Parkinson’s In Motion Week

Monday - Friday • April 22 - 26

Evergreen Commons Recognizes Parkinson’s Awareness Month!

This is an excellent opportunity to spread the word about Parkinson’s Disease. We want to share the impact it has on those with the disease, families and care partners. Because we care, the week of April 22 - 26, Evergreen Commons opens its extensive Parkinson’s programming for all to participate with a finale on Friday, April 26th. Space is limited in some activities, so we ask you to register in advance at the Member Guest Services desk or by calling 355-5120. The schedule of classes and activities are listed on page 2 and are free to anyone 50 and older unless otherwise stated.

Thank You to our 2019 Corporate Partners!
Parkinson’s In Motion Week Schedule

Space is limited for some activities. Register in advance at the Member Guest Services desk. For every class or activity that you attend during the week, you will receive a ticket to enter your name into several prize drawings at Friday’s Parkinson’s in Motion Event.

Monday, April 22
10:15 am • Balance & Stretch for Parkinson’s (Auditorium)
11:15 am • Moving with Parkinson’s (Seminar Room)
1:00 pm • Mobility Matters Balance Training (Seminar Room)

Tuesday, April 23
8:00 am • Pedaling for Parkinson’s Spin (Fitness Studio)
9:00 am • Pedaling for Parkinson’s Spin (Fitness Studio)
10:30 am • Parkinson’s Exercise (Auditorium)
2:15 pm • Pool Power, Strength & Balance (Pool)

Wednesday, April 24
8:00 am • Pedaling for Parkinson’s Spin (Fitness Studio)
9:00 am • Movement Matters (Dance & Music Studio)
1:00 pm • Coffee, Cookies & Canvas (Art Studio - $10 materials fee)

Thursday, April 25
8:00 am • Pedaling for Parkinson’s Spin (Fitness Studio)
9:00 am • Pedaling for Parkinson’s Spin (Fitness Studio)
10:30 am • Parkinson’s Exercise (Auditorium)
1:45 pm • Tai Chi (Fitness Studio)

Friday, April 26
Parkinson’s In Motion Event
8:30 am • Breakfast: pancakes, sausage & fresh fruit
9:00 am • Welcome
9:05 am • Holland Hospital BIG & LOUD presentation
10:00 am • Break
10:15 am • Presentation -Dr. Sriram, MD, MS, Neurologist
11:00 am • Question & Answer Session
11:30 am • Moving with Parkinson’s Closing Activity - Attila Mosolygo, Grand Rapids Ballet School Director
11:45 am • Prize Winners & Closing Comments
$5 per person • Auditorium

Register and pay in advance for Friday’s event at the Member Guest Services desk or call 616-355-5120.
We are pleased to announce Evergreen Commons April 2019 Volunteer of the Month: Jane Kappinga!

Jane is amazing because she is always filled with so much zest and joy when volunteering. She gets the participants excited about each activity she helps out with. She is faithful in volunteering even during the Polar Vortex! Thanks for all you do for the program, Jane!

We are pleased to announce Evergreen Commons April 2019 Volunteer of the Month: Sally John!

Sally is part of our team that assists kitchen staff in preparing fresh meals on a daily basis for members, staff, The Day Center and the community; as well for our special events. Sally’s role has an active impact on the health and wellness of all who dine in our building. “Come rain, sleet or polar vortex” she shows up to save the day. Her work ethic has been described as “remarkable, inspiring and downright impressive” by those who witness her hard work. Thank you, Sally, for the service you provide to our guests and staff. We appreciate your commitment to serving the vision and mission of our organization!

If you would like to nominate a volunteer who you feel has demonstrated outstanding contributions above and beyond expectations, nomination forms may be picked up in the Volunteer Coordinator’s office.

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Spoofing and Scams

Why are victims of fraud scams disproportionately older adults? Most studies suggest the older adult population is just more trusting and less skeptical than those who are younger. As a result, fraudsters target older adults. In fact, in the last few weeks I have heard of a number of “scams” that were attempted on our members.

According to the National Council on Aging (NCOA), some of the top scams targeting older adults include the following:

**Medicare/Healthcare** - In scams involving Medicare, fraudsters pose as Medicare representatives to get older adults to give them their personal information, such as their Medicare identification number. The fraudster uses this information to bill Medicare for fraudulent services and then pockets the money.

**Counterfeit Prescription Drugs** - When the Internet is used to find cheaper prices for medications, fraudsters are aware of this and set up websites that advertise cheap prescription drugs which are usually counterfeit.

**Social Security Spoofing Calls** - Fraudulent telephone calls are made from people claiming to represent the Social Security Administration (SSA). They threaten victims with arrest or other legal action if they don’t provide information.

**The Grandparent Scam** - In a grandparent scam, a scammer calls an older person and pretends to be their grandchild. They ask them if they know who is calling, and when the grandparent guesses the name of one of their grandchildren, they pretend to be that grandchild. The scammer tells the grandparent that they are in some sort of financial bind and asks if they can send money using Western Union or MoneyGram to help them out.

**Sweepstakes/Lotteries** - This scheme usually involves contacting elderly victims either by mail or telephone, and informing them that they have won a prize of some sort, but must pay a fee to obtain the prize.

