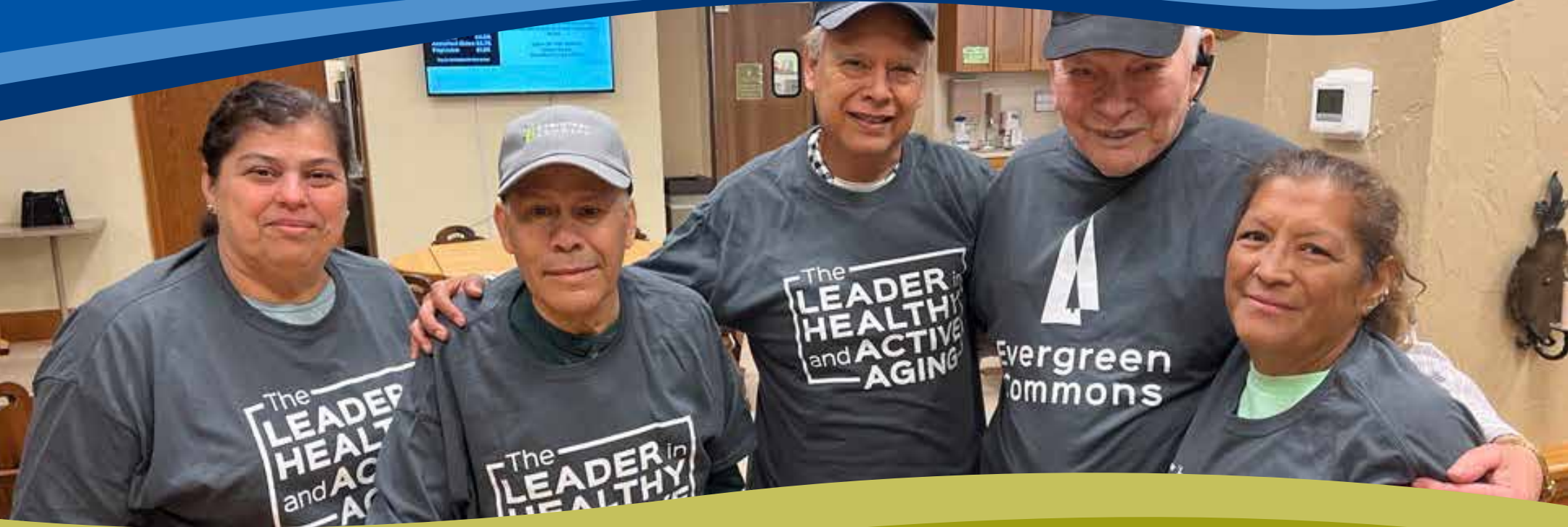


Fresh Aire



March Is Cognitive Health Month!

Cognitive Health & Mental Aerobics

Cognitive health – the ability to clearly think, learn, and remember – is an important component of performing everyday activities. Cognitive health is just one aspect of overall brain health. Brain health refers to how well a person’s brain functions across several areas. Aspects of brain health include:

- **COGNITIVE HEALTH** – how well you think, learn, and remember
- **MOTOR FUNCTION** – how well you make and control movements, including balance
- **EMOTIONAL FUNCTION** – how well you interpret and respond to emotions (both pleasant and unpleasant)
- **TACTILE FUNCTION** – how well you feel and respond to sensations of touch – including pressure, pain, and temperature

Research shows that as we age, it is important to exercise the brain. Whether it be doing crossword puzzles, playing computer games, becoming a trivia guru, or even taking up exercising, society is realizing that we CAN do something to stay sharp and combat memory loss. There are many fun options that offer brain stimulating benefits, but it is time to get out of the “comfort zone.” Let’s talk about the two broad categories of simple mental aerobics we can easily do in everyday life.

Do New Things: Remember the brain is a muscle. Just like your body can get used to exercising, the brain gets used to doing the same thing all the time. Routine can be good, but too much can keep us from growing new nerve cells. Remember learning math as a kid? It may have been challenging at first but now you can add and subtract while barely thinking about it. If you can solve a Sudoku puzzle in half the time it used to take, it’s time for something new. Stimulating your brain in new and different ways is what causes new cell growth-the hallmark of the brain’s ability to respond to new learning or “brain plasticity.” Try stimulating your brain by learning a new game or puzzle, take up drawing or painting or maybe even start learning a new language!

DO THE SAME THINGS, BUT DIFFERENTLY.

Luckily for everyone, we do not have to come up with a bunch of new ideas and challenges every day to keep our brains stimulated. You can grow new nerve cells by varying the way you do regular daily activities. Try brushing your teeth or eating a meal with your non-dominant hand! It will surprise you how much concentration it may take, making your brain stronger as you try to master it.

There are several other types of mental aerobics proven to sharpen the mind. Word puzzles, riddles, word finds and trivia can reduce cognitive decline, including “tip of the tongue” syndrome. Music has documented benefits in enhancing memory as well. Listening to music while trying to learn something new allows the brain to absorb information better and promotes stress relief. Reading is an activity that forces the brain to concentrate and process new concepts. For maximum benefit, read aloud. It will stimulate both sides of the brain at once. Creativity, something most adults put aside, is a component of mental aerobics that has shown up to 40% reduced risk in memory impairment. Allow yourself time to do something creative, even if you’re not “good” at it! Gardening, drawing, painting, writing a story or even looking at photographs engages the right side of the brain, which tends to be used less than the logical left side of the brain.

