Tax Appointments
Appointments may be made at 365-6150 or northviewseniors@nvps.net on/after

Thursdays in February and March (Beginning 2/8) by appointment only. No walk-ins!
The Volunteer Income Tax Assistance (VITA) program offers free tax help to senior citizens, people with disabilities and limited English speaking taxpayers who generally make $57,000 or less/year and need assistance in preparing their own tax returns.
IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. Volunteers are students from area colleges, and although they are IRS certified, they are not CPA’s.
Anyone that wants their taxes reviewed by a CPA should seek another option.

Registration Dates
Tuesday January 2, 2018 at 9 am
not one minute before. Registration opens for activities in this newsletter for members. Non-member registration opens January 16.

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 at The Center or Administration Building.
- Do NOT send any payment until you receive email or phone confirmation.
- Every effort will be made to respond to each registration request within 72 hours.
We appreciate your patience!

Multiple calls and cancellations slow down the process for everyone. Thank you for being courteous!

Contact Info
Make checks payable to Northview Public Schools
Mailing address:
Northview Senior Citizens
4365 Hunsberger N.E.
Grand Rapids, MI 49525

Christine Friedt, Program Director
Holly Young, Program Assistant
616-365-6150 NorthviewSeniors@nvps.net

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

We now offer Gift Certificates!
Available in any amount, good for all senior activities, valid for 1 year after purchase.

Winter Weather Policy:
If Northview Public Schools are closed for a SNOW DAY then the Plainfield Senior Center will be closed for programming, and all events are cancelled.
Every Building Tells a Story: The Architecture of Downtown GR-Part 2, Reinvention
Tuesday, February 20 at 1 pm
Post Urban Renewal in the 1960’s, Grand Rapids struggled to combat suburban flight. Between 1962 and 1969, more than 120 downtown Grand Rapids buildings died at the hands of wrecking crews; their remains were dumped into Riverside Park as infill. In their place rose taller, modern structures that city leaders hoped would help Grand Rapids shed its pioneer-era days and regain its status as the state's second largest city. Learn about those new mid-century modern buildings, refurbished “old” structures, and the edifices of the future.

About the Speakers: Caroline Cook and Amy Kornoelje spend many hours touring people around the city with Grand Rapids Running Tours. Whether running, walking, driving or presenting they have educated many with their knowledge and enthusiasm for Grand Rapids.

Generously underwritten by Hulst Jepsen Physical Therapy
Serving the Northview community for the past twelve years, our staff specializes in treating neck and back pain, post-operative conditions, balance and vestibular disorders, and all other orthopedic issues. We’re conveniently located on the E. Beltline just south of 5 Mile.

Tales of a Medical Examiner
Thursday, March 15 at 1pm
Dr. Stephen D. Cohle’s work day often entails things people don’t want to contemplate. We will have a chance to go behind-the-scenes of a job that Hollywood and CSI have made glamorous. He will discuss the Michigan medical examiner law and how medical examiners go about investigating sudden and unexpected deaths. Specific cases will be presented. As chief medical examiner of Kent County, he has performed several thousand autopsies and has overall responsibility for the investigation of all deaths that are sudden, unexpected, violent, suspicious or accidental. Dr. Cohle has appeared in court to testify several hundred times. He sees past the tragedy by focusing on the problem-solving aspect that gives answers to the family and society.

About the speaker: Dr. Stephen D. Cohle, MD, a nationally recognized figure in the community of forensic medicine, has been the chief medical examiner for Kent County since 2002. He also is part of a pathology practice and is affiliated with Spectrum Health.

