacy of being influencers throughout Grand Rapids, and beyond. The Grand Rapids Art Museum owes its initial collection and start to WCC President Mable Perkins. Member Helen Claytor was the first Black Woman to be elected National President of the YWCA. In 2018 the Club created The Impact Award, a cash scholarship presented annually was established to honor those who have positively impacted life in our city.

Join recent president Kathleen Ray, as she shares the rich history, fun facts, and Women's City Club visions of the next 100 years.

About WCC: Their mission is to promote educational, civic and social activities through study, community service and friendly associations. The Club was founded in 1924 by a group of forward-thinking women seeking to create a club in which they could meet socially and professionally. For decades the Club has engaged and celebrated women through community and education, offering their members a unique avenue for personal growth and fellowship.

Cost: Free

Reservations Required

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The Heritage Restaurant

GRCC - The Heritage Restaurant

Wednesday, April 3 **OR** Thursday, April 11
Depart at 10:30am back by 1:45pm

If you went to the Heritage in 11/23 or 2/24 you are not eligible to register as members can only participate once per program year.

Do you appreciate a fine dining experience? Are you one to take a photo of your food before enjoying it? We are heading back to one of our favorite lunch destinations! The Heritage Restaurant is an award-winning fine dining restaurant staffed by culinary school students from GRCC. This culinary arts school is a point of pride in our community! A “must-experience” event! Your meal includes fresh baked bread, salad, soup, entree and dessert.

In order to assist in student education, you **MUST** select a first and second menu choice.

1. Seafood Paella

Shellfish, chorizo sausage, peas, saffron

2. Vadouvan Pan-Roasted Salmon GF

Wild-caught salmon filet, coconut, pear-vadouvan broth, potatoes, crisp leeks

3. Amish Chicken Coq Au Vin GF

Pearl onions, wine, pancetta

4. Haute Style Beef

Potato croquettes, vegetable, peas, sauce poivre -cooked medium unless otherwise requested

5. Pork Curry GF V+

House-made curry, lychee, kaffir leaves, coconut rice, galangal (can be made vegetarian and or/vegan upon request)

Transportation by minibus.

Cost: \$38

Reservations Required



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| | |
|---|--|
| Vista Springs Northview Royal Hideaway Grand Rapids 3740 Vista Springs Ave. NE (616) 364-4690 | Vista Springs Riverside Gardens Grand Rapids 2420 Coit Ave NE (616) 365-5564 |
|---|--|

Outings

Off the Beaten Path - Newago

Thursday, April 25

Tuesday, April 30

Thursday, May 2

Depart at 9:15am back by 2:15pm

The annual "Off the Beaten Path" outing is intended to give our members time to enjoy and explore area communities that are smaller towns with a bit of charm and history. We provide transportation and you have three hours to explore, eat lunch and do a bit of browsing in stores and enjoy the local museum. This year, our destination is Newago! On the banks of the Muskegon River, Newago is in the heart of West Michigan and is home to 234 lakes, 356 miles of rivers and streams and over 100,000 acres of national forest.

Newago has a surprising number of restaurants and some wonderful locally owned stores in the historic downtown area. You may choose to visit The Heritage Museum of Newago County which recently completed a 1.8 million dollar renovation! It is a stunning historical building with modern renovations. Soothing forest colors, an innovative use of materials, dramatic architecture, and distinctive local artwork are spread throughout the spaces, making a perfect backdrop to highlight the history of a unique region of Michigan.

Cost: \$14

Transportation by minibus

Reservations required



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Outing

Behind the Scenes at a Funeral Home

Thursday, May 9

Depart 10:15 back by 1:30 pm OR meet us there.

This unique and enlightening experience, a behind-the-scenes tour of the VanStrien Creston Chapel with Heritage Life Story Funeral Homes, gives you an opportunity to understand what is involved with planning a funeral and an insider's look at all the details. Educate yourself when it is not emotional but pragmatic. We understand that discussions about final arrangements can be challenging, but we believe that being informed can ease the process. Tour the funeral home, both public areas and behind-the-scenes rooms where we provide care and support to families and their loved ones. We will have a discussion on Final Arrangements and have a question and answer session giving you an opportunity to ask our experienced Funeral Directors anything you've ever wondered about the funeral process.

