



Northview Senior Citizens

April and May 2021

The Wheels on the Bus

What do new adventures, friends, and, yes ... your favorite bus games have in common? Motor coach day trips of course! Set your sights to July and beyond! That is when we are planning to begin our 2021 day trips. The wheels on the bus are about to go round and round again! Looking forward to traveling together soon!

Our intent is to offer five motor coach trips in our June/July/August newsletter edition that will be mailed the last week of April. So many of our members are looking forward to our day trips! We hope to know more about how this pandemic and vaccines are playing out and will keep the safety of our members

**The Senior Center will be closed
April 5 - 9 for Spring Break**

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
Pam Moritti, Program Assistant

616-365-6150 NorthviewSeniors@nvps.net

Registration Dates

Monday, March 8 at 9 am

(not one minute before) Registration opens for activities in this newsletter for members. Registration details can be found on Page 4.

Final Fundraising Numbers

Rounding Up Campaign - \$847
Audio Touring Guides Campaign—\$10,075
We had overwhelming support for both of our campaigns. Thank you!

Audio Touring Guides Update

Due to your generosity, we have been able to order sixty transmitters, three receivers, mountable chargers for the units, three headset microphones and one induction loop earpiece. We will be testing this earpiece to see if we would like to purchase more for those members who use a hearing aid. We have money in the budget to purchase more if we feel it is beneficial. This will enhance our experiences on tours whether it is used on mini-bus trips or motor coach trips and will impact hundreds of members each year for many years to come. The first event that will benefit from using them is our walking tours in May. Our gratitude goes out to our members for their generous donations to ensure we can keep a high quality program. Thank you!



Presentations

Experience Virtual Reality with a Virtual Tour of Egypt

Thursday, April 29 at 1pm

Egypt, a country linking northeast Africa with the Middle East, dates to the time of the pharaohs. Millennia-old monuments sit along the fertile Nile River Valley. Visit the mysterious ruins of Egypt where civilization began. Our “tour” begins with an eye-opening, aerial view of the Great Pyramids and the Sphinx. It continues with amazing, ancient temples, intricate carvings and so much more.

“Virtually” experience this tour while wearing specially designed glasses with a screen inside.

About the Facilitator: Greg Wander, owner of Amped Reality, started the company with his sons to bring entertainment and education to others. Virtual Reality is being used with every age group to tour and learn things in a new, exciting way that really makes an impact! You can go into space, tour the world, go under the oceans, and more!

Cost: \$9 Reservations Required

Cooking Demo

Sweet Delights of a Cheese Board

Wednesday, May 5 at 1pm or 2:30pm*

Join Chef Mark Kingshott of All In One Chef as he prepares a cheese and dessert board that will be the perfect dish to pass at family gatherings as well as Mother's Day. Chef Mark will talk about pairing the right cheeses to go with incredible dessert bites. He will demonstrate how to make a delightful Goat Cheese Cake with Macerated Berries, A Butter Basil Almond Cookie to pair with Brie as well as a crunchy Pistachio Brittle. Each attendee will have a simple brown bag filled with disposable souffle cups featuring the cheeses and dessert samples to be enjoyed at home. Each souffle cup will be numbered to match with the recipe/tasting paper that is provided by Chef Mark.

About the Chef: Mark Kingshott, owner of All In One Chef, creates freshly made meals, intimate caterings, and is a Personal Chef.

Cost: \$11 Reservations Required

*Please respond at time of registration with any/all times that work for your schedule.

Prayers and Concerns

Our condolences to the friends and family of Ron Murphy, Bea Scrote, Barbara VanMaastricht, and Lois Wetzel.

If you, or someone you know who attends Northview Senior events, have had a change in health status, please contact us.

New Member Breakfast

Friday, April 30 @ 9:30am

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

Create & Take

Prior to registering, please check out the sample photos of each project on our website, Facebook and the Senior Center bulletin board.

Create & Take presents Silk Flowers on a Grapevine Wreath

Monday, April 19 @ 1pm

We are celebrating spring with a beautiful grapevine wreath project! Delight In Designs is back teaching us how to make a silk flower and grapevine wreath that is sure to WOW!

You will have a choice of silk flowers, either blue Hydrangeas, or yellow Sunflowers for your 18" diameter wreath. Glue guns (hot glue) will be used in the process of embellishing the wreath with the silk flowers and other greenery. Be prepared to have some fun and let's welcome spring in with some cheer!

Please make your flower selection at time of registration:

- A. Blue Hydrangeas
- B. Yellow Sunflowers

Cost: \$30

Reservations Required



Heron Woods

Independent Living Apartments

Small. Friendly. Affordable. Independent senior living in a convenient neighborhood setting. Heron Woods offers spacious apartment suites, with access to the care you need to live life to the fullest.

