

JUNE 2018

# Active **Seniors**

AT THE KROC

INFORMATION, PROGRAMS AND ACTIVITIES FOR AGES 55+



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2500 S Division Ave, Grand Rapids  
Phone: 616.588.7200  
[GrKrocCenter.org](http://GrKrocCenter.org)



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



# SUMMER CORN SALAD

RECIPE OF THE MONTH

## INGREDIENTS:

- 6 ears of corn, shucked
- 1/2 cup finely diced red onion
- 1 cup cherry tomatoes, sliced in half
- 3 tablespoons cider or red wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup julienned/chiffonaded fresh basil leaves



## DIRECTIONS:

Preheat oven to 350 degrees and lightly spray an 8x8 square pan.

1. Bring a large pot of water to a boil. When boiling, add one tablespoon sugar and one tablespoon vinegar. Add the cobs of corn to the pot of water and bring to a rolling boil. Cover the pot, remove from the heat and let the corn sit for 10 minutes. Remove the corn from the pot. When the corn is cool, cut the kernels off the cob, cutting close to the cob.
2. Toss the kernels in a medium bowl with the red onions, tomatoes, vinegar, olive oil, salt, and pepper. Just before serving, toss in the fresh basil. Add additional salt and pepper to taste, if desired. Serve cold or at room temperature.

*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).*

## FIFTH FRIDAY FUN

It's time to embrace your inner "Carnie"! This week will showcase a variety of activities including a juggling class, balloon-twisting tutorials and caricatures! Join us as we learn some fun and unique skills!

## JUNE BOOK CLUB: **RUINED**

**Every Friday in June, from 8:30–9:30 AM, we will dive into "Ruined" by Ruth Everhart** where we meet a young woman named Ruth during her senior year at Calvin College. When two armed intruders broke into her and her roommates home, thoughts of fear, insecurity, and guilt creep in.

Join us as Ruth witnesses God in many different ways when she is challenged with the belief that she was ruined, both physically and in the eyes of God. **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.

## DIABETES PREVENTION PROGRAM

1 in 3 American adults has prediabetes and most don't know it. If you could be the "1", attend the **Diabetes Prevention Program presented by the National Kidney Foundation starting on Wednesday, June 6th from 3:00-4:00 p.m. at Salvation Army Kroc Center.** To learn more about this workshop or to register, visit the Diabetes Prevention Center at [nkfm.org/dpp](http://nkfm.org/dpp) or call 616-458-9520.

# ACTIVITIES FOR SENIORS

*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,

**Friday, June 15.**

## **Crochet Club**

Tuesdays from 1–3 PM in the Art Room.

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

Every Wednesday, explore your creative side with our art instructor to create fun, imaginative projects in a welcoming atmosphere.

## **Health Motion Screenings**

On the first Wednesday of every month, Health Motion Physical Therapy will conduct FREE health screenings from 9:30 AM–Noon in Studio C.

## **Monthly Birthday Party**

On **June 1**, join us as we enjoy birthday treats, play games, and honor those born in the month of June. 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!

## **Lunch N' Learn**

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

## **Movie**

On **Friday, June 22 at 11:15 AM**, join us in viewing our movie of the month.

## **Pearle Vision Services – NEW!**

On **Wednesday, June 20**, Pearle Vision will be at the Kroc Center to offer FREE basic services, including minor repairs, adjustments, and cleaning. They'll also answer any eye care questions you might have.

## **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.

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

## SPRING & SUMMER PROGRAM CLASSES

- Cooking Matters—**FREE**
- Home Repair Services—**FREE**
- Girlfriends—**FREE**
- Men's Fellowship—**FREE**
- The Daniel Plan
- River Walking
- Water Aerobics
- Adult Dance Classes
- Aqua PIYO

\* **Check out the Spring/Summer Program Guide for more information.**

## LUNCH & LEARN: NICK WAHL OF BROOKCREST

Exercise in the past has been very basic: lift some weights, run some laps and call it a day. With all of the new developments and trends in technology, exercise has evolved and brings about a completely new world in fitness. This lunch and learn will be about explaining how to use technology to find new workouts, using a tablet or smart device as part of your exercise routine, and what exactly a fitness watch can do to be part of your routine.

## JUNE DEVOTIONAL THOUGHTS

### **"He heals the brokenhearted and binds up their wounds." Psalm 147:3**

There is not a single person on this Earth that has not faced hardship. Hardships can come in many ways, shapes and forms, from the loss of a loved one, an ending relationship to financial struggles. To put it frankly grief is a part of this worldly life, but the pain that one can feel during any of these life-altering events seems unbearable. Eventually, the pain will subside but does it every really go away? Daily life reminders, holidays or even just a smell may bring us back to a moment of grief. At this time, bitterness, anger, regret and pain begin to take over, but this is not God's plan.

God does not want us to feel pain! In John 11 two sisters, Mary and Martha lose a very dear loved one, Lazarus. On a leap of faith, Martha went to Jesus and shared what had happened with her brother. She explained that he would not have died had Jesus come just a few days earlier. Jesus had another plan in mind and told Martha that her brother would rise again and not in the last days. Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?" Martha replied, "Yes, Lord! I believe that you are the Messiah, the Son of God, who is to come into the world." With their expression of faith and Jesus' love for that family, Lazarus rose again!

