



## WISE to Well HEALTH EXPO

Many of you have met Rebecca Sypniewski, a Family Nurse Practitioner currently working on her Doctor of Nursing (DNP) degree at Grand Valley State University Kirkhof College of Nursing.

Rebecca has organized this Wise to Well Health Expo as part of her academic work and will be assisted by GVSU nursing students. **What an incredible opportunity to access FREE health services and information!**



Rebecca Sypniewski

*Make a Date with your Health!*

**Tuesday • February 14 • 10:15 am–5 pm**

**in the Evergreen Auditorium**



There will be numerous **FREE** health screenings, cooking demonstrations and other health services including blood sugar and blood pressure checks, vision screening, body mass index measurement....and much more!

### Seminar Schedule

- 10:45 Fall Prevention and Balance
- 11:45 Diabetes Management
- 12:45 Osteoporosis
- 1:45 Healthy Eating
- 2:45 Mind/Body/Spirit
- 3:45 Depression
- 4:45 Body Mass Index • Blood Pressure Management  
Vision Screening

*Free & Open  
to the Public*

**Enter to win \$75 by visiting each of the booths and attending one of the seminars!**

Vendor booths will include audiology services, chiropractic care, podiatry services, massage therapy and more. **A complete list of services will be available at the Ambassador desk by Feb 10.**

The month of February is dedicated to raising awareness about heart disease and increasing knowledge about its prevention. In honor of Heart Awareness month, Rebecca will be offering educational activities about your heart health on Tuesdays in February from 1–2pm in the library. Friday, February 3, is **National Wear Red Day®**. **Let's wear red to show our support!**

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# Knibbe's Korner

When asked "What is Evergreen Commons?", we often begin to describe ourselves as a 'non-profit' organization. I would advocate that we start the conversation by describing what we **are** vs. what we are not and advance that we are a 'Community-Benefit Organization.' Our operating model is to benefit the community and our purpose is to play our particular role in such a way that the whole community will thrive. Our intention is to create significant value that truly matters in enriching the greater good of the community.

At Evergreen we aspire to bring value to the community in two distinct areas:

## THE COMMONS OF EVERGREEN

Our mission is to provide a place, platforms, access and opportunities to adults 50+, so that they are able to participate in living life to its fullest while encouraging a purposeful, active lifestyle in all its dimensions: Social, Physical, Vocational, Intellectual, Emotional and Spiritual.



## CARE SERVICES OF EVERGREEN

### • The Day Center

Our mission is to provide a place of 'Person Centered' support services for adults who need assisted care during the day.

### • In Home Care

Our mission is to provide for those who need assistance where they live.



As you can see, we have created new logos to assist in communicating the message of Evergreen's operating model and the many services we provide to the community. Watch for our new messaging in the coming months as we roll-out our compelling story. Your comments and input are welcome.

Grace and Shalom,

David Knibbe  
dmknibbe@evergreencommons.org

# Advancement

As a Community-Benefit Organization, making a positive **impact** on our community is essential to our existence. To fulfill our mission each year, we need to raise funds.

During this fiscal year, our goal is to raise \$450,000 for Evergreen. To date we have raised over \$360,000. The **impact** of your giving to Evergreen is that quality services are readily available to adults 50+ in our community, services that may be essential for a family member, friend, neighbor or yourself.

**If you have not yet made a donation to Evergreen, please consider doing so today!**

There are 3 ways in which you can donate.

1. Mail a check to:  
Evergreen Commons  
480 State Street  
Holland, MI 49423
2. Donate on line by visiting our web site, [www.evergreencommons.org](http://www.evergreencommons.org)—click donate now.
3. Contact me at the phone number or email below.

Your donation will help off-set the full cost of the quality services we provide to adults 50+ who are healthy and active as well as those needing assistance and their caregivers.

Please join me in making an **impact!**

Jane Slette  
Director of Advancement  
(616) 355-5122  
[jslette@evergreencommons.org](mailto:jslette@evergreencommons.org)

Evergreen Commons is a non-profit 501(c)3 organization. All donations are tax deductible.

phi • lan • thro • py

1. goodwill to fellow members of the human race; especially : active effort to promote human welfare  
Latin and Greek *philanthropia*, from *philanthropos*—**loving mankind**

# Volunteering

## Volunteering at Evergreen

The busyness of the holidays is behind us, but Evergreen **always** has an incredible selection of volunteer opportunities. Volunteers are needed for these events in February:

### Sweetheart Ballroom Dinner Dance

Saturday, February 11 • 4:30–7:30 pm

- Wait Staff
- Food Prep
- Dishwashers

### Friday Breakfast Buffet

Friday, February 17 • 8–11 am

- Wait Staff
- Food Prep

## Tulip Time 2012

The tulips in Holland will be blooming right on time, May 3–11. Evergreen needs more than 50 volunteers **each day** during this event and we can use every volunteer who is available. We'll be looking for bus greeters, tour guides, hosts, ushers, wait staff, dishwashers and more. It's fun to meet the people who come to Holland to experience our renowned hospitality and exquisite flowers.



If you'd like to volunteer for any of the events listed above, or would like more information, please give me a call or stop for a visit in my office on the first floor. I'm always happy to talk about volunteering at Evergreen!

Lisa Scholten

*Lisa*

Volunteer Coordinator

616.355.5138

lscholten@evergreencommons.org

## Why Volunteer?

When you volunteer, you can achieve personal reward and a sense of achievement. Volunteering is about donating your time, energy and skills. Volunteers convey a sense of motivation and enthusiasm. Volunteering can be enjoyable, relaxing, and revitalizing. The energy and sense of fulfillment derived from volunteering can even be carried over into other areas of your life and may help to relieve tension and foster new perspective. Try it!

Revitalize!  
Volunteer!

## Substitute Volunteers Are Needed



We are often in need of volunteers who can fill in when our regular volunteers are not able to get here. Positions include counter work in the Common Grounds Cafe, wait staffing and cashiering in the Dining Room. Call Lisa (616) 355-5138 to find out how you can help!

### Attention Oxygen Patients!

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## ROOM CODES FOR CLASSES & ACTIVITIES:

ADH ..... Adult Day Health, 1st floor

AS ..... Artisan Studio, 2nd floor

AUD ..... Auditorium, 1st floor

BR ..... Board Room, 1st floor

CG ..... Common Grounds Cafe, 1st floor

CC ..... Computer Center, 2nd floor

CR ..... Commons Room, 2nd floor

DR ..... Dining Room, 1st floor

FR ..... Fitness Room, 1st floor

GR ..... Game Room, 1st floor

MR ..... Music Room, 2nd floor

RS ..... Senior Care Services, 2nd floor

SR ..... Seminar Room, 1st floor

TR ..... Terrace, 2nd floor

WS ..... Woodshop, 1st floor

# Activities & Classes

## Class Registration

Payment is required when you register at our Member/Guest Services desk, open M-F, 8-5. Phone registration (616) 355-5120 accepted with credit card payment only. Refunds must be requested no later than five business days prior to first class.

If a class is cancelled by Evergreen Commons, your payment will be fully refunded. Questions? Call (616) 355-5136.

## AARP Driver Safety Program

Helping Older Adults Improve Driving Skills

**Mon. & Tues. • March 19 & 20 • CR • 1-5 pm**  
**\$12 per AARP member • \$14 non-AARP member**

This course is designed for drivers 50 and older, to help refine existing driving skills and develop safe, defensive driving techniques.



- Update your knowledge of the rules of the road.
- Learn about normal age-related physical changes and how to adjust your driving.
- Reduce the probability for traffic violations, crashes and injuries.

(You must attend both sessions to receive certification.)

