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Commons reACTORS Summer Performance

Thursday • June 6
7 pm • Seminar Room
FREE!

“We listened...we heard you...we accepted your invitation to perform again at the Commons. We will be performing all NEW hilarious skits. Our performance promises to bring you joy and laughter.”
-Marie Hamilton, Director.

The Commons reACTORS is a readers' theatre performance group of Evergreen Commons. If you are interested in participating in this group or having them perform, contact Marie at 616-392-1209.

Fast Friending & Ice Cream Social

Wednesday • June 19
2 - 3 pm
Dining Room
$4 member
$6 non-member
Register by June 17

So many members have mentioned that they joined Evergreen Commons to make friends and to socialize. So whether you are new in town, new to Evergreen Commons or are just looking to make some new friends, join us for this fun event!

Fast Friending involves participants gathering together to have multiple timed, one-on-one interactions to share a little bit about themselves in a fast-paced format. All participants will have the opportunity to chat with all other attendees in a 6 minute interaction while sitting across the table from one another. Sign up today at the Member/Guest Services desk so you don’t miss out on all the fun and refreshments!
Please join us with a warm welcome for the following new Evergreen Commons staff members.

Kathy Mitchell, Development Manager, who has joined the Development team. Trisha Byrnes, Communications & Event Coordinator, who has joined the Life Enrichment team. Carolyn Nykerk and Kerri Hield who you will find in the Member Guest Services Office.

Our Collective Stories

Our lives are quite a colorful tapestry made up of so many different “life strands”. Each life strand represents different places, times, events, circumstances and people. All of these strands woven together make up our individual story. However, our individual stories are also all woven together and intersecting with others, in time and place, which make up our collective stories.

“Each of us has a family tree full of stories inside of us... Each of us has a story blossoming out of us.” — Francesca Lia Block

We currently have over 4,400 members at Evergreen Commons and directly serve an additional 1,100 in our greater community. This collective group of people share a common subject matter, that is the negotiation of living life as well as possible, in the later years of life.

How does one go about enhancing one’s well-being in our later years of life? We believe it’s about engaging in all the dimensions of life: social, physical, spiritual, emotional, intellectual, vocational, environmental, and financial. How do we do this together in community? The following are three areas that need constant attention:

1. Working on sorting out this journey of living life as fully as one is able
2. Working through the tough times when “things fall apart”
3. Working at becoming a better self and becoming better together

“Stories are memory aids, instruction manuals and moral compasses.” — Aleks Krotoski

The Evergreen Commons colorful tapestry is deep and rich in the collective stories of our members and others we are honored to serve. Our aspiration is to stay true to our mission in providing and creating platforms, opportunities, programs and services to inspire older adults, regardless of income, to live purposeful, active and holistic lives... as fully as they are able.

Grace and Shalom,

[Signature]

Dave
We are pleased to announce Evergreen Commons June 2019 Volunteer of the Month: Judy Elzinga!

Judy has been volunteering with us for 7 years. She is a wonderful, caring and helpful person. She adds a lot to our discussion groups and is very flexible and willing to help out wherever she is needed. We love having Judy volunteer with us at the Day Center Of Evergreen Commons.

We are pleased to announce the Day Center of Evergreen Commons June 2019 Volunteer of the Month: Sue Wallace!

Sue has been a Pool Monitor for Evergreen for a number of years. She is responsible for ensuring the safety of those who enter the pool area by keeping a watchful eye for physical distress as well as monitoring the needs of the pool for cleanliness. In the midst of it all, she has a wonderful spirit that brings joy to those who interact with her bright smile and great sense of humor. Our members are left with no doubt about her sincerity and commitment to her role here. Thank you Sue for your outstanding service!

Food Services Volunteer Training

If you serve as a Food Prep, Food Server, Coffee Shop Attendant, Dishwasher or Wait Staff as a regular or substitute in any capacity handling food or dishes; we are having an in-service. Your attendance would be greatly appreciated as we review our own food safety awareness & prevention with the teams. Please let Viola know if you are able to attend at jacksonv@evergreencommons.org or at 355-5128.
Arts & Crafts

Beginning Watercolor - Rolling Rock Horses
Spend the first hour learning to work with watercolor paints and exploring color theory. During the second hour, you will paint Rolling Rock Horses as the instructor leads you through step by step. You will leave with your finished painting, ready to mat and hang.