We will enjoy a light lunch as we continue the conversation in a relaxed setting.

At Heritage VanStrien Creston Chapel with Heritage Life Story Funeral Homes, we are proud to have served our community for nearly 8 decades, cherishing the belief that every life has a story.

Cost: \$5

Transportation by minibus, or meet us there.

Reservations required

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StoryPoint Rockford 2885 10 Mile Road NE, Rockford, MI 49341

STORYPOINT
Senior Living

Outing

West Michigan Whitecaps Senior Living Days at LMCU Stadium

Friday, May 10

Depart 9:20am and return after the game, OR meet us there.

Our annual Whitecaps baseball game, bingo and lunch is here! We will enjoy the game against the Fort Wayne TinCaps from inside the Pepsi Stadium Club. This indoor climate controlled area is located in right center field with a great view. Outdoor seating is also available. This area is handicap accessible and has private restrooms. Bingo starts at 10 am, the game at 11 am. Lunch will be served at game time.

Includes transportation (if you are driving yourself, it includes your parking pass), game ticket, bingo and lunch. Lunch includes one hot dog, chips, two cookies and your choice of soft drink or coffee.

If you are driving yourself, please indicate the name of the driver, and all riders that are riding with you. Driver is responsible for coordinating departure time and location. We do not coordinate any ride sharing since we are providing minibus transportation.

Cost: \$30

Transportation by minibus

Reservations required

We take the guesswork out of finding the best long-term senior care options for you or your loved one- at no cost to you!



We've been in your shoes- trying to find the right care option for an aging loved one but have no idea where to start. At no cost to you or your loved one, we want to help you find the right place for your aging loved one based on their individual needs: in-home care, independent living, assisted living, memory care, hospice care, respite care, etc.



We are here to help! Contact us today!

Grand Rapids Elderly Care 99 Monroe Ave NW, Suite 200, Grand Rapids, MI 49503

Office: 616.952.3690 | Email: jen@grelderlycare.com

Website: www.grelderlycare.com

Ongoing Activities



Luncheons

Join us for Lunch and Entertainment!

Held at the Senior Center

April Luncheon

Tuesday, April 16 @ noon

Entrée: Italian Chicken Breast

Cost \$9

May Luncheon

Tuesday, May 14 @ noon

Entrée: Pulled Pork Sandwich

Cost: \$9

Thank you to our luncheon volunteer teams!

We can use more volunteers.

If you are interested, let us know!



Matthysse | Kuiper | DeGraaf

FUNERAL • CREMATION • PRE-PLANNING

Locations Serving Our Community

Grandville | 4145 Chicago Drive SW, Grandville, MI 49418

Kentwood | 4646 Kalamazoo Avenue SE, Kentwood, MI 49508

Wyoming | 4031 Clyde Park Avenue SW, Wyoming, MI 49509

Caledonia | 616 E Main Street, Caledonia, MI 49316

Allendale | 6651 Scott Street, Allendale, MI 49401

Stegenga Division | 3131 S Division, Wyoming, MI 49548

Stegenga Belmont | 1601 Post Drive NE, Belmont, MI 49306

www.mkdfuneralhome.com 616.724.1800

How to Register

- Registration requests may be sent via email (NorthviewSeniors@nvps.net) or voicemail (616-365-6150) only!
- Email registration is preferred.
- Walk in registration is not available.
- Do **NOT** send any payment until you receive email or phone confirmation.
- Every effort will be made to respond to each registration request within three business days.
- If you are traveling with a friend, please register together to ensure you are scheduled on the same date. The person that registers is responsible for passing on confirmation information.
- Multiple calls and cancellations slow down the process for everyone, thank you for being courteous!

We appreciate your patience!