## Ballroom Dance Class—Cheri Bos

**Mondays • Feb. 20–March 26 • AUD**

**\$30 member couple • \$42 non-member couple**

7:00 pm Intermediate–West Coast Swing

7:40 pm Open Dance

8:00 pm Advanced–Jive Review

Learn to *dance* with style under the direction of instructor Cheri Bos, who has been teaching dance for more than twenty years. Intermediate students with previous training will continue learning more about the West Coast Swing. Some basic dance experience would be preferred for the advanced group which will be doing a review of the Jive.

## Tap Dance & Clogging

**\$40 member • \$45 non-member • 8 week session**

- Beginning Tap–Barb Appledorn  
Tuesdays • 4:15–5 pm
- Intermediate Tap–Barb Appledorn  
Tuesdays • 5:15–6 pm (use entrance C)
- Advanced Tap–Barb Baldwin  
Wednesdays • 9–9:45 am
- Beginning Clogging–Barb Appledorn  
Thursdays • 4:15–5 pm
- Intermediate Clogging–Barb Appledorn  
Thursdays • 5:15–6 pm (use entrance C)

Evergreen offers different levels of tap dance and clogging instruction. If you have questions about which level would be best for you, or when the next session begins, please call Barb Visser (616) 355-5136.



## Line Dance Benefits Your Health!

**\$40 punch card 10 classes/Evergreen member**  
**\$50 punch card 10 classes/non-member**

Line dancing is a great way to sharpen your hearing, vision and mental alertness. It also improves cardiovascular and muscle strength and increases flexibility. It promotes greater coordination and weight control. You can burn 300 calories in 1/2 hour! Why wouldn't you want to line dance?! And no partner is needed. Evergreen is pleased to offer three levels of line dance. Join us!

- Beginning Line Dance–Barb Baldwin  
Mon. • 8:45–9:45 am • AS
- Intermediate Line Dance–Barb Appledorn  
Tues. & Thurs. • 6:30–7:30 pm • AUD  
(use entrance C)
- Advanced Line Dance–Barb Baldwin  
Mon. & Wed. • 10–11 am • AUD

## Chess Club

Interested in playing chess at Evergreen? Call Barb at (616) 355-5136.



# Activities & Classes

## Beginning Evening Line Dance

Wed. • Feb. 15, 22, 29 • 6:30–7:30 pm • AUD  
\$12 member • \$15 non-member (use entrance C)  
(or a punch on your line dance card)

The same fun and healthful beginning line dance class now offered in the evening for your convenience! Learn the basics during this 3 week class and be prepared to join the Tuesday/Thursday Intermediate evening line dance class. Or you are welcome to come to Monday morning's beginning class if that fits your schedule.

## Napkin Notecards

Wed. • Feb. 8 OR Feb. 29 • 1–2:30 pm • AS  
\$8 member • \$10 non-member

Did you know that you could create beautifully unique handmade notecards with paper napkins? In this class you'll learn how to fuse a paper napkin to a blank note card for an amazing effect. You'll surprise the special people in your life with these impressive cards that YOU created! Students will make six cards, and learn this skill which can also be used after the class at home. All materials will be provided, but please bring a long, sharp scissors and an iron (if you own one.) You may bring your own special paper napkins and no previous experience is necessary. Class instructor Marie Yutendale is a lifelong crafter and loves to share her talent and enthusiasm with others. (See samples at the Member/Guest Services desk.)

## Beginning Crochet

Wed. • March 14, 21, 28 • 9:30–11:30 am • BR  
\$26 member • \$32 non-member

Whether you are a beginner or you just need a refresher course, come join the fun as you learn single and double crochet, whip stitch, increasing and chaining. You will also learn to make a crochet-topped towel. Please bring your own size G crochet hook, a tapestry needle (blunt, big-eyed needle) and scissors. We will provide most of your yarn, a towel and button.

## Watercolor Painting–Kathy Van Tubbergen

Mondays • 12:30–3:30 pm • AS  
\$8 member • \$10 non-member

Artist and instructor Kathy Van Tubbergen will help you develop your style and improve your composition and technique. Work on your own projects or try something new, but you should have some watercolor experience to participate. This is an ongoing class and you may attend when you are able.

You do not have to pre-register and payment may be made directly to the instructor.



## The Players of Evergreen Theater Club

Thursdays • 3–5 pm • MR

This readers theater group has wrapped up their 2011 season after performing in 15 venues throughout West Michigan, including several encore performances. Striving to continually learn and improve their craft, they will now be meeting every Thursday. Join them as they search for new material, fully develop character parts, write scripts based on past experiences and explore new venues for performances. All

Evergreen members and prospective members are welcome to participate. So bring your suggestions, ideas, recommendations and creative thoughts and check them out on a Thursday afternoon at 3 pm. If you have questions or would like additional information, please contact Marie at (616) 392-1209.



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Grand Rapids: 124 East Fulton, Suite 100, Grand Rapids, MI 49503  
Holland: 42 East Lakewood Blvd., Holland, MI 49424

# Activities & Classes

## Tulip Time 2012

A big song and dance musical extravaganza awaits you at Evergreen for Tulip Time 2012! The show title says it all... "Let There Be Music!" And music it will be, with dancing, costumes, guest artists, a full live pit band and pageantry to thrill the soul.

The show begins with a big band tune, "Sing, Sing, Sing!" and takes the audience through show tunes, a bit of country, some popular Caribbean island music, a little barbershop and a sampling of rousing gospel.

As always, we will be honored to salute the men and women who have served our country in the armed forces with a dazzling red, white and blue finale.

### Tickets for the 2 Pre-Tulip Time Shows

Show & Luncheon	\$26/person
Show Only	\$15/person
Groups of 20 or more	\$23/person (+ 2 free tickets) (for show & lunch)



### Luncheon Menu

Delicious pulled pork, baked apples, coleslaw, roll, almond cake and coffee.

**Official Tulip Time Week Show Dates**  
**May 7-11** Tickets for these shows are available from the Tulip Time office at (800) 822-2770.

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## Evergreen Memoir Writing Club

**Fridays • Feb. 10 & 24 • 1:00-2:30 pm • BR**

Do you enjoy writing stories about your past? This club is for Evergreen members who would like to write their own life stories and share them with other club members to receive encouragement and suggestions on improving writing skills. If you'd like more information, contact Mary Heideman, Club Facilitator at (616) 335-3686. There is no fee to participate, but you do need to be an Evergreen member to participate in this or any other Evergreen club.

Memoir writing is a way to figure out who you used to be and how you got to be who you are.

## Piano Lessons—Marva Ripley

**Tues. • 1-4:30 pm • MR**

**or Wed. • 1-5 pm • MR**

\$15 per 1/2 hour class

Have you always wanted to play the piano, but never had the time for lessons? You can learn to play piano...at any age! Instructor Marva Ripley is a patient and gifted teacher. Follow your dream and call Marva at (616) 786-2427 to schedule your session.

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# Activities & Classes

## Faith Lessons—Phil Mitchell

Wednesdays • 1–2 pm • SR

Our popular Faith Lessons series has resumed with an interesting and informative Bible study about the Sermon on the Mount.

Instructor Phil Mitchell led the Prime Time for Men group at Evergreen for 13 years after retiring from 40 years of

pastorship. Join us for this hour of learning, contemplation and discussion.



## Evergreen Orientation

Monday • Feb. 27 • 1 pm • SR • Free

Have you just joined Evergreen? Would you be interested in joining? Wondering about programs, classes and services? Learn about your center, what it can provide for you and how you can become involved.

An optional tour will follow the orientation. Please reserve your seat at the Member/Guest Services

desk or call (616) 355-5120.



## Scrabble

Thursdays • 1 pm • Common Grounds Cafe

This popular game has been enjoyed by thousands over the years. It's played by 2–4 people on a square board of cells. Each cell accommodates a letter, line up letters to form words. That's the tricky part—no fair inventing words. Join the fun and exercise your brain!