Generously underwritten by Beltone Hearing Centers
For over 77 years, Beltone Hearing Centers has led the industry in hearing aid innovation, boasting amazing sound quality and features focused on ease of use.
<table>
<thead>
<tr>
<th>Cooking Demos</th>
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<tbody>
<tr>
<td><strong>Kick the Winter Blues</strong></td>
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<tr>
<td>Thursday, February 1 @ 1pm</td>
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<tr>
<td>Kick the winter blues away with new healthy soup and salad recipes ready to warm up the cold month of February. We will start off with a Chicken Posole (don't worry, it will be mildly spiced) and move over to a hearty Sausage and Brussel Sprout Soup. Finally, we will complement the soups with a salad.</td>
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<tr>
<td>About the Chef: Mark Kingshott is the Chef and Owner of All In One Chef LLC, a personal chef business specializing in making weekly meals for his clients as well as cooking classes and in-home catering.</td>
</tr>
<tr>
<td>Cost: $10</td>
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<tr>
<td><strong>Rotisserie Chicken II</strong></td>
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<tr>
<td>Tuesday, February 27 @ 1pm</td>
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<tr>
<td>Join Chef Jen for a second helping of uses for rotisserie chicken. Our first class was so popular she created more recipes! Learn quick and tasty dishes like Greek Lemon Chicken and Rice Soup plus Tuscan Chicken Penne Pasta and Easy Weeknight Chicken Fried Rice. Learn culinary trained techniques and enjoy a fun afternoon!</td>
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<tr>
<td>About the Chef: Jen the Ginger Chef graduated from the Secchia Institute for Culinary Education and holds two culinary degrees and multiple certificates.</td>
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<tr>
<td>Cost: $10</td>
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<tr>
<td><strong>The Ides of March</strong></td>
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<tr>
<td>Tuesday, March 27 @ 1pm</td>
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<tr>
<td>The Ides of March usher in a new season of wonderful vegetables with a great healthy twist. Learn how to create a Quinoa Risotto with asparagus. Do you need to bring a dish to pass for Easter? We have you covered with a shaved brussel sprout sauté with crispy pancetta and dijon. Finally, we will put a healthy flavorful twist on a classic Asian dish by making Cauliflower Fried Rice!</td>
</tr>
<tr>
<td>About the Chef: Mark Kingshott is the Chef and Owner of All In One Chef LLC and loves to teach cooking classes!</td>
</tr>
<tr>
<td>Cost: $10</td>
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**Heron Woods**
2110 Leonard St. NE
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(616) 454-9603
www.heronwoods.org
Refund Policy

If you cancel 2-weeks or less prior to date of the event you will be charged a $25 fee or the cost of the event, whichever is less. If we are able to replace you from the event wait list the balance after the $25 fee will be refunded. If there is no wait list then we are unable to refund the amount paid.

If you cancel before the 2-week time period, monies may be kept depending on the nature of the event. If we have had to make payments for tickets, food etc. then no refund will be issued if there is not a waiting list.

New Employee!

We are excited to announce a new addition to our staff, Pam Moritti. Pam will be handling phone calls, emails and other assorted duties.

“I've lived in West Michigan all my life. My husband Tony and I both graduated from Northview. We have two children, Alex and Samantha, and one grandchild with another on the way. I'm excited to be helping Christine and Holly, and look forward to meeting all of you.” - Pam

Prayers and Concerns

Our condolences to the friends and family of Kay Wilson for the loss of her son, Judy Kippen for the loss of her husband Jack and to the family and friends of Ella Randall and Angelo Tiberio.

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

The Pelvic Floor: Your Guide for When Things Go South Below the Belt

Wednesday, February 21 @ 1pm

Join pelvic floor physical therapist, Melanie Werth, for a presentation about the many roles the pelvic floor plays. From helping stop urine and stool leakage, to supporting the pelvic organs and low back, the pelvic floor is a key player. This presentation is meant to provide a basic understanding of the pelvic floor and answer any questions you may have about leakage, urgency, or pelvic organ prolapse.

Melanie received her Doctorate of Physical Therapy from Grand Valley State University and currently works at Mary Free Bed Rehabilitation Hospital in their outpatient Spine Center. She specializes in pelvic and abdominal rehabilitation, as well as spine health.

Cost: Free                Reservations Appreciated
Presentations continued

Caring for the Caregiver
Thursday, February 22 @1pm

Are you a caregiver? Caregiver burnout must be recognized in order to prevent this often overlooked issue. This discussion directs you to no-cost or low-cost resources to assist a caregiver.

