

Fresh Aire



Evergreen
Commons



MAY The Fun Begin!

In the Loop Scoop



HIGHLIGHTS IN THIS ISSUE

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Get in the Mix this May!

- **Volunteer Fair** Join our many volunteers in a fun and interactive atmosphere, check out all the ways to get in the mix at Evergreen!
May 21 | 11:00am-1:00pm | Throughout 1st Floor
- **Did you find yourself more at home these days?** Recovering from surgery, awaiting a procedure... no problem. There are ways for you to get in the mix at Evergreen from your home. Contact the Resource Office at 616-355-5118 to discuss options to accommodate your situation.
- **Zoom Brains & Bodies** A chair-assisted, virtual fitness program designed for those with Parkinson’s disease, arthritis, or other age-related chronic conditions, that focuses on enhancing functional mobility, strength, memory, and cognition. See Page 10.

Important Annoucement

In Honor of Memorial Day

Evergreen Commons will be closed
Saturday, May 25 & Monday, May 27

Parking & Cancellations

Evergreen Commons is excited to be the site for the Tulip Time Dutch Lunch and Dance Performance. Please note that parking **May 6-10 from 11:00am-1:00pm** will be impacted during the event.

All activities & classes in the Auditorium are canceled **Friday, May 3 at 12:00pm through Friday, May 10 at 5:00pm.**

The Wellness Place



MEMBER SERVICES

616-355-5120

Mon. – Fri. | 8am – 4pm

DINING ROOM

Mon. – Fri. | 11am – 1pm

COFFEE SHOP

Mon. – Thurs. | 8am – 2:30pm
Fri. 8am - 2pm

RESOURCE OFFICE

616-355-5118

Mon. | 10:00am – 2:30pm
Tues. – Thur. | 9:30am – 2:30pm
Fri. | Closed

BUILDING ACCESS

616-396-7100

Mon. – Thur.

- Entrance A: 8am – 5pm
- Entrance C: 6am – 6pm
- Entrance D: 8am – 4pm

Fri.

- Entrance A: 8am – 5pm
- Entrance C: 6am – 5pm
- Entrance D: 8am – 4pm

Sat.

- Entrance A & D: Closed

- Entrance C: 8am – 12pm

Sun.

- Closed

DAY CENTER

55 W. 16th St., Holland, MI
49423

For information: 616-355-5118



Greetings, Evergreen Family!

This month packs a punch. I stand in awe of the well over 100 volunteers at both the Evergreen Campus and the Day Center Campus. You are the backbone of what we do.

You are on the front lines of inspiring. The support you give – greeters at check-in, hosts, lunch and coffee shop hospitality, aquatics, woodshop and more- is so appreciated. The word “support” means “to bear or hold up,” and you, our faithful volunteers serve as a foundation for disrupting the way people age... providing belonging, meaning, and purpose. Thank you.

Thank you to all who participated in the Listening Sessions as part of the Evergreen master planning process. Over 150 people in 23 different listening sessions participated across a wide array of the Evergreen ecosystem. We will continue to communicate with you next steps and invite you to keep speaking into this important season. I invite you to join me at this month's Q & A: Monday, May 20, 10:30-11:15am in the Study Hall.

Friends, our Fiscal Year End is June 30. We have much to celebrate and we have a challenge in front of us. We celebrate the gifts given in this past fiscal year that have improved and increased excellence in our programs and amenities. The challenge is this. The Care & Support Resource Office needs a refresh and upgrade. We have over 1,700 visits yearly regarding mental health, in-home care and housing transitions, and food insecurity. We need \$200k to do the work that needs to be done. Together, we can do it. We go farther when we go together. Will you consider a gift to Evergreen by June 30th? Every gift matters, and I want to challenge those for whom this may be a first gift to Evergreen. Now is the time. Thank you.

A month ago we celebrated 50 new donors during the Bikes, Beats, and Brews Parkinson's Event. How many donors will we celebrate by June 30th?

Be sure not to miss the Volunteer Fair on May 21st!

*Gratefully,
Jill*

Rev. Dr. Jill Ver Steeg, President/CEO



Evergreen Commons 8th Annual Parkinson's Awareness Month was a huge success!

Thank you to everyone who came out and supported the Bikes, Beats, and Brews event! It was an evening full of fitness, fun, laughter, and awesome appetizers and beverages. January – April, over 150 individuals donated helping us raise \$36,000 allowing us to purchase 12 new spin bikes. Cycling, when adhering to a specific protocol as researched by the Cleveland Clinic, is an effective exercise therapy used by people with Parkinson's for symptom management and socialization.

Some of the Evergreen Commons Parkinson's community also ventured out to Renew Therapeutic Riding Center. We learned how to communicate with the horses, groomed them, and talked about how riding helps with core strength, balance, and speech therapy. It was a wonderful afternoon and we loved meeting the very sweet and friendly horses; Lady and Silk and mini horse Flossie. Thank you Renew for a wonderful afternoon!

Evergreen Commons was honored to host Dr. Jon and Kathy Kroeze who graciously shared their journey with Parkinson's disease a story of how they found the right medications, therapies, and people that led to an improved mindset and quality of life.

Thank you Dr. Jon & Kathy!



“Fish Were There” by Pastor Bill Hoffman

The tideless sea is located within an area of the North Atlantic Ocean. Haunted by graveyard of legends, bordered by strong currents which deposit debris and seaweed capable of breaking up ships; a home to horrifically monstrous crab and octopi.

There is always something special about standing on a shore, be it an island or a land mass. The gentle ripples of small waves rushing to the waiting shore, silently relaxing our daylight, and preparing us for rest. When God separated the dry land from the seas, it was made for us to marvel at. But to those who go into the vast and beautiful world of water, a very special world can soon be enjoyed.

In the Caribbean, I found large sea palms swaying with the gentle current and was amazed by the many various sizes and shapes of coral. I was surrounded by hundreds of schools of the most beautiful fish in all creation. This was the same location for a young couple from Chicago who would become husband and wife on January 2, 1983.

Earlier in the fall, I was asked if I would officiate the wedding of this young couple. Their only request being a scuba wedding. As I was already on the open sea scuba diving, the only thing we needed was to get them a license, which my friend the territorial judge quickly issued.

And so, come to the tideless sea with us where two young people had fish present to witness their vows in a cathedral of palms and beauty!

Meeting at 1:00pm at the dive shop, we put our air tanks, swim fins, and scuba gear into the pickup truck which would take us to the edge of Neptune’s kingdom. I will not perform a wedding which does not include the church’s liturgy which I did at the ocean’s edge. After prayers of blessing, we entered into the waters of the U.S. Virgin Islands.

A few feet from the shoreline we were able to gently lay out in the water and propel ourselves to a spot where we were able to use the air tanks on our backs to breathe as we descended down to the ocean floor, we found ourselves surrounded by



sea palms, fish, and coral. A beautiful and special place to get married.

Reaching the ocean floor, a depth of 40 feet, we found the perfect place for the service to be held. First the bride and groom knelt onto the soft, sandy carpet placed there by God millions of years ago – but probably just for them. Next, two divers who would take pictures of the happy event did their thing as well. I then knelt down in front of the couple with a diving slate in hand and the wedding vows written upon it. They were to follow my fingers along the slate and read along, giving consent by signaling with the diver’s “ok” hand sign for “I do”.

All went well except during the ceremony the groom began to float up toward the surface. With one hand I pulled him back down and our photographer clicked two more weights to the groom’s belt. We proceeded with the ceremony and one more very important element. When the vows were finished, they removed the air pieces from their mouths and proceeded with the first kiss of their married lives – no instructions necessary. Using the diving slate one more time, I pronounced them husband and wife.

With more air in our tanks, we turned the wedding into a dive and further explored God’s glory and beauty in silence at 40 feet below.

Please Consider Supporting Care Services



Your generosity is the lifeblood of Evergreen, with \$1 out of every \$4 in our budget stemming from thoughtful gifts like yours, contributed by over 650 donors. These gifts not only sustain us but directly impact the quality and accessibility of our programming and services. This summer, we’re embarking on renovating and modernizing our Resource Office, the central hub for care and support at Evergreen, which collaborates with providers such as medical professionals, in-home care services, and senior living and faith communities, benefiting older adults in our community regardless of membership status.