Holly's Tech Help

Friday, March 1

Friday, April 12

\$25 for 30 minutes, scheduled in advance.

New Member Breakfast

Friday, April 26

9:15 social time, 9:30 start

Have you joined the Senior Center in the past year? Are you considering joining but want more info? Come join us for breakfast.

*Generously underwritten by
StoryPoint of Rockford*

Cost: Free

Reservations required

Ongoing activities

Bingo

1pm at the Center - \$1 for 3 Bingo cards
Prizes are grocery and household items.

Tuesday, April 23

Sponsored by: HAP Insurance

For 60 years, HAP has been providing health insurance coverage to individuals, companies and organizations including Medicare plans.

Tuesday, May 7

Sponsored by: Heritage Life Story

Celebrating Life, Celebrating Memories.
Serving families for over 60 years. Two locations to better serve you!

Reservations required

Book Club

Group #1

April 11 and May 9

Group #2

April 11 and May 2

Group #3

April 15 and May 20

Contact us to join a group

Men's Book Club

Wednesday, April 10 @ 2pm

Wednesday, May 8 @ 2pm

Contact us to join!

Help.

➔ **Holly Young**
Tech Support

616.308.8249

holly.jean.young@gmail.com



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Ongoing Activities

Men's Breakfast Club

**The last Friday of the month
April 26 and May 31**

Meet us at New Beginnings Restaurant at 5200 Northland Dr. @ 9am. Breakfast is on your own dime. A casual get together without planned activities or agenda.

No reservations needed.

Speak to a Geek

**Hands on help provided by:
The Kent District Library
(held at The Senior Center)**

Bring your Laptop, tablet, cell phone, etc. with you and the "geek" will answer your questions! Drop in.

**Tuesdays - 4/23/24 & 5/21/24
10am to 11:30am**

Movie & A Meal

Each month we send out an email informing everyone on the list of the movie and restaurant, and you can chose whether or not you want to attend that month.

Cost for the movie and meal are on your own.

Contact us to be added to the list ONLY if you are not already on it.

Our upcoming dates are:

Fridays - 4/19, 5/17

**Next registration date is
Monday, May 6, 2024**

Free Attorney Consultation

By Appointment Only!

Monday, April 15

Monday, May 6

Is your house feeling too big?

If you have lived in your home for many years, chances are your needs have changed. Talk to this area's premier

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FREDERIK MEIJER GARDENS

Tuesdays @ 10 am

Tues, March 12th -Savvy Singlehood-
Navigating Independence Later in Life

Tues, April 9th - Rethinking Possessions-
Freedom starts with Letting Go

(Thurs) May 16th - Get Savvy on CCRCs-
Continuing Care
Retirement Communities

Free

**For info and registration go to:
GRSavvySeniors.com**

Questions? Call **616-724-7200** or
email **GRSavvySeniors@gmail.com**

Outings

Annual Restaurant Hop South Haven

Wed: May 15

Wed/Thurs: May 22, 23

Wed/Thurs/Fri: May 29, 30, 31

Depart 9:30am return by 5:30pm

This annual favorite has us back in South Haven for our twist to lunch and shopping! This "progressive" lunch is a three-course meal, each course at a different restaurant, with time in between to shop, browse or wander downtown.

South Haven is a charming area with plenty of small town hospitality and unique offerings. From shopping and dining to breweries and wineries, there's something for everyone. Our partnered restaurants are Clementines, Six Chicks Scratch Kitchen, and Golden Brown Bakery.

Please list all available dates at time of registration. If you are travelling with a friend, please register together to ensure you are registered for the same day!

Cost: \$53 Transportation by minibus
Reservations Required



*thank you =
= volunteers!*

Prayers and Concerns

Our condolences to the friends and family of Jan Christian and Glen Younker. If you, or someone you know who attends Northview Senior events, have had a change in health status, please contact us.

Broadway Grand Rapids Presents:

MJ The Musical

Tuesday, July 9

Depart at 6:30pm back by 10:30pm

The Music. The Moves. The icon. The multi Tony Award®-winning new musical centered around the making of Michael Jackson's 1992 Dangerous World Tour, begins a tour of its own!