About the Speaker: Ashley Huisman, LMSW, has a Master’s degree in Social Work from Western Michigan University, and is a Certified Empowerment Coach. She currently serves as a Bereavement Coordinator and Social Worker for Emmanuel Hospice, working with patients and their families.

Cost: Free                Reservations Appreciated

Get Your Body Moving
The Importance of Flexibility
Wednesday, March 28 @1pm

Join the Health Motion Physical Therapy staff in this interactive workshop regarding the importance of a flexible body so you may do the activities that you enjoy doing. Learn what causes a lack of flexibility and what you can do about it.

Health Motion Physical Therapy has been serving GR since 1993 specializing in physical therapy and hands on care. We are experts in helping people achieve their optimal, pain-free function.

Cost: Free                Reservations Appreciated

Kent District Library’s own
Maggie McDaniel
“Best in Show” Book Talk
Thursday, March 1 @1pm

Maggie McDaniel, Adult Paraprofessional with Kent District Library, will introduce us to the champions of the literary world! She will share her list of prize and award-winning books acclaimed by critics and loved by readers like you. Her knowledge is amazing and her energy is boundless!

Maggie has facilitated many book discussions for us and recently she regaled us with personal stories on our Bomber Bus Tour.

Cost: Free                Reservations Appreciated

DANIEL O’DONNELL
Toledo, Ohio
February 22, 2018

Tenderly - Irish born performer Daniel O’Donnell will grace us with favorite songs such as “Danny Boy”, “Rivers of Babylon”, and more at the Stranahan Theatre. Lunch included in the tour package.
$169.00 p.p

SUNNY DAYS IN SAN DIEGO
San Diego, California
February 27-March 6, 2018

Join us as we travel to sunny California for an 8 day/ 7 night adventure with airfare and ten included meals!
$1,899.00, p.p.d.o

RHYTHM IN THE NIGHT
Mt. Pleasant, Michigan
March 12, 2018

Receive $10.00 in premium play, $10.00 premium bonus (after earning 100 points) and a $5.00 food coupon at Soaring Eagle Casino & Resort before a performance by Rhythm in The Night. Fish Dance Spectacular
$49.00 p.p
### Ongoing Favorites

#### Valentine’s Luncheon

**Tuesday, February 13 @ noon**  
Main Entrée: Italian Chicken Breast  
Cost: $6.00

Thank you to Chairs:  
Jo Dougherty, Judy Raymond and committee

#### St. Patrick’s Luncheon

**Tuesday, March 13 @ noon**  
Main Entrée: Corned Beef and Cabbage  
Cost: $6.00

Thank you to Chairs:  
Mike and Sandy Wiers and committee

Join us for lunch and entertainment!  
Aide Hearing will be on site for free hearing aid cleaning and ear inspections.

#### Bingo

Bingo starts at 1pm and is held at the Senior Center.  
$1 for every 3 Bingo cards.  
No reservations necessary!

**Tuesday, February 6**  
SPONSORED BY Emmanuel Hospice, a faith-based non-profit organization serving patients and families in West Michigan. As a provider of compassionate end-of-life care, we know that hospice is about living and honoring the whole person - body, mind, and spirit.

**Tuesday, March 27**  
SPONSORED BY First Light Home Care. The sincere health and well being of others is our greatest concern. We vow to provide personal services for our clients so that they may enjoy independence in their own home or any setting. We are caregivers!

#### The Gathering

Where friendships begin... Perhaps you are new to Northview Seniors or have been attending a while and just want to meet new friends. The Gathering is a place to socialize and get to know each other with the opportunity to find out more about our programming. We meet each month at the Plainfield Senior Center.

**The Gathering starts at 1pm**  
**Monday, February 19**  
**Monday, March 19**  
Registration appreciated.

#### Speak to a Geek

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

Do you wish you knew more about the features of your electronic gadget? Bring your eBook, Laptop, tablet, cell phone, etc. with you and the “geek” will answer your questions! Don’t be intimidated, these geeks are really friendly and very helpful!