Our team walks alongside older adults, guiding them through challenges such as mental health, caregiver support, and housing transitions. Your support is crucial in making this renovation possible and in sustaining Evergreen’s mission. Help us achieve our \$200,000 goal by June 30th. Every dollar counts toward supporting our community asset.

You can easily donate securely online at www.evergreencommons.org or by sending a check to **480 State Street, Holland MI 49423** For any questions on how to give, please reach out to Mark DeWitt at **(616) 403-5334** or dewittm@evergreencommons.org.

Thank you for illuminating the lives of older adults in our community through your generosity.



DINING ROOM CONCERTS

Settle into the Evergreen Commons Dining Room and enjoy a meal and great music!

We welcome **Dorothy Trimble** who will be sharing her talent and love of hymns on the piano.

Thurs. | May 16 | 11:45am-12:30pm



We are happy to have the **Evergreen Commons Clarinet Choir**, led by Sharon Saarela, performing a wide variety of music for your listening pleasure.

Tue. | May 21 | 11:45am-12:30pm

Professional musician, Jim Cooper, will be sharing his remarkable piano skills during the lunch service.

Thurs. | May 30 | 11:30am-12:30pm

COFFEE & CONVERSATION

Have some questions about Evergreen Commons? Join our President/CEO, Jill Ver Steeg for coffee & conversation. No agenda, just a time to share and listen.



Mon. | May 20 | 10:30am | Study Hall: 2nd Floor

FLYING SOLO

NEW AND IMPROVED! We are a group created for the single community of Evergreen Commons to come together to meet one another and have fun! As a group we will plan activities, local outings, enjoy lively conversations, play various games & make some simple crafts. We will meet on the 2nd and 4th Tuesdays of the month from 1-2:30. Grab a treat from the Coffee Shop and join us anytime, and please continue to check out our Flying Solo Facebook page for upcoming events!



Tue. | May 14 & 28 1:00-2:30pm | Study Hall: 2nd Floor

READ & WATCH SERIES

The Read & Watch Series, which started in March 2022, has come to an end. Thank you to all who have participated in this book and movie program over the last two years. We look forward to new programming in the future

DINNER AND A MOVIE

Join us for dinner prior to our featured movie, *The Bank of Dave*. We will be serving **Pulled Pork BBQ Sandwiches for \$5.00**. We will also have all our regular delicious coffee shop offerings of soups, salads, sandwiches, baked goods and more! This event is open to the public, so come and enjoy this meal with your friends and neighbors while supporting Evergreen Commons and our programs. Make your reservations by Monday, May 20th by calling 616-396-7100.

Wed. | May 22 | 4:30-5:40pm | Coffee Shop

BLOOD DRIVE

Fri. | May 17 | 9:00am-3:00pm | Study Hall & Home Ec Room 2nd Floor



American Red Cross

FACILITY NEWS - ELEVATOR

The elevator will be undergoing a complete update and modernization and will not be operational during the month of June. Stay tuned for future room changes and class announcements. Please contact Member Services at 616-355-5120 with any questions.

EVERGREEN GARDEN COMMUNITY GREEN SPACE

We are excited to launch our green space beautification project on the corner of 20th and Central! In collaboration with community partners, we will be planting flowers and ground cover throughout the garden space to restore nutrients to the soil and create a shared space to enjoy. If you are interested in helping with this project, please contact Chrishia Carter at 616-355-5115.

TRAVEL SHOWCASE

You are invited to the Evergreen Commons Air & Cruise Showcase!

*Learn about the trips that are being offered this fall and in 2025:

Alaska, Mexico, Tuscany, Iceland, Portugal, Historic Trains and more!
Details on page 7.

See a presentation highlighting the itineraries.

Enjoy refreshments!

Win a door prize!

Reserve your seat by calling 616-396-7100.

Wed. | May 29 | 4:30-6:00pm | Seminar Room Free! (Open to the Public)



Thank you Crown Motors for sponsoring this edition of

Fresh Aire



For underwriting opportunities, please contact Mark DeWitt at 616-403-5334 or dewittm@evergreencommons.org



Registration is easy & required for most activities.

Options to register:

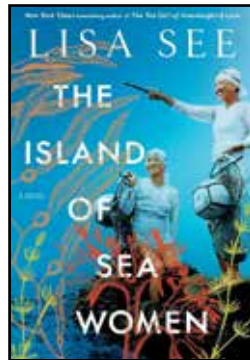
1. **Online Member Portal.**
2. **Call** 616-396-7100.
3. **Email** branderj@evergreencommons.org.
4. **Sign up** when you arrive.

For classes with a fee attached, pre-registration is required, and refunds must be requested no later than five business days prior to first class.

CLUBS

BOOK CLUB

Come enjoy good books, great discussions, and meet new people. Each month the books are distributed that you will be discussing the following month, giving you plenty of time to finish the book. *"The Island of Sea Women"* by Lisa See is our book discussion for May.



Wed. | May 1 | 2:30-3:30pm
Study Hall: 2nd Floor

CREATIVE CROCHET & KNITTING CLUB

Bring your yarn, needles, and hooks to work on your latest project all while enjoying the company of fellow enthusiasts.

Tues. | 9:30-11:30am | Home Ec Room: 2nd Floor

MACHINE KNITTING CLUB

Do you have a knitting machine and you don't know how to use it? Join us! We are a group of machine knitters of various experience that gather monthly for show and tell, demonstrations, and lively discussion. Questions? Contact Marcia at 616-834-6738.

Wed. | May 22 | 12:30-2:30pm | Teachers Lounge: 2nd Floor

MEMOIR WRITING CLUB

This club can help encourage you to get your life stories down on paper as you share your writings with the group. The club meets the 2nd & 4th Fridays of the month. Questions? Contact Kerry at 616-510-5665.

Fri. | May 10 & 24 | 1:00-2:30pm | Board Room

SPORTS TALK – LET'S TALK TIGER BASEBALL & OTHER SPORTS

Enjoy talking about baseball or other sports? Both men and women are welcome, no matter what team they follow!

Tues. | 9:00-10:00am | Study Hall: 2nd Floor

THE reACTORS - WELCOME NEW MEMBERS!

The reACTORS have been entertaining audiences in West Michigan for over 15 years with light-hearted skits that are read using voice inflections, gestures, facial expressions, and props. We have performed for Laugh Fest, civic organizations, community groups, independent/assisted living residences, church groups, class reunions, retirement homes, and senior centers. We are looking for people interested in all facets of theatre from acting to writing, props, costumes, venue liaison and advertising. If you want more information or would like to book a performance, contact Marie at 616-392-1209.



Thurs. | 2:00-4:00pm | Study Hall: 2nd Floor

QUILTING CLUB

Enjoy the camaraderie of fellow quilters while you work on your quilting project. Questions? Contact Mary at 616-396-2013.

Thurs. | May 2 & 16 | 10:00am-2:00pm
Home Ec Room: 2nd Floor

GAMES / CARDS

Please arrive 15 minutes before scheduled start time.

All games below take place in the Game Room except Bingo.

Questions? Contact Barb Visser at 616-355-5136.

BINGO | Tues. | 2:30-4pm | Dining Room
Thurs. | 9:00-10:30am | Dining Room

BRIDGE - Singles Welcome! | Tues. & Thurs. | 9:00-11:30am

CRIBBAGE | Mon. | 12:30-4:30pm

DOMINOES (Mexican Train) | Mon. | 12:30-2:30pm

EUCHRE | Mon. Wed. & Fri. | 9:45-11:45am

HAND & FOOT | Thurs. | 12:30-4:00pm

MAHJONG (National League) | Wed. | 12:30-4:00pm

MAHJONG (Jerry Version) | Wed. | 9:30-11:30am

PINOCHLE | Wed. & Fri. | 12:15-4:30pm

RUMMIKUB | Thurs. | 12:45-3:00pm

SCRABBLE | Thurs. | 1:00-5:00pm

SPADES | Mon. | 12:15-3:30pm

FAITH

CHAPEL AT EVERGREEN

Struggling to find space to be still? Longing for spiritual community? Curious about faith?

