



Center for Successful Aging

Highpointes

November 2016 Newsletter



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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Why Exercising Harder Isn't Always Better

By Rashelle Brown

Of all the factors that go into a workout, exercise intensity can be the trickiest to get right. If you don't push yourself a little bit, you won't burn many calories and you'll miss out on the biggest potential health benefits. But if you overdo it, you could increase your risk for injury. Recent studies have even found that exercising at a high intensity too often can have negative long-term health consequences.

Slow and Steady Wins the Race

Danish researchers kept track of more than 5,000 healthy individuals to see what impact various lifestyle behaviors had on mortality rates. The research found that those who jogged frequently for longer periods of time and at higher intensities were about as likely to die as those who didn't jog at all. But the individuals who jogged only two or three times per week, for 30 to 45 minutes, at slow speeds of around 5.0 mph had the lowest mortality rates.

Other research also supports a philosophy of moderation where strength training is concerned. A study for the *American Society of Exercise Physiologists* showed that among middle-aged men,

two strength training sessions per week were as effective as four when it came to producing strength gains. Meanwhile, a British study found that the time of recovery needed between intense bouts of exercise increases as we age. Younger men needed only three days to recover from an intense workout, while older men required five days.

These results don't mean you should exercise *less*—the opposite is true! While one study concluded that you can benefit from as little as five minutes of jogging per day, the overwhelming health problems facing our nation are due in large part to our sedentary lifestyles. The vast majority of Americans over 50 do not meet the minimum healthy standards for frequency, duration or intensity of exercise. The key to living a longer, healthier life is a well-balanced exercise regimen that includes some high-intensity exercise and lots of moderate-intensity activity.

What's the Right Balance?

The one thing that is clear from all of the research on exercise, health and longevity is that consistency is key. Doing some activity nearly *every day* is necessary to maintain good health and functionality. Fortunately, that activity doesn't have to eat up a large chunk of your time. Accumulating 30 to 45 minutes of moderate-intensity exercise in bouts as short as 5 to 10 minutes is adequate.

For generally healthy adults over 50, a well-rounded program should include lots of moderate-intensity aerobic activity, a regular routine that promotes flexibility and range of motion, and some resistance training in order to maintain strength and muscle mass. Yoga, tai chi, qi gong and traditional static stretching exercises are all good options. A whole body strength training circuit that targets all the major muscle groups performed twice a week is also a good choice. And remember, if you aren't familiar with strength training exercises, it's imperative that you take a class or hire a trainer to get started.



Center for Successful Aging

Website: www.fourpointes.org

Phone: (616) 842-9210

Hours: Mon - Fri 8:00 a.m.-4:00 p.m.
Tues 8:00 a.m. - 8:00 p.m. (Wellness Center)



*Has your Activity Center membership expired?
You may renew it in person or by mailing in this form.*

Wellness Center MEMBERSHIP

Open to individuals 50+

Member Name: _____

Address: _____

Phone: _____ E-Mail: _____

City/Village/Township: _____

Date of Birth: _____

Membership Type: New Renew

Residing in millage-supported communities:

Chester, Coopersville, Ferrysburg, Polkton,
Grand Haven City, Grand Haven Township, Spring Lake
Township/Village or Wright Township \$20

Residing in annual contributing communities:

Allendale, Crockery, Robinson, or
Tallmadge Township \$35

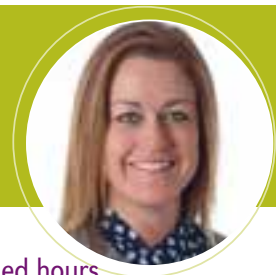
Associate Membership: Residing in communities
outside Four Pointes' traditional service area \$75

Four Pointes Accepts:



From the Executive Director

Susan Howell-Stuk



We are excited to announce expanded hours at Four Pointes as we start offering early morning fitness classes several days a week! Truth be told, I am more of a night owl than an early bird. The idea of rolling out of bed straight into a pair of sneakers has always been a tough concept for me. But whatever your typical routine might be, it turns out there are enough benefits from exercising early to make me consider shaking up the order of my day.