## Bowling Without a Ball

Mondays • 1 pm • SR (no bowling 2/27)

Join us and have a blast as you bowl without a ball using the Wii game controller! It's easy on the back and can be done in a seated position if needed. No bowling shoes needed! These fun sessions are free, but you must be an Evergreen member to participate.

## Segmented Wood Bowl Turning Class

\$55 per person • Call Barb (355-5136) to schedule

Work one-on-one with Harold Ruthig as he walks you through the steps of creating a beautiful maple and cherry segmented wooden bowl. You must be comfortable around a table saw and be an Evergreen member to take this class. All materials provided and no Wood Shop participation package needed.



## Evergreen Wood Shop

Hours • Monday–Friday • 8 am–4 pm

Participation Fees (per person)

Annual user fee .....	\$150
6 month user fee.....	\$75
3 month user fee.....	\$40
20 visit user fee .....	\$45

## Investment Club

Interested in starting an Investment Club? Call Barb at (616) 355-5136.



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# Activities & Classes

## February Travelogue

**Majestic Montana!**

**Tuesday • Feb. 28 • 7 pm • AUD • \$7**

Montana is the fourth largest state, after Alaska, Texas and California. Its 147,000 square miles are still sparsely populated and cattle outnumber people three to one. Within its boundaries are two national parks, ten national forests, seven Indian reservations, more than forty state parks, nearly a dozen wilderness areas, more than fifteen national wildlife refuges, dozens of state-owned wildlife management areas and several national monuments and historic sites.



This state has been a travelers' destination for centuries. We'll discover the dinosaur country of Montana and learn about ranching and Indian culture. Visits to Yellowstone and Glacier confirm that Montana's scenic splendor and wide range of wildlife are unmatched. This is armchair travel at its best....to the Big Sky Country of Majestic Montana!

## Last Travelogue of the Season

March 20 **The Real World of Fiji**  
Rick Howard

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## Evergreen Book Club

**Tuesday • Feb. 7 • 2:30 pm • BR**

Enjoy the camaraderie of fellow readers while discussing the merits of great books. At our February session we'll be discussing "I Still Dream About You" by Fannie Flagg and distributing "Battle Hymn of the Tiger Mother" to be read for our March meeting. Questions? Call Barb at (616) 355-5136. All Evergreen members are welcome to join the Evergreen Book Club!



## Bunco

**Friday • Feb. 10 • 10 am • GR**

Bunco is a game of dice, played in rounds. Players take turns rolling the dice, trying to accumulate as many points as possible to win each round. AND...Bunco is FUN! Leave your worries behind as you laugh, roll the dice and get to know your fellow players. Our Bunco club plays on the 2nd Friday of each month in the Game Room. Call Barb (355-5136) if you'd like to join the group!

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# Activities & Classes

## Gift Wrapping Volunteers

Several of our Evergreen volunteers participated in the gift wrapping program at our local Barnes & Noble book store this holiday season. There was no charge for the service, but they earned gift wrapping "tips" which were donated to our center. We offer special thanks to the volunteers listed below who took time during their busy holiday season to represent Evergreen so wonderfully.

Barb Appledorn	Karen DeBoer
Vonnie Bos	Mickey Graff
Barb Baldwin	Rose Boeve
Gerry Cawthra	Carol Haverdink
Dee Wingard	Joyce Davids
Patty Pantano	Glenda Vetter
Beverly Reynolds	Edith Hancock
MeriKay Haringsma	Charles Hancock
Mary Jordon	



**TECH  
WEDNESDAYS**

**February 8 & 22  
9-10:45 am • Games Room**

Need help with new technology?  
Bring your device and your questions.  
Volunteer Ray Crockford will do his best  
to assist you with cell phones, laptops,  
iPods and more.

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**Volunteers Patty Pantano (l.) and Merikay Haringsma are ready to wrap!**

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# Games, Clubs, Groups

All Evergreen members are welcome to participate in our games, clubs and groups. Call contact numbers for information, cost (if applicable), etc. See pg. 3 for room abbreviations. Questions? Call Barb at 355-5136.

## Grocery Bingo

Tuesdays • 1 pm • AUD

## Lunch Pass Bingo

Thursdays • 9 am • DR

## Bowling w/o a Ball

Mondays • 1 pm • SR

## Bridge—Singles welcome!

Tuesdays • 9 am • GR

## Bunco

Friday • Feb. 10 • 10 am • GR

## Duplicate Bridge

Mondays • 9 am • GR

Wednesdays • 6:30 pm • GR

Contact Marlene (616) 396-6017

## Creative Crochet & Knitting Club

Tuesdays • 9:30 am • Common Grounds Cafe

## Cribbage

Thurs. • 12:30 pm • GR

## Evergreen Book Club

Tuesday • Feb. 7 • 2:30-3:30 pm • BR

“Still Dream About You” by Fannie Flagg

## Evergreen Chorale

Tuesdays • 4 pm • SR

Contact Cal (616) 355-5158

## Evergreen Memoir Writing Club

Fridays • Feb. 10 & 24 • 1-2:30 pm • BR

Contact Mary (616) 335-3686

## Evergreen Ringers

Thursdays • 1 pm • MR

Contact Elaine (616) 396-0959

## Evergreen Singers

On hiatus until March, 2012.

## Euchre

Mondays • 9:45 am • MR

## Hand & Foot

Thursdays • 1:00 pm • GR & DR

## Hispanic Potluck

Tuesday • Feb. 28 • 12 noon • CR

Contact Jodi (616) 355-5137

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## Machine Knitting

Wednesday • Feb. 22 • 12:30-3 pm • CR

Contact Dorothea (616) 392-3493

## Mahjong Club

Wednesdays • 10:00 am • GR

## Noteblenders Harmonica Band

On hiatus until March, 2012.



## Ping Pong

Monday, Wednesday, Friday • AUD

During Pickleball hours—See page 16.

## Pinochle

Wed. & Fri. • 12:30 pm • GR

## Poker

Thursdays • 12 noon • GR

## Scrabble

Thursdays • 1 pm • Common Grounds

## Shuffleboard

Thursdays • 10:20 am • AUD

## Spades

Mondays • 1:00 pm • GR

## Stamp Club

Monday • Feb. 6 • 9:30 am • DR



## The Players of Evergreen Commons

Thursdays • 3:00 pm • MR

Contact Marie (616) 392-1209

## Tulip Trimmers

Fridays • 8:30 am • CR

Contact Lois (616) 396-8025

## 500 Card Game

Tuesdays • 1 pm • GR



## HOLLAND EYE SURGERY & LASER CENTER

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**Dr. Eric Snyder**

**616-396-2316**

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# Computer Courses

## Class Registration

Register and pay at our Member/Guest Services desk, open M-F, 8-5. Phone registration (616) 355-5120 will be accepted with credit card payment only. Refunds must be requested by students no later than five (5) business days prior to the start of the class. If a class is cancelled by Evergreen Commons, your payment will be fully refunded. Questions? Please call (616) 355-5136.

## Computer Lab Passes

A \$30 one year computer lab pass is available for members only, allowing use of the lab M-F, 8-5 when no computer class or activity is in session.

## Computer Class Fees

Member		Non-member	
1 day class	\$18	1 day class	\$28
3 day class	\$35	3 day class	\$55

## Computer 101–Rich Smit

Mon., Tues., Wed. • Mar. 26, 27, 28 • 9:30–11:30 am

Learn how to use the mouse, open and close programs, save documents and some basic computer terminology.

## Beyond Computer 101–Rich Smit

Mon., Tues., Wed.

Feb. 6, 7, 8

9:30–11:30 am

Work with Windows to organize documents, pictures, internet and other program files. Locate, move, copy and manage your files in the process. Prerequisite: Computer 101 or basic computer skills. Please bring a flashdrive (memory stick) to class.