Join us for Chapel, a 25-minute worship experience with a different teacher facilitating each month.

Mon. | May 20 | 2:30-3:00pm | Seminar Room

FAITH LESSONS

Pastor Mike Lambert, who has been in the ministry for over 35 years, will be leading us in a study of the Parables of Jesus. You must be a member of Evergreen Commons to participate. Reserve your seat by calling 616-396-7100.

Wed. | 1:00-2:00pm | Seminar Room (No Class 5/8)

PRAYER BOX - INVITATION TO PRAYER!

Do you have a concern on your heart? A prayer of gratitude or thanksgiving? You are invited to use the prayer card and prayer box located in the Library at the Evergreen Campus. Simply drop the card in the box. Cards will be picked up each week and requests prayed for. Thank you to our friend, Don Zenas, who made this beautiful prayer box in our very own Woodshop!



PO Box 48 • Sand Lake, MI 49343
616.636.4628 • www.countrysidetours.com



Book your motorcoach trip today!
Your adventure awaits!



ARTS & CRAFTS

WATERCOLOR WEDNESDAY WITH SANDI

Join instructor Sandi Shults for this fun art class for all levels of painters. A variety of pictures will be available to trace, so no drawing experience is needed. Those who are new will learn what brushes and paper to use, color theory, and watercolor techniques. The advanced students skills will be taken to the next level. The more classes you take the more you will learn. A supply list is available when you register. Please register soon - class is limited to nine students.

Wed. | May 8 | 1:30-3:30pm | May 22 | 1:00-3:00pm
Home Ec Room: 2nd Floor | Cost: \$18 per class

COLORING STUDIO

Express your creativity and socialize!

Tues. | 10:30 am-12 pm
Study Hall: 2nd Floor | FREE!



WOODSHOP

Enjoy the camaraderie of fellow artisans while using our state-of-the-art woodworking equipment. Equipment orientation required. See Member Services for more information.

Mon. – Fri. | 8:30am-4:00pm | Woodshop
Cost: \$30 / monthly unlimited use

SEGMENTED WOOD BOWL CLASS

Work one-on-one with the instructor as he or she walks you through creating a segmented wooden bowl. No previous experience needed! All materials will be provided, and no monthly woodshop package is needed. To register, call Barb Visser at 616-355-5136.



Woodshop | Cost: \$65

SIMPLE WOOD PEN TURNING CLASS

The instructor will walk you through step-by-step as you turn two pieces of wood with a lathe, creating a beautiful handcrafted, wood slim-line pen! Make it for yourself or as a gift. All materials provided. No Experience needed. You must wear closed toe shoes.



Wed. | May 15 | 12:30-3:30 pm | Woodshop | Cost: \$35



- *FREE hearing screenings
- *FREE In-home appointments available
- *FREE ear inspection for wax blockage
- *FREE clean and checks on all makes and models of hearing aides

Visiting Evergreen Commons
 May 8th, 1:00 - 3:00 pm
 Teachers' Lounge: 2nd Floor
FREE! No Appointment needed.

Jessica Steffes, HCP
 Beltone Hearing Centers
 533 Michigan Ave
 Holland, MI 49423
 616-394-0577

DANCING

LINE DANCING

We welcome back special guest instructor Cindy Golden for our summer line dance classes!

We will dance to a variety of musical styles, and dancers of all experience levels, including beginners, are encouraged to attend! Step-by-step instruction will be provided for each line dance and no partner is needed! Line dancing is an excellent workout and great fun!



Wed. | June 12 - July 3 | 11:30am-12:30pm
Auditorium | Cost: \$20
(Next session: July 17 - Aug. 7)

BEGINNING/INTERMEDIATE TAP

Come on get happy and tap all your cares away! Join this co-ed, multi-level tap class with instructor Cheryl Lynn. Learn all the technical toes and heels at the barre and progress to celebrate the happiness of tap dancing to great oldies. Tap shoes with a flat heel and a rubber extra sole required. Prerequisite: You must have an updated Physical Activity Readiness Questionnaire on file at Member Services to participate.

Thur. | May 16 - June 27 | 11:30am-12:30pm
Dance & Music Studio: 2nd Floor | Cost: \$60

INTERMEDIATE BALLET

Take your ballet dancing skills to the next level with instructor Cheryl Lynn, founder, and longtime staff member of the Grand Rapids School of Ballet. Prerequisite: Previous ballet experience and pre-approval by instructor. Plus, you must have an updated Physical Activity Readiness Questionnaire on file at Member Services to participate.

Thur. | May 16 - June 27 | 10:00-11:15am
Dance & Music Studio: 2nd Floor | Cost: \$67

FISHING

EVERGREEN FISHING CLUB

Are you looking to learn more about fishing? In search of a new fishing buddy, or someone to share a boat with? Or maybe just looking to shoot the breeze with a few other anglers, spin some tales and stretch the truth about past catches? Join our new Evergreen Commons Fishing Club which already has 20 plus members! We learn about locations, techniques and share a few laughs, and most importantly we have fun! If you are interested in participating in the fishing club, contact jackpaynejr@gmail.com or 616-566-7713.

MUSIC

CLARINET CHOIR

We have a wonderful clarinet choir that is welcoming new players. For more information, or to request a performance by the group, contact Sharon at sharon.saarela@gmail.com.



Tues. | 11:30am-1:00pm | Home Ec Room: 2nd Floor

Your Home for Today... and Tomorrow

Appledorn

Appledorn Assisted Living South 727 Apple Avenue 616-392-4650	The Village At Appledorn 630 Hastings Avenue 616-392-1700	Appledorn Assisted Living North 411 Ida Red Parkway 616-393-0828
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www.HeritageSeniorCommunities.com



EVERGREEN SINGERS

If you enjoy singing, come join this group! The Evergreen Singers, directed by Milt Bos, is a fun and informal choir. No audition is needed, and you don't have to read music. For more information, contact Diane Bowman at 734-649-7177 or ddsdell@aol.com.

Mon. | 10:15-11:15am | Home Ec Room: 2nd Floor

FLUTE CHOIR

We have a wonderful Evergreen Commons Flute Choir. For more information or to request a performance, contact Carol at cahimebaugh@yahoo.com.



**Fri. | 11:00am-12:00pm
Home Ec Room: 2nd Floor
(No Meeting 5/17)**

NOTEBLENDERS BAND

This fun-loving musical group is mostly made up of harmonica players with the addition of other instruments like guitar, piano, and flute. For more information, or to request a performance by the group, contact Zelly at 616-392-4308.

**Tues. | 9:30-10:30 am | Dance & Music Studio: 2nd Floor
*Does not meet the 3rd Tues. of the month**

PB & JAM SESSION

This group of musicians is focused on learning to play bluegrass, gospel, and folk songs in a jam session fashion where everyone can participate at their own level of comfort. Current instruments include the mandolin, ukulele, harmonica, guitar, violin and voices, and any other acoustic instrument you want to bring along. There is no charge, but you must be a member of Evergreen Commons to participate. Questions? Contact Larry at Lphaack@gmail.com.

**Tues. | 10:30-11:30 am | Dance & Music Studio: 2nd Floor
*Does not meet the 3rd Tues. of the month**

TECHNOLOGY

TECH WEDNESDAY

Bring your devices, passwords and questions, and volunteer Ray Crockford will do his best to assist you. No registration needed. This free service is available to Evergreen Commons members only.

**Wed. | May 1, 15, 22, 29
9:00-11:30am | Game Room
FREE**



Evergreen Travel

Alaska & The Yukon | August 21- September 1, 2024

The undiscovered Alaska and the Yukon Territory tour by Cosmos features many of the most popular scenic vistas that Alaska has to offer. Round trip Anchorage.

\$4,810 Double / \$6,050 Single

Britain | September 21- October 2, 2024 (Waitlist)

Dreams All Inclusive 7 nights | February 2025

AAA Four Diamond Dreams Playa Mujeres Golf & Spa Resort where guests will enjoy the benefits of Unlimited Luxury®—unlimited premium drinks at any of our 13 bars and lounges, gourmet à la carte dining, room service, daily refreshed mini-bar, pool and beach wait service and more!

