

# "OLD KIDS" NEWS

## WEEKLY ACTIVITIES

### WALKING - 8am

Mon, Tues, Wed, Thurs

### EXERCISE – 9am

Monday & Wednesday

### CHOIR -

Off after Concert Until the Spring

### EUCHRE - 1:30pm

1st, 3rd & 5th Tuesdays

### BINGO - 3pm

3rd Monday -

## JANUARY ACTIVITIES

### BEAUTIFUL FEET

January 8 & 9 -

By Appointment Only

### MOVIE & LUNCH

January 9 - Noon

### FOOD TALK/ COOKING CLUB

January 22 - 2pm

### LUNCH & LEARN

JANUARY 23 - NOON

### Mission Statement:

Improving the lives of older adults by offering opportunities for social interaction, recreation, education, and basic support and needs services.

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### Senior Center Location:

**182 East St., Coopersville**

**Coopersville Schools Community Service Building**

Kate Terpstra, Senior Rec Director | 616-373-1851

kterpstra@CityofCoopersville.com | DiscoverCoopersville.com

## WINTER MONTHS

Winter can be really difficult as a Senior Citizen in Michigan. The weather can keep us cooped up in our houses too long and we see a lot fewer days of sunshine beaming through our windows.

Here are some ideas to help overcome the Winter Blahs:

- Join us for walking Monday through Thursdays 8am-9am
- Visit the Coopersville Library for activities or a new book
- Visit the Coopersville Farm Museum and check out their event schedule
- Call a friend you haven't talked to in a while to chat
- Find an adult coloring book, puzzle book or try out journaling.
- Visit **GetSetUp.IO** - there are classes for just about anything you can think of. From Medicare and Medicaid information and discussions to creative mindfulness there is something for everyone.
- **<https://ottawacounty.crediblemind.com>** - a website focusing on all things mental health, from restorative power to resources when you need help.
- Challenge yourself to 10 or 15 minutes of exercise a day. Whether it's chair exercise or standing up you are still getting your blood moving.

If you feel over whelmed with Depression or Anxiety please reach out. In a non-emergent situation Dial 211 (a 24 hour service) and let them know how you are feeling. They will connect you with the right help.

## January Luncheons

January 9 - Movie and Lunch

Hot - Swedish Meatballs and Noodles

Salad - Southwest Salad and Fruit

Cold - Turkey on an Onion Bun



January 23 - Lunch & Learn

Hot - Salisbury Steak & Mashed Potatoes

Salad - Walnut Pear Salad and Yogurt

Cold - Turkey BLT and Fresh Fruit

\*\*\*Reservations and lunch orders due by Wednesday morning before the lunch. \*\*\*

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## Resources

**Senior Resources of West Michigan** - 231-739-5858

**Four Pointes of Grand Haven** - 6169-842-9210

**Agewell Services (Meals on Wheels)** - 231-755-0434

**Elder Abuse, Neglect, Financial Exploitation** - 855-444-3911 (In an emergency call 911)

**Coopersville Cares** - 616-997-8602

Dial **211** from phone to find help with various services available  
**Caring.Com** - has a lot of resources as well

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### Coopersville Library Presents - January Series -

Calvin University invites prominent academics, educators, artists, activists, and others to present thought-provoking lectures in their areas of expertise.

The Coopersville Area District Library is a remote location for this series. It offers a livestream in the Community Room from 12:30-1:30 PM each day. The event runs January 20 - 24 and January 27 - 31.

## **Coopersville Farm Museum**

**Crafts and Laughs** - 6pm - 8pm Mondays

\$5 entry fee + cost of the craft

**Jam Night** - 1st and 3rd Tuesday of the month - 6pm

**Crazy Ladies Quilt Club** -

Thursdays at 10am - \$4 Entry Fee, Members are free

**Quilts and Their Stories** - August 1 - September 30

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## **Coopersville Library**

**Maker's Monday** - 4pm -

**Adult Craft Night**- 6pm 3rd Thursday of the Month

**Adult Book Club** - 7pm 2nd Wednesday of the Month

**CookBook Club** - 6pm 4th Thursday of the Month

**Premier Movie Night** - 6:30pm 4th Thursday of the Month

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## **Faith Community Church**

**Alzheimers Support Group** - 6:30pm 2nd Tuesday of the Month

### **Medical Equipment Loan Closet**

We have several items available to borrow. Wheelchair, Knee Scooters, Walkers, Shower Chair, Portable Commode and more. Our list is always changing and you can borrow for whatever length of time you need at no charge. If you have items you no longer use we will gladly add them to our closet!

## **Schedule Changes / Closings**

We never know what to expect with winter weather. If Coopersville Public Schools is closed, so are we. BUT if the school remains open and we don't feel that people should be on the roads we may still cancel activities. It never hurts to call first, especially if you don't have access to Facebook for updates.

## **Cookbook Fundraiser**

We had lots of recipes turned in for our cookbook! You can pre-order your copy or purchase one after the Kringle Market. Cookbooks are \$20 each and proceeds will go toward Coopersville Senior Recreation Programming.

## **Puzzles & Games**

We have several puzzles and games you are welcome to borrow at any time! Feel free to add to the stash as well. You are also welcome to come and hang out at the Senior Center and to build your puzzles or play games with friends. Hours vary so please make sure to let Kate know so the doors can be open for you!

## **Beautiful Feet**

Judy Allen, RN BSN, DWC will be servicing our area every on January 8 and 9 with Toenail cutting services (that include: soaking, light massage, trimming and filing, assessing and sanding calluses and lotion) Appointments are required and available for the afternoon of January 9. Your first visit is \$10 and all visits there after will be \$20. - If you would like in-home service contact Judy and the cost is \$35 - 616-589-1932

# January

2025

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 Walking 8am Exercise 9am	7 Walking 8am  Euchre 1:30pm	8 Walking 8am Exercise 9am	9 Walking 8am  Movie & Lunch - Noon	10	11
12	13 Walking 8am Exercise 9am	14 Walking 8am  Farm Museum Jam Night 6pm	15 Walking 8am Exercise 9am Food Talk - 2pm	16 Walking 8am	17	18
19	20 Walking 8am Exercise 9am  Bingo - 3pm	21 Walking 8am Euchre 1:30pm Mobile Food Pantry- 10am Church of the Savior Supper Club - 76 Diner 4:00pm	22 Walking 8am Exercise 9am  Food Talk - 2pm	23 Walking 8am  Lunch & Learn - Noon	24	25
26	27 Walking 8am Exercise 9am	28 Walking 8am	29 Walking 8am Exercise 9am	30 Walking 8am	31	