## Facebook–Rich Smit

Monday • March 12 • 9:30 am–12:30 pm

Since its launch in 2004, this social networking website has skyrocketed! In this class you'll learn how to set up a free Facebook account, maintain your personal profile, connect with old friends and more than likely make some new ones...online! (If you already have a Facebook account, please bring your username and password to class.)



## Skype–Rich Smit

Tuesday • March 13 • 9:30 am–12:30 pm

How do people make video phone calls with their computer? This class will demonstrate the use of an online phone service called Skype, which allows you to make free voice or video long distance calls on the internet.

You will also learn how to set up an account and find other friends and family who already use Skype. (If you have a laptop, you are welcome to bring it to class.)



## Downloading Music from the Internet–Rich Smit

Wednesday • March 14 • 9:30 am–12:30 pm

Do you know the difference between a WAV and an MP3 music file? This class will cover website music files, what the differences are and how to find them. You will also learn how to create your own audio CD's to play in your car or home. Please bring a flash drive to class so you can save what you download.



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# Computer Courses

## Tips & Tricks for Windows 7—Rich Smit

Monday • March 19 • 9:30 am–12:30 pm

If you have recently purchased a new computer, you know that it looks and works differently from your previous one. The most frequently asked question is, “Where did they put it?” This 1-day class is designed to help you understand the relatively new Windows 7 by observing the differences, new features and changes. Or if you prefer a hands-on experience, bring your laptop. (Your laptop must have Windows 7 installed on it.)



## Tune Up Your Computer—Rich Smit

Tuesday • March 20 • 9:30 am–12:30 pm

Your computer needs periodic maintenance to make it run better, just like your car. Learn about the basic software and procedures to protect your system and clean out the things that will eventually slow it down and possibly cause a malfunction. Please bring a flashdrive to class.



## Tips & Tricks for Email/Internet—Rich Smit

Wednesday • March 21 • 9:30 am–12:30 pm

Learn how to manage your email account and the best ways to share pictures with friends by email. You'll also learn tips about using internet search tools and gain knowledge of the internet security issues you should be aware of. Prerequisite: Computer 101 or basic computer skills.

## Personalized Macintosh Computer Training In Your Home

\$55 for 3 hours/member • \$75/3 hrs. non-member

Do you have an Apple computer or other Apple product? Do you wish someone would just sit down with you and answer specific questions?

Evergreen instructor Mike Allgaier will work with you in your home on an individual basis. He will answer questions and instruct you on how to use different applications and programs on your Macintosh computer.

He can also help you with your iPhone, iPod touch and other Apple products. Training will be customized to meet your needs.

Register and pay at the Member/Guest Services desk or call (616) 355-5120 using your credit card. Once you have registered, Mike will contact you to set up a time that is convenient for you.



Mike Allgaier has been involved in computer education since 1981. He was Director of Technology for Holland Public Schools until his retirement in June, 2004. He has also worked for Apple Computer as a Certified Trainer/Consultant and trained administrators, teachers and students in school districts throughout the country.



<b>Comprehensive</b> <b>EAR &amp; HEARING</b> Zeeland • Holland • Grand Haven	Formerly Zeeland Ear & Hearing 300 S. State St., Suite 1 • Zeeland 111 W. 24th St. • Holland 1101 Columbus Ave. • Grand Haven
<b>Cari Marzolf, MA, CCC-A, Audiologist</b> will be at Evergreen Commons on the 4th Thursday of each month from 1 - 2:30 pm. She will be available for <b>hearing screening</b> and <b>hearing aid clean</b> and <b>checks</b> on all makes and models of hearing aids.	
 Please call our Holland office at <b>616-393-5482</b> to make an appointment or to learn more about our <b>Comprehensive Ear &amp; Hearing</b> practices.	 Cari Marzolf, Audiologist

<b>Lakeshore</b> <b>Memorial Services</b> 11939 James Street Holland, MI 49424 <b>1-616-395-3630</b> www.lakeshorememorial.com lms@lakeshorememorial.com

Michael P. Dozeman, Owner & Manager Mark Wm. Neitzel, Funeral Director Steven C. Palmateer, Funeral Director

# Fitness Packages

## Gold Fitness Package

\$35 per month on Electronic Fund Transfer (EFT) draft or \$420 per year if paid in full.\*

- Unlimited use of the fitness room and the pool during open swim/lap times
- Unlimited access to all land and water fitness classes and fitness programs
- Towel service
- Evergreen annual membership
- A hold/freeze option is available for \$10 per time (6 month max.)



## Silver Fitness Package

\$25 per month on Electronic Fund Transfer (EFT) draft or \$300 per year if paid in full.\*

- Unlimited use of the fitness room and the pool during open swim/lap times
- Evergreen annual membership
- A hold/freeze option is available for \$10 per time (6 month max.)

## Matinee Fitness Package

\$17 per month on Electronic Fund Transfer (EFT) draft or \$200 per year if paid in full.\*

- Unlimited use of the fitness room and the pool during open swim/lap times **after 2 pm Monday through Friday**
- Evergreen annual membership
- A hold/freeze option is available for \$10 per time (6 month max.)

## 15 Visit Fitness Package

\$59—payable at the Member/Guest Services desk.

- Use of the fitness room and the pool during open swim/lap times for the day.
- All group fitness classes (land and water) for the day. Your Evergreen membership (\$50 annually) must be current.
- This package may not be split, refunded or transferred; it expires 1 year from date of purchase.
- 30 visits for \$59 for members 90 years and older

\* If the monthly plan for a Gold, Silver or Matinee package is cancelled, there will be a \$50 fee to rejoin.

# Fitness Programs

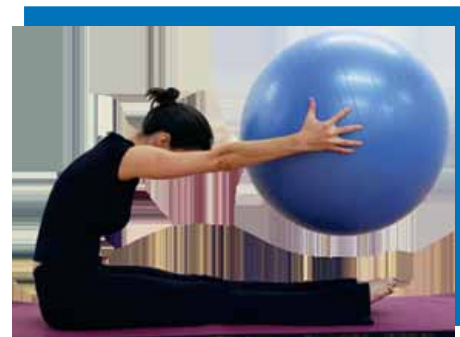
New sessions for the fitness programs listed here will begin in the spring. Watch upcoming issues of The Courier for information on starting dates for these popular wellness programs.

- Beginning Tai Chi
- Better Bones
- ChiYoga
- Get Hip!
- Intermediate Tai Chi
- Matter of Balance
- Stand Strong
- D.I.E.T. F.R.E.E.

## Pilates and Yoga Basics

Thursday • Feb. 16 • 9–9:45 am • SR • FREE!

If you have never been to a class and always wanted to try one, this one-time class is a great start! Come and learn some of the basic yoga poses and the essential Pilates exercises.



We will take time to break down the various poses and exercises so that your group class experience will be even better—safer and more effective. Even if you have been taking a Pilates or Yoga class for a while, you will benefit from this special session. Please sign up at the Fitness Desk or call (616) 355-5145. Limited enrollment.

## Senior Fitness Assessments

February 13–24 • FREE!

If you are 60 or older, you are invited to take part in a series of simple “tests” to measure your flexibility, strength and endurance. Following the tests, our Fitness Staff will offer tips and guide you on how to improve your fitness program.

- Informative
- Valuable
- FREE!



The total time commitment will only be 30 minutes and the results can help you become healthier and more attuned to your fitness needs. Please stop at the Fitness Desk or call (616-355-5145) to make an appointment.

# Fitness Programs

*Ladies, let's play*  
**Make Up!**

## Make Up Workshop

Tuesday • Feb. 21

1-2:30 pm • CR

\$15



Bring your old lipsticks, blushers and eyeshadows...plus a mirror and a towel. Learn the steps for that natural, glowing, healthy look.

