

Northeast Ottawa County

Activities for Ages 50+

Dear North Ottawa County Community Member,

Making art is a fun pastime and hobby for some of us, but did you know it also has excellent health benefits! Producing art such as painting, drawing, even pastels, has been known to improve the overall health of the brain and reduce stress! Consider joining beginning pastels in Chester Township this month and try something new! Your brain will thank you!

**Produce Distribution and Entertainment,
September 4th, 12:30 entertainment, 1:00 produce distribution
Coopersville Farm Museum Parking Lot**

Don't miss another free produce distribution with musical guest Chris Sloan. Fruits and veggies come directly from the Grand Haven Farmer's Market. This distribution will take place at 1pm in the Coopersville Farm Museum parking lot! Produce will be available for community members over 50 starting at 1pm on a first come first serve basis. One bag per household.

Enjoy entertainment provided by musician Chris Sloan starting at 12:30 and pick up FREE veggies at 1:00! Chris will play until 1:30pm. He knows old favorites and new don't be afraid to request a song and sing along. Bring your lawn chairs!

**Beginning Pastels
September 9th & 16th, 9:00am-12:00pm
Chester Township Hall**

Calling all artists! On September 9th and 16th instructor Joy Hulst will start a new art class at Chester Township Hall! She will lead you step by step in creating your very own work of art, with pastels! All levels are welcome. It will take more than one session to finish your work. Pastels can get messy so wear clothes you don't mind getting dirty!

Meet at Chester Township Hall Monday mornings from 9am-12pm.
You must sign-up for the class beforehand by calling Four Pointes at 616-842-9210 or 616-997-1786.
Cost is \$20 per session. Payment can be made over the phone or by mail.

**Bingo & Boxed Lunch,
September 11th, 10:30-12:30
Chester Township Hall**

Come and 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 to play Bingo. Lunch is \$4.00 for those 60 and better. If you would like a boxed lunch please call 616-842-9210 or 616-997-1786 to make a reservation. Deadline for lunch reservations is at noon on Monday September 9th.

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

Coopersville Farm
Museum
375 Main St,
Coopersville MI



Beginning
Pastels Grand
Haven Class
hard at work



September 2019 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No activities scheduled have a Happy Labor Day <i>Happy Labor Day!!</i> 	3 9:15 Stretch & Tone 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ St. Joseph's Church	4 8:30 Walking @ CAPS Com Gym 1:00 Free produce distribution and entertainment @ Coopersville Farm Museum 11:30-1:30 Cooking Matters @ Polkton Township Hall	5 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.	6 8:30 Walking @ CAPS Com. Gym	7
8	9 8:30 Walking @ CAPS Com Gym 9:00-12 Beginning Pastels @ Chester Township Hall 6pm—Tae Kwon Do - St. Mary's Church in Marne	10 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church	11 8:30 Walking @ CAPS Com Gym Bingo & Boxed Lunch @ Chester Township Hall *Pre-register by noon Sept. 9th 11:30-1:30 Cooking Matters @ Polkton Township Hall	12 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.	13 8:30 Walking @ CAPS Com. Gym	14
15	16 8:30 Walking @ CAPS Com Gym 9:00-12 Beginning Pastels @ Chester Township Hall 6pm—Tae Kwon Do - St. Mary's Church in Marne	17 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ St. Joseph's Church	18 8:30 Walking @ CAPS Com Gym 11:30-1:30 Cooking Matters @ Polkton Township Hall	19 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.	20 8:30 Walking @ CAPS Com. Gym	21
22	23 8:30 Walking @ CAPS Com. Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	24 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church	25 8:30 Walking @ CAPS Com Gym 11:30-1:30 Cooking Matters @ Polkton Township Hall	26 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.	27 8:30 Walking @ CAPS Com. Gym	28
29	30 8:30 Walking @ CAPS Com. Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne					

**For questions and registration
please call:
616-842-9210 or 616-997-1786**

