MARCH 2020

Active Seniors AT THE KROC
INFORMATION, PROGRAMS AND ACTIVITIES FOR AGES 55+

be TRANSFORMED

2500 S Division Ave, Grand Rapids
Phone: 616.588.7200
GrKrocCenter.org
### March

**Activities for older adults at the Kroc**

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<tr>
<th>MONDAY</th>
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| Pickleball: 9 AM–12 PM | River Walking 9 AM–12 PM | *Weekly Service Project*: 9–10 AM | Pickleball 9 AM–12 PM | Senior Friday Activities (LISTED ABOVE)  
Bingo 10 AM–12 PM  
March Birthday Party 11:30 AM |
| River Walking | New! Chair Yoga 10:15–11:15 AM | Stretch & Flex 1–2 PM | River Walking 9 AM–12 PM | River Walking 10 AM–12 PM  
Senior Friday Activities (LISTED ABOVE)  
Bingo 11:30 AM |
| Senior Choir: 10:30–11:30 AM | Senior Fit: 12–12:30 PM | Senior Yoga: 12:45–1:45 PM | Senior Fit: 10–10:30 AM | River Walking 10 AM–12 PM |
| Senior Yoga: 12:45–1:45 PM | Activity room OPEN: 8 AM–12 PM | Activity room OPEN: 8 AM–12 PM | Senior Yoga: 10:45–11:30 AM | Activity room open: 8 AM–12 PM |
| Activity room OPEN: 8 AM–12 PM | Activity room OPEN: 8 AM–12 PM | Activity room OPEN: 8 AM–12 PM | Drop-in Art: 11:30 AM–1 PM | Activity room OPEN: 8 AM–12 PM |
| Activity room OPEN: 8 AM–12 PM | Activity room OPEN: 8 AM–12 PM | Activity room OPEN: 8 AM–12 PM | Art Instruction: Watercolor Techniques | Activity room OPEN: 8 AM–12 PM |

**SENIOR FRIDAY SCHEDULE**

- **8 AM–Noon**: Activity room open with complimentary coffee & pastries
- **9–9:30 AM**: Book Club: The Radium Girls
- **9:30–10 AM**: Senior Fit low-impact fitness class
- **10:15–11:15 AM**: Senior Yoga class
- **10 AM–12 PM**: River walking in the pool

All activities are included with Senior Friday day pass.

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**Activities for older adults**

- **NEW! Chair Yoga**: 10:15–11:15 AM
- **Stretch & Flex**: 1–2 PM
- **Senior Choir**: 10:30–11:30 AM
- **Senior Fit**: 12–12:30 PM
- **Senior Yoga**: 12:45–1:45 PM
- **River Walking**: 9 AM–12 PM
- **Pickleball**: 9 AM–12 PM
- **Activity room OPEN**: 8 AM–12 PM
- **BYOA**: Bring Your Own Art
- **March Birthday Party**: 11:30 AM
- **Bingo**: 11:30 AM
- **Art Instruction**: Watercolor Techniques

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**Weekend Fun**

- **Senior Thursday**: Pickleball 9 AM–12 PM
- **River Walking**: 9 AM–12 PM
- **Senior Choir**: 10:30–11:30 AM
- **Senior Fit**: 12–12:30 PM
- **Senior Yoga**: 12:45–1:45 PM
- **River Walking**: 9 AM–12 PM
- **Pickleball**: 9 AM–12 PM
- **Activity room OPEN**: 8 AM–12 PM
- **Art Instruction**: Watercolor Techniques
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*Members only event
SALTINE CRACKER CANDY

INGREDIENTS:
- 1 sleeve Saltine crackers
- 1 cup butter
- 1 cup light brown sugar, packed
- 1 cup milk chocolate chips
- 1 cup semi-sweet chocolate chips
- 1/2 cup finely chopped toasted pecans

DIRECTIONS:
1. Line a jelly roll pan with aluminum foil and spray foil with cooking spray.
2. Lay crackers evenly over foil, salted side up.
3. Preheat oven to 400 degrees.
4. In a small saucepan, bring butter and brown sugar to a simmer over medium heat. While the butter is melting, stir frequently to mix evenly. Once mixture simmers, let simmer without stirring for 3 minutes.
5. Remove from heat and pour evenly over crackers.
6. Place in oven for 5 minutes.
7. Sprinkle chocolate chips on top. Return pan to oven for 30 seconds to help melt the chips.
8. Use a spatula or knife to spread melted chocolate evenly.
9. Sprinkle pecans on top. Cover with aluminum foil so that foil doesn’t touch and place in refrigerator for 2 hours.
10. Break into pieces.

