

FEBRUARY 2019

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



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI

February

Activities for older adults at the Kroc

SENIOR FRIDAY SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHURCH AT THE KROC Sundays, 10 AM Sermon Series: "Welcoming Church"</p> <p>The purpose of this series is to learn how to love and welcome visitors to our Sunday worship gatherings as a congregation. We want each congregant to see themselves as playing a vital role in the welcoming ministry at our church.</p>				<p>1 Senior Friday Activities (LISTED ABOVE)</p> <p>River Walking 9–11:15 PM</p> <p>February Birthday Celebration 11:30 AM–12 PM</p> <p>Drop-in Art 6–7 PM Community Mural</p>
<p>4 Daily Raffle</p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1:15–2:15 PM</p>	<p>5 River Walking 9 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p> 	<p>6 Service Project: Appreciation Gifts for Brookside Teachers</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>BYOA: Bring Your Own Art</p>	<p>7 Pickleball 9 AM–12 PM</p> <p>River Walking 9 AM–12 PM</p> <p>Walking Club 11 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p>	<p>8 Senior Friday Activities (LISTED ABOVE)</p> <p>River Walking 9–11:15 PM</p> <p>Lunch & Learn 11:30 AM–12 PM</p> <p>Drop-in Art 6–7 PM Printmaking</p>

<p>11 Daily Raffle</p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1:15–2:15 PM</p>	<p>12</p> <p>River Walking 9 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p> 	<p>13 Service Project: Youth Program Sensory Materials</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>Valentine's Day Cards</p>	<p>14</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 & Flex 1–2 PM</p>	<p>15 Senior Friday Activities (LISTED ABOVE)</p> <p>River Walking 9–11:15 PM</p> <p>Bingo 11:30 AM</p> <p>Drop-in Art 6–7 PM</p> <p>Fabric Staining</p>
<p>18 Daily Raffle</p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1:15–2:15 PM</p>	<p>19</p> <p>River Walking 9 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p> 	<p>20 Service Project: Kids Hope & ASP Encouragements</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>Coloring using Glue and Scissors</p>	<p>21</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 & Flex 1–2 PM</p>	<p>22 Senior Friday Activities (LISTED ABOVE)</p> <p>River Walking 9–12 PM</p> <p>Movie 11:15 AM</p> <p>Drop-in Art 6–7 PM</p> <p>Collage Scene</p>
<p>25 Daily Raffle</p> <p>Pickleball 9 AM–12 PM</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1:15–2:15 PM</p>	<p>26</p> <p>River Walking 9 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p> 	<p>27 Service Project: Fit Kids Activity Kits</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>Learn a Technique: Cartooning</p>	<p>28</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 & Flex 1–2 PM</p>	

EASY ORANGE CHICKEN

RECIPE OF THE MONTH

SAUCE INGREDIENTS:

- 1 Cup Sweet Baby Ray's BBQ Sauce
- 1 Cup Smucker's Orange Marmalade
- 2 Tbsp. Soy Sauce

CRISPY CHICKEN INGREDIENTS:

- 3-4 Chicken Breasts
- 1 Cup Flour & Cornstarch (both or either)
- 2 Eggs
- Vegetable oil



DIRECTIONS:

1. In a small sauce pan, add BBQ sauce, marmalade, and soy sauce. Turn the heat on low and let it simmer for 20 minutes, stirring a few times.
2. Meanwhile, cut up chicken into cubes. In one bowl beat 2 eggs. In another bowl put flour and/or cornstarch
3. Dip chicken in the egg and then cover in flour.
4. Add a thin layer of oil to a frying pan over medium/high heat. Once it sizzles, add the chicken to the pan. Cook each side for 3-5 minutes
5. Place chicken on paper towel to drain.
6. Add the chicken to the sauce and toss.
7. Serve with white rice and enjoy.

*Would you like to share one of your favorite recipes?
Email Jessica Pollins at Jessica_Pollins@usc.salvationarmy.org.*

FEBRUARY BOOK CLUB: "LITTLE BEE"

Join us every Friday in January, from 9–9:30 AM and dive into "Little Bee" by Chris Cleave as the lives of a sixteen-year-old Nigerian orphan and a well-off British woman collide in this page-turning #1 New York Times bestseller.

Sign-ups, books and more information will be available during Senior Fridays from 9-9:30 AM! You can also contact Jessica Pollins at 616-588-7200 x2021 for more information.

PICKLEBALL TOURNAMENT

Join us March 13–22 for our Kroc Center pickleball tournament! We'll have three divisions: men's doubles, women's doubles, and under 40 doubles. Register at the Welcome Desk by March 7.

BLOOD PRESSURE SCREENINGS

On February 5, 20, and 27 from 9:30–11:30 AM, nursing students from Calvin College will be on the fitness floor providing free blood pressure and sugar screenings.

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 every third Friday of the month.

Book Club

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 basis.

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

On **February 1**, join us as we enjoy birthday treats, play games, and honor those born in the month of January. 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 pizza lunch. This month's Lunch n' Learn will be **Friday, February 8**.

Movie

On **Friday, February 22 at 11:30 AM**, join us in viewing our movie of the month. Featured movie will be posted at Senior Friday.

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. Don't forget to sign-up by March 7 for the pickleball tournament March 13–22.

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.

LUNCH & LEARN: FITNESS DEPARTMENT

Make 2019 the year of YOU and don't let anything stop you from reaching your fitness goals! Join us on February 8th for a healthy lunch and a presentation about the fitness offerings at the Kroc Center. Don't forget to wear your active shoes, because this lunch and learn will give you a small taste of our fitness programs!

SENIOR DROP-IN ROOM NOW OPEN!

Senior Friday just got a lot bigger! Join us in the Green Room on Monday/Wednesdays and in the Green Room & Music Room on Fridays for drop-in games, coffee and much more. This month, each drop in day will showcase unique programming and activities. Stop by on Mondays to participate in a daily raffle, Wednesdays for a pre-planned service project and of course on Fridays for our normal programming (refer to

PROGRAMMING TIME CHANGE

Starting in the month of February, Active Senior Friday programs will begin at a new time. **Monthly Birthday parties, lunch and learns, bingo days, movies, and fifth Friday fun days will begin at 11:30 AM.**

FEBRUARY DEVOTIONAL THOUGHTS

"Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation" Isaiah 12:2

What happens to us the second we hit a certain age? Children are known for their complete trust in the unknown mysteries and never ending faith in the ones they love. Yet as we age, we turn cold to the idea of faith. Perhaps it's the hard knock life situations we all go through in one form or another. Maybe it's an inability to get ahead in finances, health, work or relationships. Whatever the reason, as a whole we are skeptical to trust and are definitely lacking when it comes to faith. But, just because the world lets us down, does not mean that we have to abandon all faith!

Hebrews 11:1 says, "faith is the confidence in what we hope and assurance about what we do not see." In other words, to have faith is to trust! Hebrews 11:6 goes a step further and says, "and without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him." Now, I am not naive enough to believe that faith is something that comes easy, to anyone!

The one thing I always try to remember about this topic is that faith is a verb and faith requires action! Life may have some crazy twists and turns, but put your faith and trust in God. Not only can God satisfy your daily needs but with his provisions, you will get through any challenge!

-Written by Jessica Pollins