

FEBRUARY 2018

# Active Seniors

AT THE KROC

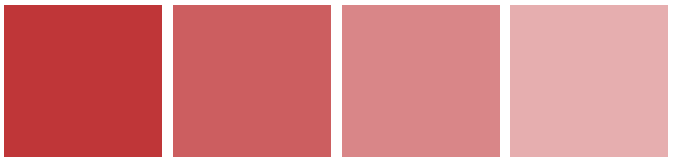
INFORMATION, PROGRAMS AND ACTIVITIES FOR AGES 55+



be TRANSFORMED

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2500 S Division Ave, Grand Rapids  
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[GrKrocCenter.org](http://GrKrocCenter.org)



RAY & JOAN  
**KROC**  
CORPS COMMUNITY CENTER  
GRAND RAPIDS, MI

# RED VELVET MUFFINS

RECIPE OF THE MONTH

## INGREDIENTS:

### Crumb Topping:

- ½ C. granulated sugar
- ¼ C. all-purpose flour
- 2 Tbsp. unsalted butter

### Cream cheese mixture:

- 4 oz. cream cheese, softened
- ¼ C. granulated sugar
- ½ tsp. vanilla extract

### Muffins:

- 1 ¼ C. all-purpose flour
- ½ C. granulated sugar
- 2 tsp. baking powder
- ½ tsp. salt
- 1 large egg
- ½ C. vegetable oil
- 1/3 C. milk
- 2 Tbsp. unsweetened cocoa powder
- 2 tsp. red food coloring



## DIRECTIONS:

**Step 1:** Preheat oven to 375° F. Prepare muffin pan by lining with liners or spraying with non-stick cooking spray.

**Step 2:** Crumb Topping: In a medium bowl, add flour, sugar, and butter. Using a fork, cut the butter in until you have coarse crumbs.

**Step 3:** Cream Cheese Mixture: In another bowl, cream together cream cheese, sugar, vanilla until smooth.

**Step 4:** Muffins: In the bowl of a stand mixer (or large bowl using hand mixer), add flour, baking powder, and salt and whisk to combine. Add egg, oil, milk, cocoa powder, and red food coloring and mix until just incorporated. Fold cream cheese mixture into the muffin batter, being careful to not overmix.

**Step 5:** Scoop batter into prepared muffin, filling each about 2/3 full. Evenly sprinkle crumb topping over each muffin.

Bake at 375° F for 17-19 minutes or until toothpick inserted in center comes out clean. Allow muffins to cool in pan for about 10 minutes, then transfer to cooling rack to cool completely.

*Do you like this recipe? Check out "Kroc" Pot Freezer Meals in the Program Guide for more Crockpot recipes and tips!*

*Would you like to share one of your favorite recipes?*

*Email Jessica Pollins at [Jessica\\_Pollins@usc.salvationarmy.org](mailto:Jessica_Pollins@usc.salvationarmy.org).*

## FEBRUARY BOOK CLUB: HEFT (continued)

Every Friday in February, from 8:30am to 9:30am, we will dig deep into Liz Moore's novel, "HEFT." Arthur weighs 550 pounds and hasn't left his rambling Brooklyn home in a decade. Kel navigates life as a poor kid in a rich school, and pins his hopes on what seems like a promising baseball career. An unexpected connection transforms both their lives as they find sustenance and friendship in the most surprising places.

Join us as we spend time together in friendship and fellowship while we learn to see God in every situation. Sign-ups, books and more information will be available during Senior Fridays! You can also contact Jessica Pollins at 616-588-7200 x2021 for more information.

## HEALTH MOTION SCREENINGS – FREE

- Wednesday, February 14, 9 AM–Noon, Studio C  
FREE physical therapy mini-screenings, courtesy of Health Motion Physical Therapy. If pain or injury is keeping you from doing what you want in life, find out what the cause might be and explore options for treatment.

# ACTIVITIES FOR SENIORS

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*Participants MUST check in at the welcome desk. All activities require a membership or day pass purchase.*

## **Bingo**

Join us for your chance to win prizes at the monthly bingo game every third Friday of the month.

## **Drop-in Art** Non-Member: \$3

Every Wednesday explore your creative side at the Kroc with our on-site artist to create fun, imaginative projects in a supportive and welcoming atmosphere.

## **Monthly Birthday Party**

Join us in celebrating our February Birthdays during our February 2nd Senior Friday. Enjoy cake with your friends and a chance to win some cool prizes!