And here are some practical tips to help prevent being defrauded:

- Be skeptical of any unexpected request
- Don’t believe your caller ID
- Don’t pay upfront for a promise
- Talk to someone before you act
- Hang-up on robocalls

If you have any questions or believe you might be a victim of a scam, please contact our Resource Center for assistance.

Grace and Shalom,

Dave
Class Registration
You must pre-register and pay for all classes at our Member/Guest Services desk. Phone registration at (616) 355-5120 is accepted with credit card payment only. Refunds must be requested no later than five business days prior to first class. All classes require a minimum number of students. If Evergreen Commons cancels a class, your payment will be fully refunded. Questions? Call Barb Visser (616) 355-5136.

Arts & Crafts

New Heel for Sock Knitters
One of the complaints of sock knitters is the heel. There have been sock knitting classes about the heel flap method and the boomerang method. This is another method. Who knows—it may become your favorite! Class will also focus on top-down construction, stretchy cast-on, four needle, two circular needles or magic loop kitchener stitch finish. Participants need some knitting experience. A supply list is available when you register.

Mon. • April 8 • 12:30 - 2:30 pm
Mon. • April 22 • 12:30 - 1:30 pm
Mon. • May 6 • 12:30 - 2:30 pm
$30 member • $36 non-member
Katie Stroop • Home Ec Room

Open Coloring Studio
All materials provided.
Tues. • 10:30 am-12 pm
$2 member • $5 non-member per session
Barb Pickard • Art Studio

Simple Wood Pen Turning Class
April is National Woodworking Month, and we invite you to celebrate with us by participating in our “make & take” pen turning class! Since pen turning is relatively simple, it’s ideal for everyone, including those with no prior woodworking experience. Instructors will walk you through step by step as you turn two pieces of wood using a lathe. Each person will leave with a beautiful, handcrafted, wood slim-line pen that they made themselves! All materials included. No prior knowledge needed, but you must be a member of Evergreen Commons to participate. Each class is limited to the first 3 people who register and pay at the Member/Guest Services desk.
Thurs. • April 11-May 16 • 1-3 pm
$30 member • $36 non-member
Kathy VanTubbergen • Art Studio

Beginning Acrylic Painting
You will learn mixing colors, values, and perspectives using acrylic paints. Enjoy this 6-week class as you complete 4 to 5 paintings by the end of the course. Supply list available when you register.
Thurs. • April 11-May 16 • 1-3 pm
$78 member • $90 non-member
Agnes Fisher • Art Studio

Intermediate Watercolor Painting
Mon. • 12:30-3:30 pm (no class 4/22)
$40 punch card for 4 classes member
$52 punch card for non-member
Kathy VanTubbergen • Art Studio

Beginning Acrylic Painting
You will learn mixing colors, values, and perspectives using acrylic paints. Enjoy this 6-week class as you complete 4 to 5 paintings by the end of the course. Supply list available when you register.
Thurs. • April 11-May 16 • 1-3 pm
$78 member • $90 non-member
Agnes Fisher • Art Studio

Segmented Wood Bowl Class
Work one–one–one with the instructor as they walk you through the steps for creating a beautiful segmented wooden bowl. You will be taught how to use a table saw, lathe and sander. You must be a member of Evergreen Commons to take this class. All materials will be provided.
Register at Member/Guest Services or call (616) 355-5120.
$65 per person

Woodshop Open House
To celebrate National Woodworking Month, our Evergreen Commons Woodshop is having an Open House! This is a great opportunity to see the variety of equipment we have and to ask the wood workers questions. Don’t miss this chance to see the beautiful items that the women and men have created in our woodshop, which might even inspire you to take one of our wood classes that we offer! We hope to see you there.
Wednesday • April 24 • 1:30-3:00 pm
Free!
Dance

Inter./Adv. Tap Dance
Take your tap dancing skills to the next level!
Tues. • April 16 - May 21 • 3:45-4:30 pm
$36 member • $48 non-member
Carly Van Eck • Dance & Music Studio

Ballroom Dance Party
Dance to recorded music as you enjoy the fellowship of other dance enthusiasts. No formal dance instruction will be given at the party. Please bring a snack to share.
Monday • April 29 • 7-8:45 pm
$2 member couple • $3 non-member
(Fee waived if you are a current Quick Step ballroom dance class participant.)

Language

Beginning French Level 2
Wed. • 9-10:30 am • 8 weeks
$90 member • $110 non-member plus cost of book
Mark Flower • Study Hall

Intermediate French
Tues. • 9-10:30 am • 8 weeks
$90 member • $110 non-member plus cost of book
Mark Flower • Study Hall

Pre-Intermediate Spanish
Thurs. • 9-10:30 am • 8 weeks
$90 member • $110 non-member plus cost of book
Mark Flower • Study Hall

* Contact Barb Visser at 355-5136 for session dates for all of our language classes.

Music

Piano Lessons
Tues. & Weds. • 10:30 am -5:00 pm
$16 ½ hr. member
$17 ½ hr. non-member
Marva Ripley • Teacher's Lounge
Call Marva at 616-786-2427 (home) or 616-886-9128 (cell) to schedule your lesson.

Weekly Jam Sessions
Weekly Jam Sessions are changing to a new day and time. Call Barb Visser at 355-5136 for more information.