Gourmet Tuscany | May 10 - 18, 2025

The town of Montecatini serves as your home base from which to venture out to explore the surrounding landscapes of breathtaking Tuscany and getting to know its culinary and wine traditions. You'll indulge in picturesque scenery, world-class local wines, traditional cuisine, and cultural discoveries.

\$4,009 Double / \$4,189 Single

Iceland Adventure | June 14 - 22, 2025

Breathtaking tour of Iceland—active volcanoes, roaring waterfalls, jagged glaciers, floating icebergs, black-sand beaches, and brilliant-blue geothermal springs. Stand in awe before the spectacular Lake Jökulsárlón, home to Europe's largest glacier.



\$6,979 Double / \$8,329 Single

Historic Trains of the Old West | September 8 - 16, 2025

If the closest thing to time travel is train travel, then you'll love riding the rails into the unspoiled scenic past of Colorado. Royal Gorge Route Railway; Durango & Silverton Narrow-Gauge Railroad; and Georgetown Loop Railroad. Visits to Colorado Spring's Garden of the Gods, Mesa Verde's ancient cliff dwellings, Chimayo's famous pilgrimage site, Durango's D&SNG Railway Museum and Glenwood Spring's historic Hotel Colorado. All aboard!

\$4,929 Double / \$6,394 Single

Portugal River Cruise | September 28 - October 8, 2025

11 days from Lisbon to Porto, Vida Portugal: Vineyards & Villages Along the Douro with 3 Nights in Lisbon. Your Douro River cruise returns to Porto to soak in the scenic mysteries of this city's Historical Centre, a UNESCO World Heritage site. These and countless other treasures await you on the River of Gold in Portugal's dazzling Douro Valley.

Sapphire deck French Balcony \$7,007 Double / \$10,788 Single & Indigo deck Deluxe Stateroom \$5,657 Double / \$8,695 Single

DID YOU KNOW?

According to a study by Psychology and Aging, older adults that volunteered an average of 4 hours per week or more had **greater increases in psychological well-being and physical activity** compared with nonvolunteers; and most importantly they were **less likely to develop hypertension!**



The Day Center of Evergreen Commons provides a social-health maintenance model adult day services program to individuals living with age related care needs, such as dementia and cognitive decline, frail health impacted by disease progression, depression and social isolation and/or the need for supervision. Caregiver support, respite and education services are provided through the program staff, as well as provision of community resources and referrals.

For more information, contact our Resource Office at 616-355-5118 or go to evergreencommons.org/daycenter

Physical Wellness



Registration is easy and is required for most activities.

Options to register:

1. **Online Member Portal**
2. **Call** 616-396-7100
3. **Email** branderj@evergreencommons.org
4. **Sign up** when you arrive, however, space may be limited in some activities

Access: A fitness package, Renew Active, Silver Sneakers or Silver & fit benefit is required for cardio, strength equipment, pool, and/or all group fitness activities.

CARDIO + STRENGTH EQUIPMENT

Mon. – Thurs. Friday Saturday
6 am – 6 pm 6 am – 5 pm 8 am – 12 pm

Please check-in using the clipboard by the entrance to the equipment room. No reservation necessary. **REMINDER:** The Holland Hospital Physical Therapy Room/Equipment, located inside of the Training Center, is only available to Holland Hospital staff and their physical therapy patients. We appreciate your cooperation in this matter. For additional assistance navigating the equipment, please join Zach Elders, Certified Therapeutic Recreation Specialist (CTRS), during the following times:

Monday 3:30-4:30pm
Wednesday 2:00-3:00pm Thursday 2:30-3:30pm
Friday 2:00-3:00pm

FITNESS ORIENTATION AVAILABLE

A 30-minute session centered around proper use of cardio and strength equipment, training center etiquette and proper equipment safety. Complimentary baseline fitness assessment included. Call or email Sydney Bolt at 616-355-5146 or bolts@evergreencommons.org to set up your appointment. **Cost: FREE!**

PATHWAYS TO BETTER HEALTH

Receive an enhanced fitness orientation, more personalized, to help you learn to use the exercise and training center as a tool to achieve better health despite any chronic conditions you may be experiencing. Meet with a trainer for a total of 6 sessions over 4 weeks to help you build your program. There are 5 pathways to better health to choose from:

- **Powering Through Parkinson's Disease** • **Strong Hearts**
- **Beating Diabetes** • **Better Bones** • **Joint Health**

To enroll or for more information contact Zach Elders at 616-320-3835 or eldersz@evergreencommons.org A doctor's release may be required.

Cost: \$49

PERSONAL TRAINING

Gain the strength and balance you need for the life you deserve! Our trainers will review your fitness regimen and get you started on the correct exercise program for YOU, focusing on YOUR strengths. Call one of our personal trainers today. **Fees apply.**

Marcie Gove 616-355-5127 **Bree Gruppen** 616-355-5102
Kevin Lankheet 616-355-5139 **Paige Mingerink** 616-355-5138
Amy Vande Poel 616-355-5114 **Tanya Eaton** 616-355-5103
Sydney Bolt 616-355-5146

PHYSICAL WELLNESS ASSESSMENTS

Sign up for any or all of the following comprehensive assessments to learn your strengths and weaknesses and walk away with more targeted fitness programming for better results. Contact Kevin Lankheet at 616-355-5139/KLankheet@evergreencommons.org for more information.

- **Fitness Assessment:** Aerobic capacity, muscular strength, flexibility, and balance & agility assessed for a more focused exercise routine.
- **Balance Assessment:** A series of balance tests, both dynamic & static under varying sensory conditions, to identify areas of balance deficit and fall risk.
- **Posture Assessment:** Overall body alignment examined and correction strategies provided to improve function and

COST: \$30 per assessment

PARKINSON'S SPECIFIC PERSONAL TRAINING

A Parkinson's-specific 1-on-1 training program that integrates PD-specific functional skill training into a multi-component training program to keep you doing what you love and target rigidity, bradykinesia, incoordination, and reduced self-awareness. Improve your fitness (aerobic, flexibility, strength, balance, agility), reduce PD symptoms, and improve mobility and function. Interested? Contact Marcie Gove at 616-355-5127, Paige Mingerink at 616-355-5138, Sydney Bolt at 616-355-5146, or Bree Gruppen at 616-355-5102.

MOBILITY MATTERS PERSONALIZED BALANCE TRAINING

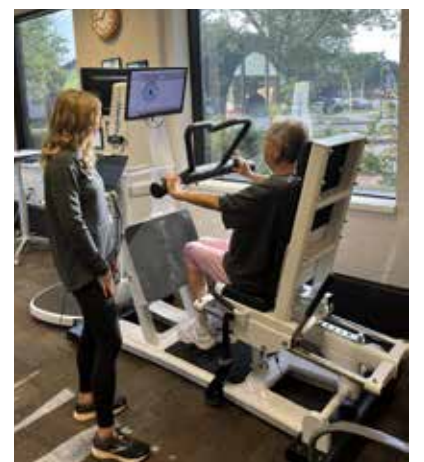
A personalized balance assessment and exercise program to improve function, prevent falls, and move with confidence. The only program of its kind in West Michigan! Contact a personal trainer from the list below today!

Marcie Gove 616-355-5127 **Bree Gruppen** 616-355-5102
Sydney Bolt 616-355-5146 **Paige Mingerink** 616-355-5138
Amy Vande Poel 616-355-5114

Cost: \$79
(includes balance assessment and 3 half-hour training sessions)

BIODENSITY

bioDensity is a supervised, non-pharmacological approach to safely and comfortably counteract the effects of aging, osteoporosis, and osteopenia. It has also been shown to lower A1c levels in Type II diabetics. The state-of-the-art technology behind the bioDensity machine elicits results faster and more effectively than traditional resistance exercises and only requires one 15-min. session per week. For all levels of fitness.



Call Sydney Bolt at 616-355-5146 or bolts@evergreencommons.org to schedule an appointment.

6 Sessions | \$30 or SAVE with 36 sessions | \$150

MASSAGE THERAPY

Appointments go extremely quickly. Members should call Member Services directly for openings.

