

AUGUST 2018

Active Seniors

AT THE KROC

INFORMATION, PROGRAMS AND ACTIVITIES FOR AGES 55+



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2500 S Division Ave, Grand Rapids
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GrKrocCenter.org



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
GRAND RAPIDS, MI



WATERMELON SORBET

RECIPE OF THE MONTH

INGREDIENTS:

- 1 cup sugar
- 1 cup water
- 8 cups, seedless watermelon
- 2 tbsp lemon juice

DIRECTIONS:

1. In a small pan, add sugar and water and bring to a boil.
2. Cook until sugar is dissolved, then set aside to cool.
3. Puree watermelon in small batches and place in a large bowl.
4. Add sugar syrup and lemon juice and mix well.
5. Place in a 13x9 dish, cover and place in freezer until firm.
6. Puree frozen mixture before serving.

FALL FOCUS ON THE ARTS

This fall, all fine arts programming will be \$10 for members, (\$5 if registering before the early bird deadline!) We invite you to take advantage of this special initiative as we give members a special opportunity to experience the fine arts.

**Check out the Fall Program Guide for more information.
Register by September 4 to save \$5 on all programs!**

FIFTH FRIDAY FUN

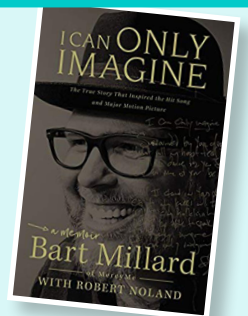
Have you heard about our Drop-In Art Program on Wednesdays from 11:00am – 12:30pm? Join us as we preview Senior Drop-In Art on Friday, August 31st. Our instructor will be leading a canvas painting tutorial suitable for ALL ability levels!

DIABETES PREVENTION PROGRAM

The previously planned session of the Diabetes Prevention Program has been cancelled by the National Kidney Foundation of Michigan. We are working with them to schedule a new session **starting in September on Thursdays at 6:30pm**. To learn more about this workshop or to register, visit the Diabetes Prevention Center at nkfm.org/dpp or call 616-458-9520.

AUGUST BOOK CLUB: "I CAN ONLY IMAGINE"

Dive into "I Can Only Imagine" by Bart Millard. MercyMe's crossover hit, "I Can Only Imagine," has touched millions of people around the world. But few know about the pain, redemption, and healing that inspired it. Now Bart Millard, award-winning recording artist and lead singer of MercyMe, shares how his dad's transformation from abusive father to man of God sparked a divine moment in music history.



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 on **Friday, August 17.**

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

Health Motion Physical Therapy will conduct **FREE** health screenings from 9:30 AM–Noon in Studio C. This month's date is **Wednesday, August 1.**

Monthly Birthday Party

On **August 3**, join us as we enjoy birthday treats, play games, and honor those born in the month of August. 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, August 24 at 11:15 AM**, join us in viewing our movie of the month. Featured movie will be posted at Senior Friday.

Pearle Vision Services

On **Wednesday, August 15**, Pearle Vision will be at the Kroc Center to offer **FREE** basic services, including minor repairs, adjustments, and cleaning.

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. *Available on request.*

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.

KROC SHUTDOWN WEEK: SEPTEMBER 4–9

A reminder that the Kroc Center will be closed September 4–9 for our annual maintenance week. We will reopen September 10 with our regularly scheduled hours.

LUNCH & LEARN: FYZICAL® PHYSICAL THERAPY

FYZICAL® physical therapy is leading the charge to transform healthcare from one of “sick care” to “well care” by providing services focused on quality outcomes, total well-being, and prevention. At FYZICAL, their highly skilled, compassionate team of therapy providers are 100% focused on achieving optimal health and wellness for you so you can get back to living the life you enjoy.

CLYDE PARK CHIROPRACTIC: AUGUST 17

On August 17 from 9 AM–Noon, Dr. Mary Gladish of Clyde Park Chiropractic will visit the Kroc Center to share ways to reduce falls and increase independence through balance, coordination, and muscle strengthening.