2110 Leonard St. NE • Grand Rapids MI 49505 • 616-454-9603
A Genesis NPHC Property

Luncheons

Reservations Required

Join us for **lunch and entertainment!**
Luncheons will be held at the Center.

Spring Luncheon

Tuesday, April 13 @ noon

Main Entrée: Fish

Cost: \$7.00

Thank you to Chairs: Gayle Gooslin,
Betty Worst, and committee

Mother's Day Luncheon

Tuesday, May 11 @ noon

Main Entrée: Pulled Pork Sandwiches

Cost: \$7.00

Thank you to Chairs: George & Vickie Cook,
and committee

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.
- Multiple calls and cancellations slow down the process for everyone, thank you for being courteous!

We appreciate your patience!



Discover easier living in new one-bedroom assisted living suites

- All-inclusive fees
- Pet friendly
- Bistro and dining room
- Full-time chaplain
- Monthly activities
- And so much more!

Call 616.202.1657 for an appointment!

We do not discriminate based upon race, color, creed, national origin, religion, gender, sexual orientation, gender identity and/or expression, age, disability, genetic information or ancestry. 

Outing

Off the Beaten Path

Tuesday, April 20

Depart at 11am and return by 3:30pm

Enjoy three hours to explore this rich community! Main Street in Lowell is a great place to find what you need and what you want. You will find a palate pleasing mix of new and old, traditional and contemporary and everything in between. Hungry? Lowell has you covered with lunch or just cappuccino and killer cheesecake. For mouthwatering BBQ or grilled fish with a view of the river, ice cream in a gorgeous garden setting, we got it.

Be ready for some serious shopping fun in one of several antique stores, art galleries, comic book heaven, or one of the three boutiques chock full of clothing and accessories. You can accessorize your home at the furniture store or stop at the jewelers to see more yellow diamond rings than any place in West Michigan. Enjoy The Best Small Town Museum in America, the Lowell Historical Museum. Downtown Lowell has something for everyone!

COVID Comments: In order to minimize the amount of time on the mini-bus, we will be heading to Lowell, MI. It is a 30-minute drive. Masks are mandatory and we will have the windows opened a bit to ensure outside air flow.

Transportation by minibus

Cost: \$8

Reservations Required

All the support you need.
Even if it's just a smile.



At StoryPoint Rockford, from a simple smile to helping you get ready for the day, our flexible care services are designed to meet you where you're at — wherever that may be. Call today to learn more!

616-326-2570 | StoryPoint.com ☎️

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

STORYPOINT
Senior Living

Outing



**Christine Friedt
& Debi Termaat**
Owners/Trip Escorts

weGather Trip Reboot!

Wednesday, March 24, 2021
Choose 1pm or 3pm - RSVP Needed

***We miss our travelers and traveling!
This Trip Reboot will feature
itineraries of Switzerland by Rail,
Sunny Portugal and Prague & the
European Christmas Markets. Social
distancing and masks required.***

Location: Stegenga's
1601 Post Dr. NE Belmont

Guided/Escorted Trips

Switzerland by Rail

September 2021

Prague/Czech Republic & European Christmas Markets

December 2021

Sunny Portugal

March 2022

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

RSVP today at 616.389.0589
info@wetravel.club wetravel.club

Annual Restaurant Hop

This annual event is one of our most popular! Because we cannot predict how things will look at the end of May in this COVID-era, we are asking you to sign up TO GET INFORMATION once it is decided to run this event. Dates will be the Tuesday - Friday following Memorial Day. Cost is typically \$43 - \$46 depending on the menu selections. By indicating you are interested in this event., you will be contacted once it is decided (town, restaurants, cost and menu) and you can either sign up or decline at that time. There is no commitment until approximately May 1st!

For those of you who are unfamiliar with this event here is the description in a nutshell:

We travel to West Michigan towns and, typically, rotate between South Haven, Saugatuck, Grand Haven and Holland. We even started off this event over 10 years ago in Rockford! It is a progressive meal enjoyed at three different locally owned restaurants. 11 am finds us enjoying soup or salad. 12:30 pm finds us savoring our main course at a second restaurant and 3 pm we are reveling in our coffee and dessert at our third location. In between those stops you have time to wander, shop, bench sit and people watch . . . however you want to enjoy your time! It is a delightful way to spend a spring day, experience three different locally owned restaurants and meet/bump into other members throughout the day!

