



**Evergreen  
Commons**  
The Wellness Place

OCTOBER 2022

Vol. 1, Issue 10

**WELLNESS GUIDE**

480 State St. | Holland, MI 49423 | 616-396-7100



Early  
October  
**ACTIVE  
AGING**  
pg. 3

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Holland, Michigan’s premiere community-benefit organization engaging older adults in holistic and purposeful living.



## MEMBER SERVICES

616-355-5120

Mon.–Fri. 8 am–4 pm

## CAFÉ

Mon.–Fri. 11 am–1 pm

## COMMON GROUNDS

### COFFEE SHOP

Mon.–Fri. 8 am–2 pm

## RESOURCE OFFICE

616-355-5118

Mon. 10 am–2:30 pm

Tues.–Thur. 9:30 am–2:30 pm

Fri. Closed

## BUILDING ACCESS

616-396-7100

Mon.–Thur.

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

Fri.

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

Sat.

- Entrance C: 8 am–12 pm
- Entrance A & D: Closed

Sun.

- Closed

## DAY CENTER

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

For information: 616-355-5118

The Wellness Guide is a monthly publication by Evergreen Commons, 480 State St., Holland, MI 49423. Comments may be sent to [evergreen@evergreencommons.org](mailto:evergreen@evergreencommons.org).

## Dear friends,

If you haven't walked through the gardens at Evergreen Commons, do so today. One morning recently as I was enjoying the beauty and the innocence of the morning air, a mother pushing her triplets in a stroller stopped and introduced herself. It was a lovely exchange. At one point in the conversation, she said to me, "stopping here is the best part of our morning walk...the blossoms are thriving and this space is so life-giving!" I thanked her and headed back to my office. Later that day, I listened to a lovely voicemail from an Evergreen neighbor. With incredible energy in her voice she said, "Dr. Jill, I am a neighbor of Evergreen and in all my years living in the neighborhood, the garden is the most beautiful it's ever been! That garden is flourishing wonderfully!" Now this put another smile on my face and out of these encounters bubbled up two things. First, profound gratitude to our Garden Team...our friends who till, and plant, and weed and water. Friends who are committed to the flourishing of garden life. You know who you are. Thank you, thank you. Secondly, this word, "flourish." I cannot get it out of my brain.

## *At Evergreen Commons we create environments for people to flourish.*

### What does it mean to flourish?

The word "flourish" comes to us by way of Old French, from the Latin *florere* meaning "to flower or bloom." *Merriam-Webster Dictionary* defines "flourish" as "to grow luxuriantly, thrive, achieve success, or prosper." The *Oxford English Dictionary* has "to blossom, thrive, prosper, or do well." For the most part, we use the words "flourish" and "flourishing" metaphorically rather than literally. The Bible offers a variety of ways to think about human flourishing. The Apostle Paul commends what he calls the "life that really is life" (2 Timothy 6:19). Jesus says he came so that people might "have life, and have it abundantly" (John 10:10). Real life, full life, abundant life, a life of peace, blessedness, and wholeness...that's what we're talking about when it comes to flourishing. And that's what God invites us to experience.

At Evergreen Commons we create environments for people to live real life, abundant life, a life of peace, blessedness, wholeness. How are you living into that invitation? Where are you growing? Try that new class, step into the book study, attend that lecture, curate curiosity, till the soil of your own heart, engage with us. Grow. Flourish.

## And when you see a member of the Garden Team, say thank you!

Rev. Dr. Jill Ver Steeg,  
President/CEO



*Celebrating 99 years of life with Maudie Wilcox.*



# ACTIVE AGING WEEK

INTERNATIONAL COUNCIL ON ACTIVE AGING



Please join us at Evergreen Commons Oct. 3-7 for a fun week focused on Active Aging! Evergreen Commons is excited to be a designated Host Site though The International Council on Active Aging. To celebrate Active Aging Week, we have the following programs available to you that highlight the eight dimensions of wellness! Please also be sure to check our facebook page and website for more information during the week.

**Registration is required for the following programs by calling 616-396-7100 or visiting Member Services.**

## MONDAY, OCT. 3

**Intergenerational Volunteering** presented by **Karen Pearson, President, Kids Hope USA**

**12 – 1 pm | Auditorium**

**Cost: \$10 for members / \$12, for non-members**

**Register and pay by Wed., Sept. 28**

Kids Hope USA provides a mentoring program to help elementary students develop transformative relationships with an additional caring and consistent adult. This intergenerational relationship empowers the students and the volunteers to thrive.



**Karen Pearson** began as president of Kids Hope USA in June 2019. Previously, Karen served in faculty and administrative roles at several liberal arts colleges, most recently, Hope College. She is a collaborative leader who loves building high-functioning teams to address the changing needs of a group or organization. Her combination of educational and administrative experience as well as her commitment to the Christian faith and faith-based leadership, makes her well-suited to lead Kids Hope USA. Karen is also a Kids Hope USA mentor at a local elementary school.

Please join us to learn more about how this program is making an impact on multiple generations. Lunch will be turkey and cheddar with herb aioli, lettuce, and tomato on rye bread, served with coleslaw and fresh fruit.

## MONDAY, OCT. 3

**Join us for a game of Bingo!**

**2-3 pm | Dining Room | FREE!**

## TUESDAY, OCT 4

**Restorative Meditation** presented by **Marcie Gove**  
**9 am | Seminar Room | FREE!**

Our very own, Marie Gove will lead this course. Marcie is a certified meditation specialist, she will explain what meditation is and the importance of meditation for the mind and body. You will also get the opportunity to learn and participate in various meditation exercises that you can easily repeat at home. Let's relax together!

## WEDNESDAY, OCT 5

**Discerning Dementia** presented by **Alyssa Langejans** | **1- 2 pm | Seminar Room | FREE!**

If you have ever asked yourself: What is dementia? What is normal aging? How can I support someone that has dementia? This class is for you. Our goal is to raise awareness of this disease, and that knowledge and understanding can be powerful tools to support an aging community. You will learn the difference between normal aging and dementia, what dementia is and how that will affect a person with dementia.

## THURSDAY, OCT 6

**Medicare 101** presented by **Cheryl Olsen**  
**1-2 pm | Seminar Room | FREE!**

Do you have questions about Medicare or your Medicare plan? Are you new to Medicare? Are you turning 65, but still working? This program is for you! This program will be presented by MMAP (Medicare Medicaid Assistance Program). MMAP offers free consultations to educate beneficiaries to make informed decisions.

## FRIDAY, OCT 7

**Striders Walking Group**  
**9:30 am | Outside | FREE!**

Enjoy a walk and the fall colors that the season brings! Meet new friends while exercising! Join the Striders group for a walk. Meet outside at Evergreen Commons Entrance A.





