

# "OLD KIDS" NEWS

Coopersville Senior Rec  
289 Danforth  
Coopersville, MI 49404

## WEEKLY ACTIVITIES

**WALKING - 8am**

Mon, Tues, Wed, Thurs

**EXERCISE - 9am**

Monday & Wednesday

**CHOIR -**

**Tuesdays at 10am**

**EUCHRE - 1:30pm**

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

BACK AT SENIOR CENTER

## SEPTEMBER ACTIVITIES

**September 12th - Movie Lunch -  
Noon**

**September 10 - Choir Starts 10am**

**September 11 - Food Talk  
2pm**

**September 17 - Supper Club  
4pm - 76 Diner**

**September 26 - Lunch & Learn -  
Noon**

### Mission Statement:

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

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

kterpstra@CityofCoopersville.com | DiscoverCoopersville.com

### Senior Center Hours:

**Summer Hours  
Vary, Please Call**

### Senior Center Location:

**182 East St., Coopersville  
Coopersville Schools Community  
Service Building**

# News and Notes

September

2024

## Volunteers Needed

Kate will be out of town September 19-27 and will need a couple of volunteers. September 26 is our scheduled Lunch and Learn at noon. If you are able to help set up, serve or cleanup from lunch please talk to Kate!

## Bingo

Bingo will not start until October, while you wait you are welcome to check out Wright Townships Bingo! They play the 1st Wednesday of the Month at 1pm at the Marne American Legion.

## Walking

Walking is at the COMMUNITY SERVICE BUILDING on Monday, Tuesday, Wednesday and Thursdays from 8am - 9am. Preschool will start in the building on Monday, September 9. Please bear with us as we figure out the schedules that work best for everyone.

## Supper Club

September 17, 4pm at 76 Diner - RSVP by September 16.  
We will be adding a 5th Tuesday Dinner to our schedule starting in October. Whenever there is a 5th Tuesday we will have dinner from at the Senior Center. Reservations will be required. Our first 5th Tuesday Dinner will be October 29 and we will be having Taco Night from Southside. Cost is yet to be determined.

## Choir

Choir starts back up on September 10 with a new day and time. They will be meeting at 10am on Tuesday mornings.

## Food Talk

Cooking Club is back, with a little revamping! We don't really cook in the class, but we do talk about food and of course eat food! Food Talk will be on the 2nd Wednesday of the Month at 2pm. The food talk club will also be helping put together the Cookbook Fundraiser.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>CLOSED</b>  <b>LABOR DAY</b>	3 <b>Walking 8am Euchre 1:30pm</b>  Farm Museum Jam Night 6pm	4 <b>Walking 8am Exercise 9am</b>  Farmer's Market 4 - 8pm <b>Music on Main 6:30pm - Great Scott</b>	5 <b>Walking 8am</b>  Farm Museum Crazy Ladies Quilt Club 10am - \$4	6	7
8	9 <b>Walking 8am Exercise 9am</b>  Farm Museum Crafts and Laughs - \$5  Library Maker's Monday 4-5pm	10 <b>Walking 8am</b>  Choir - 10am  Mobile Food Pantry- 10am Church of the Savior  Care Giver Support Group - UMC - 6:30pm	11 <b>Walking 8am Exercise 9am</b>  Cooking Club 2pm	12 <b>Walking 8am</b> Movie Lunch - Noon  Farm Museum Crazy Ladies Quilt Club 10am - \$4	13	14
15	16 <b>Walking 8am Exercise 9am</b>  Library Maker's Monday 4-5pm	17 Choir - 10am <b>Walking 8am Euchre 1:30pm</b> <b>Supper Club - 4:00pm</b> Farm Museum Jam Night 6pm	18 <b>Walking 8am Exercise 9am</b>	19 <b>Walking 8am</b> Memory Cafe 1pm - FCC  Farm Museum Crazy Ladies Quilt Club 10am - \$4	20  Versiti Blood Drive - 1pm - 6pm	21
22	23 <b>Walking 8am Exercise 9am</b>  Farm Museum Crafts and Laughs - \$5 Library Maker's Monday 4-5pm	24 <b>Walking 8am</b>  Choir - 10am Library Movie Night 6:30pm	25 <b>Walking 8am Exercise 9am</b>	26 <b>Walking 8am</b> Lunch & Learn Noon  Farm Museum Crazy Ladies Quilt Club 10am - \$4	27	28
29	30 <b>Walking 8am Exercise 9am</b>  Farm Museum Crafts and Laughs - \$5 Library Maker's Monday 4-5pm	<b>QUILTS AND THEIR STORIES AT the Coopersville Farm Museum ALL MONTH.</b>				

# September Luncheons

Reservations are due by the Day before!

