



# NORTHEAST OTTAWA COUNTY ACTIVITIES FOR AGES 50+

Dear North Ottawa County Community Member,

Spring has sprung and so have the opportunities to engage across northeast Ottawa County. This month we are excited to announce the first MSU Extension series of the year at Polkton Township Hall. Georgina from MSU Extension will be leading a five week FREE series aimed at helping reduce stress and increasing overall mindfulness. Stress Less with Mindfulness is an evidence based program centering around the fact that autopilot is the way we typically respond to stressful situations. Our brain is wired to go down the same pathways we have used before, to have the same thoughts and feelings, to behave the same we have before. Mindfulness offers a way out of this trap.

This series will focus on different techniques and concepts related to implementing mindfulness in your daily routine. Mindful eating, breathing walking, and thought processes are areas she will explore to help you identify key strategies to generating new approaches to stressful situations .

Stress Less with Mindfulness will take place at the Polkton Township Hall on Tuesdays beginning Tuesday, April 16th at 10:30am. This five week series is FREE but registration is required.

Please contact the Four Pointes Front Desk at 616-842-9210 for more information and to register.

MICHIGAN STATE  
UNIVERSITY  
EXTENSION

City of Coopersville  
(CAPS Com. Building)  
198 East Street.  
Coopersville, MI 49404

Chester  
Township Hall  
3509 Sehler Street  
Conklin, MI 49403

Wright Township  
Berlin Baptist Church  
14141 State Street  
Marne, MI 49435

Polkton  
Township Hall  
6900 Arthur Street  
Coopersville, MI 49404

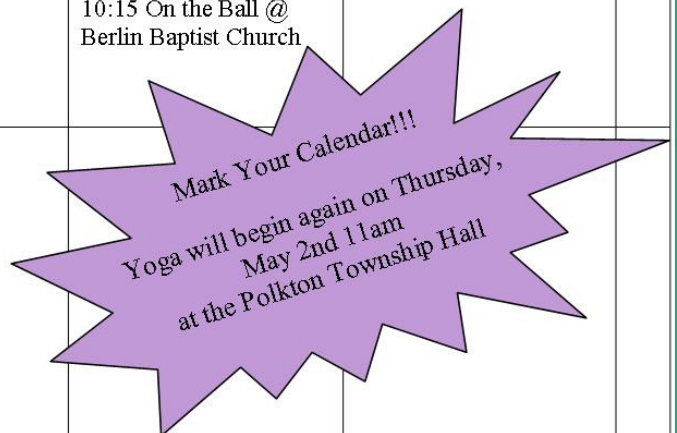
Mark your calendars and  
get your mats ready..

Yoga with Nancy Bowen  
is BACK!!

Join us on Thursdays  
beginning May 2nd 11am  
at Polkton Township Hall!

# April 2019 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sa
	<b>1</b> 8:30 Walking @ CAPS Com Gym  6pm—Tae Kwon Do - St. Mary's Church in Marne	<b>2</b> 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15—Euchre @ St. Joseph's Church in Marne	<b>3</b> 8:00 Walking @ CAPS Com Gym  9am—Bowling @ Ravenna Bowl	<b>4</b> 9:15 Stretch & Tone Berlin Baptist Church  9:30 Dance Fitness—CAPS Gym  10:15 On the Ball @ Berlin Baptist Church	<b>5</b> 8:30 Walking @ CAPS Com. Gym	<b>6</b>
<b>7</b>	<b>8</b> 8:30 Walking @ CAPS Com Gym  6pm—Tae Kwon Do - St. Mary's Church in Marne	<b>9</b> 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15—Euchre @ St. Joseph's Church in Marne	<b>10</b> 8:00 Walking @ CAPS Com Gym  9am—Bowling @ Ravenna Bowl	<b>11</b> 9:15 Stretch & Tone Berlin Baptist Church  9:30 Dance Fitness—CAPS Gym  10:15 On the Ball @ Berlin Baptist Church	<b>12</b> 8:30 Walking @ CAPS Com. Gym	<b>13</b>
<b>14</b>	<b>15</b> 8:30 Walking @ CAPS Com Gym  6pm—Tae Kwon Do - St. Mary's Church in Marne	<b>16</b> 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 10:30 Stress Less @ Polkton Twp. 1:30 Euchre @ CAPS	<b>17</b> 8:30 Walking @ CAPS  9 —Bowling @ Ravenna Bowl	<b>18</b> 9:15 Stretch & Tone Berlin Baptist Church  9:30 Dance Fitness—CAPS Gym  10:15 On the Ball @ Berlin Baptist Church	<b>19</b> 8:30 Walking @ CAPS Com. Gym	<b>20</b>
<b>21</b>	<b>22</b> 8:30 Walking @ CAPS Com. Gym  6pm—Tae Kwon Do - St. Mary's Church in Marne	<b>23</b> 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 10:30 Stress Less @ Polkton Twp. 1:15 Euchre @ St. Joseph's Church in Marne	<b>24</b> 8:30 Walking @ CAPS  9 —Bowling @ Ravenna Bowl	<b>25</b> 9:15 Stretch & Tone Berlin Baptist Church  9:30 Dance Fitness—CAPS Gym  10:15 On the Ball @ Berlin Baptist Church	<b>26</b> 8:30 Walking @ CAPS Com. Gym	<b>27</b>
<b>28</b>	<b>29</b> 8:30 Walking @ CAPS Com. Gym  6pm—Tae Kwon Do - St. Mary's Church in Marne	<b>30</b> 9:15 Stretch & Tone 10:15 Cardio Drum @ Berlin Baptist Church 10:30 Stress Less @ Polkton Twp. 1:30 Euchre @ CAPS				



Questions regarding programming please call:  
 616-997-1786 or 616-842-9210