

NORTHEAST OTTAWA COUNTY ACTIVITIES FOR AGES 50+

**DEAR NORTH OTTAWA COUNTY
COMMUNITY MEMBER,**

When was the last time you tried something for the first time? Often times as we grow older we lose the sense that it's ok to be a novice and step outside our comfort zone. If you think back to when you were a child, the possibilities in life seemed endless. You could dream of becoming an actor or scientist, and nobody would tell you it was impossible. It never would occur to you that your life had limits. What makes us stop imagining, exploring and experimenting with possibilities?

This month we encourage you to step outside your comfort zone with Cardio Drumming!! This unique program offers benefits to the mind, body and soul. The utilization of simple beat sequences to upbeat and fun music provides a great opportunity to explore a new way to get active! No prior drumming experience necessary, ANYONE can Cardio Drum!

Cardio Drumming meets at the Berlin Baptist Church in Marne on Tuesdays at 10:30am and the cost is \$1/class.

It's NEVER too late to try something new!!

Join us!!

Questions regarding programming please call 616-997-1786 or 616-322-9530

Programming Locations

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

Chester Township Hall
3509 Sehler Street
Conklin, MI 49403

Coopersville Area
Public School (CAPS)
198 East Street
Coopersville, MI 49404

Polkton Township Hall
6900 Arthur Street
Coopersville, MI 49404

November 2018 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sa
				1 9:00 Bowling at Ravenna Bowl 9:15 Stretch & Tone Berlin Baptist Church NO YOGA @ Polkton Twp. 1:00 Dance Fitness @ CAPS Com Gym	2 8:30 Walking @ CAPS Com Gym	3
4	5 8:30 Walking @ CAPS Com Gym	6 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 10:30 Choir @ CAPS Senior Ctr 1:15 Euchre @ St. Joseph's in Wright 2:00 Knitting Club @ Coopersville Library	7 8:30 Walking @ CAPS Com Gym 9:00 Bowling at Ravenna Bowl	8 NO Stretch & Tone @ Berlin Baptist Church 11:30 Yoga Polkton Township Hall 1:00 Dance Fitness @ CAPS Com Gym	9 8:30 Walking @ CAPS Com Gym 1:00 Movie at Coopersville District Library	10
11	12 8:30 Walking @ CAPS Com Gym 9:30am Ladies' Mystery Trip	13 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 10:30 Choir @ CAPS Senior Ctr 2:00 Knitting Club @ Coopersville Library	14 8:30 Walking @ CAPS 9:00 Bowling at Ravenna Bowl	15 9:15 Stretch & Tone Berlin Baptist Church 11:30 Yoga Polkton Township Hall 1:00 Dance Fitness @ CAPS Com Gym	16 8:30 Walking @ CAPS Com Gym	17
18	19 8:30 Walking @ CAPS Com Gym 12:00 Conklin Forget-me-nots Pot-luck lunch @ CAPS Building	20 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 10:30 Choir @ CAPS Senior Ctr 1:15 Euchre @ St. Joseph's in Wright 2:00 Knitting Club @ Coopersville Library	21 8:30 Walking @ CAPS 9:00 Bowling at Ravenna Bowl 10:30am BINGO & Boxed Lunch @ Chester Township Hall Pre-Register by Nov 14th at noon!	<h2 style="color: red;">Happy Thanksgiving!!!</h2>		24
25	26 8:30 Walking @ CAPS	27 9:15 Stretch & Tone 10:15 Cardio Drumming Berlin Baptist Church 2:00 Knitting Club @ Coopersville Library	28 8:30 Walking @ CAPS 9:00 Bowling at Ravenna Bowl	29 9:15 Stretch & Tone Berlin Baptist Church 11:30 Yoga Polkton Township Hall	30 8:30 Walking @ CAPS Com Gym	

Stretch & Tone: An energetic 45 min low impact fitness class to improve your flexibility, muscle tone, strength and edurance \$1.00/class

Walking: Walk at your own pace. It's more fun with friends!!

Dance Fitness: Get ready to move and groove your way to a great workout! \$1./class
No class on luncheon days.