First, it enhances your metabolism. Studies show that your body continues to burn more calories for hours after your workout, even when you're engaged in sedentary activities like driving or sitting at a desk. Second, it improves your physical and mental energy. Morning exercise can improve our focus and cognitive abilities all day long. One study even showed that brief morning exercise was more effective than a cup of coffee in "waking up" our brains. Third, it will help you sleep better. Early morning exercisers sleep longer on average, and they also get better quality sleep since early morning exercise promotes deeper sleep cycles. Evening exercise can actually have the opposite effect because the exercise causes your body to release adrenaline and other hormones designed to keep you awake.

Lastly, and this is probably the most important component, morning exercise helps you create consistency and self discipline. Working out first thing in the morning helps you get your exercise in before all of the other competing priorities and responsibilities in your life get in the way. As our days unfold, it's often far too easy to get sidetracked or make excuses for why we can't squeeze exercise into our schedule. Maybe give morning exercise a try. Just like any habit, it will get easier with time. If you need an incentive to get started, how about one of our morning classes?

Susan

Coopersville O.K.s December Luncheon

The O.K.s December luncheon will be Thursday, Dec. 8 at 12:00 in the Community Center and will feature the O.K.s Choir. Please call Faith at 322-9530 to make a reservation.

Use the F.I.T.T. Principle to Plan Your Exercise Regimen



The acronym F.I.T.T. stands for Frequency, Intensity, Time, and Type, and you can use F.I.T.T. to plan an effective exercise program.

Frequency – How often are you active? The CDC recommends you partake in purposeful physical activity most days of the week.

Intensity – How hard are you working? This relates to how hard you are working your heart and muscles. Being active at a level where you can say a full sentence but not sing your favorite song is considered moderate intensity.

Time – How long are you active? 150 minutes of moderate intensity physical activity per week is recommended for most individuals. Remember, it's ok to build up your time.

Type – What type of activity are you doing? All types of activity are important, so feel free to mix it up.

Four Pointes offers a diverse range of fitness programming to F.I.T.T. your wellness needs.

Low Intensity (Classes include seated and standing movements) 🌀

Conditioning with Confidence

Chair Aerobics

Gentle Yoga

Gentle Tai Chi

Beginning Tai Chi

Moderate Intensity (Classes include seated or standing exercises and may require getting on and off the floor independently) 🌀 🌀

Stretch & Tone Ping Pong

Zumba Gold Gentle Hatha Yoga

Chair Aerobics Advanced Tai Chi

Line Dance Tap Dance

Pilates Morning Mat Strength & Stretch

High Intensity (Class will be challenging and will require full range of motion, ability to move quickly and lower yourself independently on and off the floor or a mat) 🌀 🌀 🌀

Advanced Stretch & Tone

Zumba

Total Control

Pickleball

Sunrise Circuits

Most classes offer modifications to exercise to allow individuals of all levels to participate at their own intensity. If you have questions regarding where to start, please contact Jessie Riley, Four Pointes Wellness Director, or Stacey McManus, Four Pointes Lifestyle Coordinator.

NEW MEMBERS

MaryKay Alguire
 Mary Barrett
 G.L. Bates
 Christie Brown
 Bonnie Christopher
 Tonja DeWald
 Linda Fortnam
 Dolores Heyblom
 Lois Klempel
 Rose Marie Knudsen
 Jeanette Konczyk
 Ruth Lakatos
 Linda Langlois
 Jan Ledinsky
 Teri Lewis
 Rowena Lloyd
 Nancy Lowe
 Pauline Melvin

Karen Middlesworth
 Patricia Obertello
 Jeanne Rivard
 Bob Rouwhorst
 Mary Rouwhorst
 Karen Schindlbeck
 Pam Shriver
 Beverly Simpson
 Rosalie Somers
 Dianna Sorenson
 Michael Sorenson
 Duane Trobridge
 Maria Vakselis
 Bea Wallish
 Cathy Wasiura
 Sarah Williams
 Linda Wool
 Deb Woudenberg

Game Winners September 2016

Canasta (Monday)

Week 2 – Pat Rosema

Week 5 – Edith VanBurgel

Mah Jongg (Thursdays)