This class is NOT about buying new products, but about how to apply the make up you already have. PLUS learning that the drug store can be a great resource for quality products. If you have ever spent lots of money at the department store cosmetic counter, only to come home and wash it off.....you will love this experience.

Please sign up at the Member/Guest Services desk or call (616) 355-5120. Instructor Shirley Swaney 1-1/2 hr.

# Personal Training



Mason Coeling



Sue Kremkow



Marcie Smith

## Evergreen Personal Trainers

- Amy VandePoel  
(616) 355-5114
- Marcie Smith  
(616) 355-5140
- Sue Kremkow  
(616) 355-5105
- Mason Coeling  
(616) 355-5139

**Focused  
on YOU  
and Your  
Fitness  
Needs!**



Amy VandePoel

# Spin & Pool

## Spin Class ☆☆☆

Tuesday & Friday • 7 am • AS

Spinning is a vigorous cardio program using a stationary cycle as an incredible fitness tool. This dynamic workout will challenge you! Class limited to 12 participants. Stop at the Fitness desk to reserve your bike up to 24 hours in advance (355-5145.) Sweat towel and water required. 45 min.

## EZ Spin and Sculpt ☆☆☆

Wednesday • 11 am • AS

A beginner version of Spin class-30 minutes of spinning followed by 15 minutes of sculpting. Stop at the Fitness desk to reserve your bike up to 24 hours in advance (355-5145.) Class limited to 12 participants. Sweat towel and water required. 45 min.

## Aquatic Arthritis ☆

Monday & Thursday • 2:30 pm

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

## Aqua Combo ☆

Wednesday • 2:15pm & Friday • 10 am

Water walking and low intensity endurance activities make this a great class for anyone with arthritis and other joint issues. 45 min.

## WaterWorks ☆☆☆

See pg. 17 for day/time information.

A water aerobic workout utilizing the resistance of the water to improve stamina, strength and flexibility without added stress on the joints.

## Cardio Waves ☆☆☆

See pg. 17 for day/time information.

A higher intensity water aerobics workout designed to get the heart pumping. Combined with segments of sculpting and stretching, it's a great cross-training workout.

## Liquid Fusion ☆☆☆

Monday • 6:30 pm & Friday • 9:00 am

Combines the power of water and its ability to relax and soothe. Kick it up a notch with this awesome interval style workout designed to challenge and energize you.

## Aqua Boot Camp ☆☆☆

Wednesday • 6:30 pm

Turn up the heat in this high intensity water workout! 45 min.

# Fitness Classes

## CLASS GUIDELINES!

To help you determine if a class is right for you, please use the following guidelines:

- ★ **Easy.** Mild intensity, designed for those just getting started in a fitness program. A chair is often used as an aid for balance and support.
- ★★ **Moderate.** The cardio classes will be faster-paced with more involved choreography. One should be able to get down on the floor with relative ease.
- ★★★ **Challenging.** Format and intensity of the class is designed for the more advanced exerciser.

### Arthritis Foundation Exercise Class ★

Tuesday • 2 pm • SR

Friday • 11:15 am • SR

Gentle, joint-safe movements for various fitness levels will help you experience less stiffness and discomfort. Seated and standing exercises utilized. 45 min.

### Balance & Stretch for Parkinson's ★

Monday & Wednesday • 10:15 am • CR

**A class designed exclusively for those dealing with Parkinson's.** The exercises will help increase balance and flexibility and strengthen your voice.

Free to Evergreen members. 55 min.

### Body Flex ★★★

Monday & Wednesday • 4:15 pm • SR

A challenging total body strength workout done to rhythm and music. (Participants must be able to get down on the floor.) 45 min.

### Gentle Jive ★★

Mon. & Wed. • 9 am • AUD

Move to the beat with fun songs you grew up with. Low impact, but not TOO gentle. 45 min.

### Parkinson's Exercise Class ★

Tues. & Thurs. • 10:30 am • SR

Exercise brings additional oxygen and glucose to the brain. The brain then has the ability to form new capillaries, boost brain chemicals and protect neurons. This class will use the support of a chair to perform seated and standing exercises—designed for those with Parkinson's or neurological challenges. Let's keep moving! 60 min.

### Pilates ★★

Monday • 8:45 am • SR • 60 min.

Designed to work the powerhouse of the body—the abs, glutes, back and hips. Pilates will greatly benefit you in your daily life with its emphasis on increasing the strength of your “core.”

### Pi-Yo Fusion ★★

Wednesday • 8:45 am • SR

Thursday • 6:15 pm • SR

A combination of Pilates-inspired strengthening and toning exercises and classic yoga poses. 60 min.

### Simply Stretch ★

Mondays • 5:15–6 pm • SR

Saturdays • 10:15–11 am • SR

A class designed to help you stretch all muscle groups, with the focus on areas which are prone to tightness. 45 min.

### Cardio Core ★★★

Thursday • 9:15 am • AUD • 60 min.

Low impact aerobics followed by trunk stability exercises and mat stretching.

### Chair Exercise ★

Mon. & Wed. • 10 am • SR

A well-balanced exercise class designed for those who find standing uncomfortable. 45 min.

### Chair Yoga ★

Tuesday • 12:30 pm • SR

Thursday • 1:30 pm • SR

A gentle and accessible approach to yoga with a chair for support. A great class for beginners. 60 min.

Home Health Services  
Holland Hospital

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Connect with a nurse every day.

# Fitness Classes

## Yoga ★★

Tuesday • 6:30 pm • SR

Friday • 8:45 am • SR

A yoga class for the active older adult. Improve your strength, flexibility and balance through various postures and poses designed to challenge your body. A workout that is both invigorating and relaxing. 60 min.

## Zumba Gold ★★

Tuesday • 9:15 am • AUD

Thursday • 5:15 pm • AUD

Friday • 10 am • AUD

Fun and easy to do! This Latin-inspired fitness dance class includes Merengue, Salsa, Cha Cha, Cumbia and Rock 'n Roll. Guaranteed to provide a safe and effective total body workout. No talent necessary! 45 min.



# Pickleball

## Pickleball Fees—Unlimited Play!

\$75/year—member

\$85/year—non-member

or a visit on your fitness package (included in Gold Fitness Pkg.)



## Pickleball Schedule

Monday	12-5 pm	Intermed./Adv. Play
Wednesday	12-1 pm 1-5 pm	Lessons/Novice Play Intermed./Adv. Play
Friday	11 am-1 pm 1-4 pm	Lessons/Novice Play Intermed./Adv. Play
Saturday	8:30-11 am	All levels



## Evergreen Striders

Striders walk for health, socializing, achievement and enjoyment. All walking is done at a self-selected pace and no one walks alone. New walkers welcome!

## Weekly Walks from Herrick Library

Monday 4 pm

Wednesday 9:30 am

Friday 9:30 am

Feb. 3 @ Herrick after walk

Special presentation by Karen Draeger  
“Walking as Fitness.”

## Walk of the Month

Saturday • Feb. 25 • 10 am

Rivertown Crossing Mall

Carpool from Evergreen @ 9:30 am

## Join The Striders!

\$20 annual fee Evergreen members

\$25 non-Evergreen members

Fee includes T-shirt!

For additional information on the EC Striders, please visit [www.evergreencommons.org](http://www.evergreencommons.org).

## COMPLETE CONTINUUM OF CARE



Providence is about knowing you are right where you belong. Whether you are looking for gracious retirement living, affordable assisted living, or rehab and skilled nursing care — for yourself or a loved one — Providence is a name you can trust. To get a glimpse of the Providence life in Zeeland, visit the Facebook pages of any of the communities listed at right!