AUGUST DEVOTIONAL THOUGHTS

“Starry Night” is perhaps Van Gogh’s most famous and deeply spiritual painting. It depicts an incredible night time sky – full of amazing lights and the glory of the universe – yet on the landscape is a village. For the most part, the windows of the houses and buildings in this village-scape are lit up – except the church’s windows are dark.

Van Gogh’s dream was to be a minister like his father, but his artistic style and lack of preaching ability caused his religious organization to release him as a minister – even though he was well loved by the faith community in which he served. He was so hurt, he never returned to any church.

Soon, we will be reading *I Can Only Imagine: A Memoir* in book club which shares the story of the song writer, Bart and his rocky relationship with his father, Arthur. Among many lessons that will be discovered in the movie and the book, here are three related to Van Gogh’s difficulty:

1. Everyone Belongs In Church – Prior to giving his life to Christ, Arthur told Bart, “I don’t belong there (church).” Van Gogh’s rejection ran deep in his soul. The sad part is that there was no one, apparently, who could convince Van Gogh that he did belong “in church.”
2. “NO” means Next Opportunity – Rather than giving up, rejection simply made Bart more determined. Rejection for Van Gogh set him on an artistic path, but one that led to self-destruction and suicide.
3. Unforgiveness Puts A Lid On How Much God Can Use You – Because he had never forgiven his father, Bart never fully gave himself to music. Van Gogh created many great works, but he died a pauper. Had he maintained his connection to God, forgiveness in his heart, who knows how God might have used his creative energies.

Friends, it is not easy to look at Van Gogh’s painting and not be moved. The subtle sadness stirs us to not want the light to go out in our communities of faith and in our own hearts and lives. Jesus calls us to be light in the sin-dark world. The Apostle Paul said it this way, “...you will shine among them like stars in the sky as you hold firmly to the word of life” (Philippians 2:15b-16a).

How are you allowing the Light of Jesus to shine in your life?

-Written by Major Dan Leisher

August

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: I Can Only Imagine
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

*CLOSURES – Due to Kroc sports camps, the gym will be closed on the following days: August 6–10
(8–10 AM BOTH courts, 10 AM–12 PM Court 2 ONLY closed)

**Due to the gym closure, Senior Fit will be moved to Studio B
on August 8 and 10.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Health Motion Screenings 9:30 AM–12 PM</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>2</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>3</p> <p>Senior Friday Activities (LISTED ABOVE)</p> <p>Free Fitness Orientation 9–10 AM</p> <p>August Birthday Celebration 11:15 AM–12 PM</p>
<p>6</p> <p>Senior Fit 12:30–1 PM</p> <p>Senior Yoga 1:15–2:15 PM</p>	<p>7</p> <p>River Walking 9 AM–12 PM</p> <p>Stretch & Flex 1–2 PM</p>	<p>8</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>Origami Birds</p>	<p>9</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>10</p> <p>Senior Friday Activities (LISTED ABOVE)</p> <p>Free Fitness Orientation 9–10 AM</p> <p>Lunch & Learn: Rapid Physical Therapy 11:15 AM–12 PM</p>



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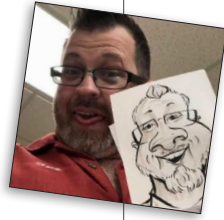
Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

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River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



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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

Caricatures

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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)

Clyde Park Chiropractic
9 AM–12 PM

Free Fitness Orientation
9–10 AM

Bingo 11:15 AM–12 PM

20

Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

21

River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



22

Senior Fit 10–10:30 AM

Senior Yoga 10:45–11:45 AM

Drop-in Art 11 AM–12:30 PM

Card Making

23

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

Movie 11:15 AM

27

Senior Fit
12:30–1 PM

Senior Yoga
1:15–2:15 PM

28

River Walking
9 AM–12 PM

Stretch & Flex
1–2 PM



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Senior Fit 10–10:30 AM

Senior Yoga 10:45–11:45 AM

Drop-in Art 11 AM–12:30 PM

Media Exploration: Charcoal

30

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

Fifth Friday Fun
Canvas Painting