Come early for the presentation: **The Origin of Michigan State-Michigan Rivalry**

## EVERGREEN COMMONS ORIENTATION

Learn about Evergreen Commons, its programs, services and how you can make the most of your membership. You will meet several staff, along with other members and refreshments will be served. An optional tour will follow orientation. Call 616-396-7100 to register.

**Thurs. | Oct. 27 | 10:30-11:30 am**  
**Study Hall | FREE!**

## MSU – UofM TAILGATE PARTY

Wear your colors in support of your favorite team and join us for delicious food and lots of fun at our MSU-U of M Tailgate Party. Will there be more blue or green in the room? Be the person who picks the correct winning team, coming closest to the final score of the game, and you will win 2 free lunches at The Commons Café.

**Fri. | Oct. 28 | 11 am-1 pm | Café | Cost: \$7.50**  
**Menu:** Cheeseburger with lettuce, tomato and onion served with broccoli slaw, potato chips and Iced Tea



Prior to our regularly scheduled Wednesday night movie on Oct. 26 (see pg. 20 for movie info), we will be serving dinner in the Café for just \$7.50. This event is open to both members and nonmembers, so come and enjoy this meal with your friends and neighbors! If you want to partake in this delicious meal, you must **register by Fri., Oct. 21** by calling 616-396-7100.

**Wed. | Oct. 26 | 4:45-5:45 pm | Café | Cost: \$7.50**  
**Menu:** Pulled Pork BBQ Sandwich, Coleslaw, Potato Salad, and Iced Tea

## BEGINNING HARMONICA



Join Doug Marlink for this 4 week class for those wanting to learn how to play the harmonica. From how to hold the harmonica to learning correct breathing techniques, students will get a better understanding of the harmonica as a musical instrument. Doug has been a musician for over 35 years and plays several instruments. Course book and harmonica are provided.

**Tues. | Oct. 11 – Nov. 1 | 10:45-11:45 am | Cost: \$30**  
**Dance & Music Studio: 2nd floor**

## THE ORIGIN OF MICHIGAN STATE – MICHIGAN RIVALRY

Join David J. Young, an amateur sport historian, as he explores the longstanding, adversarial relationship between Michigan State President John Hannah and Michigan Law Professor Ralph Aigler and how their mistrust, in large part due to poor communication, led to behind-the-scenes scheming on the Wolverines' part to keep the Spartans out of the Big Ten in the 1940's. Their feud arguably played a major role in eventually transitioning a lopsided, politically mandated intrastate football "series" into a bona fide regional rivalry of national interest. There will be time to ask questions and share memories. Dress in your favorite team's colors and stay for the Tailgate Party following the presentation.

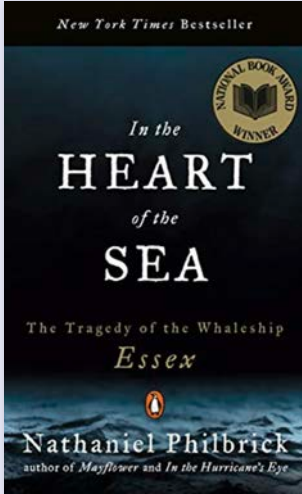
**Fri. | Oct. 28 | 10-11 am | Cost: FREE!**  
**Study Hall: 2nd floor**





## READ & WATCH SERIES

Each month we will read a new book and then you will have a chance to watch the movie and decide for yourself if the book or the movie was better.



October's book is ***In the Heart of the Sea: The Tragedy of the Whaleship Essex*** by Nathaniel Philbrick.

Winner of the National Book Award, Nathaniel Philbrick's book is a fantastic saga of survival and adventure, steeped in the lore of whaling, with deep resonance in American literature and history.

In 1820, the whaleship Essex was rammed and sunk by an angry sperm whale, leaving the desperate crew to drift for more than ninety days in three tiny boats. Philbrick uses little-known documents and vivid details about the Nantucket whaling tradition to reveal the chilling facts of this infamous maritime disaster.

**Movie showing** – Seating is limited. Use your In-Person Membership account to register or call 616-396-7100. You can watch the movie even if you didn't read the book.  
**Mon. | Oct. 31 | 2:45 pm | Seminar Room**  
**Rated PG-13 | Run time 2 hr. 1 min. | 2015**  
Books distributed at the previous movie and then at the Front Desk.

## MEDICARE ENROLLMENT

### OCT 15 – DEC 7

Medicare's annual period to change your Medicare plan for 2023 is Oct. 15 through Dec. 7. Please contact the Resource Office at 616-355-5118 to schedule an appointment with one of our trained counselors.

**JOIN US FOR Medicare 101**

**Thurs. | Oct. 6 | 1 pm**

Call 616-396-7100 to reserve your seat.

## SCHEDULE CHANGES & CANCELLATIONS

### Mon., Oct. 3

- Dutch Dance Cancelled
- Line Dance to Dance & Music Studio
- Table Tennis ends early at 11:15 am
- Pickleball late start at 1:30 pm

### Wed., Oct. 5

- Faith Lessons Cancelled

### Thur., Oct. 6

- Tai Chi Cancelled

### Tues., Oct. 11

- Bingo Cancelled

### Wed., Oct. 12

- Chair Exercise to the Auditorium
- All sessions of Pickleball Cancelled
- Tech Wed. Cancelled
- All Cards and Games Cancelled
- Dining Room closed. Lunch available in the Coffee Shop
- Faith Lessons Cancelled
- Movie Night Cancelled

### Thur., Oct. 13

- Entire building closed for Gala

## CAFÉ CONCERT

An Evergreen favorite!  
**Kelly Bakker** will impress us with his beautiful piano playing.

**Thurs. | Oct. 27**

**11:45 am-12:30 pm**







# life ENRICHMENT

## Registration is easy and required

for most activities. Options to register:

- 1. In-Person Membership account,**
- 2. Call** 616-396-7100
- 3. Email** [branderj@evergreencommons.org](mailto:branderj@evergreencommons.org)
- 4. Sign up** when you arrive.
- 5. 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.

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## 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. "Still Life" by Louise Penny is our book for October.

**Wed. | Oct. 5 | 2:30-3:30 pm | Seminar Room**

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### CLOGGING CLUB

Do you know how to clog? Do you want to learn? If you have ever wanted to "kick up your heels" please come join us! Questions? Contact Royetta at 419-392-4895.

**Tues. | Sept. – May | 1:15-2:15 pm  
Dance & Music Studio: 2nd floor**

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### 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. | 9:30-11:30 am | Home Ec Room: 2nd floor**

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### MACHINE KNITTING CLUB

Do you have a knitting machine and you don't know how to use it? Are you curious about how it works? 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 Michelle at 616-879-9518.