**Tuesday, February 6**  
**Tuesday, March 6**

Free - drop in between 10:00 and 11:30am
**Free Attorney Consultations**

By Appointment Only!
Monday, February 5
Monday, March 5

If you are interested in this 30 minute free counseling session with Attorney Michael Herring, please make your appointment by contacting us:

365-6150 or NorthviewSeniors@nvps.net

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**Ongoing Favorites**

**Help Needed:**

Greeter: Cheerful greeter needed to greet at all Apprentice for Life lectures.

Please call or email if you are interested.

**Next Registration will begin**

March 5 @ 9am for members.
March 19 @ 9am for non-members.

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**Book Club**

Thursday, February 8
Thursday, March 8

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: 365-6150 or NorthviewSeniors@nvps.net

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**Movie & a Meal**

Friday, February 16
Friday, March 16

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

For more info contact Pat Arbour at 822-9938 or pjaarbs@gmail.com!

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Outings

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(just off US-131, Exit 95)
616.866.7200
Kurt B. Stegenga
Owner/Manager

Great Lakes Glow Golf

Tuesday, February 6 between 2-4pm
(Please arrive between 2-3pm)

GLGG is the only indoor 18-hole miniature golf course in West Michigan. Meet fellow members to play putt-putt golf under glowing black lights while there is snow on the ground! Christine will be in one of the party rooms with an included snack. GLGG also has popcorn, ice cream, and candy for sale.

Meet at Great Lakes Glow Golf
3494 Plainfield Ave NE (near 4 mile in the Northtown Shopping Center behind Ken’s Market, near Secretary of State office)

Cost: $9 Due at the door

Making a Difference in GR
featuring Home Repair Services

Thursday, February 8
Departs at 9:30 back by noon

Located in the restored Mulvihill Motor Company building on South Division Avenue, Home Repair Services is a trusted and respected non-profit organization that supports vulnerable homeowners throughout Kent County. This organization touches thousands of households each year through home repair and improvement classes, remodeling coaching, home inspections, foreclosure counseling, repair assistance and access modifications for seniors.

The visit will also include valuable information on how to avoid becoming a victim of a home improvement scammer or fraudulent contractor.

Joel Ruiter, Executive Director, will be our host. Joel is a Grand Rapids native and Davenport University graduate with 28 years in the housing arena including for profit, nonprofit and senior living.

Transportation by minibus
Cost: $10 (a portion is being donated to HRS)
### Outings

**Celebration of the Arts Gallery Walk**

**Annual Juried Sacred Art Show**

**Thursday, February 15**  
**Departs at 1pm back by 3:30pm**

Celebration of the Arts began in 1972 as part of the Music and Arts Ministry of First United Methodist Church. In its 45th year, Celebration has grown to represent one of the largest juried sacred art shows in the country. It features artists from throughout the Midwest in a variety of media including oils, acrylic, watercolor, sculpture, fiber, photography, and more.

Our private Gallery Walk will be facilitated by Nancy Clouse, a retired art professor from GRCC. She will highlight certain pieces and give us the backstory and her insight about the artwork.

Transportation by minibus  
Cost: $5

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**Casino Club Fish Fry**

**Friday, March 2 - meet there at noon**

Meet us at The Casino Club located at 3260 Salerno Dr. NE. It is just west of Plainfield behind Wendy’s Restaurant.

This private club opens its doors to the public so we can all enjoy the delicious fish fry that they have been hosting for years. Look for Christine and the rest of the group at our reserved tables. We will gather at noon!

Cost: $9 Due at the door

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**Travelogue**

**Tibet: A Light in the Darkness**  
**Benefitting the Rotary Club of Grandville-Jenison**

**Thursday, March 8**  
**Departs at 6:15pm back by 10pm**

Traveling by Land Cruiser and horse cart we travel to “the top” of the world. Explore mysterious Buddhist monasteries, join thousands of pilgrims on a holy Kora, camp beside a sacred lake, and sing with blind children. Learn about history, traditions and cultures that have the Tibetan people and their country in the world spotlight.

Transportation by school bus and/or minibus  
Cost: $8

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**LIFE ems**

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www.lifeems.com
Outings

Heritage Restaurant and Mystery Tour
Dining at GRCC’s Culinary Arts Restaurant

Tuesday, Wednesday, Thursday or Friday March 20, 21, 23, or 29
Departs at 10:30am back by 3pm

The Heritage Restaurant is an award winning fine dining restaurant staffed by culinary school students from GRCC. This culinary arts school is an award winning program.

