

APRIL 2018

Active Seniors

AT THE KROC

INFORMATION, PROGRAMS AND ACTIVITIES FOR AGES 55+



be TRANSFORMED

IMPORTANT SPRING BREAK INFORMATION

During the Spring Break week of April 2nd–6th, the Kroc Center will be adding activities for the community and we expect to be very busy! Please be aware of the Senior Program schedule changes below.

- River walking will NOT be available during this week
- Some Senior Fitness classes have moved locations. Please reference the April Calendar.
- Pickleball - April 2nd and April 5th from 8-10 AM.
- Senior Friday will be held in the Green Room on April 6th

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



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI



LEMON CRINKLE COOKIES

RECIPE OF THE MONTH

INGREDIENTS:

- 1 1/2 C all-purpose flour
- 1/4 tsp. baking powder
- 1/4 tsp. salt
- 1/2 C butter (8 tbsp.), softened
- 1 C granulated sugar
- 1/2 tsp. vanilla extract
- 1 large egg
- 1 1/2 tsp. freshly grated lemon zest
- 1 tbsp. freshly squeezed lemon juice
- 1/4 C. granulated sugar (for rolling dough in)
- 1/4 C. powdered sugar (for rolling dough in)
- Yellow food coloring (optional)

DIRECTIONS:

Preheat oven to 325 degrees.

1. Combine flour, baking powder, baking soda, and salt in a bowl. Set aside.
2. Combine butter and sugar until light and fluffy. Add egg, vanilla extract, lemon zest and lemon juice. Add dry ingredients and mix well.
3. Pick 1/2 Tbsp. of the dough and roll into a ball. Place in granulated sugar and powdered sugar in separate shallow plate.
4. Roll cookie dough in granulated sugar, then in powdered sugar. Then place balls on baking sheets.
5. Bake in preheated oven for 14–16 minutes. Remove from oven. Finish on cooling rack.

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

KROC COMMUNITY GARDEN PLOTS

Share the gardening experience by renting a community garden plot at the Kroc Center. Renters enjoy exclusive access to the garden plots, support of an experienced gardener, as well as a gardening workshop and other events:

Rental Period: Single Year

Members: \$60 per plot*

Non-Members: \$85 per plot*

*Garden plots are 8 x 16 feet in size

For more information and registration please visit the Welcome Desk or GrKrocCenter.org.

APRIL BOOK CLUB: THE ORPHAN TRAIN

Every Friday in April, from 8:30am to 9:30am, we will dive into Baker Kline's novel, "The Orphan Train." Close to aging out of the foster care system, Molly Ayer takes a position helping an elderly woman named Vivian and discovers that they are more alike than different as she helps Vivian solve a mystery from her past.

Join us as we spend time together in friendship and fellowship while we learn to forgive even if forgiveness is not deserved. **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.

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, April 6.**

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

Come one, come all to celebrate April Birthdays! On **April 20**, join us as we enjoy birthday treats, play games, and honor those born in the month of April. 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 N' Learn

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

Movie – “A Question of Faith”

On Friday, April 27 at 11:15 AM, join us for a viewing of “A Question of Faith”

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 (altered schedule during Spring Break).

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.

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LUNCH & LEARN: APRIL 13TH

Nationally more than 5 million people now live with Alzheimer's disease, the leading form of dementia. In Michigan the current number is 180,000 and is expected to reach 220,000 in the next seven years.

Dementia Friendly Grand Rapids (DFGR) is committed to creating aware and supportive 'Dementia Friends' throughout all sectors of our community so that people living with dementia can comfortably navigate daily life. Ron Rozema, who serves with the Dementia Friendly Grand Rapids steering committee, will help build an understanding of dementia, offer encouragement, and provide information on the DFGR effort.

APRIL DEVOTIONAL THOUGHTS

Acts 3:15 – You killed the author of life, but God raised him from the dead. We are witnesses of this.

Easter is my absolute favorite holiday for many reasons! Of course, I love the start of spring weather and I love any excuse to spend time with family. The Easter egg hunts and marshmallow peeps are an absolute perk as well, but when I think of Easter, the first thing that comes to mind is the Cross. The Cross, where our Lord and Savior sacrificed his very being for each and every one of us.