## **Lunch N' Learn**

Every second Friday of the month join us at the Kroc for a guest speaker and free pizza lunch.

## **Movie – “Thank You For Your Service”**

On Friday, February 23 at 11:15 AM, join us for a viewing of “Thank You For Your Service”

## **Pickleball**

A racquet sport that combines elements of badminton, tennis, and table tennis in the gym every Monday and Thursday morning from 9 AM–12 PM.

## **River Walking**

Join us in our lazy river feature throughout the week to enjoy a self-directed, low-impact water aerobic workout.

## **Senior Fit** Non Member: \$3

This low-impact group fitness class helps older adults maintain health and strength through a combination of simple cardiovascular, flexibility and balance exercises.

## **Senior Yoga** Non Member: \$3

Yoga not only strengthens the body and increases balance and flexibility, but can also help reduce stress and relax the mind.

## **Stretch & Flex** Non Member: \$3

This class helps to increase body flexibility and range of motion by using stretching and flexing techniques. Appropriate for all ages.

## **Crochet Club**

Tuesdays from 1–3 PM in the Art Room.

*See reverse side for the calendar of monthly activities.*

## FEBRUARY BIRTHDAY PARTY

Come one, come all to celebrate February Birthdays! On **February 2nd**, join us as we enjoy birthday treats, play games, and honor those born in the month of February. The guests of honor will have a chance to spin our Birthday Prize wheel to win prizes such as day passes, program passes, giftcards, and much more!

### LUNCH & LEARN: AREA AGENCY ON AGING OF WESTERN MICHIGAN

Area Agency on Aging of Western Michigan (AAAWM) is the source for seniors and it strives to provide information and assistance to older adults and adults with disabilities so that they can remain independent and live with dignity in their homes and in their communities. Michigan Medicare/Medicaid Assistance Program (MMAP) is a volunteer program that provides answers to Medicare questions for Medicare beneficiaries, family members, and caregivers free of charge. This presentation will cover several of the beneficial resources available to individuals and will provide information on how these resources can help someone remain as independent as possible.

## FEBRUARY DEVOTIONAL THOUGHTS

***“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, bears much fruit, for apart from me you can do nothing” (John 15:4–5).***

I don't know about you, but life just doesn't seem to slow down! With each season, I find myself immersed in the constant hustle and bustle of always staying busy. In fact, when I do finally take the time to breathe and maybe even relax, my thoughts kick into hyper-drive and here comes the never ending to-do list. Have you finished all the dishes? What about switching the laundry? Do I have a gift ready for that upcoming party? Instantly, I go from a state of relaxation to running around doing projects.

Now, I will be the first to admit, that when I let myself fall into this pattern of constant busyness I tend to see a decline in my health, happiness and faith. My priorities are measured by the to-do list sitting in front of me and lacks in the most important parts of life. It wasn't until just recently when I learned that I cannot live up to my full potential and be fully vested in all of the areas in my life without some help.

John 15 is packed full of symbolism as Jesus talks with his disciples. It is declared that Jesus Christ is the true vine and his disciples are the branches. Reading further into this chapter brings even more insight on the importance of the unity between God and man. Simply put, as believers we are the branches that can either bear fruit or do not and are thrown away. So what does this mean for us today and how can we ensure that we are living fruitful lives?

This verse not only brings me hope, but so much happiness. When Jesus talks of his disciples, he is not just referring to the 12 men who dedicated their lives to follow Jesus, but all of us! Not only do we have a need and desire as humans for God, but God desires our time. Living your life for God is not something that comes by circumstance. A relationship with God, just like any, takes time and effort.

I encourage you to look at your own schedule. Are you spending time with God? Between prayer, faith, and scripture, let your life be joined with the only true Savior!