Tues. • June 11 • 1-3 pm
$21 member • $26 non-member
Plus $4 materials fee paid directly to the instructor
Wanda Aikens • Art Studio

Clothes Line Fabric Bowl
Use cording, wrapped with fabric to create any size bowl. No experience needed, but you will be required to cut fabric prior to class. You may bring your own sewing machine but it must be able to do a 3-step zigzag. Otherwise you may use one of our machines. Pick up a supply list when you register.

Tuesday • June 18 • 1:30-4:30 pm
$13 member • $15 non-member
Barb Habers • Art Studio

Intermediate Watercolor
Mondays • 12:30-3:30 pm
(No class 6/17 & 24)
$40 punch card for 4 classes member
$52 punch card for non-member
Kathy VanTubbergen • Various outdoor locations (A list of locations may be picked up at Member/Guest Services.)

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.

Open Coloring Studio
Tuesdays • 10:30 am-12 pm
$2 member • $5 non-member per session
Barb Pickard • Art Studio

Coffee, Cookies & Canvas
Coffee, Cookies & Canvas is a fun “make and take” painting class. Haven’t picked up a paintbrush since Kindergarten? No problem! This class will offer you guided instruction to create a masterpiece. Gather a friend or family member and let your inner artist shine in this fun, relaxed class. No painting experience needed. All materials included, refreshments provided.

Wednesday • June 26 • 1 - 4 pm
$30 member • $36 non-member
Greg Ellis • Art Studio

Top-Down Cropped Cardigan
This is a great first sweater pattern! The cardigan is knit from the top down with minimal seaming. Sizes range from 34”-48”. Participants must be able to cast-on, bind off and have some experience reading a pattern. A supply list is available when you register. Class size limited to 6.

Mondays • June 10 • 12:30-2:30 pm, June 17 & 24 • 12:30-1:30 pm
$30 member • $36 non-member
Mary M. Ferry • Home Ec Room

Simple Wood Pen Turning Class
Sign up for 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. You must be a member of Evergreen Commons to participate.

Wednesday • June 12 • 9 am -12 pm
$35 per person
Roger Erbaugh & Stan Moberg • Woodshop

Segmented Wood Bowl Class
$65 per person • Woodshop
Evergreen Commons members only

Intermediate Watercolor
Mondays • 12:30-3:30 pm
(No class 6/17 & 24)
$40 punch card for 4 classes member
$52 punch card for non-member
Kathy VanTubbergen • Various outdoor locations (A list of locations may be picked up at Member/Guest Services.)
**Life Enrichment**

### Dance

**Belly Dancing**
All you need is a belly and a long scarf to tie around your hips to enjoy this exercise form done to the happy music of tribal dance. You'll be giggling and jiggling your way to a healthier you! (No class 7/1 & 7/4)

Mon. • June 3 - July 29 • 2:30 - 3:30 pm

OR

Thurs. • June 6 - August 1 • 10 - 11:00 am

$56 member • $72 non-member
Cheryl Lynn • Typing Room

### 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.

Mon. • June 17 • 7-8:45 pm

$2 member • $3 non-member
(A Fee waived if you are a current ballroom dance class participant.)

Auditorium

### Ballroom Dance Class
Beginners and advanced students will be learning the Fox Trot. Cost includes attendance at our July 29 Ballroom Dance Party.

Mon. • July 1, 8, 15, 22 and July 29 Dance Party

7:00 pm Beginners

7:40 pm Open Dance

8:00 pm Advanced

$32 member couple • $42 non-member
John & Mary Nonhof • Auditorium

### Free Ballroom Dance Lesson
If you can walk, you can dance! Have you always wanted to try dancing, but didn’t think you could? This is your chance! No partner needed!

Monday • June 24 • 7-8 pm
Cheri & Milt Bos • Auditorium

### Ballet
No tutus or tights needed! Just come dressed in comfortable clothes with stocking feet. Barre work, stretching and simple dance combinations will give you a new “attitude” toward fitness. (No class 7/1)

Mon. • June 3 - July 29 • 1:15-2:15 pm

$56 member • $72 non-member
Cheryl Lynn • Fitness Studio

### Intermediate Ballet
Take your ballet dancing skills to the next level! (No class 7/4)

Thurs. • June 6 - Aug. 1 • 11:15 am-12:15 pm

$56 member • $72 non-member
Cheryl Lynn • Fitness Studio

### Language

#### French Lessons
We offer Beginning French, Beginning French Level 2, Intermediate French and Pre-Intermediate Spanish. For dates, times, and prices, please contact Barb Visser at 616-355-5136.