**Wed. | Oct. 26 | 12:30-2:30 pm  
Study Hall: 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. Questions? Contact Kerry at 616-510-5665.

**Fri. | Oct. 14 & 28 | 1-2:30 pm | Board Room**

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### 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! Questions? Contact Will at 616-928-4248.

**Tues. | 9-10 am | Art Studio: 2nd floor**

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### THE reACTORS

The reACTORS is a theatre group that enjoys performing in a Readers' Theatre format, focusing on using expressive voices, faces and gestures to bring a story to life. We are in need of new members, so if you want to laugh and have fun with a purpose, contact Marie at 616-392-1209!

**Thurs. | 2-4 pm | Study Hall: 2nd floor**



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### QUILTING CLUB

Enjoy the camaraderie of fellow quilters while you work on your quilting project. Questions? Contact Mary Voss at 616-396-2013. The Quilting Club meets the first and third Thursday of the month.

**Thurs. | Oct. 6 & 20 | 10 am-2 pm | Home Ec Room: 2nd floor**

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### DUTCH DANCERS

Come join the Evergreen Commons Dutch Dancers! We are looking for some new members to join us. We dance 5 simple dances at Dutch Village for 3 weeks in May, and costumes and wooden shoes are provided by Dutch Village. As an added perk, Dutch Village treats us to complimentary food from their Café on the days we dance. Questions? Contact Linda at 616-403-8570.

**Mon. | Sept. – Nov. & March – April  
10:15-11:15 am | Auditorium**



## GAMES / CARDS

Please arrive 15 minutes before scheduled start time. All games below take place in the Game Room except Bingo.

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

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

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

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



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

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

**MAHJONG (National League)** | Wed. | 1-4 pm

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

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

**RUMMIKUB** | Thurs. | 1-3 pm

**SCRABBLE** | Thurs. | 1-5 pm

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

## FAITH LESSONS

Pastor Mike Lambert who has been in the ministry for over 35 years will be leading us in our continued study of the book of Revelations. You won't want to miss the Biblical insight that he brings to the group. There is no charge, but you must be a member of Evergreen Commons to participate. Reserve your seat by calling 616-396-7100.

**Wed. | 1-2 pm | Seminar Room**

**Note: No class Oct. 5 & 12**

## WOODSHOP

Enjoy the camaraderie of fellow artisans while using our state-of-the-art woodworking equipment. Equipment orientation required.

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

## ARTS & CRAFTS

### COLORING STUDIO

Express your creativity and socialize! All materials provided. **Tues. | 10:30 am-12 pm | Art Studio: 2nd floor | Cost: \$10 for 5 visits**

### WATERCOLOR WEDNESDAYS WITH SANDI

This is a fun art class for beginner, intermediate, and master painters. A variety of pictures will be available to trace, so no drawing experience needed. Those who are new will learn what brushes and paper to use, color theory, and watercolor techniques. And instructor Sandi Shults will take experienced students skills to the next level. The more classes you take the more you will learn. A supply list is available when you register.



**Sandi Shults, Instructor**

**Wed. | Oct. 26 | 1-3 pm | Art Studio: 2nd floor**  
**Cost: \$18 / class**

### CANVAS CREATIONS WITH GREG

Join artist, Greg Ellis, for this relaxing and fun “make and take” class. Greg will provide guided instruction to help you create a masterpiece as you let your inner artist shine! All materials are provided, and no painting experience needed. Class is limited to the first 10 to register.



**Cost: \$40**  
**Art Studio: 2nd floor**

**“MORNING SAIL”**  
**Wed. | Oct. 5 | 1-4 pm**

**“END OF SUMMER”**  
**Wed. | Oct. 19 | 1-4 pm**





# life ENRICHMENT

## INTERMEDIATE WATERCOLOR PAINTING

Enjoy the camaraderie of fellow artists as instructor Kathy VanTubbergen helps you develop your style and improve your composition and watercolor painting techniques in this class. Work on your own project or try something new. You should have some watercolor experience to participate, and you will provide your own supplies.



**Kathy VanTubbergen**  
*Instructor*

**Mon. | 12:30-2:30 pm | Art Studio: 2nd floor**  
**Cost: \$15 / class**

## DRAWING CLASS

Whether you have never put a pencil to paper, or you have been drawing for years, instructor Agnes Fisher will help you find your hidden ability or take your drawing skills to the next level.



In this 6-week class you will learn texture, pattern, design, and composition. You will do a still life, a landscape, an abstract, a perspective and one drawing of our own choosing using pencil, pen, and charcoal. A supply list will be provided when you register.

**Thurs. | Oct. 27 – Dec. 8 | 1-3 pm**  
**Art Studio: 2nd floor | Cost: \$96**  
**Note: No class Nov. 24**



## EPOXY/WOOD CHARCUTERIE BOARD

Charcuterie boards are all the rage when entertaining. Impress your guests by using one you made yourself! From learning how to mix and pour the epoxy to the final sealing and waxing of the board with food-safe products, the instructor will take you, one-on-one, through each step to complete a beautiful 9 x 17 charcuterie board.

**Thurs. & Fri. | Oct. 6 & 7 OR Oct. 20 & 21**  
**9 am-12 pm | Woodshop | Cost: \$75**



## 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! All materials provided. No Experience needed. You must wear closed toe shoes.

**Thurs. | Oct. 6 | 9-11 am | Cost: \$35 | Woodshop**

## SEGMENTED WOOD BOWL CLASS

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



**Cost: \$65 | Woodshop**

# LANGUAGE

## THE JOY OF WRITING WORKSHOP

The joy of Writing Workshop is a class for anyone interested in the creative use of words. Writing, sharing, critiquing, encouraging, and enjoying are on the roster. Camaraderie is an added bonus!

Class is led by instructor Agnes Fisher and you are able to **join at anytime!**

**Tues. | Oct. 25 – Nov. 29 | 12:30-2:30 pm**  
**Home Ec Room: 2nd floor | Cost: \$60**



**Agnes Fisher**  
*Instructor*

## INTERMEDIATE SPANISH (8 weeks)

This class will focus on the review of past & future tenses, conditional and subjunctive tenses of verbs, with a focus on conversation and functional language.

**Prerequisite:** Basic knowledge of all verb tenses with at least a pre-intermediate level of spoken Spanish. Instructor Mark Flower has been teaching language classes at Evergreen Commons for over 13 years.

