

"OLD KIDS" NEWS

SURVEY SAYS: Day Trips

That's what you tell me you want to do, so I'm trying again!

Wednesday, October 11 we have the opportunity to go to Boulder Ridge Zoo. The Bus will leave at 10:00am and return by 2:00pm. The cost is \$25/\$30 per person and will include a light lunch. We have to have 15 people to be able to take advantage of this price. Please sign up by Friday, October 6. Payment due by the time you get on the bus. (The cost break down: \$14 entrance fee, \$6 lunch fee, \$5 bus fee)

Recipe Book

Our Cooking club has been meeting for several months. You're welcome to join us anytime! There's always samples and discussion about food, and a little bit of everything else mixed in as well. We are going to start putting together a recipe book. If you have any recipes you think we'd love bring them on by to a group sometime or drop them to Kate.

WEEKLY ACTIVITIES

WALKING - 8am

Monday, Wednesday, Friday

EXERCISE - 9am

Monday & Wednesday

SINGING - 10am

Monday (No singing October 1)

EUCHRE - 1:30pm

1:30pm the 1st, 3rd & 5th Tuesdays of the month.

It is \$.50 to play.

You can play at St. Joe's Church on the 2nd and 4th Tuesdays. **You do not need to be a member to play!**

Senior Center Hours:

Mon. & Wed - 8am - Noon

Tues & Thurs - 1pm - 5pm

A few seniors have reached out asking to build an advisory committee. If you are interested please let Kate know. The committee will meet every other month. To join the committee we ask that you are involved in the Senior Rec Center in some capacity.

Singing

Singing is on Mondays at 10:00am. I've had two different people show up each time, we will keep trying through this month. If we don't have a turn out to sing together we will try something else another time.

Resources

It can be hard to ask for help, but just know that it's there if you need it. You can dial 211 from any phone or reach out to Kate and she will connect you with someone that can help your situation.

MONTHLY ACTIVITIES

2nd Thursday - Noon

Movie & Lunch, October 12 - noon

Cooking Club - October 18 - Pumpkins

4th Thursday - Noon- Lunch & Learn

October 26

Guest: Kai Gritter - MSU Extension

Every Other Month - Supper Club

3rd Tuesday - 5pm - November

Lunch options:

Place orders by Tuesday before the luncheon please!
Email or call Kate your order.

October 12

Salisbury Steak, Mashed Potatoes and Gravy
Fresh Fruit & Cottage Cheese
Turkey Bagel & Raisins

October 26

Cabbage Roll & Au Gratin Potatoes
Beef & Bleu Salad with Peaches
Haystack Pork Sandwich

Friendly Faces

If you or someone you know is struggling and could use a friendly reach out from someone please let us know! We have a group of people from the community wanting to reach out to seniors that could use a friend. We send cards, make phone calls and can setup a visit as well.

Around Town

Coopersville Library

Maker's Mondays – 4pm - 5pm
Knitting Group – 6pm - 7pm

Church of the Savior

2nd Tuesday of the Month
Mobile Food Pantry – 10am

Coopersville Farm Museum Quilt Show all month long

1st & 3rd Tuesday of the Month – Jam Night – 6pm

Crafts and Laughs – 2nd and 4th Monday of the Month –
6pm - \$5 Admission + fees

Crazy Ladies Quilt Club
Thursdays – 10am \$4

Coopersville UMC

Care Giver Support Group – 2nd Tuesday of the Month
6:30pm – 7pm

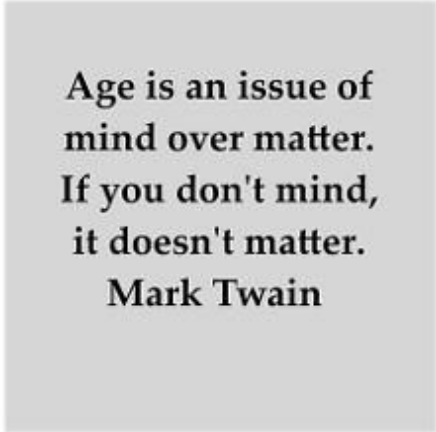
Supper Club - Tuesday, November 14

We will be going to Pizza Ranch in Hudsonville at 5pm. To carpool meet at the Senior Center at 4:15pm

Medical Loan Closet Items Available:

- wheelchairs
- Portable commode Chair
- Walkers
- Knee Scooters

Items are available to borrow at no cost. Please see Kate to sign the item out for any length of time.



**Age is an issue of
mind over matter.
If you don't mind,
it doesn't matter.
Mark Twain**

2024 Senior OK Enrollment

Enrollment forms for the 2024 Coopersville Senior Rec Center will be going out in June. If you live in the City of Coopersville or Polkton Township you do not pay the enrollment fee, you are part of a Senior Millage that covers your costs.

The City of Coopersville asks that if you live outside of that area you pay a \$20 a year membership fee to help cover some of the costs that are incurred.

Luncheons are provided by Age Well Services and you do not need to be a member to attend. However if you live outside of Ottawa or Muskegon County you do have to pay a \$7 fee for the lunch.

When we have events you will see two different prices listed like this : \$15 / \$20 - Members pay the first amount, non members may still attend by paying the higher cost.

Please fill out the form if you'd like to receive a newsletter, we are updating our contact list and information.