**price**

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<th>Course</th>
<th>Price</th>
<th>Member</th>
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<tr>
<td>Beginning French</td>
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<tr>
<td>Beginning French Level 2</td>
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<tr>
<td>Pre-Intermediate Spanish</td>
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**Scot Welsh • Board Room**

#### Spanish Lessons

**price**

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**Cheryll Lynn • Fitness Studio**

#### Spanish Lessons

**price**

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**Cheryll Lynn • Fitness Studio**

### Tech Wednesday
**Bring your device, passwords and your questions.** Volunteers Ray Crockford and Peg Helmink will do their best to assist you with cell phones, laptops, iPads and more.

**This is a free service available for Evergreen Commons members only.**

Wed. • July 3, 10, 17, 24, 31 • 9-10:45 am

Game Room

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**Music**

### Piano Lessons

<table>
<thead>
<tr>
<th>Lesson Type</th>
<th>Times</th>
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<tbody>
<tr>
<td>Tues. &amp; Weds</td>
<td>10:30 am - 5:00 pm</td>
<td>$16 ½ hr.</td>
<td>$17 ½ hr.</td>
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</table>

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 moving to the Dining Room on Fridays from 9 - 10 am. You must be a member of Evergreen Commons to participate. Call Barb Visser at 355-5136 for more information.

### Spiritual

#### Faith Lessons
Faith lessons is on a hiatus for the month of June. See the June Courier for future information.

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**Auditorium**
6 Foods To Help You Hydrate This Summer

Did you know that you don’t have to just drink water to stay hydrated? Although drinking water is important, it’s not your only option. During the summer, plenty of different foods can help you beat the heat.

**Watermelon**—For a hydrating summer treat, there’s nothing better than watermelon, which is more than 90% water. It’s also low in fat and calories and contains vitamin C.

**Cucumber**—At 96% water, cucumbers are one of the most hydrating vegetables available. Cheap and plentiful in summer, it’s great to consume with dips or in salads to increase your water intake.

**Lettuce**—Whether used in salads or added to sandwiches, the more color, the better: choose lettuce with dark green leaves to get more nutrients.

**Peaches**—A ripe, juicy peach in the summer can satisfy your sweet tooth and your thirst. Peaches are also a good source of dietary fiber, vitamins A and C, and potassium.

**Zucchini**—Vegetable gardens overflow with zucchini in the summertime, making it a great way to get more water! Since cooking removes a lot of the vegetable’s water content, consider eating it raw or in place of pasta.

**Yogurt**—Not only does yogurt contain a lot of water, it also is packed with protein, vitamin D, calcium, and gut-healthy cultures. For a healthier option, consider buying plain, low-fat yogurt and adding your own choice of fruit.

**Tomatoes**—Did you know that one medium tomato provides about a half cup of water? Tomatoes also contain fiber, antioxidants, and other essential vitamins and minerals.

Scoot Into Summer with this E-wheels Electric Trike!!!

Verhage Mitsubishi in Holland is generously donating this scooter to one friend of Evergreen Commons! Please fill out an entry form from Member Guest Services or email mitchellk@evergreencommons.org and let us know how this scooter will make a difference in your life. Creativity in entries are welcome!!

Must enter by June 17.

The new 2017 EWheels Electric Trike can easily be operated as a regular trike by just pedaling, or as an electric trike with 100% electric power by just twisting the hand throttle. This well balanced trike can reach speeds up to 15 mph and travel up to 20 miles on a single charge. It features a low step-thru steel frame for easy seating, a front storage basket and large rear storage basket that is perfect for groceries, running errands or for taking along your favorite pet.

**Travel Training Class**

**Learn to ride the MAX bus like a pro!**

Tired of driving? Let us take you to where you want to go! Join us for a FREE Travel Training Class. Learn how to read a bus schedule, plan your route, reserve a ride for our door-to-door service, pay your fare and reach your destination. Refreshments will be served. Please reserve your seat by calling the Member/Guest Services desk at 355-5120. If you need transportation to this class, please contact a MAX Information Specialist at 616-355-1010 to reserve your free ride.

