



**four  
pointes**

**EAST**

**September  
2018**

**Center for Successful Aging**

**Contact Four Pointes East  
(North Ottawa County Council on Aging)  
Programs for Community Members 50  
years of age and over  
Tel: 616-997-1786**

## Stretch & Tone

**Tuesday & Thursday 9:15am - 10:00am**

An energetic, 45 minute low impact fitness class.

Enjoy exercises designed to improve your flexibility, muscle tone, strength and endurance.

\$1.00/class First Class is FREE.

**Location: Berlin Baptist Church**

**14141 State Street, Marne**

## Free Produce Distribution

**Wednesday, September 5th**

Come to the Coopersville Farm Museum where produce will be available for community members 50 years and over at no charge. Distribution begins at 1:00pm in the parking lot and is on a first come first serve basis. One bag per household please.

**Coopersville Farm Museum**

**375 Main St Coopersville**

## Cardio Drumming Fitness

**Thursdays at 10:30am**

The warm-up gets you moving to simple rhythms as you use the stability ball and sticks, and learn different beats. The workout uses a variety of beats, choreography/dance exercises incorporating the use of ball and drumming. Class ends with a cool down to stretch muscles and relax. Only 7 spots available, please call to register. Cost: \$1.00

**Location: Polkton Township Hall**

**6900 Arthur Street, Coopersville**

## Gentle Yoga

**Thursdays at 11:30am**

This mild class is accessible to all levels of ability. You will be working with breath, movement and easier and modified postures. Along with body awareness, gentle stretching, strengthening and relaxation. Cost: \$1.00

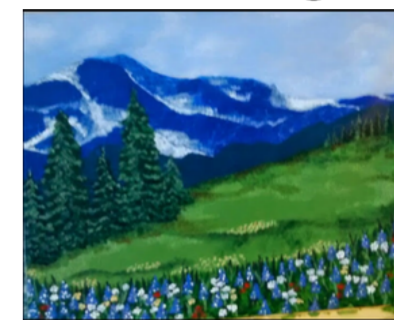
**Location: Polkton Township Hall**

**6900 Arthur Street, Coopersville**

## Beginning Acrylic Painting

**Wednesday, September 12th**

**12:30pm - 4pm**



Enjoy creating your own masterpiece through Amber Wilder's instruction. \$25.00 per person includes everything you need. Pre-registration required as space is limited. This 3.5 hour class is taught at beginner level but all levels are welcome.

**Location: Polkton Township Hall**

**6900 Arthur Street, Coopersville**

## Bingo & Boxed Lunch

**Wednesday, September 19th**

**10:30am - 12:30pm**

Come and play Bingo followed by a nice lunch with the meal provided by AgeWell Services. You will need \$2.00 in dimes and a quarter for the Jackpot to play. Lunch \$4.00 for those 60 and better. Please call to pre-register by Monday, August 6th by 11:00am.

**Location: Chester Township Hall**

**3509 Sehler Street, Conklin**

## Writing Your Life Story

Have you ever thought about writing your life story? Have your children/grandchildren asked you about your life? Would you like to leave them the gift of your life experiences, the fun things, the wonderful memories, the lessons you've learned? Most importantly, how do you want to be remembered by those closest to you? You do not have to have any writing experience to take this class. If you've written a high-school essay, you're "in." Everyone has a story, so you will have plenty of material to work with. Be warned: This class could change your life – for the better! If this sounds like something you are interested in, please call us. Space is limited to 10 participants.

## Volunteer Opportunities

- **Bingo Assistant for Monthly Bingo**
  - **Group Leader for weekly card games**
- Let us know if you have a special interests and would enjoy volunteering!**  
**Call 616-997-1786 to inquire**