Week 1 – Joan Jensen

Week 3 – Mary Ann Gilson

Week 4 – Mary Rowe

Mah Jongg (Tuesdays)

Week 1 – Mary Rowe

Week 2 – Jackie Bloem

Week 3 – Karen Middlesworth

Week 4 – Carol Decker

Bridge (Fridays)

Week 1 – Gert Miller

Week 3 – Dom Barda

Week 4 – Rita Rouwhorst

Week 5 – Dom Barda

Evening Euchre (Tuesdays)

Week 1 – Hough Bolan

Week 2 – Theresa Cripe

Week 3 – Hugh Bolan

Week 4 – George Madl

Hand & Foot (Fridays)

Week 1 – Angie Turgeon

Week 2 – Jane Watkins/
Pat Palen

Week 3 – Marcia Palermo/
Suzanne Williams

Week 4 – Fran Sedlock

Week 5 – Edna Osborn

Euchre (Wednesdays)

Week 1 – Larry Holzinger

Week 2 – Hugh Bolan

Week 4 – Maxine TenBrink

Pinocle (Thursdays)

Week 1 – Louise Svoboda

Week 2 – George Madl

Week 3 – George Madl

Week 4 – Marge Larson

Activity & Event Descriptions

NOVEMBER EVENT HIGHLIGHTS

November 1 FYI – Water Aerobics Info

Session: The Tri-Cities YMCA is opening their doors to Four Pointes members who are interested in participating in the AOA Water Aerobics program. Meet the instructor and learn how to come prepared when attending this program at the YMCA beginning November 2. All fitness levels and non-swimmers are welcome!

November 2 Dynamic Great Lakes

Presentation and Discussion: Join author and Four Pointes member Barbara Spring as she presents information included in her book *The Dynamic Great Lakes*. The five Great Lakes and their connecting waters are the world's largest freshwater system; about 20 percent of all the fresh surface water on this planet. Through knowledge and the democratic process, *The Dynamic Great Lakes* encourages us to appreciate and understand these lakes and to get involved in finding answers to their problems.

November 3 Beginning Acrylic Painting

Class: Create your own version of Amber's beautiful fall scene. You will be offered step-by-step instruction by a talented instructor and all the supplies that you need are included! Space is limited and pre-registration is required. Cost: \$25 per member (includes paint, canvas, brushes, easels and instruction).

November 6 Mall Run: Mall Run is back! Door-to-door service from Four Pointes. Designed for those who don't drive or simply don't care to drive themselves. Call for a reservation: 616-842-9210.

November 9 Einstein U: Korea - The

Forgotten War: It was always called a police action. We'll look at how we got there and why we left.

November 9 Chalk School: Learn how to make neat, professional chalkboards and have fun doing them! Each participant will go home with a completed sign and chalk ink marker to keep! \$36/person. Pre-registration required.

November 8 Veterans Benefits

Informational Session: Rich Goodrich from the Kent County VA will review how he helps veterans and spouses get access to the benefits that help pay for home health aides and/or assisted living. Learn about the process to qualify and receive benefits in a timely manner. His presentation will also include a Q & A for

those in need of additional information. This program is being offered to Four Pointes through Comfort Keepers.

November 14 Low Sodium Easy Meal

Solutions: Join Eastern Michigan University dietetics graduate student Stacy Jonio as she explores delicious meal options that can be made in the microwave or in the crockpot. She will also talk about simple ways to lower sodium in meals.

November 15 Filling Jars of Joy: All the ingredients have been collected and recipe cards prepared. This is the day the Jars of Joy are completed for the holiday bake sale. All are welcome to assist, the more the merrier! 9 a.m. – noon in the Art Studio.

November 16 Low Vision Discussion:

Rehabilitation Specialist and low vision expert Michelle Turner will be at Four Pointes to answer your questions about low vision. She will offer suggestions and resources that empower and support those struggling with the effects of this condition. There will also be plenty of time for Q&A.