For even more information, visit us at [www.providenceliveservices.com](http://www.providenceliveservices.com).

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### ASSISTED LIVING

ROYAL ATRIUM INN  
616.772.1248

### REHABILITATION AND SKILLED NURSING CARE

PROVIDENCE  
Healthcare & Rehabilitation  
616.772.4641



RETIREMENT LIVING



ASSISTED LIVING

# Fitness Schedule

Guests age 50+ may attend **all** classes with payment of guest fee.

## Daily Fee

Member ..... \$5  
Non-member ..... \$7

## FITNESS HOURS

**Monday–Thursday**  
6:30 am–8 pm

**Friday**  
6:30 am–5 pm

**Saturday**  
8 am–12 noon

**Fitness Desk**  
(616) 355-5145

Karen Draeger  
Fitness Director  
(616) 355-5108

[www.evergreencommons.org](http://www.evergreencommons.org)

<b>Monday</b>	6:30–8:00	Open/Lap		Pool
	8:45–9:45	Pilates	Karen	Seminar Room
	9:00–9:45	Gentle Jive	Sue	Auditorium
	9:00–9:45	Cardio Waves	Marcie	Pool
	10:00–10:45	Chair Exercise	Sue	Seminar Room
	10:15–11:10	Balance/Parkinson's	Maxine	Commons Room
	10:45–1:00	Open/Lap		Pool
	1:15–2:00	Cardio Waves	Amy	Pool
	2:30–3:15	Aquatic Arthritis	Karen	Pool
	3:15–6:15	Open/Lap		Pool
	4:15–5:00	Body Flex	Karen	Seminar Room
	5:15–6:00	Simply Stretch	Amy	Seminar Room
	6:30–7:15	Liquid Fusion	Amy	Pool
<b>Tuesday</b>	7:00–7:45	Spin Class	Karen	Artisan Studio
	7:15–8:00	Cardio Waves	Amy	Pool
	9:00–9:45	WaterWorks	Barb A.	Pool
	9:15–10:00	Zumba Gold	Amy	Auditorium
	10:30–11:30	Parkinson's Ex.	Sue	Seminar Room
	10:30–11:15	WaterWorks	Barb A.	Pool
	11:20–1:00	Open/Lap		Pool
	12:30–1:30	Chair Yoga	Tammy D.	Seminar Room
	1:15–2:00	Cardio Waves	Jodi	Pool
	2:00–2:45	Arthritis Exercise	Amy/Sue	Seminar Room
	3:00–7:30	Open/Lap		Pool
	6:30–7:30	Yoga	Tammy D.	Seminar Room
	<b>Wednesday</b>	6:30–8:00	Open/Lap	
8:45–9:45		Pi-Yo Fusion	Karen	Seminar Room
9:00–9:45		Gentle Jive	Sue	Auditorium
9:00–9:45		Cardio Waves	Amy	Pool
10:00–10:45		Chair Exercise	Sue	Seminar Room
10:15–11:10		Balance/Parkinson's	Maxine	Commons Room
10:45–1:00		Open/Lap		Pool
11:00–11:45		EZ Spin & Sculpt	Karen	Artisan Studio
1:15–2:00		Cardio Waves	Marcie	Pool
2:15–3:00		Aqua Combo	Marcie	Pool
3:00–6:15		Open/Lap		Pool
4:15–5:00		Body Flex	Karen	Seminar Room
6:30–7:15		Aqua Boot Camp	Marcie	Pool
<b>Thursday</b>	7:15–8:00	Cardio Waves	Marcie	Pool
	9:00–9:45	WaterWorks	Barb A.	Pool
	9:15–10:15	Cardio Core	Amy	Auditorium
	10:30–11:30	Parkinson's Ex.	Sue	Seminar Room
	10:30–11:15	WaterWorks	Barb A.	Pool
	11:20–1:00	Open/Lap		Pool
	1:15–2:00	Cardio Waves	Marcie	Pool
	1:30–2:30	Chair Yoga	Tammy D.	Seminar Room
	2:30–3:15	Aquatic Arthritis	Marcie	Pool
	3:15–7:30	Open/Lap		Pool
	5:15–6:00	Zumba Gold	Karen	Auditorium
	6:15–7:00	PiYo Fusion	Karen	Seminar Room
	<b>Friday</b>	6:30–8:45	Open/Lap	
7:00–7:45		Spin Class	Karen	Artisan Studio
8:45–9:45		Yoga	Kathy	Seminar Room
9:00–9:45		Liquid Fusion	Marcie	Pool
10:00–10:45		Aqua Combo	Marcie	Pool
10:00–10:45		Zumba Gold	Amy	Auditorium
10:45–4:30		Open/Lap		Pool
11:15–12:00		Arthritis Exercise	Amy	Seminar Room
<b>Saturday</b>	8:00–11:30	Open/Lap		Pool
	10:15–11:00	Simply Stretch	Marcie	Seminar Room

# Evergreen Transitions

## DON'S STORY

Don Kark has been a participant in Evergreen's Adult Day Program for 2 ½ years. His wife Diana had heard about the program from a friend at church who worked at Evergreen. Don had become bored staying at home and had already been getting medication and physician visits from the Veterans Administration. Diana applied for funding there so that Don could attend the Adult Day Program and the VA approved funding for three days of attendance per week.

Soon after Don started attending ADH, a Caregiver Training class was offered in Casco Township, near their home. Diana wanted to learn more about Alzheimer's and also wanted to learn more about caregiving in general. She acquired a lot of good information which has been very helpful to her as a caregiver.

Diana reports that having Don attend the Adult Day Program has been the best thing for both of them. Don is very social and enjoys being with and talking to staff and other participants. He played trumpet and baritone for many years in a band called "The Midnight Five," so he really enjoys the music at ADH (especially swing) and also plays in the bell choir. Don participates in a variety of activities while at Evergreen such as spiritual discussion, trivia, gross motor games, exercise and traveling with groups on outings. He also enjoys the good food that is served at ADH. Diana enjoys the opportunity for working on projects around the house on her own.



Don uses Evergreen's transportation service and says he really enjoys the ride.

Don and Diana met when he was stationed with the Air Force in California and Diana worked for the USO. He asked her to dance and 6 months later they eloped to Reno and were married.

Don worked for 22 years at Whirlpool in South Haven and Diana was a stay-at-home mom. She enjoyed caring for her family, cooking and sewing. About 18 years ago, Don had to learn to use the computer at work and he was not able to learn how to do that. This was the first indication to Diana that there was something wrong with Don so he retired at

age 60. After testing by his physician, Don was diagnosed with Alzheimer's disease. As time passed, Don began to forget where stores and other businesses were located. Eventually, his family made the decision to take the car keys from him to provide safety for him and others on the road.

Diana does not expect sympathy because of her situation. Caregiving is part of her life and she wants to do it. Both Diana and Don appreciate all the help they have received from Evergreen and it has helped Diana to care for Don at home for a longer time. In looking at their future, Diana is currently in contact with the Veterans Administration to see what options are available to them.



Discussing the news of the day with a middle school visitor.

# Support Groups

## Caregiver Support Groups

Monday • Feb. 6 • 6:30 pm • ADH

Tuesday • Feb. 14 • 12:30 pm • Board Room

Support groups provide the opportunity to share similar experiences, learn, and find support and friendship. Daytime groups provide the option of placing a loved one in respite programs during the meeting time. Questions? Contact Gloria VanHaitsma 616.355.5153.



## Parkinson's Support Group

Monday • Feb. 20 • 1 pm • Music Room

If you are affected by this disease, or care for someone who is, you are invited to join this support group.

In February we'll be having an open forum on Parkinson's with time for discussion.

For more information, contact the Parkinson's

Assoc. of West Michigan—toll free 1-800-617-8711. You may also call Evergreen Senior Care Services toll free 1-888-201-9145 or 355-5118 for local calls.