**Thurs. | 9-10:30 am | Zoom | Cost: \$120 + books**  
**Call Barb Visser for session dates 616-355-5136.**





## MUSIC

**NEW  
Members  
Needed!**

### 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. Questions, or to learn how to play the harmonica, call Zelly Craycraft 616-392-4308.

**Tues. | 9:30-10:30 am**  
**Dance & Music Studio: 2nd floor**

### PIANO LESSONS

Learn to play the piano with instructor, Marva Ripley. Call Marva at 616-886-9128 or 616-786-2427 to schedule a session today!

**Wed. | 12-3 pm | Cost: \$20 per 30-minute session | Teachers' Lounge: 2nd floor**

### EVERGREEN COMMONS HANDBELL CHOIR

Questions? Call Mary Van Voorst 616-786-2272.

**Thurs. | Sept. – May | 11 am-12 pm**  
**Art Studio: 2nd floor**

### EVERGREEN COMMONS CHORALE

Audition required. Call Kerry Daab 616-403-4585.

**Tues. | Sept. – May. | 4-5:30 pm | Auditorium**

## DANCING

### LINE DANCING

Line dancing is a wonderful way to combine exercise with music and fun. Join instructor Linda Booker as you use both your body and brain to learn dance patterns to a variety of music. Dancers of all experience levels, including beginners with no prior dancing background, are encouraged to attend! Step-by-step instruction will be provided for each dance and no partner is needed.

**Wed. | Nov. 2-30 | 10:30 am-11:30 pm**  
**Auditorium | Cost: \$25**

## 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. | Oct. 5, 19 & 26 | 9-11:30 am**  
**Game Room | FREE**

## EVERGREEN TRAVEL

### TRAVEL INFORMATION HELP DESK

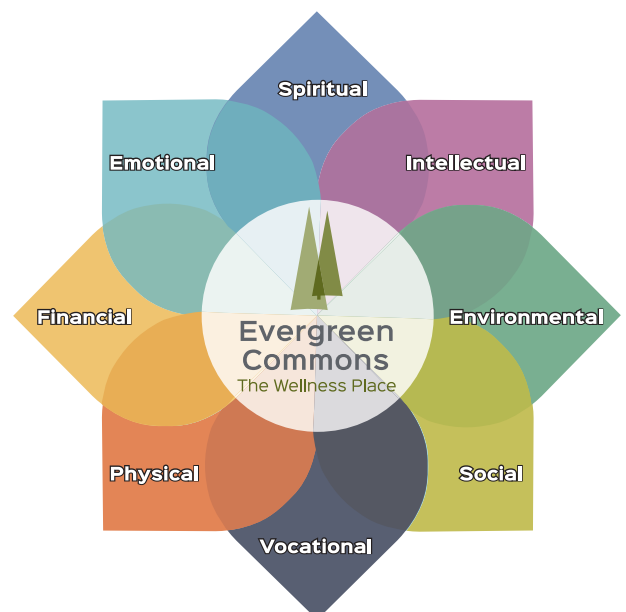
**Tues. | 9-11 am | Life Enrichment Office**

### EVERGREEN COMMONS AIR TOURS 2022 / 2023

- **Punta Cana, All Inclusive (March 2-9, 2023)**  
**\$1,560 pp / dbl**
- **Hawaii, 3-night Waikiki and 7-night Cruise (March 15-25, 2023) | \$4,125 pp / dbl**
- **Switzerland By Train (Sept. 9-18, 2023)**

More info on bulletin board by the stairs or contact:

- Michelle Zavala (Air Tours): 616-796-2562 or michelle@ibgtravel.com
- Natalie (Motorcoach Tours): 616-494-9502 or natalie@ibgtravel.com





# physical WELLNESS

## Registration is easy and is required

for most activities. Options to register:

### 1. In-Person Membership account

2. Call 616-396-7100

3. Sign up when you arrive

**Access:** A fitness package or Silver Sneakers or Silver & Fit benefit is required for cardio strength equipment, pool, and/or all in-person fitness classes.

## AQUATIC – POOL

**OPEN SWIM** Lap swimming & water walking available.

### Things to keep in mind:

- Reservations are required for lap swim.
- If you are unable to attend your scheduled lap swim time please cancel your session so swimmers on our waitlist can be notified.
- Lap swim: only 1 lane available. 2 members maximum per time slot.
- A soap shower is required prior to entering or re-entering the pool or hot tub.
- Towel service available, 1 towel per person.

### LAP SWIM RESERVATION TIMES

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

<b>Mon. &amp; Wed.:</b>	<b>Tues. &amp; Thurs.:</b>	<b>Fri.:</b>
6:15-8 am	6:15-8 am	6:15-8 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm
3-5:30 pm	3-5:30 pm	<b>Sat.:</b>
		8:15-11:30 am

### WATER WALKING TIMES

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

<b>Mon. &amp; Wed.:</b>	<b>Tues. &amp; Thurs.:</b>	<b>Fri.:</b>
6-8 am	6-8 am	6-8 am
10 am-1 pm	11 am-1 pm	10 am-4:30 pm
3-5:30 pm	3-5:30 pm	<b>Sat.:</b>
		8-11:30 am

## CARDIO + STRENGTH EQUIPMENT

Mon. – Thurs.  
6 am – 6 pm

Friday  
6 am – 5 pm

Saturday  
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. This space and its contents are not open for member use. We appreciate your cooperation in this matter.

## 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 Lauren Dove at 616-355-5129 / DoveL@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 exercise and the training center as a tool to achieve better health despite any chronic conditions you may be experiencing, such as heart disease, diabetes, osteoporosis, or osteoarthritis. Meet with a trainer for a total of 6 sessions over 4 weeks to help you build your program. Complimentary baseline fitness assessment included. There are 4 pathways to better health to choose from:

- Strong Hearts
- Beating Diabetes
- Better Bones
- Joint Health

To enroll or for more information contact Lauren Dove at 616-355-5129 / DoveL@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.

**Lauren Dove**   **Marcie Gove**   **Kevin Lankheet**  
616-355-5129   616-355-5127   616-355-5139

**Zach Elders**   **Bree Gruppen**   **Paige Mingerink**  
616-355-5146   616-355-5102   616-355-5138

### PHYSICAL WELLNESS ASSESSMENTS

Sign up for any or all of the following comprehensive assessments to learn your strengths and weakness and walk away with more targeted fitness programming for better results. Contact Kevin Lankheet at 616-355-5139/ [KLankheet@evergreencommons.org](mailto: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 decrease pain.