**Thursday • June 13 • 1 - 2 pm**

Free and Open to the Public

*Doug Schwentor • Study Hall at Evergreen Commons*

**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.

**Wed. • June 19 • 3:15 - 4:15 pm**

FREE

Seminar Room
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

500 Card Game
Tuesdays • 12:45-3:00 pm
Game Room

Bingo (Grocery)
Tuesdays • 2-4 pm
Prizes provided by: Family Fare
Dining Room

Bingo (Lunch Pass)
Thursdays • 9-10:30 am
Dining Room

Bridge–Singles welcome!
Tuesdays & Thursdays • 9-11:30 am
Game Room

Cribbage
Mondays • 1-3 pm
Game Room

Dominoes (Mexican Train)
Mondays • 1 -3 pm (NEW GAME)
Game Room

Duplicate Bridge
Mondays • 9 am-12:30 pm
Wednesdays • 5:30-8:30 pm
Game Room • Contact Neil (616) 399-7948

Euchre
Mondays • 9:45-11:45 am
Home Ec Room
Thursdays • 6-8 pm (NEW TIME)
Game Room

Hand & Foot
Thursdays • 12:30-4 pm
Game Room

Mahjong (National League)
Wednesdays • 9 am-12 pm
Game Room

Mahjong (Jerry Version)
Wednesdays • 9:30-11:30 am
Game Room

Pinochle
Wednesdays & Fridays • 12:30-4:00 pm
Game Room

Scrabble
Thursdays • 1-3:30 pm
Dining Room

Spades
Mondays • 12:30-3:30 pm
Game Room

Wii Bowling  (Sponsored by: Appledorn Assisted Living Center)
1st, 2nd, 4th & 5th Mondays • 1-2 pm
Seminar Room

Clubs

Book Club
1st Tues. of each month • 2:30–3:30 pm
Home Ec Room

Clogging Club
Mondays • 3:30-4:30 pm • Sept.-May
Dance/Music Studio • Royetta Doe (419) 392-4895

Creative Crochet & Knitting Club
Tuesdays • 9:30-11:30 am
Home Ec Room

Knit 2gether Club
2nd & 4th Thurs. • 12:30-2:30 pm
Home Ec Room • Katie Stroop

Let’s Talk Tiger Baseball & Other Sports
Tuesdays • 9-10 am
Art Studio • Will Lewis (616) 928-4248

Machine Knitting Club
4th Wed. of each month • 12:30-2:30 pm
Study Hall • Michelle (616) 843–7479

Memoir Writing Club
2nd & 4th Fri. • 1–2:30 pm
Board Room • Kerry (616) 510-5665

Quilting Club
1st Thurs. of each month • 10 am-2 pm
Home Ec Room • Mary Voss (616) 396-2013

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-April, 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 Resources grant funded classes, Enhance Fitness & Arthritis Foundation Exercise June 10 - August 2.

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 & 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** ★★★
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 • 9-11:30am

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 training platform designed 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! This 4 week personal training platform includes 1 assessment, 3 Mobility Matters personal training sessions, and weekly homework videos sent to you via email, all for only $150.00!

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

Massage Therapy Available by Appointment

Fridays • Therapist: Erin Barrios
Please stop by the Fitness Desk to make an appointment or call 616-355-5145.
Fitness Programs

Outdoor Adventure Workout ★★
Join us for a great workout in a fun, refreshing outdoor setting. The class will meet at a local park and offers a great mix of hiking and mini strength training sets utilizing the outdoor terrain, bands, and more! This is a user-friendly workout for anyone who wants to be active and healthy and exercises are tailored to each participant’s fitness level. Dress appropriately for the weather, don’t forget to wear sunscreen, and bring your water! In the case of inclement weather, the class will meet indoors at Evergreen Commons in the Auditorium. 45 min.

Mon. • 11:00 -11:45 am • Begins June 10
$30 member • $50 non-member
4 weeks • Location provided at sign-up

Nutrition Education Series
June Topic: The Power of Protein!
Consumption of adequate protein is critical in active agers. Protein is an indispensable macro nutrient and can be found throughout every tissue in the body. Protein must be consumed as the body has no other way of getting it. Come learn about the essential functions of protein in the body, healthy sources of dietary protein, and how to incorporate adequate amounts of protein into your diet for optimal health, muscle building, and/or weight loss. Disclaimer ★★ This does not replace advice or nutrition plans given by your health care provider or dietitian.