Technology

Individualized Instruction
Instructor Scott Welsh will cover what you want to know during one-on-one sessions, at your pace, and at your skill level. Bring your own computer, tablet or phone, login information and passwords. Call 355-5120 to make an appointment.
Friday • April 12 • 9 am -12 pm OR
Tuesday • April 30 • 1-4 pm
$35 per 1 hour • member
$40 per 1 hour • non-member
Scott Welsh • Board Room

Fishing

Fishing News for 2019
Join Jack Payne, outdoor columnist and freelance writer, as he discusses what to expect from 2019 in regards to fishing for perch, bluegill and walleye. He will also cover tips for shore fishing. And if you are interested in being part of a fishing club, you won't want to miss this opportunity to give Jack input on what you would like to have in a fishing club. Space is limited. Please register and pay prior to the class at the Member/Guest Services desk.
Wednesday • April 10 • 1-2 pm
Free for members
$5 Enrichment Daily Pass for non-members
Pastor Karen Lavrack • Seminar Room

Spiritual

Faith Lessons
Join our Bible study series on the Gospel of Luke. Even if you can't come each week, you won't want to miss the Biblical insight and humor that Pastor Karen of New Life Nazarene Church in Holland brings to this group.
Wednesdays • 1-2 pm
Free for members
$5 Enrichment Daily Pass for non-members
Pastor Karen Lavrack • Seminar Room
Parking Alert

On the following dates we will be having special events that will effect parking.

**April 18**
Spring Fundraising Luncheon
11:00 am - 1:15 pm

**April 26**
Parkinson’s In Motion Event
8:00 am - 12:15 pm

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**Evergreen Commons Gardens**

**Are You Ready to Garden?**

- Medium plots-$40 member • $55 non-member
- Large plots-$50 member • $65 non-member
- Additional medium plot-$25
- Additional large plot-$35

Spring is here and it’s time to think gardening! Don’t let condo living or a shaded back yard stop you from having fresh veggies or beautiful flowers this year. Rent a garden plot in the Evergreen Commons Garden, located at the corner of 20th and Central. Plots will be roto-tilled and we will provide sprinkling service along with a compost pile. Gardeners plant and harvest their plots, and are expected to keep their area neat and weeded. Plots must be reserved in person at Evergreen Commons. Questions? Call Barb Visser at 355-5136.

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**Volunteers Needed**

We have “Wooden Shoes” to Fill for Tulip Time!

- **May 6th-10th**

We are in need of volunteers to help with our Tulip Time Luncheon Shows. We hope to serve almost 1000 guest during that week and need to have the ability to provide excellent hospitality. If you are interested in volunteering, please be sure to connect with Viola Jackson-Cleveland via email or phone at: jacksonv@evergreencommons.org or at 355-5128.

Volunteers are needed for:
- Bus Greeters
- Coffee Shop Attendants
- Dishwashers
- Servers
- Setup/Breakdown Helpers
- Ushers
- Wait Staff

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**Evergreen Commons Orientation**

Learn about Evergreen Commons, its programs, services and how you can become involved. An optional tour will follow the orientation. Refreshments will be served. Please reserve your seat at the Member/Guest Services desk or call (616) 355-5120.

**Monday • April 15 • 1:15- 2:15 pm**
FREE
Seminar Room

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**Cribbage**

Mondays • 1-3 pm • Game Room
Free for Evergreen Commons Members
$5 Enrichment Day Pass for non-members

Questions?
Contact Barb at 355-5136.

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**Wii Bowling**

is cancelled April 15 and April 22.
You must be a current member of Evergreen Commons to participate in these free Games & Clubs. Call contact numbers for additional information. Non-members can purchase a $5 Enrichment Day Pass. For questions or to learn one of these games, call Barb Visser at 355-5136.

**Games**

<table>
<thead>
<tr>
<th>Game</th>
<th>Days/Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>500 Card Game</strong></td>
<td>Tuesdays • 12:45-3:00 pm</td>
<td>Game Room</td>
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<tr>
<td><strong>Bingo (Grocery)</strong></td>
<td>Tuesdays • 2-4 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Bingo (Lunch Pass)</strong></td>
<td>Thursdays • 9-10:30 am</td>
<td>Dining Room</td>
</tr>
<tr>
<td><strong>Bridge—Singles welcome!</strong></td>
<td>Tuesdays &amp; Thursdays • 9-11:30 am</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Cribbage</strong></td>
<td>Mondays • 1-3 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Duplicate Bridge</strong></td>
<td>Mondays • 9 am-12:30 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td></td>
<td>Wednesdays • 5:30-8:30 pm</td>
<td>Game Room &amp; Contact Neil (616) 399-7948</td>
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<tr>
<td><strong>Euchre</strong></td>
<td>Mondays • 9:45-11:45 am</td>
<td>Home Ec Room</td>
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<td></td>
<td>Thursdays • 6:30-8:30 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Hand &amp; Foot</strong></td>
<td>Thursdays • 12:30-4 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Mahjong (National League)</strong></td>
<td>Wednesdays • 9 am-12 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Mahjong (Jerry Version)</strong></td>
<td>Wednesdays • 9:30-11:30 am</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Pinochle</strong></td>
<td>Wednesdays &amp; Fridays • 12:30-4:00 pm</td>
<td>Game Room</td>
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<tr>
<td><strong>Scrabble</strong></td>
<td>Thursdays • 1-3:30 pm</td>
<td>Dining Room</td>
</tr>
<tr>
<td><strong>Spades</strong></td>
<td>Mondays • 12:30-3:30 pm</td>
<td>Game Room</td>
</tr>
<tr>
<td><strong>Wii Bowling</strong></td>
<td>Sponsored by: Assisted Living Center</td>
<td>1st, 2nd, 4th &amp; 5th Mondays • 1-2 pm</td>
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**Clubs**