God is so good! He cares more than we will ever be able to quantify and he loves you just the same as he loves Lazarus and his family. In those moments when life just can't go on, we have a choice to make. God has not intended us to live lives full of sadness, anger and grief. Psalm 147:3 says, "He heals the brokenhearted and binds up their wounds." We were created to love and be loved. Don't let the bitterness of grief hold you back from living your full potential!

-Written by Jessica Pollins



# June

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: Ruined
- 9:30–10 AM.....Senior Fit low-impact fitness class
- 10:15–11:15 AM.....Stretch & Flex class
- 11 AM–12 PM.....Ask the Personal Trainer
- 9–11:15 AM.....River walking in the pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>Church at the Kroc</b> Sundays, May 20–June 24, 10 AM</p> <p>Together we will explore how we can put into practice a major part of the Great Commandment – loving our neighbors as ourselves.</p>				<p><b>1 Senior Friday Activities</b> (LISTED ABOVE)</p> <p><b>Free Fitness Orientation</b> 9–10 AM</p> <p><b>June Birthday Celebration</b></p> <p>The pool will close at 8:55 AM for a private party.</p>
<p><b>4 Pickleball</b> 9 AM–12 PM</p> <p><b>Ask the Trainer</b> 11 AM–12 PM</p> <p><b>Senior Fit</b> 12:30–1 PM</p> <p><b>Senior Yoga</b> 1:15–2:15 PM</p>	<p><b>5 River Walking</b> 9 AM–12 PM</p> <p><b>Stretch &amp; Flex</b> 1–2 PM</p> 	<p><b>6 Health Motion Screenings</b> 9:30 AM–12 PM</p> <p><b>Senior Fit</b> 10–10:30 AM</p> <p><b>Senior Yoga</b> 10:45–11:45 AM</p> <p><b>Drop-in Art</b> 11 AM–12:30 PM</p> <p><b>BYOA: Bring Your Own Art</b></p>	<p><b>7 Pickleball</b> 9 AM–12 PM</p> <p><b>River Walking</b> 9 AM–12 PM</p> <p><b>Walking Club</b> 11 AM–12 PM</p> <p><b>Stretch &amp; Flex</b> 1–2 PM</p>	<p><b>8 Senior Friday Activities</b> (LISTED ABOVE)</p> <p><b>Free Fitness Orientation</b> 9–10 AM</p> <p><b>River Walking</b> 9–11:15 AM</p> <p><b>Lunch &amp; Learn: Nick Wahl (Brookcrest)</b> 11:15 AM–12 PM (Lunch at 11 AM, speaker at 11:15 AM)</p>

**11**  
Pickleball  
9 AM–12 PM  
Ask the Trainer  
11 AM–12 PM  
Senior Fit  
12:30–1 PM  
Senior Yoga  
1:15–2:15 PM

**12**  
River Walking  
9 AM–12 PM  
Stretch & Flex  
1–2 PM



**13**  
Senior Fit 10–10:30 AM  
Senior Yoga 10:45–11:45 AM  
Drop-in Art 11 AM–12:30 PM  
Surreal Collage

**14**  
Pickleball 9 AM–12 PM  
River Walking 9 AM–12 PM  
Walking Club 11 AM–12 PM  
Stretch & Flex 1–2 PM

**15**  
Senior Friday Activities  
(LISTED ABOVE)  
Free Fitness Orientation  
9–10 AM  
River Walking 9–11:15 AM  
Bingo 11:15 AM–12 PM

**18**  
Pickleball  
9 AM–12 PM  
Ask the Trainer  
11 AM–12 PM  
Senior Fit  
12:30–1 PM  
Senior Yoga  
1:15–2:15 PM

**19**  
River Walking  
9 AM–12 PM  
Stretch & Flex  
1–2 PM



**20**  
NEW! Pearle Vision Services  
9:30 AM–12 PM  
Senior Fit 10–10:30 AM  
Senior Yoga 10:45–11:45 AM  
Drop-in Art 11 AM–12:30 PM  
Foil Leaf Rubbing

**21**  
Pickleball 9 AM–12 PM  
River Walking 9 – 10 AM  
Walking Club 11 AM–12 PM  
Stretch & Flex 1–2 PM

The pool will close at 9:55 AM so the Kroc can participate in the World's Largest Swim Lesson from 10–11 AM.

**22**  
Senior Friday Activities  
(LISTED ABOVE)  
Free Fitness Orientation  
9–10 AM  
River Walking 9–11:15 AM  
Movie 11:15 AM

**25**  
Pickleball  
9 AM–12 PM  
Ask the Trainer  
11 AM–12 PM  
Senior Fit  
12:30–1 PM  
Senior Yoga  
1:15–2:15 PM

**26**  
River Walking  
9 AM–12 PM  
Stretch & Flex  
1–2 PM



**27**  
Senior Fit 10–10:30 AM  
Senior Yoga 10:45–11:45 AM  
Drop-in Art 11 AM–12:30 PM  
Learn a Technique: Portraiture

**28**  
Pickleball 9 AM–12 PM  
River Walking 9 AM–12 PM  
Walking Club 11 AM–12 PM  
Stretch & Flex 1–2 PM

**29**  
Senior Friday Activities  
(LISTED ABOVE)  
Free Fitness Orientation  
9–10 AM  
River Walking 9–11:15 AM  
Fifth Friday Fun:  
Carnival Fun 11:15 AM