**COST: \$30 per assessment**

### DELAY THE DISEASE ONE-ON-ONE PERSONAL TRAINING

This is an evidence-based personal training program designed to empower those living with Parkinson's disease by optimizing their physical function and helping to delay the progression of symptoms. This training program is designed to retrain the mind and body. Participants report improvement in quality of life, regained ability to successfully manage the disease, and maintenance of independence. One-on-One personal training sessions with instructor Paige Mingerink are now available. Paige will lead you through exercise routines based on your abilities and symptoms to create a Parkinson's-specific exercise plan to help you achieve your goals and maintain your health. Call Paige at 616-355-5138 to set up a consultation today.

### PEDALING FOR PARKINSON'S TANDEM

This program founded by neuroscientist and researcher at the Cleveland Clinic, Dr. Jay Alberts, is a form of "forced exercise" on a bicycle. The person with Parkinson's follows an exercise regimen on a stationary tandem bike with a co-rider (captain) who helps them maintain the required pedaling speed, intensity, and duration. Studies have shown participants following the program have reported improvement in their Parkinson symptoms by as much as 35%. Also observed were improvements in gait, tremors, rigidity, along with improved energy, stamina, and cognitive function. Contact Paige at 616-355-5138 or [pmingerink@evergreencommons.org](mailto:pmingerink@evergreencommons.org) for more information.

### CAPTAINS NEEDED!

Get a workout and change someone's life. Call Paige at 616-355-5138 to volunteer.

### MOBILITY MATTERS PERSONALIZED BALANCE TRAINING

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

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

**Lauren Dove**   **Marcie Gove**   **Paige Mingerink**  
616-355-5129   616-355-5127   616-355-5138

**Zach Elders**   **Bree Gruppen**  
616-355-5146   616-355-5102

## BIODENSITY

### OSTEOGENIC LOADING PROGRAM FOR ENHANCED BONE HEALTH

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. Start Anytime! Call Lauren Dove at 616-355-5129 to schedule an appointment.

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





# physical WELLNESS

## MASSAGE THERAPY

**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. If you need to cancel your appointment, please call the office at 616-355-5120. Cancellations made via email are not accepted. Sign up using your In-Person account/Fitness Programs or call 616-355-5120.

**Oct. 7, 14, 21 & 28 | Appointment Times (50 min.):**  
**9 am / 10:20 am / 11:40 am / 1 pm / 2:20 pm | Cost: \$50**  
**Teachers' Lounge: 2nd floor**  
**Evergreen Commons Membership Required**

## IN-PERSON FITNESS CLASSES

### CHAIR-ASSISTED

#### MOVING WITH PARKINSON'S

An exciting partnership with the Grand Rapids Ballet School – this class, led by Attila Mosolygo, Grand Rapids Ballet School Director and Jr. Company Artistic Director, embraces the therapeutic power of dance! Set to a variety of music genres and with a chair for support, you will express movement in creative and fun ways. Care partners encouraged to participate. Appropriate for those with Parkinson's disease or other neurological challenges.

**Wed. | Sept. 7 – Dec. 14 | 12:15-1 pm**  
**Dance & Music Studio: 2nd floor**

#### CHAIR YOGA

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

**Tues. & Thurs. | 1:05-1:50 pm | Auditorium**

#### CHAIR EXERCISE

This chair-based class provides a great place to start your fitness program. Well-balanced, gentle exercises provide a fantastic fitness base.

**Mon., Wed., Fri. | 10:15-11 am | Seminar Room**

#### DRUM LINE

Discover the drummer in you! This unique class combines a stability ball with a pair of drumsticks. Whether you are at a beginner fitness level or advanced, you will benefit both physically and mentally. Drumming can be done seated or standing.

**Mon. & Fri. | 1-1:45 pm | Seminar Room**

#### GROUP CYCLING

##### S3: SPIN, STRENGTH & STRETCH

A cardio, strength, and stretch fusion that will provide a fun, balanced, total body exercise experience! Stay motivated & committed with a workout designed to ease you into shape through a gradual progression of exercise. A great way to start on your fitness journey!

**Tues. | 10:15-11 am | Auditorium**

#### PEDALING FOR PARKINSON'S SPIN

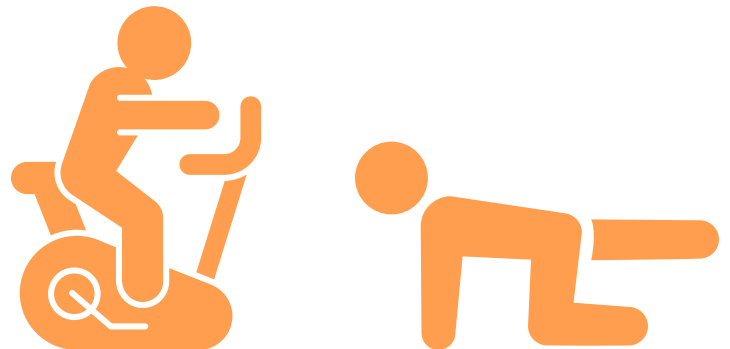
This is a one-hour group cycling class designed for those diagnosed with Parkinson's disease. Utilizing the Pedaling for Parkinson's protocols, participation in this class can assist with symptom management and is a fun and interactive way to exercise. A heart rate monitoring device is recommended. Bring water and a sweat towel. Questions? Call Paige at 616-355-5138.

**Tues. & Thurs. | 8-9 am | Auditorium**  
**Fri. | 10:10-11:10 am | Auditorium**

#### SPIN

Spinning is a vigorous cardio program using a stationary cycle as an incredible fitness tool. This dynamic workout will challenge you! Sweat towel and water required.

**Mon., Wed., & Fri. | 7-7:45 am | Auditorium**





## AQUATIC

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

- The spa is closed during aquatic classes
- When aquatic classes are in progress, do not enter the pool area until class has concluded at 10 minutes to the hour
- Promptly exit the pool area when the next class begins

---

## WATER-WORKS

A shallow water, moderate-intensity workout utilizing water resistance and equipment to improve stamina, muscle strength and flexibility without added joint stress. A full-body workout with varied combinations of cardio-respiratory, muscle conditioning, and interval training.

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

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

**Tues. & Thurs. | 10:05-10:50 am**

**Mon., Tues., Wed., & Thurs. | 1:05-1:50 pm**

**Pool**

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## AQUA ARTHRITIS

45 minutes of gentle range-of-motion exercises designed to reduce joint pain and stress.

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

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## 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. & Wed. | 2:05-2:50 pm | Pool**

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## 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. Bring a mat.

**Wed. | 8-8:45 am | Auditorium**

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### YOGA STRETCH

A gentle class that combines breathwork and yoga stretches to help improve flexibility. Bring a mat.