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<thead>
<tr>
<th>Club</th>
<th>Days/Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td><strong>Book Club</strong></td>
<td>1st Tues. of each month • 2:30–3:30 pm</td>
<td>Home Ec Room</td>
</tr>
<tr>
<td><strong>Clogging Club</strong></td>
<td>Mondays • 3:30-4:30 pm • Sept.-May</td>
<td>Dance/Music Studio • Royetta Doe (419) 392-4895</td>
</tr>
<tr>
<td><strong>Creative Crochet &amp; Knitting Club</strong></td>
<td>Tuesdays • 9:30-11:30 am</td>
<td>Home Ec Room</td>
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<tr>
<td><strong>Knit 2gether Club</strong></td>
<td>2nd &amp; 4th Thurs. • 12:30-2:30 pm</td>
<td>Home Ec Room • Katie Stroop</td>
</tr>
<tr>
<td><strong>Let’s Talk Tiger Baseball &amp; Other Sports</strong></td>
<td>Tuesdays • 9-10 am</td>
<td>Art Studio • Will Lewis (616) 928-4248</td>
</tr>
<tr>
<td><strong>Machine Knitting Club</strong></td>
<td>4th Wed. of each month • 12:30-2:30 pm</td>
<td>Study Hall • Michelle (616) 843–7479</td>
</tr>
<tr>
<td><strong>Memoir Writing Club</strong></td>
<td>2nd &amp; 4th Fri. • 1–2:30 pm</td>
<td>Board Room • Kerry (616) 510-5665</td>
</tr>
<tr>
<td><strong>Quilting Club</strong></td>
<td>1st Thurs. of each month • 10 am-2 pm</td>
<td>Home Ec Room • Mary Voss (616) 396-2013</td>
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</tbody>
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**Performance Groups**

Share your talents in one of our performance groups. You must be a member of Evergreen Commons to participate, and there is no cost to be part of these groups. For questions or to book one of these groups, contact the person listed.

**Evergreen Singers**

Wednesdays • 10-11 am • Mar.- Oct.
Dance & Music Studio • Phil (616) 393-6005

**Evergreen Commons Handbell Choir**

Thursdays • 11 am-12 pm • Sept.-May
Art Studio • Mary Van Voorst (616) 786-2272

**Evergreen Commons Dutch Dancers**

Mondays • 10-11 am • Mar-Apr, Sept.-Nov.
Auditorium • Doris (616) 820-9904

**The Evergreen Chorale**

Tuesdays • 4-6 pm • Sept.-May (off in Jan.)
Seminar Room • Kerry (616) 355-5158

**The Commons reACTORS**

Thursdays • 3-5 pm • all year
Study Hall • Marie (616) 392-1209

**Noteblenders Harmonica Band**

Tuesdays • 9-10 am • May - October
Dance & Music Studio • Laverne (616) 298-9006
A Premium Fitness Package or a Fitness Day Pass is needed to take Fitness Classes.

Fitness Class & Program Guidelines!
To help you determine if a class or program is right for you, please use the following guidelines:

★ Easy. Mild intensity, designed for those just getting started in fitness. A chair is often used as an aid for balance and support.

★★ Moderate. The cardio classes/programs will be faster-paced and may involve more choreography. One should be able to get down on the floor with relative ease.

★★★ ★★★ Challenging. Format and intensity of the class/program is designed for the more advanced exerciser.

Join our Senior Resource grant funded classes, EnhanceFitness & Arthritis Foundation Exercise April 1 - May 24.

Fitness Classes

Cardio and Strength Conditioning Classes

Enhance Fitness ★★★
Mon., Wed., Fri. • 8:45-9:45 am
Auditorium

Body Flex ★★★
Mon. & Thurs. • 4:15-5:00 pm
Seminar Room

Boot Camp Express ★★★
Tuesday • 9:00-9:30 am
Seminar Room

Zumba Gold (cardio dance fitness) ★★
Tuesday • 9:15-10:00 am
Friday • 10:00-10:45 am
Auditorium

Strength Circuit ★★★
Wednesday • 8:00-8:30 am
Thurs. • 10:30-11:00 am
Seminar Room

Core 30 ★★
Tuesday • 9:35-10:05 am
Seminar Room

Cardio Core ★★★
Thursday • 9:15-10:15 am
Auditorium

Cycling Classes

Pedaling for Parkinson’s Spin Class ★★
Tues., Thurs., Fri. • 8:00-9:00 am & 9:00-10:00 am
Fitness Studio

Spin Class ★★★
Tuesday, Thursday & Friday • 7:00-7:45 am
Fitness Studio

S3: Spin, Strength & Stretch ★★★
Monday & Friday • 10:30 – 11:30 am
Fitness Studio