Cancellation Policy: If you need to reschedule or cancel an appointment, for reasons other than illness, we require a minimum of 24 hours-notice or you will not be refunded. For cancellations, please call the office at 616-355-5120. Cancellations made via email are not accepted. Sign up using your Member Login account/ Fitness Programs or call 616-355-5121.

Tuesday Appointment Times (50 min.):
1:00pm | 2:10pm | 3:15pm

Friday Appointment Times (50 min.):
9:00am | 10:20am | 11:40am | 1:00pm | 2:00pm

Cost: \$50 | Teachers' Lounge: 2nd Floor
Evergreen Commons Membership Required.





AQUATIC – POOL

Please be courteous to your fellow aquatic exercisers and adhere to the following guidelines:

- **Cancellation Policy:** If you need to cancel your lap swim or class reservation, we require a minimum of 1 hour-notice so waitlist participants can be notified. Failure to do so could result in a no-show fee being assessed and/or termination of future reservations. Cancellations can be made via your online member portal or call 616-355-5120 (M-F 8:00am - 4:00pm). Early mornings and Saturdays please call 616-355-5145. Cancellations made via email are not accepted.
- A soap shower is required prior to entering or re-entering the pool or spa.
- Reservations are required for lap swim. One lane available, maximum of 2 swimmers per time slot.
- Reservations are encouraged for aquatic classes. Those without a reservation, or arriving late will only be permitted into class if space is available, please check-in with the instructor prior to entering the pool.
- The spa is closed during aquatic classes.
- Promptly exit the pool area when the next class begins.
- Towel service available, one towel per person please. If more than one towel is needed please bring your own additional towels.

LAP SWIM RESERVATION TIMES

Half-hour time slots are available during the times below. (exception – 1st time slot of the day is 45 min.)

Mon. & Wed.	Tues. & Thurs.	Fri.	Sat.
6:15-8 am	6:15-8 am	6:15-8 am	8:15-11:30 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm	am
3-5:30 pm	3-5:30 pm	pm	

WATER WALKING TIMES Water walking is available during any of the times below. No reservation necessary.

Mon. & Wed.	Tues. & Thurs.	Fri.	Sat.
6-8 am	6-8 am	6-8 am	8-11:30 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm	
3-5:30 pm	3-5:30 pm		

WATER-WORKS

A shallow-water, moderate-intensity workout.

- Mon., Tues., Wed., Thurs., & Fri. | 8:05-8:50am**
- Mon., Tues., Wed., Thurs., & Fri. | 9:05-9:50am**
- Tues. & Thurs. | 10:05-10:50am**
- Mon., Tues., Wed., & Thurs. | 1:05-1:50pm**

AQUA COMBO

Water walking and low-intensity endurance and muscle conditioning activities make this a great class for anyone with arthritis or other joint issues.

- Mon. | 2:05-2:50pm**

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Gentle range-of-motion exercises to reduce joint pain.

- Tues. & Thurs. | 2:05-2:50pm**

GROUP FITNESS ACTIVITIES

MIND & BODY

PILATES YOGA BLEND

Designed to shape you from head to toe. Easy on the joints, yet delivers strength, balance, agility, and flexibility in one unique workout.

- Wed. | 8:00-8:45am | Auditorium | Bring a mat (No Class May 8)**

YOGA STRETCH

A gentle class that combines breathwork and yoga stretches.

- Thurs. | 10:15-11:00am | Auditorium | Bring a mat (No Class May 9)**

YOGA

Improve your strength, flexibility, and balance through postures and poses.

- Fri. | 8:00-8:45am | Auditorium | Bring a mat (No Class May 10)**

YOGA BASICS

This class is ideal for beginners or those seeking gentler practice.

- Tues. & Thurs. | 12:00-12:45pm | Seminar Room**

SIMPLY STRETCH

Various stretching techniques to leave you rested and relaxed.

- Thurs. | 3:15-4:00pm | Seminar Room | Bring a mat**

PILATES

Core exercises designed to work the abs, glutes, back, and hips.

- Mon. | 8:00-8:45 am | Auditorium | Bring a mat (No Class May 6 & 27)**

GROUP CYCLING

CYCLE CORE

Cardiovascular training on the bike plus off-the-bike core work and stretching for a stronger, more balanced body.

- Thurs. | 9:15-10:00am | Auditorium (No Class May 9)**

S3: SPIN, STRENGTH & STRETCH

A cardio, strength, and stretch fusion.

- Tues. | 10:15-11:00am | Auditorium (No Class May 7)**

SPIN

A vigorous cardio program using a stationary cycle

- Mon., Wed., & Fri. | 7:00-7:45 am | Auditorium (No Class May 6, 8, 10, & 27)**



GROUP FITNESS ACTIVITIES

CHAIR-ASSISTED

ARTHRITIS FOUNDATION EXERCISE PROGRAM

Low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range of motion exercises that are suitable for every fitness level, standing or seated.

Tues. & Thurs. | 11:00-11:45am | Seminar Room

CHAIR YOGA

A gentle and accessible approach to yoga with a chair for support.

Mon. | 12-12:45pm & 1:00-1:45pm | Seminar Room

Thurs. | 1:00am-1:45pm & 2:00-2:45pm | Seminar Room

No Class May 27

CHAIR EXERCISE

Well-balanced, gentle exercises provide a fantastic fitness base.

Mon., Wed., Fri. | 10:15-11:00am | Seminar Room | No Class May 27

DRUM LINE

Seated or standing, discover the drummer in you!

Tues. & Fri. | 1:00-1:45pm | Seminar Room

Wed. | 11:15am-12:00pm | Seminar Room

PARKINSON'S SPECIFIC PROGRAMS

The following classes are ideal for those with Parkinson's Disease or other neurological conditions.

PEDALING FOR PARKINSON'S SPIN

A group cycling class utilizing PFP protocols.

Tues. & Thurs. | 8:00-9:00am | Auditorium

Fri. | 10:10-11:10am | Auditorium

No Class: May 7, 9, 10

MOVING WITH PARKINSON'S

Embrace the therapeutic power of dance! Express movement in creative and fun ways in partnership with the Grand Rapids Ballet School.

Wed. & Fri. | Jan. 10 - May 24 | 12:15-1:00pm | Dance & Music Studio: 2nd Floor

MoCA Cognitive Screenings

Early detection makes a difference. Cognition can change as you age. As a part proactive brain health, it is important to measure or screen for changes in

brain function. Research has shown that early detection of mild cognitive impairment may alter the rate of progression to dementia. The MoCA screening is a quick, adaptable test that can be administered to determine if there are areas of cognition that are changing as you age. The results are immediate and can be easily interpreted or shared with healthcare providers to explore options for memory enhancement and care.

Our MoCA certified staff can administer and discuss the screening with you. Appointments can be scheduled through Member Services at 616-396-7100

\$25/screening



PWR! Moves Chair – Parkinson's Exercise

Chair exercises that are designed to improve your fitness, counteract your PD symptoms and increase your daily activity.

Tues. & Thurs. | 10:00-10:45am | Seminar Room

PWR! MOVES CIRCUIT - Parkinson's Exercise

Circuit style exercises that are designed to improve your fitness, counteract your PD symptoms and increase your daily activity.

Mon. & Wed. | 10:15-11am | Auditorium

Fri. | 11:15am-12:00pm | Auditorium

No Class May 6, 8, 10, 27

VOCALIZE

This class will focus on improving speech volume, word articulation, facial expressions, and conversational flow.

Wed. | 11:15am-12:00pm | Study Hall: 2nd Floor

CARDIO & STRENGTH

ZUMBA GOLD

A fun, easy, Latin-inspired fitness dance class

Tues. | 9:15-10:00am | Auditorium

Fri. | 10:15-11:00am | Auditorium | No Class: May 7, 10

CORE & MORE

Focus on strengthening the abs, glutes, lower back, hips, and shoulders

Tues. | 2:15-3:00pm | Seminar Room | Bring a mat

STRENGTH CIRCUIT

Build and sculpt muscles.