Wednesday • 1-2:30 pm • June 19
$5 member • $15 non-member
One day Workshop • Seminar Room

Tai Chi for Arthritis Practice ★★
This class offers an opportunity to practice fundamental Tai Chi for Arthritis movements, sequences, and basic body alignment while delivering relief from joint pain and stiffness. Prerequisite: Tai Chi for Arthritis 1. 45 min.

Thursday • 12:45 pm • Begins June 6
$30 member • $50 non-member
4 weeks • Fitness Studio

Aqua Barre Caliente! ★★★
A fusion of Aqua Barre and Aqua Dance! You will experience intervals of ballet inspired, athletic conditioning exercises from Aqua Barre interspersed with choreographed, high energy aqua dance routines! A great combo that improves stamina, core strength & balance, and flexibility all while having tons of fun! Join instructor duo Marcie & Tyler for this “hot, hot, hot” workout! 60 min.

Tuesday • 2:15 pm • Begins June 11
$30 member • $50 non-member
4 weeks • Pool

Feldenkrais - Awareness Through Movement
Would you like to learn to move more easily, more comfortably, or more gracefully? Are you looking to improve your balance, flexibility, or posture? Perhaps you would like to have less pain. The Feldenkrais Method® can help! Taught by Stacy Grill-Ewing, Certified Feldenkrais Practitioner, this series will be done on a mat on the floor. Assistance provided to help you to get down to, and up from the floor, if needed. Wear loose, comfortable clothing. You may want to bring a towel or 2 for props. 60 min.

Monday • 2:30-3:30 pm • Begins June 10
$30 member • $50 non-member
4 Weeks • Seminar Room

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.

Summer Fitness
Saturday Hours
Effective June 1
Fitness Center
8:00 am – Noon
Open Swim Time
9:00 – 11:30 am

4TH OF JULY HOURS
Only Closed Thursday, July 4

4 Weeks • Seminar Room
**POOL NOTICE**

The pool/spa will be closed for cleaning July 1-6. Regularly scheduled pool activities will resume on Monday, July 8. Thank you for your patience.

---

**Sports & Groups**

**Fitness Programs Cont.**

**Moving with Parkinson's ★**

Embrace the therapeutic power of dance! Led by Taryn Ortega-Furgeson, Grand Rapids Ballet School faculty, with a chair for support you will express movement in fun and creative ways. Join anytime during the 12 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 • Begins June 10**

$36 member • $60 non-member

12 weeks • Seminar Room

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

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

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**Pickleball Skills & Drills**

There is no Pickleball Skills and Drills session for June.

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**The STRIDERS**

**Weekly Walks**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5 pm</td>
<td>Evergreen entrance A</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 am</td>
<td>Holland Civic Center, outside of main entrance</td>
</tr>
<tr>
<td>Friday, June 7, 21, 28</td>
<td>9:30 am</td>
<td>Holland State Park, east end of concession stand</td>
</tr>
<tr>
<td>Friday, June 14:</td>
<td>9:30am</td>
<td>Evergreen entrance A</td>
</tr>
</tbody>
</table>

**NOTE:** “1st Friday” presentation date changed to June 14th due to the overnight trek on June 7.

**Saturday Trek**

June 15: Hudsonville Nature Center, carpool from Evergreen woodshop parking lot leaving at 9:15 am

*For fees and more information call Erin Aardema (616) 355-5129.*
Caregiver Support Groups

A caregiver support group provides education and support for the caregiver. Monthly support groups are offered:

- **2nd and 4th Tuesday; 12:30 - 1:30 pm**
  - The Day Center of Evergreen Commons

- **2nd Tuesday; 10:00 - 11:00 am**
  - Christ Memorial Church in the Green Room

- **3rd Wednesday; 2:00 - 4:30 pm**
  - Fennville Methodist Church

- **4th Tuesday; 3:00 - 4:00 pm**
  - Fellowship Reformed Church

For more information regarding one of these groups, contact Allysa Langejans at langejansa@evergreencommons.org or 616-355-5153.

Hearing & Hearing Aid Clinic

Belton 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 Fridays • 1-2:30 pm  
FREE • Study Hall • No Appointment needed

Sports & Fitness Update:

The following classes will be cancelled as of June 1st.