E-Z Spin & Sculpt ★★
Wednesday • 11:15 am-12:00 pm
Fitness Studio

Mind /Body Classes

Pilates ★★★1/2
Monday • 8:45-9:45 am
Seminar Room

Simply Stretch ★★★
Monday • 8:00-8:30 am
Saturday • 9:30-10:30 am
Seminar Room

Chair Yoga ★
Tuesday & Thursday • 1:30-2:30 pm
Seminar Room

Yoga ★★★1/2
Tuesday • 6:30-7:30 pm
Friday • 8:45-9:45 am
Seminar Room

Pilates Stretch ★★★
Tuesday • 10:15-11:00 am
Seminar Room

Pilates Yoga Blend ★★★1/2
Wednesday • 8:45-9:45 am
Seminar Room

Yoga Stretch ★★★
Thursday • 8:45-9:45 am
Seminar Room

Pilates Yoga Stretch ★★
Friday • 10:15-11:00 am
Seminar Room

Chair-Based Classes

Chair Exercise ★
Mon. & Wed. • 10:00-10:45 am
Seminar Room

Balance & Stretch for Parkinson’s ★
Mon. & Wed. • 10:15-11:10 am
Typing Room

Parkinson’s Exercise ★
Tuesday & Thursday • 10:30-11:30 am
Auditorium
Aquatic Classes

Aquatic Arthritis ★
Mon. & Thurs. • 2:30-3:15 pm
Pool

Aqua Combo ★1/2
Wednesday • 2:30-3:15 pm
Friday • 10:15-11:00 am
Pool

WaterWorks ★★
Tues. & Thurs. • 10:30-11:15 am
Pool

Cardio Waves ★★1/2
Tues., Thurs., Fri. • 8:00-8:45 am
Mon., Tues., Wed., Thurs. • 9:15-10:00 am
Mon., Tues., Wed., Thurs. • 1:15-2:00 pm
Pool

Instructor’s Choice ★★1/2
Monday • 8:00-8:45 am
Saturday • 8:15-9:00 am
Pool

Aquatic Cardio Blast ★★★
Wednesday • 8:00 - 8:45 am
Pool

HIIT H2O ★★★
Mon. & Wed. • 6:30-7:15 pm
Friday • 9:15-10:00 am
Pool

Open/Lap Swim
Mondays • 6-8am, 10:15am-1pm, 3:15-6:15pm
Tuesdays • 6-8am, 11:20am-1pm, 3:15-7:30pm
Wednesdays • 6-8am, 10:15am-1pm, 3:15-6:15pm
Thursdays • 6-8am, 11:20am-1pm, 3:15-7:30pm
Fridays • 6-8am, 11:00am-4:30pm
Saturday • 9am-1:30pm

Personal Training
Gain the strength and balance you need for the life you deserve!

Evergreen Commons Personal Trainers
- Marcie Gove (616) 355-5127
- Erin Aardema (616) 355-5129
- Kevin Lankheet (616) 355-5139

Tired of not achieving your fitness goals? Try a personal trainer! They can help you renew your fitness regimen, focusing on YOUR strengths. New to exercise? Our personal trainers will get you started with the correct exercise program for YOU. Call today!

Mobility Matters Personalized Balance Training
An innovative balance assessment and program design platform to help you improve function, prevent falls, and move with confidence! Exercises tailored to meet your needs! The only program of its kind in West Michigan!

Contact a Mobility Matters trainer today to get started on your path to better balance!
- Derek: 616-355-5108
- Erin: 616-355-5129
- Kevin: 616-355-5139
- Marcie: 616-355-5127

Small Group Suspension Training
Born in the Navy SEALs, suspension training bodyweight exercise develops strength, balance, flexibility, and core stability simultaneously. Learn how to use the Suspension Trainer, a performance-based training tool that leverages gravity and the user’s body weight to complete exercises that can improve overall strength and sports performance - enhance your golf, tennis, or pickleball game and much more! 30 min.
Call (616) 355-5120 to sign up.
Space is limited to 2 participants per session

Session 1
Wednesdays • 11:00 am • Begins April 10

Session 2
Wednesdays • 11:30 am • Begins April 10
$50 members only
4 weeks • Fitness Center
Fitness Programs

Mobility Matters! ★★
A NEW balance improvement and maintenance program, the only one of its kind in West Michigan! This is a scientifically based assessment and exercise program to help you prevent falls, maximize physical function, and achieve physical vitality to improve well-being. Exercises are designed to build the best balance enhancement program for you! We know you want to enjoy life to the fullest and be active at home and out and about with your family and friends. We also know aging is a unique experience for everyone and our tailor-made exercise programs will meet everyone where they are at now to get results! Call Amy at 616-355-5114 to determine which level is best for you. Sign up soon, space is limited! 60 min. Mobility Matters personal training sessions also available; please refer to the personal training section on page 9 of the Courier for more information.