MJ The Musical goes beyond the singular moves and signature sound of the star, offering a rare look at the creative mind and collaborative spirit that catapulted Michael Jackson into legendary status.

Transportation by School bus and/or minibus

Cost: \$83

Reservations Required

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Motor Coach Trip



**Christine Friedt
& Debi Andreano**
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weGather

Costa Rica 2025!

Wednesday, March 13 @ 1 pm

We can't wait to offer this January 2025 itinerary to Costa Rica! Learn all about this beautiful country that is brimming with rain forests, waterfalls, volcanoes, beaches, and natural beauty!

Location: MKD/Stegenga
1601 Post Dr. NE Belmont RSVP to
616.389.0589 info@wetravel.club

2024 & 2025

Guided Escorted Trips

~ Focus on Scandinavia ~
August '24 Sold out – taking waitlists!

~ Shades of Ireland ~
Fall '24 Sold out – taking waitlists!

~ Christmastime on the Danube ~
December '24 Sold out – taking waitlists!

~ Australia & New Zealand ~
March '25 Sold out – taking waitlists!

~ Costa Rica 2025 ~
January '25 Just offered!

**Full itineraries are available on our
website or call & one will be mailed!**
wetravel.club

Experience Port Huron

Thursday, June 27

Depart 7am back by 9pm

Located along the Canada-United States border is the quaint city of Port Huron, MI. Known as the Maritime Capital of the Great Lakes, it is connected to Canada by the Blue Water Bridge. This is one of the busiest waterways in the world.

We will travel around Port Huron enjoying various sights including guided tours at The Huron Lightship Museum, The Thomas Edison Depot Museum, and The Fort Gratiot Lighthouse.

Later, our afternoon narrated “dinner cruise” has us coming aboard to view freighters, and the Bluewater Bridges from the comfort of the iconic Huron Lady II. We will cruise the St. Clair River, the beautiful expanse of Lake Huron and under the two International Blue Water Bridges connecting Port Huron, MI with Sarnia, Ontario. The 2-hour cruise will have us viewing Canada, Great Lakes ships and the Coast Guard Cutter Hollyhock. The Huron Lady II has a covered top deck and a climate-controlled cabin capable of seating up to 60. For the boat, we recommend you dress for the weather. Flat soft-soled shoes are recommended for safe footing on deck.

Come along and savor the beauty and history of this remarkable town.

Includes: Transportation by motor coach, light lunch, dinner, boat cruise, admission to museums, coffee/donuts, and all gratuities.

Cost: \$179

Reservations Required

Read Watch Visit

We have three different activities that are designed to complement each other in our quest for knowledge! Feel free to participate in one, two or all three of the activities!

READ: Tuesday, June 11 @ 1pm Facilitated book discussion at the Senior Center
The Last Runaway: A Novel New York Times bestselling author of *Girl With a Pearl Earring*, Tracy Chevalier makes her first fictional foray into the American past in *The Last Runaway*, bringing to life the Underground Railroad and illuminating the principles, passions and realities that fueled this extraordinary freedom movement.

About the Facilitator: Lisa Palczewski is a retired secondary and college English teacher. Now she shares her love of reading through volunteerism. She has facilitated a number of our book discussions and does an outstanding job!

Cost: Free

Reservations Required

WATCH: Tuesday, June 11 @ 2:30pm at the Senior Center
Underground Railroad: The William Still Story William Still was one of the most important, yet largely unheralded heroes of the Underground Railroad. Still was determined to get as many runaways as he could to "Freedom's Land," smuggling them across the US Border to Canada. Run time is 1 hour

Cost: Free

Reservations Required

VISIT: Thursday, June 13, 2023 (Motor coach trip) Traveling the Underground Railroad
Departs 7am back by 5:30pm

Visit and learn about actual stops in South West Michigan on the Underground Railroad! We begin our journey touring and learning about the James Bonine house. James was one of the Quaker farmers who set aside land to be cleared and farmed by freedom seekers and Freedmen, many of whom went on to settle permanently in the area. We will then travel the area taking a guided tour on our bus visiting other stops along the Underground Railroad.