Transportation by minibus

Cost: TBD Reservations Required

Next Registration will begin

Monday, May 3 @ 9am for members

Walking Tours

Grand Rapids History Walking Tours with Caroline Cook

All tours depart at 12:30pm and return by 3pm

We walk rain or shine!

Friday, May 7

African American History on the Grand

If we review the demographic changes over the less-than-200 years that Grand Rapids has been a city on the banks of the Grand River, the ethnic makeup of our population has shifted dramatically. This tour specifically examines the African American population from 1826 until present. The remarkable people, places, events, issues...the legends and facts about what it meant to be black in Grand Rapids.

Friday, May 14

Legacies & Legends in Bronze

The Grand Rapids Community Legends Project was established by local philanthropist and businessman, Peter Secchia and his family, in 2008 with the intent of keeping local history alive. They made a pledge to provide downtown Grand Rapids with a selection of no less than 25 bronze tributes of Grand Rapids' most notable contributors. 13 years later, there are eleven 7-foot tall bronze sculptures placed throughout the urban core that have been gifted by the Project. In the words of Peter Secchia, "How will you know who you can be, if you do not know who you have been?" Discover who, what, and where on this blended tour of statue art and local history.

Friday, May 21

Monroe North Neighborhood - Along the River...

Come explore and gain a new perspective of the historic North Monroe Neighborhood, one of the 32 neighborhood associations in Grand Rapids. What was once an industrial part of Furniture City is now one of the most exciting and energetic places to live. Caroline will lead you on a journey through yesterday and give a glimpse into tomorrow. You'll appreciate the architecture, hug the Mayor's tree, take a walk in the park, observe fishermen, glance up at the highest point in the city and the longest staircase. And if you want, you may dip your toes into the mighty Grand River! All of that in an adventurous walk, chock full of interesting trivia and sights.

About our Guide: Caroline Cook is a Grand Rapids downtown dweller. She blends her two favorite pastimes, exercise and education, and narrates the fascinating, well-researched tales of Grand Rapids lore to both visitors and locals as the Chief Tour Ambassador of her company, Grand Rapids Running Tours. Run. Walk. Ride. Listen.

Cost: \$14 per walking tour

Reservations Required

Transportation from the Senior Center to the start of each walking tour is by minibus.

Ongoing Favorites

Apprentice for Life Lecture Series

On Hiatus

You may be wondering why there are no monthly lectures advertised. While we can't run any at this time, we have good news! We have permission from Northview Public Schools to utilize the Performing Arts Center at the High School this summer as long as we follow the COVID guidelines.

Look for more details in our next newsletter.

**Registration for non-members
opens Monday, March 22.**

**Speak to a Geek
On Hiatus**

Help.



Holly Young
Tech Support

616.308.8249

holly.jean.young@gmail.com

Free Attorney Consultations

By Appointment Only!

Monday, April 12

Monday, May 3

Ask a Realtor

By Appointment Only!

Monday, April 19

Monday, May 17

Is **NOW** the time
to consider a
Downsize?

Free
Consultations



**DOWNSIZING IS A BIG DECISION.
GET THE FACTS ON SELLING IN
TODAY'S MARKET, MATURE LIVING
OPTIONS, DOWNSIZING YOUR ITEMS,
AND MORE...BEFORE YOU DECIDE**



250 Monroe Ave NW Ste 400
Grand Rapids, MI, 49503

KELSO HOMES
YOUR DOWNSIZING SPECIALIST

LAURA KELSO
ASSOCIATE BROKER NEXTHOME CHAMPIONS
CERTIFIED SENIOR HOUSING SPECIALIST
616.724.7200 / LAURATKELSO@GMAIL.COM
LAURATKELSO.COM



**EDUCATIONAL RESOURCES FOR
MATURE ADULTS AND THEIR
FAMILIES REGARDING WHETHER TO
AGE IN PLACE OR DOWNSIZE. LIVE,
MONTHLY, LECTURE SERIES AT
MEIJER GARDENS IS CURRENTLY ON
HOLD DUE TO COVID-19, BUT ONLINE
RESOURCES ARE IN DEVELOPMENT.
CALL FOR ADVICE ON SAFE HOME
MODIFICATIONS, SENIOR LIVING
OPTIONS, PREPARING FOR A FUTURE
MOVE, AND MORE.**

GRSAVVYSENIORS.COM



Ongoing Favorites, etc.

Bingo

RESERVATIONS REQUIRED

Bingo starts at 1pm at the Senior Center.
\$1 for every 3 Bingo cards.