Tues. & Thurs. | 8:15-9:00am | Auditorium

Bring a mat | No Class May: 7, 9

ENHANCE FITNESS

Low-impact aerobics, strength, balance, and mobility exercises. Funding for this service is provided in part through the Older Americans Act, The Bureau of Aging, Community Living, and Supports, and Senior Resources of West Michigan.



Senior Resources Grant Funded April 1 - June 28

Mon., Wed., Fri. | 9:00-10:00am | Auditorium |

No Class: May 6, 8, 10, 27

FITNESS PROGRAMS

YANG STYLE TAI CHI PRACTICE

Join us in trying the most popular style of Tai Chi – Yang Style! Characterized by slow and graceful movements, people of all ages and fitness levels can learn and practice this mind body exercise to improve balance and overall health. No Experience Necessary!

Mon. | May 6-20 | 1:00-1:45pm

Dance and Music Studio: 2nd Floor

Evergreen Commons Membership Required

ZOOM BRAINS & BODIES

A chair-assisted, virtual fitness program designed for those with Parkinson's disease, arthritis, or other age-related chronic conditions, that focuses on enhancing functional mobility, strength, memory, and cognition. Join any time!

Tues. & Thurs. | April 30-June 20 | 11:15am-12:00pm

ZOOM | Cost \$10 | Invitation for all class dates will be emailed.

Evergreen Commons Membership Required.

BETTER BONES

An exercise program designed to help maintain and improve bone density for those with or at risk for osteoporosis. Site specific strength exercises for the hips, spine and wrists are included along with balance and posture exercises to help prevent falls and fractures. Come and enjoy the fun and encouragement of performing osteoporosis appropriate exercises with others – Sign up using your Online Member Portal or call Member Services at 616-355-5120.

**Wednesday | May 8 – June 26 | 9:00-9:45am | Seminar Room
Fee: \$49 – Evergreen Commons Membership Required**

Physical Wellness



Registration is easy and is required for most activities.

1. **Online Member Portal**
2. **Call** 616-396-7100
3. **Email** branderj@evergreencommons.org
4. **Sign up** when you arrive, however, space may be limited in some activities

Access: A fitness package or Silver Sneakers or Silver & Fit benefit is required for cardio strength equipment, pool, and/or all group fitness activities.

MARTIAL ARTS BO TRAINING - NEW

“Snake | Tiger | Dragon”

4th Degree Master black belt Danny Phillips will teach you how to use a Korean “Bo” (straight staff) to defend against snakes in the grass, tigers in the bush and dragons in the air! The Bo is a great tool for stretching, increasing flexibility, and defending against wild beasts. There are four levels of instruction: introductory, beginner, and intermediate 1 & 2. Class segments consist of 1) Warm up 2) Learn how to hold and move the Bo and 3) Learn a simple floor pattern. Bo training emphasizes stretching more deeply with less effort and strain, strengthening wrists & arms, increasing overall flexibility in shoulders, arms, and waist, and learning a simple walking pattern using the Bo to hone gross motor skills. PVC Bo provided. Space is limited, so sign up soon using your Online Member Portal or call Member Services at 616-355-5120. Evergreen Commons Membership Required.

INTRODUCTORY LEVEL:

Learn warmup techniques, how to handle the Bo, and a walk pattern.

Tuesday & Thursday April 30, May 2, 7, 9 | 1:00-2:00pm | Dance & Music Studio: 2nd Floor | Fee: \$29

BEGINNER LEVEL:

Learn additional warmup techniques, how to handle the Bo, and walk a new pattern.

Tuesday & Thursday | May 14, 16, 21, 23 | 1:00-2:00pm | Dance & Music Studio: 2nd Floor | Fee: \$29

Taiji Health & Wellness Exercise Therapy

This Taiji/Qigong/Chan class will teach us how to improve our balance and how to relax our body & mind through the Art of Taiji and related Arts of Qigong(energy work) and Chan(prayerful meditation). Teacher Chris Campbell, a Master Taiji Exercise Therapist, has over 37 years of experience in practice and in sharing these beautiful exercises of health & wellness. Sign up using your Online Member Portal or call Member Services at 616-355-5120. Any questions about the forms please contact Chris directly at chris@timefortaiji.com

**Seated Class: Monday, May 13 | 2:15-3:00pm
Free Trial Class | Seminar Room**

**Standing Class: Monday, May 13 | 3:15-4:00pm
Free Trial Class | Seminar Room**

RECREATIONS

EVERGREEN COMMONS GOLF LEAGUE

It's golf season, and we would love to have you join the Evergreen Commons Golf League. Women and men of all skill levels are welcome! Prices for the Winding Creek 2024 season are \$12.00 for walking or \$22.00 for riding 9 holes (league play only). Carts are not mandatory; but they are encouraged to enhance the pace of play. You will receive a weekly email with your group and scheduled tee time. All players must sign in at least 15 minutes prior to their scheduled tee time. Tee times will start at 8:32am with 8-minute intervals between groups. We'll finish the season with a lunch celebration on August 26, 2024. Register online via your member portal or call Member Services at 616-355-5120 where you can also pick up a copy of the 2024 Golf Guidelines. Questions? Call Zach Elders at 616-320-3835, eldersz@evergreencommons.org.

Mondays | May 6 – August 26 | Tee times begin at 8:32am

Evergreen Commons Registration Fee: \$20 (Evergreen Commons Membership Required)

Location: Winding Creek Golf Club, 4514 E. Ottogan Street, Holland, MI 49423

PICKLEBALL

All Evergreen Commons members welcome! Demo paddles available for those new to the game, experienced players please bring your own paddles. Balls are provided. Upon arrival check-in at one of our entrance desks and also be sure to sign in for play on the Pickleball Player sheet once you arrive in the Auditorium. A pickleball package is required for play and can be purchased at Member Services or call 616-355-5120.

For pickleball schedule details please pick up a Daily Fitness/Enrichment schedule at Member Services or call Zach at 616-320-3835 for more information.

Beginner/Novice Lessons available on Monday from 12:45-2:30 pm & Wednesday from 12:45-1:45 pm. 2 free trial lessons, no appointment necessary.

*Play cancelled May 3-10, due to Tulip Time events. On May 14 & 16 Pickleball ends at 2:00pm.

Please Note: Intermittently, the Auditorium will be unavailable for play due to holidays, events, and maintenance. No refunds will be issued in these instances.

**Cost: Monthly Electronic Funds Transfer \$13.50 | Unlimited Play
Evergreen Commons Membership Required.**

TABLE TENNIS

Doubles play is available to Evergreen Commons Members. No registration required.

**Mon. & Fri. | 10:00am-12:00pm | Dance & Music Studio: 2nd Floor
Wed. | 1:15-3:15pm | Dance & Music Studio: 2nd Floor**

BILLIARDS

Available to Evergreen Commons members during daily hours of operation. No reservations are required.

CORNHOLE

Corehold or Corn toss is like horseshoes except you use wooden boxes called cornhole platforms and corn bags instead of horseshoes and metal stakes. Contestants take turns pitching their corn bags at the cornhole platform until a contestant reaches the score of 21 points. A great way to make new friends and bring a little outdoor fun inside!

Tuesday & Thursday | 2:30-4:00pm | Dance & Music Studio

STRIDERS

Intentional walking for older adults! Questions? Contact Sydney at 616-355-5146.

MAY WEEKLY WALKS

Mon. | 9:30am | Evergreen Commons, Entrance A

Wed. | 9:30am | Civic Center, front of building

Fri. May 3 | 9:30am | Evergreen Commons Entrance A

Fri. May 10, 17, 24, 31 | Keppel Forest Preserve

SATURDAY TREK

May 18 | 10:00 AM | Hudsonville Nature Center, 2800 New Holland St., Hudsonville

*“No one is more cherished in this world than someone who lightens the burden of another.
Thank you.” - Joseph Addison*

We are so grateful for our volunteers at Evergreen Commons! They make us better. They give of their time and gifts in so many different areas at each of our buildings. We want to take this opportunity to say that each one is valued and appreciated for their unique contributions to our community. We know they could choose anywhere to volunteer and consider ourselves blessed that they choose Evergreen Commons.

