

Northeast Ottawa County Activities For Ages 50+

Dear North Ottawa County Community Member,

What is wellness? It can be all the great things in life that make you feel happy and fulfilled, like friendship, exercise, and good food. June is your month to take steps to wellness! There is no time like the present to add more fruits and veggies to your diet, start a new exercise routine, ask questions, meet a new friend, and learn something new. We have several great opportunities to help you on your journey to better health!

On Wednesday June 5th join Four Pointes in the Coopersville Farm Museum parking lot for a FREE distribution of farm fresh produce for adults 50+ at 1pm. Choose between a variety of farm fresh fruits and vegetables from the Grand Haven Farmer's Market. Each household will receive one bag all for FREE!

At Polkton Township Hall on June 17th from 10:30-11:30 the National Kidney Foundation will offer a completely FREE group discussion on diabetes and pre-diabetes. Ask all the questions you've been curious about for you or a loved one in a supportive and conversational environment. Also, please note the time for yoga at Polkton Township Hall has changed from 11:00am to 11:30am on Thursdays.

Chester Township Hall will have some fun programs this month. On June 19th please join Four Pointes for our monthly bingo and boxed lunch program from 10:30-12:30. Enjoy bingo followed by a fabulous boxed lunch provided by AgeWell Services. You will need to bring \$2.00 in dimes and a quarter for the Jackpot. Lunch is \$4.00 for those 60+. If you would like a boxed lunch please call 616-842-9210 to make a reservation. Deadline for lunch reservations is noon on June 17th.

The following Wednesday, June 26th Four Pointes and Grand Valley State Occupational Therapy Students will host a 'Lunch n Learn' at Chester Township Hall from 11:30-1:00 catered by Agewell. Enjoy a FREE boxed lunch and an engaging presentation filled with fun activities. Learn about sleep habits, nutrition, and fitness! Eat lunch, share ideas, talk with friends, and learn something new with soon-to-be Occupational Therapists. If you would like a FREE boxed lunch please call 616-842-9210 to make a reservation. Deadline for 'Lunch n Learn' lunch reservations is noon on June 23rd.

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

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

Polkton Township Hall
6900 Arthur Street
Coopersville, MI 49404

Coopersville Farm
Museum
375 Main St,
Coopersville MI

Chester Township
Hall
3509 Sehler Street
Conklin, MI 49403



June 2019 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sa
	For questions and registration please call: 616-997-1786 or 616-842-9210					
2	3 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	4 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church	5 8:00 Walking @ CAPS Com Gym 1:00 Free produce Distribution @ Coopersville Farm Museum	6 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:30 Gentle Yoga @ Polkton Twp.	7 8:30 Walking @ CAPS Com. Gym	8
9	10 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	11 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ CAPS	12 8:30 Walking @ CAPS	13 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:30 Gentle Yoga @ Polkton Twp.	14 8:30 Walking @ CAPS Com. Gym	15
16	17 8:30 Walking @ CAPS Com. Gym 10:30-11:30 Diabetes & prediabetes class @ Polkton Township 6pm—Tae Kwon Do - St. Mary's Church in Marne	18 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church	19 8:30 Walking @ CAPS 10:30 Bingo & Boxed Lunch @ Chester Township Hall *Pre-register by June 17th at noon	20 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:30 Gentle Yoga @ Polkton Twp.	21 8:30 Walking @ CAPS Com. Gym	22
23/ 30	24 8:30 Walking @ CAPS Com. Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	25 9:15 Stretch & Tone 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ CAPS	26 8:30 Walking @ CAPS 11:30-1:00: Occupational Therapy Lunch 'n' Learn @ Chester Township Hall *Pre-register for FREE lunch by June 23rd @ noon	27 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness—CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:30 Gentle Yoga @ Polkton Twp.	28 8:30 Walking @ CAPS Com. Gym	29

Upcoming in July:

Join Four Pointes for another produce distribution July 3rd. Bring your lawn chair to this special distribution and listen to acoustic guitar player and singer Chris Sloan outside while you pick up your fruits and veggies. From 1pm-2pm in the Coopersville Farm Museum parking lot.