

NOVEMBER 2018

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



LEFTOVER TURKEY SLIDERS

RECIPE OF THE MONTH

INGREDIENTS:

- 12 slider buns or dinner rolls
- 1/3 cup ranch dressing
- 12 slices bacon, cooked
- 2 cups cooked turkey
- 1½ cups cheddar cheese, shredded
- 2 Tbsp. butter, melted
- 1 clove garlic, minced
- 1 tsp. parsley, finely chopped
- ½ tsp. sesame seeds

DIRECTIONS:

1. Preheat oven to 350°F.
2. Place the bottom half of the slider buns in a 13"x9" baking dish. Spread ranch dressing evenly over the buns. Top with bacon, turkey and cheese. Cover with the top buns.
3. In a small bowl, mix together butter, garlic, parsley and sesame seeds. Brush over the top of the slider buns. Cover pan with foil. Bake for 20-25 minutes until everything is warm and the cheese is melted.
4. Serve immediately.
5. Refrigerate any leftovers for up to 3 days in an airtight container.

LUNCH & LEARN:

"WHO GETS GRANDMA'S PIE PLATE?"

Looking to plan ahead? Attend an MSU Extension "Who Gets Grandma's Pie Plate" workshop for resources to help you pass on personal possessions to your loved ones. You will learn the importance of planning for both titled and non-titled projects and strategies to have the right conversations early. Lunch will be served promptly at 11:15am and the presentation will begin at 11:30am.

VOLUNTEER WITH THE KROC CENTER

Get involved with the Grand Rapids Kroc Center through volunteer opportunities. For more information, **join us in the Music Room during Senior Fridays from 10am to 11am.** Here you can get information about volunteer signups, orientation and training!

CHICAGO STAFF BAND CONCERT

The Chicago Staff Band is The Salvation Army's principal concert brass band of the Midwest. On **November 10 at 7 PM**, we invite you to an incredible evening of music at the Grand Rapids Kroc Center. Tickets are free, but a ticket is required. If you are interested, please see Jessica Pollins.

ACTIVITIES FOR SENIORS

Participants MUST check in at the Welcome Desk. All activities require a membership or day pass purchase.

Blood Pressure/Glucose Screenings

Students from the Calvin College School of Nursing will conduct FREE blood pressure and glucose screenings from 9:30–11:30 AM on **Wednesday, November 28**. Look for them on the fitness floor, outside Studio B.

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

Health Motion Physical Therapy will conduct FREE health screenings from 9:30 AM–Noon in Studio C. This month's date is **Wednesday, November 7**.

Monthly Birthday Party

On **November 2**, join us as we enjoy birthday treats, play games, and honor those born in the month of October. 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, November 16 at 11:15 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.

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.

FIFTH FRIDAY FUN: SAFETY IN THE HOME

Did you know that ½ the falls in America occur in the home and could be prevented? Do you avoid certain activities because you are afraid of falling? Join us on November 30th to learn simple and easy strategies to keep you safe, comfortable, and confident in your home and community.

FREE BLOOD PRESSURE & GLUCOSE SCREENING

Students from the Calvin College School of Nursing will conduct FREE blood pressure and glucose screenings from 9:30-11:30AM on Wednesday, November 28. Look for them on the Fitness floor, outside of Studio B.

DAY AFTER THANKSGIVING

On Friday, November 23rd we will NOT offer our normal Senior Friday activities, but make sure to join us for the annual **Turkey Burn Off fitness class from 9am to 11am** for some post-Thanksgiving calorie burning. The class will include elements of Zumba, Bootcamp and Yoga. All levels are welcome! Free to members and day pass users. We will also offer River Walking from 9am to 11:15am. Day passes for Seniors on this day will still be \$5!

NOVEMBER DEVOTIONAL THOUGHTS

You know what they say, unless you have bad times, you can't appreciate the good times! The apostle Paul knew of the highs and lows of being a faithful follower. In 2 Corinthians 4, Paul teaches us a valuable lesson in suffering and how it can actually bring life! Verse 8-9 says, "we are pressed on every side by troubles, but not crushed. We are perplexed, but do not despair. We are hunted down, but never abandoned by God. We get knocked down, but not destroyed. "It may not sound encouraging to be pressed on any side by troubles, but this is not the only message to take away from this passage. Verse 10 states that, "through suffering, our bodies continue to share in the death of Jesus so that the life of Jesus may also be seen in our bodies." Paul wanted to live a life just like Jesus. He knew that this came with sacrifice, pain and even suffering.