VOLUNTEERING AND ITS SURPRISING BENEFITS

BENEFITS OF VOLUNTEERING: 3 WAYS TO FEEL HEALTHIER AND HAPPIER

1. Volunteering connects you to others.
2. Volunteering is good for your mind and body.
3. Volunteering brings fun and fulfillment to your life.

Benefit 1: Volunteering connects you to others

One of the more well-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Make new friends and contacts

One of the best ways to make new friends and strengthen existing relationships is to commit to a shared activity together. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities.

Increase your social and relationship skills

While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Once you have momentum, it's easier to branch out and make more friends and contacts.

Volunteering as a family

Children and grandchildren watch everything you do. By giving back to the community, you'll show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children, grandchildren and family.

Benefit 2: Volunteering is good for your mind and body

Volunteering provides many benefits to both mental and physical health.

Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering increases self-confidence. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

I have limited mobility—can I still volunteer?

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

Benefit 3: Volunteering brings fun and fulfillment to your life

Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Many people volunteer in order to make time for hobbies outside of work as well. For instance, if you like to spend time outdoors, you might consider volunteering to help plant a community garden, walk dogs for an animal shelter, or help out at a children's camp.



Volunteering can help you make friends, learn new skills, and even feel happier and healthier. Learn how to find the right volunteer opportunity for you.

WHY VOLUNTEER?

With busy lives, it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. The right match can help you to find friends, connect with the community, and learn new skills.

Giving to others can also help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day. Giving in even simple ways can help those in need and improve your health and happiness.

HOW TO FIND THE RIGHT VOLUNTEER OPPORTUNITY

There are numerous volunteer opportunities available. The key is to find a position that you would enjoy and are capable of doing. It's also important to make sure that your commitment matches the organization's needs.

Consider your interests. You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling.

What are your volunteering goals? To find a volunteer position that's right for you, look for something that matches your personality, skills, and interests. Ask yourself if there is something specific you want to do or achieve as a volunteer.

For example, you might want to:

- Improve your neighborhood.
- Meet new people with different outlooks or experiences.
- Try something new or expand on your interests and hobbies.
- Do something rewarding with your spare time.
- See new places or experience a different way of living.
- Try a new type of work that you might want to pursue as a full-time job.

Consider several volunteer possibilities. Don't limit yourself to just one organization or one specific type of job. Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers.

GETTING THE MOST OUT OF VOLUNTEERING

You're donating your valuable time, so it's important that you enjoy and benefit from your volunteering. To make sure that your volunteer position is a good fit:

Ask questions. You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. Sample questions for your volunteer coordinator might address your time commitment, if there's any training involved, who you will be working with, and what to do if you have questions during your experience.

Make sure you know what's expected. You should be comfortable with the organization and understand the time commitment. Consider starting small so that you don't over commit yourself at first. Give yourself some flexibility to change your focus if needed.

Don't be afraid to make a change. Don't force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike. Talk to the organization about changing your focus or look for a different organization that's a better fit.

Enjoy yourself. The best volunteer experiences benefit both the volunteer and the organization. If you're not enjoying yourself, ask yourself why. Is it the tasks you're performing? The people you're working with? Or are you uncomfortable simply because the situation is new and unfamiliar? Pinpointing what's bothering you can help you decide how to proceed.





OUT OF THE HOUSE AND INTO THE MIX

June 2020. The coronavirus was upending and rearranging plans, work, family rhythms and life in general. Makeshift office space permeated kitchen tables and outdoor workstations became the norm. While in a virtual roundtable discussion focusing on leadership, the facilitator said, “get in the mix; if you want to do something you’ve got to get out of the house and into the mix.” It struck me then as it does now. It’s simple and it’s profound. It’s timeless.



Evergreen. We were required to do a placement and to engage with an age group other than our own. Our professor gave us a list. Evergreen stood out right away. Evergreen’s Volunteer Coordinator told me she had a perfect spot for me in the Coffee Shop on Thursday mornings. “You’ll love working with Dee!” I was told.

If you want to make a difference in this world, you’ve gotta get out there (you fill in the blank to wherever there is) and engage...put yourself -your gifts and life experience- in the mix. All that makes you you ought not to be shelved. Your life, your story... you have something to give. **And what you have to give can make this community and this world a better place.** I really don’t care what you call it...giving back, paying it forward, volunteering...just get in the mix. Hear this. Getting in the mix does not necessarily mean getting out of the house. What it requires is curiosity. What it requires is asking questions: where does this community need me? What problems are we trying to solve and where can I be the answer? With whom do I need to have a conversation?

Dee: *It just clicked! We just clicked. I so enjoy Addison. She was a quick learner and was made to be at Evergreen. Her young influence is the best. Addison can joke around, have fun and be comfortable. When Addison was not there, the members did not ask, “what’s the muffin of the day?” but “Where is Addison?”*

You don’t need to think grandiosely. It’s about taking the next faithful step. Instead of me trying to explain, join me in this conversation with Dee and Addison. Dee Post and Addison Bethard have been teamed up together in the Coffee Shop since September.

Addison: *I love rolling with the Coffee Shop humor. The most fun was the day I wore jeans with a few holes. Some of our members asked me if I needed money to buy pants without holes! Working with Dee, sharing stories, life’s highs and lows has been the highlight of my junior year at Hope College.*

What’s your Evergreen Story? In other words, how did you get to Evergreen?

What impact has volunteering together had on you?

Dee: *Parkinson’s brought me to Evergreen. When my husband was diagnosed in 1999, our next move was Evergreen. I found a support group. I started swimming. I even helped teach water aerobics for 2 years! To help mitigate my husband’s symptoms, we moved to Florida. After my husband died, I moved back to Holland. After my boxes were unpacked, I headed straight to Evergreen. I started volunteering right away.*

Addison: *Whenever I think of volunteering I think of Dee. Her words of wisdom. As a college student, I’m running so fast, feeling the demands of academics and achievement. Volunteering at Evergreen slows my pace. I notice more. I get to know people and hear their stories. And watching Dee taught me a lot. Dee makes friends with every customer!*

Addison: *My developmental psychology class brought me to*

Dee: *When you volunteer at Evergreen, you get attached. After that first week, I could not wait to come back. Serving at Evergreen changed my perspective on how to treat people. Everyone should volunteer at Evergreen! It’s easy and fun. Don’t be afraid to jump into something new.*

Addison: *You give your time and energy...I’m pouring out, but I’m being poured into! I get filled by Dee and others that I then go throughout my day and pour into others.*

Dee: *I guess you could say Addison and I are two peas in a pod.*

Thank you, Dee and Addison.



Evergreen Commons Volunteer Fair Tuesday, May 21st

Just a few hours of our time can create a lasting impact on the causes we support, the people we meet, and simultaneously enriches our own lives at the same time.

Learn more about the opportunities available to volunteer at Evergreen. We benefit from the generosity of more than 1,500 hours of service each month!

Make a difference. Join the Evergreen Volunteer Team!

Tues. | May 21 | 11:00am-1:00pm | Throughout the 1st Floor



What is a QCD and why is it important?

A Qualified Charitable Distribution (QCD) is a strategy utilized within a Retirement Minimum Distribution (RMD) for charitable giving. It allows individuals aged 70½ or older to donate up to \$100,000 annually from your Individual Retirement Account (IRA) directly to Evergreen Commons without incurring taxable income on the distribution. The QCD counts towards satisfying the RMD requirement, which mandates minimum withdrawals from retirement accounts.



By making charitable contributions through a QCD (instead of from your regular income), you can potentially reduce your taxable income, thus lowering their overall tax burden. This method is particularly advantageous for individuals who don't itemize deductions, as the QCD effectively allows you to benefit from the charitable donation without needing to itemize deductions on their tax return.

Additionally, QCDs can be a tax-efficient way to support Evergreen Commons for members who have more than enough income to meet their living expenses. Instead of taking the RMD as taxable income and then donating to charities separately, a QCD allows retirees to directly transfer funds from their IRA to the charity, potentially resulting in lower taxable income and a reduced tax liability.