Level 1: Suitable for those requiring assistance in activities of daily living or requiring the use of cane or walker on a regular basis.
Tuesday & Thursday • 1 pm • Begins April 9
$75 members • $95 non-members
10 Weeks • Dance & Music Studio

Level 2: Suitable for those beginning to experience balance deficits.
Monday & Wednesday • 11 am • Begins April 8
$75 members • $95 non-members
10 Weeks
Monday • Auditorium
Wednesday • Seminar Room

5K Training ★★
Have you ever wanted to experience the satisfaction of finishing a 5K? Or are you looking to improve your 5K time? Well here is your opportunity. Regardless of your fitness level, Derek Schaaf will lead you through a personalized step-by-step 12 week conditioning program including weekly walk/run progressions, manageable expectations, motivational coaching, and balance, strength, & flexibility exercises designed to enhance your progress. Enjoy the great outdoors, make new friends, and have a lot of fun along the way to achieving a 3.1 mile walk or run! 5K t-shirt included.
Wednesday • 2:30-4:00 pm • April 17
$5 members • $15 non-members
10 Weeks • Fitness Entrance C

Nutrition Education Series ★ NEW!
April Topic: Not All Carbohydrates Are Created Equal
Carbohydrates are one of the three macronutrients in our diet. The trouble with carbohydrates lies in our food selection and food supply. In this workshop you will learn how to decipher between simple and complex carbohydrates, how to recognize hidden sugars in your food, and how to choose your carbohydrates wisely. Learn why carbohydrates are necessary for optimal health and how many carbohydrates you should be eating.

Disclaimer ★★ This does not replace advice or nutrition plans given by your health care provider or dietitian.
Wednesday • 2:30-4:00 pm • April 17
$5 members • $15 non-members
One day Workshop • Seminar Room

Tai Chi Arthritis 2 ★★
Using Sun-Style Tai Chi routines, Part 2 is for those who have completed the original program and are looking to refine their skills and learn new forms. 45 min.
Thursday • 12:45 pm • Begins April 11
Senior Resources Grant
Suggested Donation:
$10 members • $15 non-members
8 weeks • Fitness Studio

Program Registration
You must pre-register and pay for all fitness programs at our Member/Guest Services desk. Phone registration at (616) 355-5120 is accepted with credit card payment only. Refunds must be requested no later than five business days prior to first class. All programs require a minimum number of students. If Evergreen Commons cancels a program, your payment will be fully refunded. Questions? Call Amy (616) 355-5114.

Fitness Program Guidelines!
To help you determine if a program is right for you, please use the guidelines listed on page 8.
**Fitness Programs Cont.**

**Fit & Strong★★**
If you are experiencing stiffness or pain in your lower back, hips, knees, ankles or feet, this class is designed for you. It includes stretching, low impact aerobics, walking, and strengthening exercises. You will also learn how to manage arthritis, exercise safely and maintain a more active lifestyle. This award-winning, evidence-based program is proven to benefit lower body osteoarthritis symptoms and promote an active lifestyle.

M/W/F • 9-10:30 am • Begins April 22
Senior Resources Grant
Suggested Donation
$10 members • $15 non-members
8 Weeks
Mon. & Wed. • Fitness Studio
Friday • Typing Room

**Moving with Parkinson’s★★**
Embrace the therapeutic power of dance! Led by Attila Mosolygo, Grand Rapids Ballet School Director, with a chair for support and set to live piano music, you will express movement in creative and fun ways. Join anytime during the 20-week session - fees are prorated, no additional charge for care partners. Appropriate for those with Parkinson’s disease or other neurological challenges. 45 min.

Monday • 11:15 am • Jan. 7 - May 20
$60 members • $100 non-members
20 weeks • Seminar Room

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**Sports & Groups**

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**Pickleball**

*For fees and information call Erin Aardema at 355-5129.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Mon.</td>
<td>12:15-1pm</td>
<td>Beginning-Novice Play</td>
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<td></td>
<td>1:00-2:00pm</td>
<td>Beg.-Novice Play (West court)</td>
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<td>1-5pm</td>
<td>All Levels Play</td>
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<tr>
<td>Tues.</td>
<td>12-7:30pm</td>
<td>All Levels Play</td>
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<tr>
<td>Wed.</td>
<td>11-1pm</td>
<td>Intro to Play &amp; Beg.-Novice Lessons</td>
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<td>1-2pm</td>
<td>Beg.-Novice Play (East Court)</td>
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<td></td>
<td>1-2pm</td>
<td>Intermed. Play (Middle Court)</td>
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<td></td>
<td>1-5pm</td>
<td>Advanced Play (West Court)</td>
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<td></td>
<td>2-5pm</td>
<td>Intermed. Play (East &amp; Mid Courts)</td>
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<td></td>
<td>5-7:30pm</td>
<td>All Levels Play (1st, 3rd, 5th Wed.)</td>
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<td>Thur.</td>
<td>12-2pm</td>
<td>Men's Adv. Play (East court)</td>
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<td>2-5pm</td>
<td>Women's Adv. Play (West court)</td>
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<td></td>
<td>5-7:30pm</td>
<td>Overflow Adv. Play (Middle court)</td>
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<tr>
<td>Fri.</td>
<td>11am-1pm</td>
<td>Intro to Play &amp; Beg.-Novice Lessons</td>
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<td>Beg.-Novice Play (East Court)</td>
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<td>Intermed. Play (Middle Court)</td>
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<td>1-4pm</td>
<td>Advanced Play (West Court)</td>
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<td>2-4pm</td>
<td>Intermed. Play (East &amp; Mid Courts)</td>
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<tr>
<td>Sat.</td>
<td>9am-1:30pm</td>
<td>All Levels Play</td>
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</tbody>
</table>

*Pickleball schedule is subject to change due to holidays, events, and/or maintenance.*

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**Pickleball Skills & Drills**

Interested in refining some of your Pickleball skills? Come participate in drill sessions with 5.0 player Larry VanderRoest on the 4th Monday of every month! To sign up, please contact Erin Aardema at 616-355-5129 or aardemae@evergreencommons.org. **Open to Evergreen Commons Pickleball Members Only**

Payment must be made by 6 pm the Thursday before the session. If payment has not been made by this time, you will be dropped from the reservation list.