November 17 Thanksgiving and Birthday

Celebration: A traditional Thanksgiving meal and entertainment make this month's birthday celebration a great way to meet with friends and celebrate the holiday. **Entertainment provided by Spring Lake High School Choir!** Pre-paid reservation required (\$5) for lunch and entertainment. No soup & salad bar available today.

November 24 and 25: Four Pointes closed for Thanksgiving holiday.

November 28 Four Pointes Christmas Tree

Decorating: Join us as we trim the Four Pointes Christmas tree and deck the halls with festive fun! Everyone welcome. Decorating will begin at 9 a.m.

December 2 Annual Holiday Bake and

Craft Sale: The Jars of Joy are back and all the goodies we expect to satisfy our sweet tooth. Rada Knives and crafts also available! 9 a.m. – 1 p.m.

ACTIVITIES

FITNESS

Gentle Movement with Tai Chi
Advanced Tai Chi
Gentle Yoga
Gentle Hatha Yoga
Chair Aerobics
Stretch & Tone
Advanced Stretch & Tone
Line Dance
Tap Dance
Pickleball
Zumba Gold
Ping Pong
Pilates
Conditioning with Confidence
Sunrise Circuits

LEARNING

Memory Writers
Knitters Circle
Build It-Fly It!
Book Club
FYI
Einstein U

SUPPORT

Health Clinics
Foot Clinics
Legal Aid
AARP Tax Preparation
Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION / GAMES

Scrabble, Mah Jongg, Bridge, Euchre, Bingo, Pool, Hand & Foot, Pinochle, Shuffleboard, Darts, Dominoes, Canasta

ARTS

Draw Like You're Famous
Crafters
One Stroke Painting
Woodcarvers
Art with Shirley
Musical Jam Sessions

Four Pointes accepts:



NOVEMBER 2016 ACTIVITIES

Grand Haven Activity Center • 616-842-9210

Sun	Mon	Tues	Wed	Thu	Fri	Sat
		<p>1 8:30 Morning Mat Strength & Stretch 9:00 Knitting 11:00 FYI: AOA Water Aerobics Class Intro at Four Pointes 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Karaoke</p>	<p>2 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Dynamic Great Lakes Presentation 12:00 Tap Dance 1:00 Woodcarvers 1:00 Cooking Matters 1:00 Zumba Gold 1:00 Euchre 1:30 AOA Water Aerobics 2:00 Gentle Yoga</p>	<p>3 8:30 Morning Mat Strength & Stretch 10:00 Beginning Line Dance Series 10:00 Crafters 10:00 Art with Shirley 11:30 Conditioning with Confidence 12:00-3:30 Beginning Acrylic Painting Class 1:00 Pinochle, Mah Jongg 1:00 Zumba Gold 1:00 Ping Pong 2:00 Pilates</p>	<p>4 <i>Mall Run</i> 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:00 Draw Like You're Famous 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p>	5
6	<p>7 Ambassador Committee 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:30 New Member Orientation 10:45 Adv. Tai Chi 11:00 Cooking Matters 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 1:30 AOA Water Aerobics 2:00 Gentle Yoga 4:00 Pickleball at Christian Reformed Conference Grounds</p>	<p>8 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 10:00 Veterans Benefits Info Session 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p>	<p>9 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 11:15 Einstein U: The Forgotten War—Korea Foxy Ladies Lunch 12:00 Tap Dance 1:00 Open Studio 1:00 Chalk School 1:00 Zumba Gold 1:00 Euchre 1:30 AOA Water Aerobics 2:00 Gentle Yoga</p>	<p>10 <i>Foot Care</i> 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Beginning Line Dance Series 10:00 Memory Writers 10:00 Art with Shirley 11:30 Conditioning with Confidence 1:00 Pinochle, Mah Jongg 1:00 Zumba Gold 1:00 Ping Pong 1:15 One Stroke Painting 2:00 Pilates</p>	<p>11 Veterans Day <i>Blood Pressure Clinic/ Legal Aid</i> 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:00 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p> 	12
13	<p>14 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:00 Low Sodium Meal Class 10:00 Coffee Klatsch 10:45 Adv. Tai Chi 11:00 Cooking Matters 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 1:30 AOA Water Aerobics 2:00 Gentle Yoga 4:00 Pickleball at Christian Reformed Conference Grounds</p>	<p>15 6:30 Sunrise Circuits 9:00 Filling Jars of Joy 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 10:00 Book Club 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Karaoke</p>	<p>16 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 12:00 Tap Dance 1:00 Low Vision Discussion 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 1:30 AOA Water Aerobics 2:00 Gentle Yoga</p>	<p>17 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Stretch & Tone 10:00 Beginning Line Dance Series 10:00 Art with Shirley 11:00 Birthday Party 11:30 Conditioning with Confidence 1:00 Pinochle, Mah Jongg 1:00 Zumba Gold 1:00 Ping Pong 1:15 One Stroke Painting 2:00 Pilates</p>	<p>18 8:30 Adv. Stretch & Tone 9:30 Line Dance Review 9:30 Bingo 10:00 Build It-Fly It 10:00 Line Dance 11:00 Tap Dance Practice 1:00 Bridge 1:00 Hand & Foot 1:00 Gentle Tai Chi 1:00 Open Studio 2:00 Gentle Yoga 3:00 Gentle Hatha Yoga</p>	19
20	<p>21 9:00 Chair Aerobics 10:00 Beg. Tai Chi 10:45 Adv. Tai Chi 11:00 Cooking Matters 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 1:30 AOA Water Aerobics 2:00 Gentle Yoga 4:00 Pickleball at Christian Reformed Conference Grounds</p>	<p>22 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Musical Jam Session</p>	<p>23 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 12:00 Tap Dance 1:00 Open Studio 1:00 Zumba Gold 1:00 Euchre 1:30 AOA Water Aerobics 2:00 Gentle Yoga</p>	<p>24 Thanksgiving Day Four Pointes Closed</p> 	<p>25 Four Pointes Closed</p>	26
27	<p>28 10:00 Beg. Tai Chi 10:00 Coffee Klatsch 10:45 Adv. Tai Chi 1:00 Bingo 1:00 Zumba Gold 1:00 Canasta 1:30 AOA Water Aerobics 2:00 Gentle Yoga 4:00 Pickleball at Christian Reformed Conference Grounds Four Pointes Christmas Tree Decorating 9 a.m.</p>	<p>29 6:30 Sunrise Circuits 8:30 Morning Mat Strength & Stretch 9:00 Knitting 9:00 Stretch & Tone 11:30 Conditioning with Confidence 1:00 Mah Jongg 1:00 Ping Pong 5:00 Zumba 5:00 Evening Euchre 6:00 Ping Pong 6:00 Pilates 6:00 Karaoke</p>	<p>30 9:00 Intro to Mah Jongg 9:00 Line Dance Review 9:30 Line Dance 11:00 Chair Aerobics 12:00 Tap Dance 1:00 Woodcarvers 1:00 Zumba Gold 1:00 Euchre 1:30 AOA Water Aerobics 2:00 Gentle Yoga</p>	<p>AOA Water Aerobics Classes are held at the Tri-Cities Family YMCA 1 Y Drive Grand Haven</p> 		

Low Vision Discussion November 16

Rehabilitation Specialist and low vision expert Michelle Turner will be at Four Pointes on

**Wednesday, November 16
from 1 – 3 p.m.**

to answer your questions about low vision. She will offer suggestions and resources that empower and support those struggling with the effects of this condition. There will also be plenty of time for Q&A.

Sign-up at the Four Pointes front desk.



Beginning Acrylic Painting Class

**Thursday, November 3
12:00 p.m. - 3:30 p.m.**

\$25 includes canvas, paint, supplies and instruction!

Class is taught at beginner level but all levels welcome. Pre-registration required. Limited space available.



Water Aerobics at the Tri-Cities YMCA

The Tri-Cities YMCA is opening their doors to Four Pointes members who are interested in participating in the AOA Water Aerobics program. This water group exercise class is a wonderful alternative to “land” exercises. With water exercise, there is less impact on your joints, but you still receive the same cardiovascular workout as you would if you were doing it on land. The buoyancy of water allows you to improve strength, flexibility and muscular tone while minimizing stress on the joints.