QCD giving has helped Evergreen Commons in many ways-annual fund, special projects such as new spin bikes and Tovertafel, and scholarships for deserving members. Questions? Contact Mark DeWitt-Chief Advancement Officer. (616) 403-5334 or dewittm@evergreencommons.org

PEARLS PROGRAM



**community foundation
Holland/Zeeland Area**

We have a new mental health wellness program at Evergreen Commons! The Program to Encourage Active, Rewarding Lives (PEARLS) is an evidenced-based program for late-life depression. PEARLS is designed to reduce symptoms of depression and improve health related quality of life by educating participants about what depression is (and is not) while focusing on skill development for self-sufficiency and more active lives. Our professionally trained coaches are clinically supervised and will focus on helping you develop the skills you need to maintain your health, happiness, and independence. PEARLS is a program that has been Grant Funded by The Community Foundation of the Holland/Zeeland Area (CFHZ). Please contact the Resources Office at 616-355-5118 to see if the PEARLS Program is the right fit for you.

Cost: \$200 (8 Sessions) | Scholarships Available - Contact the Resource Office at 616-355-5118.

RESOURCES FOR CAREGIVERS

EVERGREEN COMMONS CAREGIVER SUPPORT GROUPS

Questions? Contact Alyssa Langejans: 616-355-5153
langejansa@evergreencommons.org.

- Every 2nd Tuesday of the month | 12:30pm
The Day Center (55 W. 16th Street, Holland)
- Every 2nd Thursday of the month | 3:00pm
Christ Memorial Church (in the Green Room)
- Every 3rd Wednesday of the month | 3:00pm
Fennville United Methodist Church
- Every 4th Tuesday of the month | 12:30pm
The Day Center (55 W. 16th Street, Holland)
- Every 4th Tuesday of the month | 3:00pm
Fellowship Church (Room 104)

RESOURCE OFFICE

We are here to help with issues impacting older adults including financial, health insurance, medical equipment, assisted living and other housing, caregiver assistance, low-cost food provisions, and much more. As the community's most extensive resource for older adults, we'll explain options to maintain independence and access a variety of support. The office is located on the main floor next to the game room! Please contact the Resource Office for more information at 616-355-5118 or resources@evergreencommons.org.

Mon. | 10:00am-2:30pm

Tues. – Thurs. | 9:30am-2:30pm

STRESS BUSTERS

**Mondays | May 13-July 22
1:00-3:00pm | Board Room**



Stress-Busters Program for Family Caregivers

An evidence-based program that provides support to caregivers or persons with dementia or chronic illness. It is proven to improve the quality of life for caregivers and helps caregivers manage their stress and cope better with their lives. You will learn about stress and its effects, stress management, and develop problem-solving skills.

Classes are free and sponsored by our local area agencies on aging. Donations are welcomed.



**Registration can be done via email
langejansa@evergreencommons.org
or call 616-355-5153.**

Care & Support



HEARING & HEARING AID CLINIC

Beltone Hearing Centers will be at Evergreen Commons to administer hearing screenings, clean and check hearing aids, check ears for wax blockage, and assess general ear health.

2nd Wed. each month | 1:00-3:00 pm | Teachers' Lounge: 2nd Floor | FREE | No appointment needed

PARKINSON'S SUPPORT GROUP

Women and Parkinson's disease. May is women's health month, so we will take a closer look at how the journey with PD is different for women, how symptoms and care differ, and discuss how women can become their own best advocates. This month is all about women supporting women. Care givers are encouraged to attend, free and open to the public. Register today using your Online Member Portal or call Member Services at 616-355-5120.

A free coffee and chat session will be offered for the men in the Home Ec room, same date and time.

Wednesday | May 15 | 2:30-3:30pm | Study Hall

TULIP TIME MENU UPDATE

The dining room will serve a limited menu of soups, salads, and sandwiches only from May 6-10.



May Menu

Our Dining Room is open to serve you for lunch! Gather around the table to enjoy an entree of the day, a hot bowl of soup, salad, or sandwich with friends.

**COFFEE SHOP HOURS: Monday-Thursday | 8:00am-2:30pm
Friday | 8:00am-2:00pm**

DINING ROOM HOURS: Monday-Friday | 11:00am-1:00pm

All Entrees: \$7.50

Soup of the Month

**Tomato Basil
\$3.25 Bowl / \$2.25 Cup**



Wednesday, May 1 - Chicken Pad Thai Salad with Rustic Bread

Thursday, May 2 - Old World Lasagna with Ceasar Salad

Friday, May 3 - Grilled Shrimp Skewers with Spring Salad

Monday, May 6 - Tulip Time

Tuesday, May 7 - Tulip Time

Wednesday, May 8 - Tulip Time

Thursday, May 9 - Tulip Time

Friday, May 10- Tulip Time

Monday, May 13- Chicken Shawarma Pita with Tomato Cucumber Salad

Tuesday, May 14 - Hot Pastrami Sandwich on Marble Rye and Curly Fries

Wednesday, May 15 - Lemon Herb Flounder with Wild Rice and Sugar Snap Peas

***Thursday, May 16- Grilled Brat Basket with Sauerkraut and Super Slaw**

Friday, May 17 -Meatloaf with Mashed Potatoes and Peas & Carrots

Monday, May 20 - Toasted Italian Sub with Pickle and a Bag of Chips

***Tuesday, May 21 - Ground Beef Tacos with Chips and Cheese**

Wednesday, May 22 - Pan Seared Salmon with Mixed Veggies

Thursday, May 23 - Italian Style Sheet Pan Chicken & Veggies

Friday, May 24 - Swiss Chicken Casserole with Green Beans

Monday, May 27 - Memorial Day

Tuesday, May 28- Chicken Parmesan on Pasta with Red Sauce with Garlicy Green Beans

Wednesday, May 29- Greek Stuffed Peppers with Carrots, Celery and House Made Hummus

***Thursday, May 30- Fish and Chips Basket with Coleslaw and Balsamic Tartar Sauce**

Friday, May 31- BBQ Chicken Legs with Potato Salad and Baked Beans

***See page 4 for our Dining Room Concerts!**

SENIOR COMMUNITY DAY		16th Annual ←←←←←
★★★★★ FRIDAY MAY 31ST 8:30A - 2:00P ★★★★★	presented by: senior marketing group THE LAKESHORE AREA	★ FREE Seminars ★ FREE Lunch ★ Over 12 FREE Health Screenings
www.smglakeshore.com		Over 50 Resource Booths!
2024	Door Prizes & Giveaways	REGISTER ONLINE or PICK UP A PAPER REGISTRATION AT:
Central Wesleyan Church 446 W 40th Street, Holland		Evergreen Commons (Downtown) 480 State St, Holland 49423
		The Insurance Group (South Side) 593 Heritage Ct, Holland 49423
		Nephew Physical Therapy (North Side) 12723 N Bellwood Dr Ste 10, Holland 49424
		Royal Park Place (Zeeland) 500 Parkside Drive, Zeeland 49464
Sponsored By:		
		<ul style="list-style-type: none"> American House Appledorn Evergreen Commons Evolve Organizing Solutions RestHaven Royal Park Place/Royal Atrium Inn

Wednesday Night at the Movies

Evergreen Commons members enjoy a FREE movie! Nonmembers are welcome with a suggested \$5 donation. Popcorn available for 50 cents a bag. No outside food or beverages allowed. All movies shown with closed captioning. Registration encouraged and preferred.



Movies sponsored by:



The Bank of Dave

May 22 | 6 pm
1 hr. 47 min. | PG-13
Comedy/Drama

Based on the true-life experiences of Dave Fishwick; Bank of Dave tells the story of how a working-class Burnley man and self-made millionaire fought to set up a community bank so that he could help the local businesses of Burnley not only survive but thrive. In his bid to help his beloved community of Burnley, he must take on the elite London-based financial authorities, and fight to receive the first new banking license to be issued in over 100 years. You won't want to miss this inspiring story!

Sponsor: Appledorn



Evergreen Chorale presents

Adorations

Benjamin Rodgers, director
Tina Carson, accompanist
Amanda Dykhouse, violin

MAY 16 | 7:00 PM
THURSDAY

Evergreen Commons
480 State Street
Holland, MI 49423



TICKETS: Admission is FREE; a freewill offering will be taken.



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Fresh Aire

May 2024