4th Monday of the month 3:30-5:00 pm or 5:00-6:30 pm
$12 per session

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**The STRIDERS**

**Weekly Walks**

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Monday</td>
<td>5 pm</td>
<td>Evergreen entrance A</td>
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<tr>
<td>Wednesday</td>
<td>9:30 am</td>
<td>Evergreen entrance A</td>
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<tr>
<td>Friday, April 5</td>
<td>9:30 am</td>
<td>Evergreen entrance A</td>
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<tr>
<td>Friday, April 12, 19, 26</td>
<td>9:30am</td>
<td>Dunton Park, west entry, Howard Ave by pavilion</td>
</tr>
</tbody>
</table>

**Saturday Trek**

Saturday April 27: Grand Haven Pier Walk
Carpool leaves from Evergreen woodshop lot 9:15am

For fees and more information call Erin Aardema (616) 355-5129.
World Tai Chi Day  
Saturday • April 27 • 10:00 - 11:00 am

Join us in the Evergreen Commons Auditorium to celebrate World Tai Chi & Qigong Day, a time to come together for the purpose of health and healing. Enjoy a peaceful, calming tai chi workout and learn about all the great health benefits tai chi has to offer in this free global event. This event is free and open to anyone 50 years of age or older.

Tennis

**Evergreen Commons Tennis Group**

Join the Evergreen Commons Tennis Group! You must be an intermediate or advanced player. One time signup fee. Register and pay at the Member/Guest Services desk.

Wednesday & Friday • Begins May 1
9:00 - 10:30 am

$15 per person
(must be an Evergreen Commons member to play)

HCHS Tennis Courts

Questions?
Contact Bob Harmon at harmon.rl@gmail.com

Golf

**Evergreen Commons Golf League**

It’s almost golf season, and we would love to have you join our Evergreen Commons league. Women and men of all skill levels are welcome! Green fees are $10.00 for 9 holes, and golf carts are $6.00 (league play only). We’ll finish the season with a potluck celebration on August 26. Register & pay at Member/Guest Services where you can pick up a copy of the 2019 rules.

Rust in your swing? There is an open practice session on April 29, at league prices.

Mondays • May 6 - Aug. 26 • 8:30 am (9 am in May)

$15 per person
(must be an Evergreen Commons member to play)

Winding Creek Golf Course

Questions? Call Will Lewis (616) 928-4248

Health Services

Assistance for meals in our Café is available to those 60 years and older living in Ottawa County. Please contact our Resource Office at 616-355-5118 for details.

**Hearing & Hearing Aid Clinic**

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

2nd & 4th Mondays • 1-2:30 pm
FREE • Study Hall • No Appointment needed

**Parkinson’s Support Group**

There will be no Parkinson’s Support Group for April. Instead, join our week-long celebration for Parkinson’s Awareness Month, April 22-26. Check out pages 1 and 2 for more information!

Questions? Call Erin Aardema at 355-5129.

**Caregiver Support Groups**

Monthly support groups are offered:

- **2nd and 4th Tuesday; 12:30 - 1:30 pm**
  The Day Center of Evergreen Commons
- **2nd and 4th Tuesday; 3:00 - 4:30 pm**
  Christ Memorial Church in the Green Room
- **4th Tuesday; 3:00 - 4:00 pm**
  Fellowship Reformed Church

These meetings provide an opportunity to talk and share with other caregivers who are going through or have gone through the same experience, a place to learn coping skills, saving you much trial and error, and most importantly assurance that you are not alone.
Wednesday Night at the Movies
6:00 pm • Auditorium
FREE for Evergreen Commons members • $5 non-members
(Must be 50 or older to attend)

April 10: Greenbook

“Green Book”, winner of three Oscars and three Golden Globes including Best Picture, is based on the true story of Dr. Don Shirley, a world-class African-American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian-American neighborhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation. Rated PG-13 (for profanity), 2 hr. 10 min.

April 24: Mary Poppins Returns

Now an adult with three children, bank teller Michael Banks learns that his house will be repossessed in five days unless he can pay back a loan. His only hope is to find a missing certificate that shows proof of valuable shares that his father left him years earlier. Just as all seems lost, Michael and his sister receive the surprise of a lifetime when Mary Poppins -- the beloved nanny from their childhood -- arrives to save the day and take the Banks family on a magical, fun-filled adventure. Rated PG-13, 2 hr. 10 min.