- Monday 8 am - Simply Stretch
- Thursday 7 am - Spin

Reminder: All persons are required to take a soap shower and thoroughly rinse off soap before entering or re-entering the pool or spa. Thank you for your cooperation.
Movies & Travel

Wednesday Night at the Movies
6:00 pm • Auditorium
FREE for Evergreen Commons members • $5 non-members
(Must be 50 or older to attend)
Sponsored by:

June 12: The Upside
Inspired by a true story, The Upside is a heartfelt comedy about a recently paroled ex-convict (Kevin Hart) who strikes up an unusual and unlikely friendship with a paralyzed billionaire (Bryan Cranston). Directed by Neil Burger and written by Jon Hartmere, The Upside is based on the hit 2011 French film The Intouchables. Rated PG-13 for suggestive content and language. 126 min.

June 26: Beautifully Broken
Based on a true story, Beautifully Broken is a touching drama that shows God’s faithfulness, mercy and grace. A refugee’s escape, a prisoner’s promise, and a daughter’s painful secret all converge, causing their lives to become intertwined in ways they could have never imagined. As three fathers fight to save their families, they are led on an unlikely journey across the globe, where they learn the healing power of forgiveness and reconciliation. Rated PG-13 for content involving violence. 108 min.

Air & Cruise Travel 2019
Iceland Cruise - 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. 28- Oct. 6, 2019
$2260
South Africa Safari and Victoria Falls April 18 - May 1,2020
$8250
Peru- Machu Picchu, Lake Titicaca January 8 - 18, 2020
$3650

Coach Travel 2019
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
Great Lakes Center For The Arts, “Million Dollar Quartet”
Saturday, June 29 - Sunday, June 30, 2019
$379.00 Per Person

“ 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

“Fish Boil” at Cherry Point Market - Shelby, MI & Dale & Gail’s Music Gallery, Hart
Thursday, September 5, 2019
$95.00 per member/ $105.00 per non-member

“I’d Rather Be Up North” - Sault Ste. Marie, Whitefish Point, Tahquamenon Falls, Pictured Rocks - September 17 - 20, 2019
$749.00 per person, Double Occupancy

New England Fall Fling - Vermont, New Hampshire, Maine & Massachusetts
September 26 - October 3, 2019- Limited reservations available
$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

Branson, Missouri
November 4-8, 2019
$839.00 per person, Double Occupancy

Phoenix & Tucson, Arizona
February 25 - March 3, 2020

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?

Cunningham Dalman PC
Attorneys At Law

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www.holland-law.com
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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.

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Contact Anna:
231-772-5438
Anna@parmenterlaw.com

Anna Uhrick 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.

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Fresh Meat and Seafood • Bakery • Deli • Starbucks • Pharmacy

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Corporate Partners
COFFEE SHOP MENU
Mon.-Thurs. 8a-4p & Fri. 8a-2p

BREAKFAST SELECTIONS
- Sausage & Spinach Mini Quiche
- Ham, Egg and Cheese Croissant
- Yogurt Parfait w/ Berry Compote & Housemade Granola

BEVERAGES
- Coffee & Tea
- Snapple
- Pop
- Boxed Water
- Smoothie

FRESH BAKED GOODS
- Assorted Muffins
- Assorted Jumbo Muffins
- Assorted Cookies
- Turnovers
- Dessert Bars

GRAB-N-GO
- Chicken Salad Croissant
- Turkey, Bacon & Swiss Sandwich
- Blackened Chicken Caesar Salad
- Bacon Spinach Salad

Other Offerings:
- Fresh Fruit, Chicken or Tuna Salad, Soup, Chips, Hummus & Pretzels
- ICE CREAM & FROZEN YOGURT
  - Tahitian Vanilla Bean Ice Cream
  - Fresh Strawberry Frozen Yogurt
CHEF’S CORNER:
Celebrate Summer! June is a great time to enjoy fresh fruits and veggies. Try colorful peppers. Peppers make your favorite foods healthier because they are a great source of vitamins A & C, as well as fiber. They are full of color and flavor, add them to your favorite salads or pastas or eat them cut as a healthy snack. Enjoy them in the sausage and pepper quiche on June 20th for lunch in the café.

-Chef Kent