Whether you are just learning about a loved one's diagnosis of Parkinson disease (PD), adapting to new challenges as the disease progresses, or a seasoned primary caregiver, be informed! New treatment options are always being developed.

# Health Services

## Blood Pressure Checks

Tuesdays • 10–11 am • Library

Blood pressure checks will be available with Rebecca Sypniewski, from 10–11 am in the Library. A blood pressure machine, located near the Fitness Center, is also available when the building is open.

## Eyeglass Cleaning & Repair

Thursday • Feb. 2 • 1-2:30 pm • Artisan Studio

Staff from Sight Eye Clinic/Sight Optical—Steven Borgman help us with our Eyeglass Clinic. These wonderful volunteers will assess, clean and repair your glasses as necessary. No charge—no reservations.

## Foot Care Clinic

Thursday • Feb. 2 & 16 • 12:45–2:30 pm • AS

\$7 members • \$12 non-members

If you plan to attend the clinic, please bring a basin for soaking your feet, a towel for drying them, your own clippers and emery boards. If you are unable to keep your appointment, please call 355-5118 by 8:30 am on the scheduled day. Your correct payment amount is very much appreciated.

Call 355-5118 or  
1-888-201-9145  
for foot care  
appointment.



## Hearing & Hearing Aid Clinic

Thursday • Feb. 9 • 1-2:30 pm • Mini Conference

Karen Laisure from Beltone Hearing Centers will be at Evergreen Commons to administer hearing screenings, clean and check hearing aids (all makes and models), check ears for wax blockage and assess general ear health. No charge! No reservations required.

Thursday • Feb. 23 • 1–2:30 pm • Mini Conference

Cari Marzolf, MA, CCC-A, Audiologist from Comprehensive Ear & Hearing will be at

Evergreen to provide hearing screening and hearing aid cleaning and is willing to check any model of hearing aid. No reservations needed. No fee.

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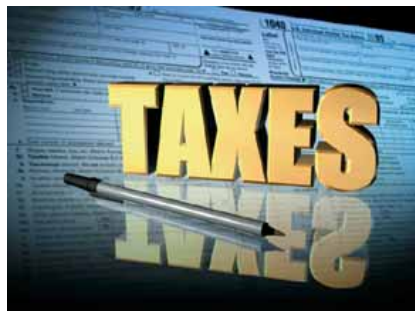
We treat you better  
so you'll feel better.

396-5233



803 Lincoln Ave. • Holland, MI 49423

# Assistance with Taxes



Evergreen Commons, in conjunction with AARP, will once again be offering tax assistance for **low to moderate income seniors** and **low income non-**

**seniors**. This program is run on a first-come-first-served basis and you do not need an appointment. However, we ask that you register with the receptionist on the 2nd floor when you arrive.

**Thursdays • February 2 – April 12**  
**9 am – 2 pm • 2nd floor**  
■ Building opens at **8 am**

## In Home Tax Services

If you are **HOMEBOUND** and not physically able to travel to Evergreen, please call (616) 355-5117. You must leave a voice mail with your **name, phone number and address**. (Please do not call this number until February 1.)

A tax volunteer will contact you to schedule an appointment in your home to help you with tax forms.



## Homestead Property Tax Credit Information

The Homestead Property Tax Credit is a state benefit to eligible Michigan residents who pay high property taxes in relation to their income. The credit you receive depends on your income with the maximum credit being \$1,200.

The Homestead Property Tax Credit can be used to reduce the amount of taxes owed or it can be issued as a refund. You may qualify for the Homestead Property Tax Credit if you own your home or if you rent.

Many seniors assume they do not qualify for this credit if they rent and therefore miss out on money for which they may be eligible.

## Information needed to have your 2011 tax forms prepared at Evergreen

1. **Two forms of identification.** Photo ID and Social Security Card, ITIN Card or Letter. One or both must show current mailing address.
2. Copies of 2010 tax returns.
3. Income information: W2's; 1099's; Social Security; SSI; Railroad Retirement Wages; interest and dividends from banks, stocks, bonds, mutual funds, etc.; pensions; annuities; IRA's; inheritance; lottery winnings; and other income of any type including any tax free information (Fed & State).
4. Homeowners (including condos): 2011 property tax bills (summer/winter).
5. Renters (including mobile homes): Monthly rents for 2011, Landlord's name and address.
6. Amount paid for supplemental health insurance in 2011 (AARP, Blue Cross, etc.).
7. Heating credit: Heat cost from Nov. 1, 2010 to October 31, 2011. You can get this information from your gas company or other heat provider.
8. Sale of home: date purchased, purchase price, cost of improvements, closing statement showing sale price, selling costs, etc. Copies of total property taxes levied on former home and present home for year 2011.
9. Sale of stock or mutual fund. (If you receive periodic payments from a mutual fund these may be reported as sales by the fund.) Date of stock purchase; purchase price of stock; amount of reinvestments in a mutual fund.
10. Estimated payments made for 2011.
11. Receipts/info on energy credit home improvements.
13. Checkbook and 2011 check register—for reference only.



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[www.oktirestores.net](http://www.oktirestores.net)

**MAKING TRACKS**

# Evergreen Travel

## Evergreen Travel Desk Hours

Tuesday 9:30 a.m. – 1:00 p.m.

Thursday 9:30 a.m. – 1:00 p.m.

Gail Andrus – bus tours

Joyce Dunne – air and cruise tours

You may register for your trip with Evergreen Travel by calling (616) 355-5115 or stop at the Ambassador Desk in the front lobby.



## AIR & CRUISE VACATIONS

Cost for air/cruise vacations subject to change due to taxes and fuel surcharges. Reservations are subject to availability—**it is very important to book air tours early!**

Save on airfare by using your credit card miles or frequent flyer miles.

### • Cruising Hawaii's Paradise **Subject to availability** March 14–24, 2012

3 days in Waikiki, Pearl Harbor, 7 day cruise

Cost: from \$2,995 pp/dbl to \$4,660 pp/sgl  
based on inside cabin or ocean view

Hosted by Joyce Dunne

### • Irish Adventure

Sept. 10–19, 2012

Southern Ireland including Waterford, Blarney, Killarney and Galway. A bonus will be Derry and the Giant's Causeway in Northern Ireland. This tour will include all breakfasts and dinners.

Cost: \$2,950 pp/dbl w/air from GRR  
\$3,480 pp/sgl w/air from GRR

Hosted by Paul & Flo McKeever

### • Exploring Alaska

**Deposit due Feb. 20**

July 9–21, 2012

Historic railway to Denali National Park, tour through the Yukon, 4 nights with Holland America Cruise Line. Meals are included on cruise; optional meal plan for the land portion. Deposit of \$800 due Feb. 20.

Cost: \$3,650 pp/dbl w/air from GRR—inside cabin  
\$3,984 pp/dbl w/air from GRR—ocean view  
\$4,224 pp/dbl w/air from GRR—verandah

### • Christmas on the Danube

Nov. 24–Dec. 2, 2012

Enjoy the magic of Christmas along the Danube River. All meals on the riverboat and local wines with dinner.

Cost: \$2,590 pp/dbl w/air from GRR

\$3,035 pp/sgl w/air from GRR

\$495 optional add-on for 3 nights in Munich

Hosted by Sheryl Smith

## GROUP TRAVEL—TRIPS

### • "Gypsy" at the Drury Lane Theater in Oakbrook, IL Thursday, February 16

\$93 member • \$103 non-member

One of the greatest American musicals ever written.

Includes trans., lunch and matinee performance, coffee/sweet rolls and driver gratuity.