I will be the first to admit that I wish away the bad times in life and I definitely do not like feeling down or broken, but God can take our pain, sadness and even anger and turn them into something far more. What we need to remember is that when these inevitable moment's strike, it is not a time to revel in human comfort's but seek out the Lord! 2 Corinthians 4: 11-12 says, "Yes, we live under constant danger of death because we serve Jesus, so that the life of Jesus will be evident in our dying bodies. So we live in the face of death, but this has resulted in eternal life for you."

Next time you are feeling broken and unfixable, just remember our prize is just around the corner!

-Written by Jessica Pollins




November

Activities for older adults at the Kroc



SENIOR FRIDAY SCHEDULE

- 8 AM–Noon.....Activity room open with complimentary coffee & pastries
- 9–11:15 AM.....River walking in the pool
- 9:30–10 AM.....Senior Fit low-impact fitness class
- 10:15–11:15 AM.....Stretch & Flex class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHURCH AT THE KROC Sundays, 10 AM</p> <p>From a spiritual perspective, God’s law can be like gravity. Thankfully, the power of Christ can defy gravity! In our current sermon series, “Free Fall,” we will explore how we can live free in Jesus, with the Holy Spirit working powerfully in our hearts.</p>			<p>1</p> <p>Pickleball 9 AM–12 PM River Walking 9 AM–12 PM Stretch & Flex 1–2 PM</p>	<p>2</p> <p>Senior Friday Activities (LISTED ABOVE) Free Fitness Orientation 9–10 AM Birthday Celebration & Bingo 11:15 AM–12 PM Happy Hour Art 6–7 PM Fall Leaf Bowl</p> 
<p>5</p> <p>Pickleball 9 AM–12 PM Senior Fit 12:30–1 PM Senior Yoga 1:15–2:15 PM</p>	<p>6</p> <p>River Walking 9 AM–12 PM Stretch & Flex 1–2 PM</p> 	<p>7</p> <p>Health Motion Screenings 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 BYOA: Bring Your Own Art</p>	<p>8</p> <p>Pickleball 9 AM–12 PM River Walking 9 AM–12 PM Stretch & Flex 1–2 PM</p>	<p>9</p> <p>Senior Friday Activities (LISTED ABOVE) Free Fitness Orientation 9–10 AM Lunch & Learn: MSU 11:15 AM–12 PM Happy Hour Art 6–7 PM Easiest Wall Art Ever</p> 

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Pickleball
9 AM–12 PM

Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

13

River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



14

Senior Fit 10–10:30 AM
Senior Yoga 10:45–11:45 AM
Drop-in Art 11 AM–12:30 PM
Pie Bunting

15

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

16



Senior Friday Activities
(LISTED ABOVE)
Free Fitness Orientation
9–10 AM
Movie 11:15 AM
Happy Hour Art 6–7 PM
DIY: Pumpkin Mandala

19

Pickleball
9 AM–12 PM

Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

20

River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



21

Senior Fit 10–10:30 AM
Senior Yoga 10:45–11:45 AM
Drop-in Art 11 AM–12:30 PM
Fall Leaf Bowl

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KROC CENTER
CLOSED

HAPPY
THANKSGIVING!

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NO SENIOR
FRIDAY ACTIVITIES
River Walking 9–11:15 AM
Turkey Burn Off
9–11 AM

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Pickleball
9 AM–12 PM

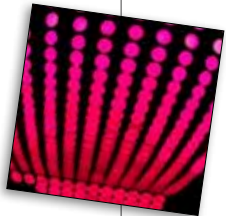
Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

27

River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



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Blood Pressure/Glucose
Screening 9:30–11:30 AM
Senior Fit 10–10:30 AM
Senior Yoga 10:45–11:45 AM
Drop-in Art 11 AM–12:30 PM
Learn a Technique: Stippling

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

30



Senior Friday Activities
(LISTED ABOVE)
Free Fitness Orientation
9–10 AM
Fifth Friday Fun 11:15 AM
Happy Hour Art 6–7 PM
Pallet Coasters