Recipe from: spicysouthernkitchen.com

MARCH LUNCH AND LEARN

Join us on Friday, March 20th for lunch with Steph Krauchunas from Michigan State University. She’ll be presenting on Dementia.

SERVICE PROJECTS & VOLUNTEER OPPORTUNITIES

We’re proud of our members for taking the lead on these projects! Please talk to one of our Kroc Krew (Chris or Rebecca) for more information on how to get involved.

GRPS Encouragement Bags: Beginning at 9 AM on March 16th, we’ll be making encouragement bags for the GRPS students in the Kroc Center’s 2nd-grade learn-to-swim program. This is a large project that will need many volunteers. Please consider joining us!

Care Cards: We’re always looking for extra people who want to help make care cards for local nursing homes, veterans, etc.

Neck Support Pillows: We are crafting neck support pillows to be given away to local nursing homes, or you can make one for yourself.
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. This month’s game will be on Friday, March 13th.

**Book Discussion**
Join us on **Friday mornings from 9–9:30 AM** for book discussion, friendship and fellowship as we all share thoughts on the book of the month. Books are provided by the Kroc Center on a first–come, first–served basis.

**Drop-in Art** Non-Member: $3
Every Wednesday, explore your creative side at the Kroc to create fun, imaginative projects in a supportive and welcoming atmosphere. Select materials available.

**Lunch & Learn**
One Friday each month, join us at the Kroc for a guest speaker and free lunch. This month’s Lunch & Learn will be **Friday, March 20.** This is a members only event.

**Monthly Birthday Party: March Birthdays**
On **March 6** join us as we enjoy birthday treats, play games, and honor those born in the month of March. 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. All are welcome!

**Movie**
On **Friday, March 27 at 11:30 AM**, join us in viewing our movie of the month. This month’s movie is a recent dramatization of Fred Rogers’ life in a story of kindness triumphing over cynicism. Title available upon request.

**Pickleball**
A racquet sport that combines elements of badminton, tennis, and table tennis. Pickleball is available in the gym from 9 AM–12 PM on Mondays and Thursdays.

**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.

*See reverse side for the calendar of monthly activities.*
MARCH BOOK DISCUSSION: “THE RADIUM GIRLS”

Fridays from 9:00–9:30 AM

March 6th, 13th, 20th, and 27th, we will be discussing “The Radium Girls” by Kate Moore.

*The Radium Girls* fully illuminates the inspiring young women exposed to the “wonder” substance of radium, and their awe-inspiring strength in the face of almost impossible circumstances. Their courage and tenacity led to life-changing regulations, research into nuclear bombing, and ultimately saved hundreds of thousands of lives.

More information and book sign-outs are available during Senior Fridays, or call 616.588.7200, ext. 2010 for more details.

NEW! KROC SENIOR CHOIR

Do you love to sing? Join our new senior choir! No formal experience needed. Nate Glasper from Calvin University will be leading the choir, and the first meeting will be March 2nd from 10:30–11:30 AM in the WPAC.

KROC ART SHOWDOWN: ENTRIES NEEDED

We’re still calling all novice artists! We need your masterpieces for our Kroc Art Showdown! The deadline has been extended and you can submit up to 2 pieces until March 25th. The show will be on display by April 17th. Voting by Kroc Center staff will take place the week of April 20th. The winner will be announced at the birthday party on May 1st. Winner will receive an art supply goodie bag.

MARCH DEVOTIONAL THOUGHTS

The Pursuit of the Beautiful

If I watch the news for too long, I start to wonder if anything good is happening in the world. So for the most part, I limit my news intake (sorry CNN) and instead, try to look for the positive around me. I feel like maybe I am trying to live into Paul’s instruction to the Philippian church in chapter 4 verse 8:

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.”

The essence of Paul’s message is to pursue beauty. Beautiful things come in many forms. Sometimes it is art or music. Sometimes it is watching kindness extended from one person to another. Other times, it may be just being present with someone who is going through a hardship. This list could go on, and you could easily put in your own examples of beauty. Thankfully, the world is full of beautiful moments despite what the 24-hour news cycle may be reporting.

Perhaps it is a good time to give yourself a little check-up. What have you been thinking about and taking in lately? Are your eyes and ears attuned to the beauty around you, or just the drone of what isn’t going right? We can’t ignore problems and our responsibility to work for solutions, but we shouldn’t be overwhelmed by them either. There are beautiful things happening around us all the time…take some time this month to pursue the beautiful!

–Chris Reinsma