### • Chicago Flower & Garden Show at Navy Pier Wednesday, March 14

\$65 member • \$75 non-member

Fashion and horticulture create the hottest runway show of the year at this perennial favorite! Includes trans., admission to the show, coffee/sweet rolls and driver gratuity. Call for details.

### • Philadelphia—Spring Break 2012

March 30–April 3, 2012

\$699 pp dbl • \$619 pp tpl • \$579 pp quad

We encourage seniors to invite their grandchildren and anyone who would like to join us on this inter-generational tour. Call for itinerary.

### • The Mighty Wurlitzer! at the GR Public Museum Saturday, April 14

With Mark Herman performing "All Irving Berlin."  
Call for information.

### • Meet the Stars—Branson, Missouri

April 23–27, 2012

\$699 pp dbl occ

A stay at the Welk Resort in Branson and viewing the best Branson has to offer. Shows include the Dutton Family, The Brett Family and Shoji Tabuchi.

### • Tiger Baseball! at Comerica Park in Detroit Thursday, June 7

The Tiger vs. the Cleveland Indians at 1:30 pm.

Includes tran., reserved lower box seat, coffee/sweet rolls and driver gratuity.

### • "Jonah"—Lancaster, Pennsylvania

June 19–22, 2012

\$709 pp sgl • \$549 pp dbl • \$505 pp tpl

The world premier of "Jonah" at the Sight & Sound Theater. A tour of Gettysburg and a visit to Chocolate World in Hershey will be included.

### • New England Fall Color Tour

Sept. 22–30, 2012

\$1,299 pp dbl occ

Upstate New York, Vermont, New Hampshire and Maine. Watch upcoming issues of The Courier.

Travel flyers are available in the brochure rack  
at the Ambassador's Desk.

# February Menu

*Bring a friend and enjoy lunch at Evergreen!*

- |    |                |                             |
|----|----------------|-----------------------------|
| 1  | Wednesday      | Baked Cod                   |
| 2  | Thursday       | Lasagna                     |
| 3  | Friday         | Sloppy Joes                 |
|    |                |                             |
| 6  | Monday         | Beef Pastie                 |
| 7  | Tuesday        | Monterey Jack Chicken       |
| 8  | Wednesday      | Baked Ham                   |
| 9  | Thursday       | Stuffed Cabbage Rolls       |
| 10 | Friday         | Taco Salad                  |
|    |                |                             |
| 13 | Monday         | Chicken Cordon Bleu         |
| 14 | <b>Tuesday</b> | <b>Heart Healthy Buffet</b> |
| 15 | Wednesday      | Chicken Fajitas             |
| 16 | Thursday       | Florentine Ravioli          |
| 17 | <b>Friday</b>  | <b>Breakfast Buffet</b>     |
|    |                |                             |
| 20 | Monday         | Meatloaf                    |
| 21 | Tuesday        | Ciabatta Club               |
| 22 | Wednesday      | Chicken Alfredo             |
| 23 | Thursday       | BBQ Chicken Breast          |
| 24 | Friday         | Tilapia                     |
|    |                |                             |
| 27 | Monday         | Chicken Stir Fry            |
| 28 | Tuesday        | Cobb Salad                  |
| 29 | Wednesday      | Turkey Burgers              |

## EC Bistro

The Evergreen Dining Room is open from 11:30 am – 1 pm, Monday – Friday.

Delicious food, great service, cozy atmosphere. Enjoy lunch with your friends at Evergreen Commons!



## Evergreen Advisory Council

This group of eleven volunteers is instrumental in providing insight and feedback to staff leadership regarding policies, procedures, areas of concern and future plans. The Advisory Council members listed here would love to talk with you about your questions, concerns or ideas for Evergreen.

Bill Bouma	Morrie Tubergen
John Clark	Ellen VanRaalte
Marie Hamilton	June Visscher
Ann Melpolder	Gene Welch
Warren Parker	Dee Wingard
Wally Rooks	

### Wheelchair Ramps



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## Common Grounds Internet Cafe



THE COMMONS  
OF EVERGREEN | Community Center for Active Living

Monday – Thursday 8:30 am – 4:00 pm  
Fridays 8:30 am – 1:00 pm

**Coffee just \$1—FREE REFILLS!**

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## Waverly Meadows

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TTY 800-649-3777



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[www.waverlymeadows.com](http://www.waverlymeadows.com)

OPEN HOUSE

Tuesdays &  
Thursdays  
1pm - 3pm

# Membership Application



THE COMMONS  
OF EVERGREEN | Community Center for Active Living

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ County \_\_\_\_\_ Township \_\_\_\_\_

Date of Birth \_\_\_\_\_ Gender  Male  Female

Marital Status  Single  Married  Widowed Spouse/Partner Name \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Monthly Courier  Receive by mail  Do not mail. I will view at [www.evergreencommons.org](http://www.evergreencommons.org)

Email address \_\_\_\_\_

## Membership with Fitness Package Options

**Gold**  \$420/year  \$35/month\*  
**Silver**  \$300/year  \$25/month\*  
**Matinee**  \$200/year  \$17/month\* \*Monthly payments require additional authorization

## Membership Only Options

1 Year \$50  3 Years \$140  5 Years \$220  10 Years \$400  Lifetime \$840

Please bring or mail completed form to Evergreen Commons, 480 State Street, Holland MI 49423

Payment options

Cash  Check (payable to Evergreen Commons)

Mastercard  VISA  Discover

Credit Card # \_\_\_\_\_

Exp. date \_\_\_\_\_ Security Code \_\_\_\_\_

## PARTICIPATION WAIVER AND RELEASE AGREEMENT

### **Please read the following, sign and date:**

As a participant in activities (including fitness, the pool, the wood shop and corresponding equipment) and programs offered by Evergreen Commons, I do hereby acknowledge that I am voluntarily participating. I recognize that in any activity or program there may be certain risks of injury to myself. I declare that my health and physical condition are adequate to meet the physical requirements of the activities and programs in which I may participate.

I agree to hold Evergreen Commons, its respective agents, representatives, instructors, volunteers, elected officers and employees harmless and indemnify them from any and all claims for damages to person or property arising from participation in above described activities.

In the event of an emergency, I authorize Evergreen Commons to secure medical treatment deemed reasonable and necessary for my immediate care, and I agree that I will be responsible for payment of any medical services rendered to me.

I hereby give permission for Evergreen Commons to use my photo in its publications and for the purposes of public relations.

Yes  No

Signature \_\_\_\_\_

Date \_\_\_\_\_

PHONE  
**(616) 396-7100**  
FAX  
**(616) 396-9736**  
E-MAIL  
**evergreen@evergreencommons.org**  
WEBSITE  
**www.evergreencommons.org**

## *Sweetheart Dinner & Ballroom Dance*

**Saturday • February 11**  
Evergreen Commons Auditorium

**Dinner & Dance (5:30–10:30)**  
\$25 per person Evergreen member  
\$30 per person non-member  
Reservations and payment must be made by Mon., Feb. 6.

**Dance Only (7:00–10:30)**  
\$10 per person Evergreen member  
\$15 per person non-member  
Reservations and payment must be made by Fri., Feb. 10.

- 5:30 punch
- 6:00 dinner
- 7:00–10:30 ballroom dancing

Dance music by **Pacific Lite**

For information or to make reservations,  
please stop at our Member/Guest Services  
desk or call **616.355.5120**.

Attire semi-formal.

**All ages welcome!**

## **Friday Breakfast Buffet**

Friday • Feb. 17 • 9–11 am • DR  
\$7 per person

Bring your friends and start your Friday right with breakfast at Evergreen Commons. Enjoy delicious scrambled eggs, crispy bacon, sausage, breakfast potatoes and an additional hot entree, danish, fresh fruit, juices and more.

For groups of 6 or more, please make reservations by calling our Member/Guest Services desk at 355-5120.