The Cross on Calvary Hill is quite the contradiction, if you truly think about it. Life and death, love versus hate or even truth and lies. This symbol of torture and execution is now an icon of hope! What is important to remember, is the story does not start or even end with the Cross. Although the events that proceeded Jesus' final breath are not a favored topic of discussion, three days later God fulfills his promise and Jesus Christ rose again.

Acts 3 is one of my favorite examples of not only discipleship but also the impact the Cross can have on us! The story starts with Peter and John, two disciples of Jesus, going to the temple for prayer. They run into a paralyzed man who spends his days begging from others. When the man recognized Peter and John, he showed excitement in hopes that they would give to him generously, but the disciples did not have earthly gifts to share with the man. Acts 3:6 says, "But Peter said, "Silver and gold I do not have; but what I do have I give to you: In the name of Jesus Christ the Nazarene begin to walk and go on walking!" After this, a miracle happened! The man was able to walk! Peter and John went with this man into the temple. When people began to gather in shock and amazement Peter reminded the crowds that this miracle was not done by man, but by God! Act 3:15 says, "you killed the author of life, but God raised him from the dead. We are witnesses of this" In other words, God has given us a second chance.

We truly do have an amazing God. Not only did he send his own Son into a broken world and not only did he sacrifice his Son on the Cross, through the crucifixion of Jesus Christ, we have gained life. We now have the chance to spend an eternity in paradise with our Lord and Savior, all you have to do is ask. Are you using God's gift of a second chance to the best of your ability? During this Easter season, I encourage you to spend time being thankful for second chances and spread the good news to all!

-Written by Jessica Pollins



April

Activities for older adults at the Kroc

REMINDER: Spring break is April 2–6. Some activities may be cancelled or have different times and locations this week.

SENIOR FRIDAY SCHEDULE

8 AM–Noon.....Activity room open
with complimentary coffee & pastries
8:30–9:30 AM.....**Book Club:** The Orphan Train
9:30–10 AM.....**Senior Fit** low-impact fitness class
10:15–11:15 AM.....**Stretch & Flex** class
9 AM–12 PM.....**River walking** in the pool
(NO RIVER WALKING ON 4/6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pickleball 8–10 AM Senior Fit (Studio B) 12:30–1 PM Senior Yoga (Studio B) 1:15–2:15 PM	3 Stretch & Flex (Studio B) 1–2 PM 	4 Senior Fit (Gym) 10–10:30 AM Senior Yoga (Studio B) 10:45–11:45 AM Drop-in Art: 11 AM–12:30 PM Easter Egg Flower Pots	5 Pickleball: 8 AM–10 PM Walking Club: 11 AM–12 PM Stretch & Flex (Studio B) 1–2 PM	6 Senior Friday Activities (LISTED ABOVE) Senior Fit (Gym), Stretch & Flex (Studio B) Free Fitness Orientation 9–10 AM Bingo: 11:15 AM–12 PM in Green Room
9 Pickleball 9 AM–12 PM Senior Fit 12:30–1 PM Senior Yoga 1:15–2:15 PM	10 River Walking 9 AM–12 PM Stretch & Flex 1–2 PM 	11 FREE Blood Pressure 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 Bird Feeders	12 Pickleball 9 AM–12 PM River Walking 9 AM–12 PM Walking Club 11 AM–12 PM Stretch & Flex 1–2 PM	13 Senior Friday Activities (LISTED ABOVE) Free Fitness Orientation: 9–10 AM Lunch & Learn: Dementia Friendly Grand Rapids 11:15 AM–12 PM

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Pickleball
9 AM–12 PM
Senior Fit
12:30–1 PM
Senior Yoga
1:15–2 :15 PM

17

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



18

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

19

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

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

23

Pickleball
9 AM–12 PM
Senior Fit
12:30–1 PM
Senior Yoga
1:15–2:15 PM

24

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



25

Senior Fit: 10–10:30 AM
Senior Yoga: 10:45–11:45 AM
Drop-in Art: 11 AM–12:30 PM
Media Exploration:
Acrylic Paint

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

27

Senior Friday Activities
(LISTED ABOVE)
Free Fitness Orientation
9–10 AM
River Walking: 9–12 PM
Movie - "A Question of Faith"
11:15 AM

30

Pickleball
9 AM–12 PM
Senior Fit
12:30–1 PM
Senior Yoga
1:15–2:15 PM