**Mondays and Wednesdays
beginning Wednesday, November 2nd
1:30 p.m. – 2:30 p.m. at the Tri-Cities YMCA**

1 Y Drive, Grand Haven

No pre-registration required.

Cost: \$1.00/class

All fitness levels and non-swimmers are welcome!



Sunrise Circuits

Rise and shine, it's workout time!

This energizing group fitness class will get your heart pumping and muscles working. A combination of cardio and strength exercises will be utilized to give you a fun and effective full body workout.

**Tuesdays and Thursdays
beginning Tuesday, November 8th.**

6:30 a.m. – 7:20 a.m.

Instructor: Jessie Riley, Four Pointes Wellness Director

Location: Four Pointes Fitness Studio
1051 S. Beacon Blvd., Grand Haven



November Lunch Menu

Lunch hours Monday - Friday 11:30 a.m. – 1:00 p.m.

Suggested donation - \$3.50 for adults 60+. \$6.00 for adults under 60.

A la carte options available. Open to the public.

Meals include fat-free milk and 1/3 of the daily recommended intake of nutrients for older adults. Menu is subject to change without notice.



Check out our great salad bar offered Monday - Friday. The Ultimate Chef Salad is available daily, along with many tasty and creative salad bar additions.

WEEK OF OCTOBER 31

Soup of the week:

Harvest Grain with Portobello Mushroom

Mon: Tomato Basil

Tues: Timberline Chili

Wed: Broccoli Cheese

Thurs: Chicken Pot Pie

Fri: Butternut Squash

WEEK OF NOVEMBER 7

Soup of the Week:

Italian Wedding

Mon: White Chicken Chili

Tues: Twice Baked Potato

Wed: Chicken Gumbo

Thurs: Corn Chowder

Fri: Tomato Basil

WEEK OF NOVEMBER 14

Soup of the Week:

French Onion

Mon: Chicken and Dumpling

Tues: Clam Chowder

Wed: Creamy Spinach and Artichoke

Thurs: Birthday Party

Fri: Wisconsin Cheese

WEEK OF NOVEMBER 21

Soup of the Week:

Chicken Noodle

Mon: California Medley

Tues: Stuffed Green Pepper

Wed: Bean with Ham

Thurs: Closed for Thanksgiving

Fri: Potato Au Gratin

WEEK OF NOVEMBER 28

Soup of the week:

Tomato Basil

Mon: Chicken and Wild Rice

Tues: Mushroom Brie

Wed: Minestrone

Thurs: 7 Bean Medley

Fri: Parmesan Kale with Italian Sausage



NOVEMBER HOT & HEARTY MEALS

Served Monday, Wednesday and Friday.

- Chicken Cavatappi and Garlic Bread
- Spaghetti with Meat Sauce and Garlic Bread
- Scalloped Potatoes and Ham

No reservations needed. Fair share donation for 60+!

NOVEMBER BIRTHDAY PARTY MENU

Sliced turkey, stuffing, green beans, California blend, cranberry sauce, pumpkin pie

Entertainment: Spring Lake High School Choir

Best Wishes Patty

We say good-bye to Meals on Wheels Coordinator Patty Warner (L), and wish her well in her new ventures.



Knitting Group

The knitting group crochets, too! All for a good cause.



ArtPrize Trip

We had 36 people join our GVSU OT students for this annual outing.