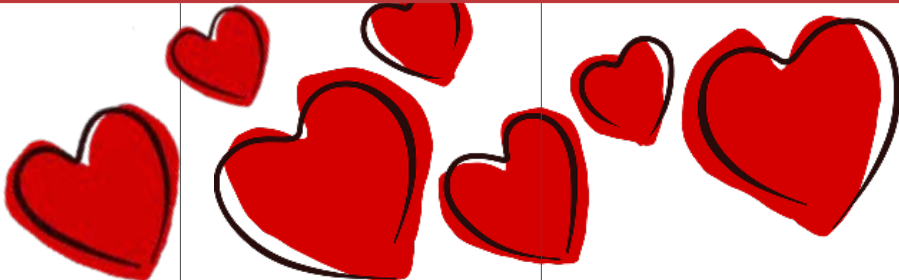

-Written by Jessica Pollins

# February

Activities for older adults at the Kroc

## SENIOR FRIDAY SCHEDULE

- 8 AM–Noon.....Activity room open  
with complimentary coffee & pastries
- 8:30–9:30 AM.....Book Club: Heft
- 9:30–10 AM.....Senior Fit low-impact fitness class
- 10–11AM.....Stretch & Flex class
- 9 AM–12 PM.....River walking in the pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>  Pickleball 9 AM–12 PM River Walking 9 AM–12 PM Walking Club 11 AM–12 PM Stretch & Flex 1–2 PM	<b>2</b> <b>Senior Friday Activities</b> (LISTED ABOVE) <b>Free Fitness Orientation</b> 9–10 AM <b>River Walking:</b> 9–12 PM <b>February Birthday Celebration</b> 11:15 AM–12 PM
<b>5</b> Pickleball 9 AM–12 PM  Senior Fit 12:30–1 PM  Senior Yoga 1–2 PM	<b>6</b> River Walking 9 AM–12 PM  Stretch & Flex 1–2 PM	<b>7</b>   Senior Fit: 10–10:30 AM Senior Yoga: 10:45–11:45 AM Drop-in Art: 11 AM–12:30 PM Handmade Valentines	<b>8</b>  Pickleball 9 AM–12 PM River Walking 9 AM–12 PM Walking Club 11 AM–12 PM Stretch & Flex 1–2 PM	<b>9</b> <b>Senior Friday Activities</b> (LISTED ABOVE) <b>Free Fitness Orientation</b> 9–10 AM <b>River Walking:</b> 9–12 PM <b>Lunch &amp; Learn: AAAMM</b> 11:15 AM–12 PM

<p><b>12</b></p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1–2 PM</p>	<p><b>13</b></p> <p>River Walking 9 AM–12 PM</p> <p>Stretch &amp; Flex 1–2 PM</p>	<p><b>14</b></p>  <p>Health Motion Screenings: 9 AM–12 PM</p> <p>Senior Fit: 10–10:30 AM</p> <p>Senior Yoga: 10:45–11:45 AM</p> <p>Drop-in Art: 11 AM–12:30 PM</p> <p>Paper Roses</p>	<p><b>15</b></p> <p>Pickleball 9 AM–12 PM</p> <p>River Walking 9 AM–12 PM</p> <p>Walking Club 11 AM–12 PM</p> <p>Stretch &amp; Flex 1–2 PM</p>	<p><b>16</b></p> <p>Senior Friday Activities (LISTED ABOVE)</p> <p>Free Fitness Orientation 9–10 AM</p> <p>River Walking: 9–12 PM</p> <p>Bingo: 11:15 AM–12 PM</p>
<p><b>19</b></p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1–2 PM</p>	<p><b>20</b></p> <p>River Walking 9 AM–12 PM</p> <p>Stretch &amp; Flex 1–2 PM</p>	<p><b>21</b></p>  <p>Senior Fit: 10–10:30 AM</p> <p>Senior Yoga: 10:45–11:45 AM</p> <p>Drop-in Art: 11 AM–12:30 PM</p> <p>Zentangle</p>	<p><b>22</b></p> <p>Pickleball 9 AM–12 PM</p> <p>River Walking 9 AM–12 PM</p> <p>Walking Club 11 AM–12 PM</p> <p>Stretch &amp; Flex 1–2 PM</p>	<p><b>23</b></p> <p>Senior Friday Activities (LISTED ABOVE)</p> <p>Free Fitness Orientation 9–10 AM</p> <p>River Walking: 9–12 PM</p> <p>Movie - "Thank You For Your Service" 11:15 AM</p>
<p><b>26</b></p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1–2 PM</p>	<p><b>27</b></p> <p>River Walking 9 AM–12 PM</p> <p>Stretch &amp; Flex 1–2 PM</p>	<p><b>28</b></p>  <p>Senior Fit: 10–10:30 AM</p> <p>Senior Yoga: 10:45–11:45 AM</p> <p>Drop-in Art: 11 AM–12:30 PM</p> <p>Media Exploration: Graphite Pencils</p>		