Lunch will be enjoyed at Bullseye Marketplace where you will be treated to a delicious buffet style lunch including soup, salad and hot food buffet followed by dessert.

Our next stop will be the Dr. Nathan Thomas House. Built in 1835, it was the home of one of Michigan's most active Underground Railroad participants, a founding member of the state's Republican Party and Kalamazoo County's first physician.

Includes: Transportation by motor coach, lunch, admission, step on guide, coffee/donuts, and all gratuities.

Cost: \$94

Reservations Required



Northview Senior Citizens

April & May 2024

Payment Form

Name(s): _____

| DATE | PG | EVENT NAME | DUE DATE | COST | PAID |
|---------|----|-----------------------------|-------------------------|-------|------|
| Various | 5 | The Heritage Restaurant | 2 wks after reservation | \$38 | |
| 4/8 | 3 | C/T Resin Art | 2 wks after reservation | \$43 | |
| 4/16 | 9 | April Luncheon | 2 wks after reservation | \$9 | |
| 4/23 | 10 | Bingo | pay at the door | --- | --- |
| 4/24 | 4 | Women's City Club | | | Free |
| Various | 6 | Off the Beaten Path Newaygo | 2 wks after reservation | \$14 | |
| 4/26 | 9 | New Member Breakfast | | | Free |
| 5/1 | 2 | AFL Our 50 States | | | Free |
| 5/7 | 10 | Bingo | pay at the door | --- | --- |
| 5/9 | 7 | Funeral Home | 2 wks after reservation | \$5 | |
| 5/10 | 8 | Whitecaps Baseball | 2 wks after reservation | \$30 | |
| 5/13 | 3 | C/T Wooden Quilt Square | 2 wks after reservation | \$33 | |
| 5/14 | 9 | May Luncheon | 2 wks after reservation | \$9 | |
| Various | 12 | Restaurant Hop South Haven | 2 wks after reservation | \$53 | |
| 5/28 | 2 | AFL Mackinac Bridge | | | Free |
| 6/11 | 14 | RWV Read | | | Free |
| 6/11 | 14 | RWV Watch | | | Free |
| 6/13 | 14 | RWV Underground Railroad | 2 wks after reservation | \$94 | |
| 6/27 | 13 | Experience Port Huron | 2 wks after reservation | \$179 | |
| 7/9 | 12 | BGR MJ The Musical | 2 wks after reservation | \$83 | |
| | | | | | |
| Total | | | | | |

Make checks payable to: Northview Public Schools
 Mail to: Northview Senior Citizens | 4365 Hunsberger NE | Grand Rapids MI 49525

Northview Public Schools
4365 Hunsberger NE
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Weekly Class Schedule

Mondays:

Cardio Drumming

9:30 - 10:30am \$3.00 drop in fee

Stretch and Flex Exercise

11:00 - Noon \$3.00 drop in fee

MahJongg

1:00 - 4:00pm \$1.00 drop in fee

Tuesdays:

Crafting Group

9:30 - 11:30 am \$1.00 drop in fee

Zumba Gold

9:30 - 10:30am \$3.00 drop in fee

Wednesdays:

Cardio Drumming

9:30 - 10:30am \$3.00 drop in fee

Cards and Coffee

12:30 - 3:30pm \$1.00 drop in fee

Thursdays:

Wood Carving

9:00 - 11:30am \$1.00 drop in fee

Zumba Gold

9:30 - 10:30am \$3.00 drop in fee

Stretch and Flex Exercise

11:00am - noon \$3.00 drop in fee

Fridays:

Line Dancing

9:30 - 10:30am \$3.00 drop in fee

Tai Chi

11:00am - noon \$3.00 drop in fee

***Membership is required to participate
in weekly activities.***