Tuesday, April 27

SPONSORED BY: Emmanuel Hospice
As a faith-based provider of compassionate end-of-life care, Emmanuel Hospice is about creating hope and returning control to you and your loved one so you can decide as a family how best to live.

Tuesday, May 18

SPONSORED BY: HealthBridge
The road to recovery is closer than you think! Whether you are recovering from an injury, illness or surgery HealthBridge Post-Acute Rehabilitation offers the care you need to get home faster. For a full list of services offered, contact us at www.healthbridgegr.com or 616-333-1200.

Movie & A Meal

Friday, April 16
Friday, May 21

This group enjoys going out for a meal and a movie once a month. Some only come for the meal or just the movie and that's fine too!

For more info contact us at:
365-6150 or NorthviewSeniors@nvps.net

Temporary Payment Policy

Due to the ever changing times due to COVID-19, **no payments are due now** for activities in this newsletter. We will contact you as each activity draws closer to request payment.

Hugh Randle, ATP

Senior Rehab Sales Specialist
(616) 361-7559
amigomobilitycenter.com



Let us come to YOU!



Improving Lives Through Mobility® since 1968

Book Club

Thursday, April 15
Thursday, May 13

We utilize Kent District Library's free "Book Club in a Bag" program.
Both Book Clubs are currently full.
Please contact us to be added to the wait list.



Accepting new patients with same day appointments!

Call us at: 616-729-0260

or check out our website:
curryfamilymedicine.com

Motor Coach Trip

Mackinac Island - The Grand Experience

Back by Request! Northview Senior Citizens is offering this overnight excursion!

Tuesday, October 12 to Friday, October 15, 2021

Depart 7am

Our 52 members enjoyed this so much in 2019 they encouraged us to offer it again! Are you ready for a “Grand Experience” this fall? We are pleased to take part in the 2021 mParks (Michigan Recreation and Park Association) Grand Experience program, a partnership between mParks and the Grand Hotel. This unique travel program gives Michigan seniors (age 50+) the opportunity to stay at the luxurious Grand Hotel on Mackinac Island at a discounted rate. This four-day, three-night trip offers the best of Mackinac Island at a greatly reduced price. It is complete with exciting events, four-course meals, carriage tours, cocktail receptions, shopping discounts and more!

Trip package includes: Accommodations at Grand Hotel, full breakfast each morning (W,Th,F), four-course dinner each evening, champagne reception, Grand Lunch Buffet on Tuesday, nightly dancing with the Grand Hotel Orchestra, Grand Hotel history lecture, carriage tour, and tournaments (bocce, golf putting and chipping, weather permitting), bingo, self-guided walks, writing contests, movies, daily activities, evening entertainment, round trip ferry tickets on Star Line, horse drawn taxi to and from Grand Hotel, and discounts on bicycle rental, golf, photos, and of course, fudge! This trip is full of informative lectures and indoor activities at the beautiful Grand Hotel as well as plenty of ways to be active. The Grand Hotel was sold two years ago and the new owners have already renovated all the guest room bathrooms along with the lower lobby floor. Boxed lunch enroute on Friday.

The details:

- This program offers a great travel opportunity for adults 50 years and older to the Grand Hotel on Mackinac Island. Only one person in each room needs to be 50 years of age.
- Please note that Mackinac Island has limited medical facilities.
- Most rooms at the Grand Hotel have either two double beds or one king size bed per room.
- Additional program fees will be charged for wine tasting, beading workshop, ballroom dancing (if offered) and the kitchen tour.
- There is a mandatory cart fee for golf.

Double occupancy: \$986 pp. \$250 deposit due by June 1st. Must list roommate at time of registration.

Single occupancy: \$1256 pp. \$500 deposit by June 1st.

- FINAL PAYMENT DUE BY AUGUST 15, 2021. There are no refunds for this trip.*
- Contact us if you are interested in travel insurance. **Please note, fear/concern of COVID is NOT an insurable reason to cancel.**

Includes: all accommodations, motor coach transportation to/from Mackinaw City, gratuities, free events listed above and meals (except for 2 lunches on Wednesday and Thursday)

***COVID Comments: If COVID spikes causing travel restrictions, the hotel closing and/or mParks cancels this trip—your money would be refunded in full.**



Northview Senior Citizens

Name: _____

All registrations must be made via email or phone call.