**Thurs. | 10:15-11 am | Auditorium**

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## SIMPLY STRETCH

This class focuses on stretching the various muscle groups that are prone to tightness, ideal for anyone looking to improve their posture and flexibility, move more efficiently, and reduce pain. This class places a strong emphasis on the more gentle, restorative parts of your exercise program, so you'll leave class feeling rested and relaxed. **Note: chair-based stretches can be substituted for floor stretches.** Bring a mat.

**Thurs. | 3:15-4 pm | Seminar Room**

---

## YOGA

An invigorating and relaxing workout for the active older adult. Improve your strength, flexibility, and balance through postures and poses designed to challenge your body. Bring a mat.

**Fri. | 8-8:45 am | Auditorium**

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## PILATES

Designed to work the abs, glutes, back, and hips, Pilates will greatly benefit you in daily life with its emphasis on increasing the strength of your "core." Bring a mat.

**Mon. | 8-8:45 am | Auditorium**

---

## CARDIO & STRENGTH

### CARDIO COMBO

This fun, low impact aerobics class includes toning and strengthening moves for the core. A great combination of aerobics, trunk stability, and stretching. Bring a mat.

**Thurs. | 9:15-10 am | Auditorium**

---

## ZUMBA GOLD

This fun and easy, Latin-inspired fitness dance class includes Merengue, Salsa, Cha-Cha, Cumbia, and Rock 'n Roll. It's a safe and effective total body workout.

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

**Fri. | 10:15-11 am | Auditorium**





# physical WELLNESS

## MASHUP

FUN-QUICK-TOTAL FITNESS! A Variable Intensity Interval Training (VIIT) format specifically designed for all fitness levels in every workout. You will rotate between periods of strength training, cardio training, and active recovery with a core, balance, and stretch focus. Modifications provided so you never have to run, jump or get down on the floor...you don't want to! Bring a mat.

**Mon. | 3:15-4 pm | Seminar Room**

**Note: October 31 – class will be in the Dance & Music Studio: 2nd floor, no elevator**

## CORE & MORE

Class components focus on strengthening the abdominals, glutes, lower back, hips, and shoulders to help improve posture and decrease risk of injury. Additional exercises also included to improve balance, flexibility, and overall function in daily activities. Bring a mat.

**Tues. | 3:15-4 pm | Seminar Room**

## STRENGTH CIRCUIT

Build and sculpt muscles, strengthen your core, and improve your balance and flexibility. Bring a mat.

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

## ENHANCE FITNESS

This evidence-based class combines a low-impact aerobics session with muscle strengthening, balance, and mobility exercises. Move to fun songs you grew up with.

**Mon., Wed., Fri. | 9-10 am | Auditorium**

## DELAY THE DISEASE

Delay the Disease is an evidence-based exercise class designed to empower those living with Parkinson's disease by optimizing physical function and helping to delay the progression of symptoms. This class is led by certified OhioHealth Delay the Disease instructor, Paige Mingerink. Please contact Paige at 616-355-5138 for a list of class prerequisites.

**Mon. | 11:15 am-12 pm | Seminar Room**

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

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

## IN-PERSON PROGRAMS

### REACH THE PEAK

We will be taking a virtual trip around the world to hike up and down the Seven Summits. As we hike up and down each mountain, we will stop multiple times to camp and give our bodies some rest and adjust to the elevation. No exercise will count towards our trip while we are camping, so keep an eye out for our stops. Along our hike we will be sharing hiking tips and information about the area. We will be tracking 'Wellness Points' for this challenge. To reach the top of each Mountain, we will have to reach a specific number of Wellness Points as a group. Each Mountain will be worth a different number of points. Here is how you can earn Wellness Points;

- Every 15 minutes of any exercise (walking, swimming, Fitness Center, etc.) equals 1 Wellness Point

Record your points on our daily post on the Sports and Fitness Facebook page, in the box by Entrance C, or email Lauren at [dovel@evergreencommons.org](mailto:dovel@evergreencommons.org)

**Happy Hiking!**

### SURVIVE & THRIVE WITH CANCER

This exercise program is designed for those in every stage of cancer survivorship from diagnosis to actively undergoing treatments, post-surgery to those in remission. Each class begins with gentle exercises to reduce swelling in the extremities followed by light cardio and strength training, and concludes with a series of gentle and restorative yoga and stretching sequences taught at a very slow rate to promote health and healing. All exercises are designed to adapt to each person's own skill and energy level. Participants are encouraged to only perform those exercises they feel comfortable with, and all are encouraged to simply "keep moving" even when taking a rest. The program is led by certified Cancer Exercise Training Institute Cancer Exercise Specialist Marcie Gove (616-355-5127). Sign up soon, space is limited.

**Fri. | Oct. 14 – Dec. 2 | 11:15 am-12 pm**

**Seminar Room | Cost: \$39**

**Evergreen Commons Membership Required**

**Note: No class on November 25**





## PEARLS

(Program to **E**ncourage **A**ctive **R**ewarding **L**ives)

This evidence-based wellness coaching program is designed to reduce the symptoms of depression and improve the quality of life among older adults. No one should have to make excuses to look after their mental health. Learn the skills necessary to move into action and make lasting life changes. Meet with a PEARLS certified coach, for 45 minutes once a week for a period of 4, 6, or 8 weeks, to learn how to recognize signs of depression, to understand the link between unsolved problems and depression, and to develop goals to increase social, physical, and enjoyable activities. Single sessions also available.

### Interested:

- **Fill out the PEARLS Assessment Form located at Member Services**
- **Return your completed Assessment Form to the Wellness Coaching drop box located at Member Services**
- **Zach Elders, certified PEARLS coach, will contact you regarding your next steps**
- **No cost for participating in the assessment process**

### Program Cost:

- **Single Session: \$50**
- **4-Week Plan: \$150**
- **6-Week Plan: \$200**
- **8-Week Plan: \$250**

### Evergreen Commons Membership Required

Questions? Please contact PEARLS certified coach Zach Elders at 616-355-5146 or email [eldersz@evergreencommons.org](mailto:eldersz@evergreencommons.org).

## TAI CHI PRACTICE

This class offers an opportunity to practice and build on fundamental Tai Chi movements, sequences, and basic body alignment learned in Tai Chi for Arthritis and Fall Prevention. Movements are modified for people with arthritis, delivering relief from joint pain and stiffness.

**Mon. | Oct. 10-31 | 1-1:45 pm | Cost \$30**

**Dance & Music Studio: 2nd floor**

**Evergreen Commons Membership Required**

**PRE-REQUISITES:  
Tai Chi Arthritis &  
Fall Prevention 1**

## TAI CHI FOR ARTHRITIS AND FALL PREVENTION

SeniorResources  
*Our Name. Our Focus.*

This hybrid program uses gentle Sun-style Tai Chi routines that are safe, easy to learn and suitable for every fitness level. This program will help reduce stress, increase balance and flexibility and help you feel relaxed and improve your overall mind, body, and spirit. Funding for this service is provided in part through the Older Americans Act, The Aging and Adult Services Agency, and Senior Resources of West Michigan.