Air & Cruise Travel 2019

Washington DC - 4 day walking tour with flight June 20-24, $975
-Visit capitol, monuments, memorials and museums

Iceland Cruise - Call for air prices - Waitlist
- Amsterdam, England, Scotland, Iceland, Norway
$3944 Balcony, $3544 oceanview $2944 inside
Air approximately $1025 8/3-18, 2019

Mt. Rushmore, Yellowstone and Tetons - Sept. 26- Oct. 6, 2019
$2260

South Africa Safari and Victoria Falls April 2020, Call if interested

Coach Travel 2019

“Jesus” - Sight & Sound Theatre, Lancaster PA & Museum of the Bible, D.C.
May 13 - 17, 2019
$869.00 per person, Double Occupancy

Rock & Roll Hall of Fame, Cleveland, OH
May 29 & 30, 2019
$279.00 per person, Double Occupancy

Chicago Cubs Baseball – Chicago Cubs vs. New York Mets at Wrigley Field
Friday, June 21, 2019
$135.00 per member / $145.00 per non-member

“Singin’ in the Rain” - Wagon Wheel Theatre, Warsaw, IN - includes an Amish meal in Shipshewana, IN
Thursday, June 27, 2019
$100.00 per member / $110.00 per non-member

“Simple Sanctuary” at the Blue Gate Theatre, Shipshewana,IN
Thursday, July 25, 2019
$109.00 per member / $119.00 per non-member

Detroit Tigers vs. Chicago White Sox - Comerica Park, Detroit
Wednesday, August 7, 2019
$119.00 per member / $129.00 per non-member

“ I’d Rather Be Up North” - Sault Ste. Marie, Whitefish Point, Tahquamenon Falls, Pictured Rocks - September 17 - 20, 2019

New England Fall Fling - Vermont, New Hampshire, Maine & Massachusetts
September 26 - October 3, 2019
$2,229.00 per person, Double Occupancy. Includes airfare from Grand Rapids

Upstate New York & Vermont - Adirondack Mountains, Lake Placid, NY & Burlington, VT
October 4 -10, 2019
$1,999.00 per person, Double Occupancy. Includes airfare from Grand Rapids

For details on these trips, check out our travel flyers which are available by the relocated Travel Desk across from the Library.

Questions? Contact the Travel Desk at 355-5115.

Joyce / Air & Cruise Travel - Tuesday 9:30 a.m. - 1:00 p.m.
Gail / Coach Travel —Thursday 9:30 a.m. - 1:00 p.m.
When was the last time you had your estate plan reviewed?

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Cari Marzolf, MA, CCC-A, Audiologist
will be at Evergreen Commons on
the 4th Monday of each month from
1 - 2:30 pm. She will be available for
hearing screening and hearing aid
clean and checks on all makes and
models of hearing aids.

Cari Van Harken, HIS, Owner
Cari Marzolf, Audiologist

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MWD103484-22 (0611-3788) ADP93273-00 (9/18)
Anna Urick Duggins is an Elder Law Attorney and partner at Parmenter Law who specializes in helping clients coordinate services to meet a person’s changing needs over their lifetime. Our services are individualized and integrated, maximizing assets and quality of life through benefits and estate planning.

The decision to call hospice is difficult for many people. Some may think the call means giving up or admitting that there isn’t much time left. The truth is that hospice care isn’t about dying. Hospice care is about living. It’s about helping individuals improve quality of life to make the most of each and every day.

Once our team of experts gets involved, many patients and families say, “I should have called hospice sooner.” The good news is that you can. Simply pick up the phone, and we will come to you, no matter where that may be. We’ll evaluate patient and family needs and provide a best course of action… for everyone.

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For more information, visit hollandhospice.org or call us at 616.396.2972.

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April Café Menu

4/1 Sloppy Joes with Steak Fries
4/2 Reuben Sandwich
4/3 Country Style Braised Chicken Thighs
4/4 Bacon Mac
4/5 Garlic and Parmesan Crusted Tilapia
4/8 Ham and Swiss Bake
4/9 Meat Lasagna
4/10 Stuffed Peppers
4/11 Grilled Chicken with Wild Mushroom Sauce
4/12 Seafood Chowder
4/15 French Bread Pepperoni Pizza
4/16 Wet Burritos
4/17 Pulled Pork Sandwiches
4/18 Bourbon Chicken over White Rice
4/19 Seafood Salad Croissant
4/21 Roast Pork Loin
4/22 Key Largo Salad with Crispy Chicken
4/24 Mexi-loaf
4/25 Grilled Cheese & Tomato Soup
4/26 Sweet Potato Risotto
4/29 Chicken Enchiladas
4/30 Braised Beef in Mushroom Gravy

Everyday Selections
Sandwiches - Turkey, Ham, Chicken Salad, Tuna Salad, Egg Salad
Two Soups; Salad Bar; and Desserts

Dining Survey
April 8 – April 12:
Please take a few minutes to tell us what you think about your dining experience. Your input helps us make future decisions and improve our services. Pick up a survey in either the Café or Coffee Shop. Return your survey to the front desk by April 12 for a chance to win lunch for 2 in our Café.

Spring Fling
Ballroom Dance
at Evergreen Commons
Saturday, April 13
7 - 10 pm
$10 per member
$15 per non-member
Reservations and payment must be made by Thursday, April 11. Visit the Member/Guest Services desk or call (616) 355-5120.
Please bring an appetizer or snack to share.
Semi-formal attire please.

Evergreen Chorale
Spring Concert
Saturday, May 18
7:30 pm
Auditorium at Evergreen Commons
Free and Open to the Public
Free Will Offering Taken