NOVEMBER BIRTHDAYS

Larry Smith	1	Duane Trobridge	7	Lou Paxton	15	Susan DeRuiter	22
Christine Platt	1	Patricia Warner	8	Celeste Moser	15	Lisa Shepherd	23
Doris Rop	2	Dale Lienhart	8	Carol Dull	16	Karen Grano	24
Ruth Simpson	2	Linda Karr	8	Avis Van Raalte	16	Liz Thayer	24
Theresa Farnelli	2	Ruth Mehall	9	Patricia Baldus	16	Dorothy Pellegrom	25
Caren Fann	2	Richard Yount	9	B. J. Guy	16	Greg Nelson	25
Denice Moore	2	David Hitsman	9	Betty Masko	17	Pat Talsma	26
Helena Schoenmaker	3	Carolyn Brown	9	Rose Vander Veen	17	Judith Hollowell	26
Jessie Stevens	3	Joan Tandler	9	Gerald Nelson	17	Rosalyn King	26
Grace White	4	Sam Young	10	Stanley Green	17	Mary Hendon	26
Ruth Buckner	4	Merlin VanDoorne	10	Jill Engleright	18	Judith Ochs	26
Marvin Satter	4	Susan Thorpe	10	Betty Leech	18	Gayle Parmelee	26
Ron Bauer	4	Mary Barrett	10	Kathy Dahlstrom	18	Kathleen Vaughan	26
Chris Hasse	4	Karen Rodgers	11	Sheryl Smith	18	Gerry Van Elzelingen	27
Janet Van Ryswyk	4	Ruth Pranskaitis	11	Jane Smith	18	Sandra Burnett	27
Mary Shaheen	5	Edna Osborn	11	Cheryl George	18	Nancy Brest	27
Sally Jewett	5	Thomas Kieft	12	Charlotte Anderson	19	Jean Madl	28
Nancy Pearson	5	Linda VerBerkmoes	12	Judy Tindall	19	Vincent Abel	28
Alice Zawojski	6	Jan Ledinsky	12	Herman Prins	20	Mary Jo Galletto	28
Susan Cox	6	Myrna Liepins	13	Myrna Puse	20	Jim Clifford	28
Tom Turcotte	6	Warren Feyt	13	Lillian Peoples	20	John Leavitt	28
Mary Garzelloni	7	Patricia Palen	13	Diana Groters	20	Bobby Smith	28
Nancy Dykehouse	7	Kathleen Johnson	13	Yvonne Vanderlee	21	Jean Grossnickle	28
Marilyn Buikema	7	James Pond	14	Louis Tripp	21	Gail Kowalski	28
Ronald Olmsted	7	Susan Birkinshaw	14	John Planteroth	22	Sue Foose	28
Patricia Rosema	7	Heidi Piontes	14	Carol Josey	22	Janice Peterson	29
Judith Dembowske	7	Sue Barry	14	Christina Shannon	22	Sandy Kate Stephens	29

We apologize for any errors or omissions on our birthday list!

Low Sodium Easy Meal Solutions

Looking for easy dinner ideas? How about ways to reduce sodium in recipes? Join Eastern Michigan University dietetics graduate student Stacy Jonio as she explores delicious meal options that can be made in the microwave or in the crockpot. She will also talk about simple ways to lower sodium in meals.

Monday, November 14th

10:00 a.m.

Register at the Four Pointes Front Desk



Chalk School

Learn how to make neat, professional chalk boards for home decor, weddings, events, gifts and businesses. We'll practice three sign art techniques together, and you'll leave with a completed design that will be a keeper! All materials are included, as well as your very own chalk, chalk ink marker, and an ongoing support network so you can continue to chalk creatively.

Wednesday, November 9th • 1 p.m. - 3 p.m.

\$36/members • Register at the Four Pointes front desk.





**four
pointes**

Center for Successful Aging

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616.842.9210 • 616.997.1786 Coopersville
www.fourpointes.org

Non-Profit Org
US Postage
PAID
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Grand Haven, MI 49417



CURRENT RESIDENT

FOUR POINTES MASTERPIECE

BRUCE BISHOP

Member Since August 2009

What does successful aging mean to you?

Successful aging for me is reaching the autumn years of life without “growing old” or negative.

What was your biggest accomplishment this past year?

I haven’t set any goals for myself this year, although I do find it most rewarding that at 75 years of age I still repair and make improvements in and around my home. I tiled my master bathroom this year - a big job!

How do you stay active and healthy?

This is a hard one for me as my physical condition keeps me from active exercises, although I do walk as much as I can. I also have two five-pound hand weights I use daily.

What’s your best “Daily Dose” to keep you feeling good?

I always take my vitamins and eat a good breakfast.

What programs do you most enjoy attending at Four Pointes?

I enjoy coming to Four Pointes for fellowship with the guys and gals in the pool room, and to stay in contact with others I’ve met through activities at the center.