**Tues. & Thurs. | Oct. 11 – Dec. 6 | 1-1:45 pm**

**In Person | Seminar Room**


**Senior Resources Grant Funded | Suggested Donation: \$10 Member | \$15 Nonmember**

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**SHRR.COM | 616-499-6360 | 85 E 8th St, Holland**



# physical WELLNESS

## FITNESS ON DEMAND

Receive 5 exercise videos to use at your convenience anytime throughout the month of purchase. New workout routines offered each month.

- **\$7 for access Oct. 1-31**
- **A link will be emailed with the 5 workout options**
- **Sign up anytime, by calling Member Services at 616-355-5120**
- **Fees will not be prorated for registrations made after the first day of the month**

### Monthly Video Package

- **1 Chair Based Workout**
- **1 Yoga Workout (chair options provided)**
- **1 Core & Stretch Focused Workout**
- **2 Strength Workouts**

**Evergreen Commons Membership Required**

## HYBRID PROGRAMS

Hybrid programs offered IN PERSON and/or via ZOOM

- Call 616-355-5120 to sign up for ZOOM option
- Use your In-Person account or call 616-355-5120 to sign up for IN PERSON option

### MOVE & BE HEARD PARKINSON'S EXERCISE

This hybrid program focuses on range of motion, posture, balance, strength, breath control, and volume of speech. Movements in this class will assist with everyday tasks: walking, getting in/out of chairs/bed/car, removing objects from cupboards/closets. The voice component of the class will provide practice to increase the volume of speech and the ability to take big breaths to support speech. This class is suitable for other neurological conditions as well. **Start any time!**

**Tues. & Thurs. | Aug. 30 – Oct. 27 | 10-10:45 am**  
**Next Session Nov. 1 – Dec. 22**

**IN PERSON | Seminar Room | \$39 or Fitness Package, Silver Sneakers or Silver & Fit benefit required**

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

**Evergreen Commons Membership Required**

### ARTHRITIS FOUNDATION EXERCISE PROGRAM

This hybrid program is a 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.

**Start any time!**

**Tues. & Thurs. | Aug. 30 – Oct. 27 | 11:15 am-12 pm**  
**Next Session November 1 – December 22**

**In Person | Seminar Room | \$39 or Fitness Package, Silver Sneakers or Silver & Fit benefit required**

**Zoom | Cost: \$10 | Invitation for all class dates will be emailed**

**Evergreen Commons Membership Required**

## RECREATIONS

### BILLIARDS

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

### STRIDERS

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

### OCTOBER WEEKLY WALKS

**Mon. | 5 pm | Evergreen Commons, Entrance A**  
**Wed. | 9:30 am | Civic Center, South Parking Lot**

**Fri. | Oct. 7 | 9:30 am**  
**Evergreen Commons Entrance A**

**Fri. | Oct. 14, 21 & 28 | 9:30 am**  
**Quincy Park, West Parking Lot by Baseball Field**

### SATURDAY TREK

**Oct. 15 | 10 am | Group Walk**  
**Seidman Park, 8155 Conservation Road, Ada**

### TABLE TENNIS

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

**Mon., Wed., Fri. | 10 am-12 pm**  
**Dance & Music Studio: 2nd floor**



## PICKLEBALL

All Evergreen Commons members welcome! Balls are provided, but bring your own paddle. Check in when you arrive at one of our check-in desks. Once you arrive in the Auditorium, sign in for play on the Pickleball Player Sheet. A Pickleball package can be purchased at the Member Services Desk or call 616-355-5120.

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

**Mon. | 12:30-2:30 pm | Beginner / Novice Lessons**

**Mon. | 2:30-5:30 pm | All Play**

**Tues. | 11:15 am-12:45 pm | Women's All Play**

**Wed. | 10:15 am-12:30 pm | Beginner / Novice Play**

**Wed. | 12:30-1:30 pm | Beginner / Novice Lessons**

**Wed. | 1:30-4:30 pm | All Play**

**Thur. | 11:15 am-12:30 pm | Beginner / Novice Play**

**Thur. | 2-5:30 pm | Intermediate & Advanced Play**

**Fri. | 12:30-1:30 pm | Beginner / Novice Play**

**Fri. | 1:30-4:30 pm | Intermediate Play  
(East & Center Courts)**

**Fri. | 1:30-4:30 pm | Advanced Play (West Court)**

**Sat. | 8:30-11:30 am | All Play**

**Cost: Monthly Electronic Funds Transfer \$13.50  
Unlimited Play**

**Evergreen Commons Membership Required**

**Monday, Oct. 3 late start at 1:30 pm**

**Note: Play is cancelled on October 12 & 13**

## GOLF LEAGUE RESULTS

71 Evergreen Commons' members participated in our 2022 Golf League, which concluded the season with a scramble tournament and luncheon on Monday, August 29. We celebrated a great season with fun and fellowship and awarded many prizes. Congratulations to all the winners! Thank you to all who participated – **We look forward to May 2023 when we kick off another great golf season!**





# Gala

2022 Giving

Celebrate Together

## Thursday, October 13

**5:30 PM** Cocktails & Hors d'oeuvres  
**7:00 PM** Strolling Dinner, Auction, & Program

Complimentary Valet Parking Available  
Celebratory Business Attire

For tickets call Member Services:  
616-355-5120







# RESOURCES

## 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](mailto:resources@evergreencommons.org).

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

**Tues. – Thurs. | 9:30 am-2:30 pm**

## RESOURCES FOR CAREGIVERS

**EVERGREEN COMMONS CAREGIVER SUPPORT GROUPS** Questions? Contact Alyssa Langejans: 616-355-5153 or [langejansa@evergreencommons.org](mailto:langejansa@evergreencommons.org)

- **2nd Tuesday** each month | 12:30 pm  
The Day Center (55 W. 16th Street, Holland)
- **2nd Thursday** each month | 3 pm  
Christ Memorial Church (in the Green Room)
- **3rd Wednesday** each month | 3 pm  
Ganges UMC
- **4th Tuesday** each month | 12:30 pm  
The Day Center (55 W. 16th Street, Holland)
- **4th Tuesday** each month | 3 pm  
Fellowship Church (Room 104)

## PARKINSON'S SUPPORT GROUP

Join us this month with an officer from the Zeeland Police Department as they talk about driving with Parkinson's disease and how to be safe on the roadways. Members and Non-Members are welcome. Sign up today using your In-Person account or call Member Services at 616-355-5120.