<u>Date</u>	<u>Pg</u>	<u>Event Name</u>	<u>Due Date</u>	<u>Cost</u>	<u>Paid</u>
04/13/21	4	Spring Luncheon		\$7	
04/19/21	3	Create & Take - Wreath		\$30	
04/20/21	5	Off the Beaten Path		\$8	
04/27/21	9	Bingo	Pay when you play	--	--
04/29/21	2	Experience Virtual Reality		\$9	
04/30/21	2	New Member Breakfast		Free	Free
05/05/21	2	Cooking Demo-Sweet Delights		\$11	
05/07/21	7	Walking Tour-African American		\$14	
05/11/21	4	Mother's Day Luncheon		\$7	
05/14/21	7	Walking Tour-Legacies/Legends		\$14	
05/18/21	9	Bingo	Pay when you play	--	--
05/21/21	7	Walking Tour-Monroe North		\$14	
various	6	Restaurant Hop		TBD	
10/12-15/21	10	Mackinac Island-Grand Exp.	Deposit due 6/1/21	varied	

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

Temporary Payment Policy

No payments are due now for activities in this newsletter.

We will contact you as each activity draws closer to request payment.

This form has been included to assist you in keeping track of your reservation requests.

Weekly Programs

Monday

Cardio Drumming 9:30 - 10:30am
Class fee: \$3 drop in fee

Cardio Drumming combines the benefits of a traditional physical fitness program with the benefits of music and rhythm. No experience necessary. Drumsticks and Balls provided, can be done while standing or sitting.

Stretch and Flex Exercise 11:00-Noon
Class fee: \$3 drop-in fee

This class is made up of gentle stretching and strength exercises to maintain and increase strength, balance and flexibility. Some of these exercises are done seated and some from a standing position.

Tuesday

Crafting Group 9:30-11:30 am
Class fee: \$1 drop-in fee am

This group is working on all sorts of crocheted, knitted and quilted projects and enjoys having others join them. Whether you are a little bit “crafty” or a lot, come join the fun.

Zumba Gold® for Seniors 9:30-10:30 am
Class fee: \$3 drop in fee

Zumba Gold® targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant. It’s a dance-fitness class that feels friendly, and most of all, fun.

Wednesday

Cardio Drumming 9:30 - 10:30am
Class fee: \$3 drop in fee

Thursday

Wood Carving Group 9:00 - 11:30am
Class fee: \$1 drop-in fee

Novice to experienced wood carvers gather to learn, practice and work on their projects each week.

Zumba Gold® for Seniors 9:30 - 10:30am
Class fee: \$3.00 drop in fee

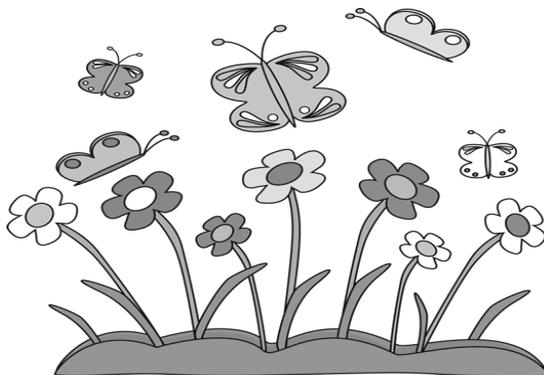
Stretch ‘N Flex Exercise 11:00 - Noon
Class fee: \$3 drop in fee

Friday

Advanced Tai Chi 9:30 - 10:30am
Class Fee: \$6 drop in fee

Tai Chi 11:00 - Noon
Class fee: \$3 drop in fee

Tai Chi is a Chinese system of slow meditative physical exercises designed for relaxation, improving flexibility, balance and increased health. The class is designed to promote a comfortable and enjoyable way to learn the very basic movements.



Northview Public Schools
 4365 Hunsberger NE
 Grand Rapids MI 49525

PRSRT STD
 U.S. Postage PAID
 Belmont MI
 Permit No. 57



Weekly Class Schedule

<u>Mondays:</u>		<u>Thursdays:</u>	
Cardio Drumming 9:30 - 10:30am	\$3.00 drop in fee	Wood Carving 9:00 - 11:30am	\$1.00 drop in fee
Stretch and Flex Exercise 11:00 - Noon	\$3.00 drop in fee	Zumba Gold 9:30 - 10:30am	\$3.00 drop in fee
<u>Tuesdays:</u>		Stretch and Flex Exercise 11:00 - noon	
Craft Workshop 9:30 - 11:30 am	\$1.00 drop in fee	\$3.00 drop in fee	
Zumba Gold 9:30 - 10:30 am	\$3.00 drop in fee	<u>Fridays:</u>	
<u>Wednesdays:</u>		Advanced Tai Chi 9:30 - 10:30am	
Cardio Drumming 9:30 - 10:30am	\$3.00 drop in fee	\$6.00 drop in fee	
		Tai Chi 11:00am - noon	
		\$3.00 drop in fee	