Please indicate first and second menu choice at time of registration.
1. Salvadoran Style Pork (GF)
2. Braai Style Zulu Strip Loin of Beef
3. Vadouvan Pan Roasted Red Drum Fish Fillet (GF)
4. Seared Chicken Breast

If you have a date that you are NOT available, please let us know. If you are attending with a group, please have ONE PERSON in your group register for all of you together.

Cost: $28

Transportation by minibus

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Where GR Worships

Three years ago Northview Seniors embarked on a new adventure called Where Grand Rapids Worships. We visited architecturally and historically significant places of Worship in Grand Rapids, quickly discovering we also enjoyed learning how they serve the community and the tenets of their faith.

We visit two places of worship each outing. This was such an enlightening experience, we decided to repeat the list so new members (and old) could enjoy this outing.

Transportation by minibus
Cost: $10 per outing (a portion is donated to the places of worship)

St. Mark’s Episcopal Church
Immanuel Lutheran Church
Wednesday, February 7
Departs at 12:30 return by 4:30

Temple Emanuel
First Park Congregational Church
Thursday, March 8
Departs at 12:30 return by 4:30

Wait List Needed
These events have been advertised in a previous newsletter. They have a short wait list, or available openings! Contact us today to be added to the list!

Broadway Grand Rapids
STOMP 1/18/18
Meyer May House 1/24/18 or 1/26/18
Beautiful 2/14/18
The Bodyguard 3/6/18
## Motor Coach Trips

### Surf and Turf

**Tuesday, April 24**  
**Departs at 8:30am back by 9pm**

Surf: Our visit includes the Sea Life Aquarium featuring over 5,000 creatures, a huge saltwater ocean tank, acrylic underwater viewing tunnel and interactive touch pool.

The aquarium, is located in Great Lakes Crossing Outlet Mall Michigan’s largest indoor outlet center that includes Bass Pro Shops, Disney Store Outlet, and Saks Fifth Avenue Off 5th to name a few! You will have time to browse the stores and enjoy lunch on your own.

Turf: We will move from sea to land as we visit Wojo’s Greenhouse for a behind-the-scenes tour. Wojo’s is family owned and boasts 275,000 sq. ft. of greenhouse space!

Surf or Turf: We bring you a unique dining experience at Black Rock Grill where you cook your meat on a sizzling 755-degree volcanic rock to your exact liking!

**Select at time of registration:**  
**Meat choice:** (choose one) Beef, Tuna, Shrimp or Chicken (not self prepared)  
**Sides choices:** (choose two) Salad, Baked potato, sweet potato fries or asparagus

Cost: $98 ($25 deposit - balance due March 13 or pay in full now.)  
Includes: Transportation by motor coach, entrance fee, dinner, driver gratuity, coffee and donuts.

### Discovering Detroit

**Thursday, May 24**  
**Departs at 7am back by 7:30pm**

The revitalization of Detroit is big news! Our guided bus tour of the Motor City will have us learning about and seeing first hand the progress that is being made.

Lunch will be enjoyed at Sindbad's, a Detroit classic celebrating 67 years of business and known for its stellar food and service, with a gorgeous riverfront view.

Following lunch we will tour the Detroit Institute of Arts. The DIA's collection is among the top six in the United States and is a Detroit landmark.

We will cruise over to Pewabic Pottery, a renowned ceramic studio and school. Founded in 1903, the studio is known for its iridescent glazes, some of which grace notable buildings such as the Shedd Aquarium and Basilica of the National Shrine of the Immaculate Conception.

**Select at time of registration:**  
**Lunch choice:** Broiled Pork Chop, Chicken Parmesan, or Icelandic Cod (lightly breaded and fried)  
**Dessert choice:** Key lime or Dutch Apple Pie

Cost: $110 ($25 deposit - balance due April 12 or pay in full now.)  
Includes: Transportation by motor coach, entrance fees, lunch, driver gratuity, coffee and donuts.