**Wed. | Oct. 19 | 2:30-3:30 pm | Seminar Room**

## SAVVY CAREGIVER & DISCERNING DEMENTIA



This free class teaches participants what dementia is, and how the disease will affect a person with dementia. It will provide a unique perspective on dementia highlighting the functional aspects of the disease and concentrating on the abilities of a person with dementia. To register: Contact Alyssa Langejans at 616-355-5153 or [langejansa@evergreencommons.org](mailto:langejansa@evergreencommons.org).

**Mon. | Oct. 10 – Nov. 7 | 10:30 am-12 pm**

**The Day Center, 55 W. 16th St., Holland**

**Cost: Free**

**Funding for this service is provided in part through the Older Americans Act, The Aging and Adult Services Agency, and Senior Resources of West Michigan. Donations are welcomed.**

## VOLUNTEERS NEEDED!

Evergreen Commons thrives because of the time and dedication of our fantastic volunteers. The care and talents they give allow us to keep our pricing low and our offerings varied. Volunteering is a great way to get to know new people and make new friends!

**Are you interested in learning more about any of the current volunteer openings?**

Please contact Cara Robinson 616-355-5110 to learn more and get started!

Do you have other talents or interests you think Evergreen Commons can benefit from? We would love to hear from you too!

## FRESHIRE IS COMING

in November! FreshAire is a community focused publication to inspire you on your journey to wellness! This wellness guide will be a part of the FreshAire publication.

# October CAFÉ 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:** Mon.-Fri. 8 am-2 pm

**CAFÉ HOURS:** Mon.-Fri. 11 am-1 pm

**All Entrees: \$7.50**

## Oct. 3 – Maple-glazed Ham Dinner

Served with scalloped potatoes and succotash. **GF**

## Oct. 4 – Sloppy Joe Sandwiches

Served with fresh fruit and cauliflower salad.

## Oct. 5 – BBQ Chicken

Served with baked beans and potato salad. **GF**

## Oct. 6 – Classic 3-Cheese Macaroni

Topped with garlic breadcrumbs and served with steamed broccoli.

## Oct. 7 – Tater Tot Casserole

Served with a ranch side salad.

## Oct. 10 – Sweet Potato Crusted Pollock

Served with home-made tartar sauce, rice pilaf, peas and carrots.

## Oct. 11 – Grilled Porkchops

Served with mashed potatoes, buttered corn and mushroom tarragon cream sauce.

## Oct. 12 – Split Pea Soup & Pigs in a Blanket

Dining room closed.

Served in the Coffee Shop from 11 am – 1 pm

## Oct. 13 – Closed for Gala

## Oct. 14 – Chicken Enchiladas

Topped with melted cheese, shredded lettuce, tomato, onion, salsa and sour cream. Served with Spanish style corn.

## Oct. 17 – Beef Chili

Topped with shredded cheese, onion & sour cream. Served with a side Cesar salad. **GFA**

## SOUP OF THE MONTH

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

Ruby Lentil



## Oct. 18 – Teriyaki Chicken

Served over vegetable fried rice. **GF**

## Oct. 19 – Commons Club Sandwich

Sliced ham, turkey and bacon with lettuce, tomato and honey mustard aioli. Served with coleslaw and potato chips.

## Oct. 20 – Spaghetti and Meat Sauce

Served with a garlic bread stick.

## Oct. 21 – Chef Salad

Comes with hard boiled egg, ham, turkey, cheese, tomatoes, onions and croutons. Served with choice of dressing. **GFA**

## Oct. 24 – Chicken Tender Basket

Served with tater tots, coleslaw and choice of dipping sauce.

## Oct. 25 – Turkey Deluxe Sandwich

Sliced turkey, coleslaw, swiss cheese, bacon and tomato on toasted rye bread. Served with pasta salad and melon wedge.

## Oct. 26 – Bourbon Pork

Served over cheesy grits with steamed broccoli. **GF**

## Oct. 27 – Traditional Meatloaf

Served with mashed potatoes, gravy, cauliflower and carrots.

## Oct. 28 – Cheeseburgers

Toppings include: lettuce, tomato and onion. Served with broccoli slaw and potato chips.

## Oct. 31 – Goooulash

Served with baby carrots.

**GF** = Gluten Free | **GFA** = Gluten Free Available

**\*See page 5 for our Café Concert!**



## Mighty Mac Presentation

For many years the Mackinac Bridge was the longest suspension bridge in the world, and it is one of Michigan's crowning achievements. Our presenter, Jacquie Sewell, a retired children's librarian, spent several years researching the bridge for her book *Mighty Mac, The Bridge That Michigan Built*. Using Herman Ellis's historic photos, Jacquie will take us on a journey through the entire process of building the bridge, beginning with Prentiss Brown, the statesman who never gave up on the dream of uniting Michigan's two peninsulas, and David Steinman, "engineer extraordinaire" who found a way to do the "impossible", continuing through the amazing feats of engineering that transformed a dream into a reality, and ending with the opening of the bridge on November 1, 1957. Seating is limited so reserve your seat by calling 396-7100.

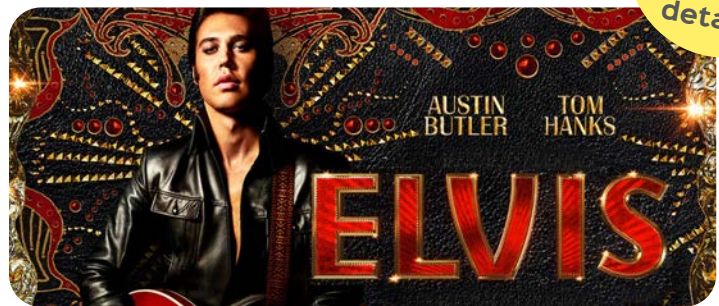
**Wed. | Oct. 19 | 11 am-12 pm**

**Cost: FREE! | Study Hall: 2nd floor**

## Wednesday Night at the Movies

Evergreen Commons members encouraged to register and enjoy a FREE movie and popcorn! Nonmembers are welcome with a suggested \$5 donation. All movies shown with closed captioning.

**Come early for dinner! See pg. 4 for details.**



**Oct. 26 | 6 pm | 2 hr. 39 min.\* | PG-13 for substance abuse, language, suggestive material and smoking**

The movie "Elvis" follows the story of infamous rock 'n' roll star Elvis Presley's life as seen through the eyes of his controversial manager Colonel Tom Parker (played by Tom Hanks). The film explores Elvis Presley's highs and lows and the many challenges and controversies he experienced throughout his career.

**\*Due to the length of the movie, please consider bringing a cushion for your chair.**