September 12 - Movie Lunch - Noon

HOT - Walking Taco with Rice

SALAD - Cottage Cheese with Fruit

COLD - Mushroom Chicken Wrap with Salad



September 26 - Lunch & Learn - Noon

HOT - BBQ Chicken Wings and Baked Potato

SALAD - BLT Club Salad, Applesauce and Roll

COLD - Meatloaf Sandwich and Corn with Peppers



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## Resources

### Medical Equipment Loan Closet

Wheelchair, Knee Scooter, Raised Commode, Shower Chair, Walker are some items we usually have available. There is no charge to borrow these items, we just ask that you return them in good condition or replace them if damaged. If you have items you are no longer using and they are in good condition we'd be happy to add them closet for others to use.

### 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

# LOOKING FOR FUN?

**Grand Rapids Fall Senior Expo**  
Thursday, October 3, 2024 • 10am-1pm  
Frederik Meijer Gardens & Sculpture Park

## Music on Main

MUSIC BEGINS AT 6:30PM

September 4 Great Scott  
NEW DATE!!!!!!

76 DINER  
COOPERSVILLE

**DINE & SHINE**

5pm - 7:30pm

1st & 3rd Monday

May - September

Open to all show cars and public viewing

## September Suggestions from Kate

### Movie - Mama Mia 1 & 2 -

My daughter and I absolutely love these movies and the soundtracks. If you like musicals, and ABBA, then you will love them too!

### Book - Dream Trilogy - Nora Roberts

I can't help it, I like light good fluff and love story reading. I'll read anything Nora Roberts, but I go back and re-read this quite often. 3 "sisters" on a hunt to figure out their lives.

### Restaurant - Coopershawk - Kentwood MI

If you know me, you probably know I enjoy a glass of wine. My husband and I stumbled upon this when they first opened and boy do I love their food and wine. I recommend starting with the brussel sprouts appetizer and then getting the Ellie's Chicken Piccata with a glass of rose.

Some great websites to check out:

**GetSetUp.IO** - A virtual learning experience for anything and everything anyone could be interested in.

**<https://ottawacounty.crediblemind.com>** - a website focusing on all things mental health, from restorative power to resources when you need help.

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### Did you know?

CAPS Schools offers Golden Age Passes for Seniors for Discounts on Sports Passes? You can get them at the Athletic Office or from the High School Office during open hours.

## 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 - July 8 & 22

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

**Adult Book Club** - 7pm 2nd Tuesday 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

**Alzheimer's Care Giver Support** - Tuesdays @ 6:30pm

**Memory Cafe** - 3rd Thursday at 1pm

## Michigan Activity Pass

If you are a library card holder in Michigan you can visit: [miactivitypass.org](http://miactivitypass.org) and search under your library to find fun things to do in your area, as well as coupons to use at those locations.

## Amazon Prime Access

Did you know that if you are currently enrolled in Medicaid or SSI (Supplemental Security Income) or income verified you can sign up for Amazon Prime for \$6.99 instead of the full price? Visit [Amazon.com/primeaccess](http://Amazon.com/primeaccess)

## Brain Power

Games can be a fun way to keep your brain moving. Here are some fun online ones to try:

[GoldenCarers.com](http://GoldenCarers.com)

[MentalUp.co](http://MentalUp.co)

[AARP.org/games](http://AARP.org/games)

## Enrollment

Enrollment forms are available if you have not turned one in for 2024/2025. We are not requiring an enrollment fee from anyone, instead we ask that you consider making a donation to the program or participating in one of our upcoming fundraisers. Remember - donating isn't just monetary, your time is just as valuable - if not more!

## Cookbook Fundraiser

Seeking your favorite recipes, and pictures if you have them! You can get a form from the Senior Center or on our website.

## 23RD ANNUAL QUILT SHOW

2024 Director's Choice: Churn Dash

Over 150 quilts displayed at the museum and throughout downtown



375 Main Street, Coopersville, MI 49404  
Open T, Th, Sat. 10am-2pm