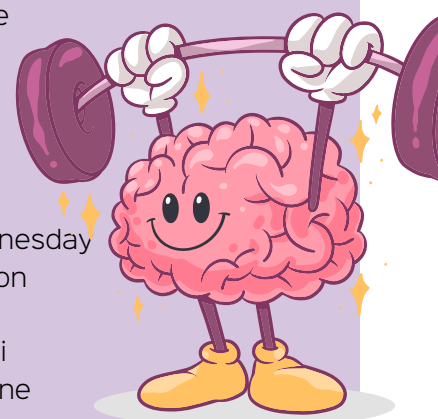
Are you looking for opportunities for yourself or someone you know to join in on some mental aerobics? Look at all of the possibilities, offered both at the Day Center and state street campuses.

Day Center

- Left, Right, Center Dice
- Bingo
- Password Clue
- Front Porch Travels
- History of Hymns
- Yarn Club
- Art with Sandie
- Music with Marv
- Bell Choir
- One Minute Mysteries
- Stretch & Strength Exercise

State Street Campus

- Bridge, Cribbage
- Bingo
- Mahjong
- Memoir Writing
- Faith Lessons
- Quilting Club
- Watercolor Wednesday
- PB & Jam Session
- Handbell Choir
- Dominos, Tai Chi
- Zumba, Drum Line



HIGHLIGHTS IN THIS ISSUE

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The Wellness Place



MEMBER SERVICES

616-355-5120
Mon. – Fri. | 8 am – 4 pm

DINING ROOM

Mon. – Fri. | 11 am – 1 pm

COFFEE SHOP

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

RESOURCE OFFICE

616-355-5118
Mon. | 10:00 am – 2:30 pm
Tues. – Thur. | 9:30 am – 2:30 pm
Fri. | Closed

BUILDING ACCESS

616-396-7100
Mon. – Thur.
• Entrance C: 6 am – 6 pm
• Entrance A: 8 am – 5 pm
• Entrance D: 8 am – 4 pm
Fri.
• Entrance C: 6 am – 5 pm
• Entrance A: 8 am – 5 pm
• Entrance D: 8 am – 4 pm
Sat.
• Entrance C: 8 am – 12 pm
• Entrance A & D: Closed
Sun.
• Closed

DAY CENTER

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

For information: 616-355-5118

CEO Update



Greetings, Evergreen Family,

Welcome to Cognitive Health Month! The National Institute on Aging defines cognitive health this way: **the ability to clearly think, learn, and remember.** Cognitive health is an important component of performing everyday activities. At Evergreen Commons, we care about your cognitive health. Cognitive health is a key component in living life to the fullest.

This month we are intentional and purposeful about engaging in lectures, conversations, and activities to strengthen brain health. Did you know that there are a myriad of lifestyle changes that can improve cognitive health? Who is in your orbit who you will invite to one of these March programs? *Don't forget that our Dining Room and Coffee Shop are open to the public.* So, invite that friend and enjoy learning together! See you there!

March 11, 1-2pm – Impact of Dance On Cognitive Health Juan and Julie Mascarro discuss the research conducted by Dr. Vega, from Michigan State University, on neuroscience and its impact on older adults. *(No registration required, program meets in the dining room)*

March 12, 11:45-1pm – Brain Basics: Know Your Brain Lunch & Learn with Suzzanne Sholes and Alyssa Langejans, from The Day Center Campus. \$10. Seating limited. *(Call to register 616-355-5120, program meets in the Library)*

March 13, 11:45-1pm – Estate And Transition Planning Lunch & Learn Panel with Haans Mulder, Attorney; Karen Kempker, Owner of Evolve; Emily Garcia, Real Estate Agent. \$10. Seating limited. *(Call to register 616-355-5120, program meets in the Library)*

March 14, 11:45-1pm – Brain Boosters Lunch & Learn with Amy Vande Poel, Director of Physical Wellness, Evergreen Campus \$10. Seating limited. *(Call to register 616-355-5120, program meets in the Library)*

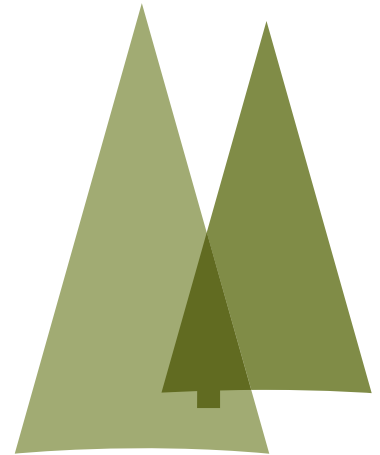
March 26, 11:45-1pm – Deepening Your Life's Purpose An Interview with Dr. Jim Bultman, Hope College President Emeritus, Lunch & Learn \$10. Seating limited. *(Call to register 616-355-5120, program meets in the Library)*

Finally, thank you to all who participated in the listening sessions as we begin to take our next step toward the future of Evergreen Commons.

Thank you for inspiring,

Gratefully,

Rev. Dr. Jill Ver Steeg, President/CEO



WELCOME TO THE TEAM!

Zach Elders

Certified Therapeutic Recreational Specialist

Welcome back, Zach Elders! Many will recognize Zach as a returning employee of Evergreen Commons. We are excited to have him as a member of our team once again!

Zach is a native of West Michigan. He loves the area and its rich history. In his free time, Zach enjoys working out, hiking, boating, working on his boat, and being out on the water. Graduating from Grand Valley State University with a bachelor's degree in Recreational Therapy, Zach has experience working across a wide spectrum of ages - from newborn to older adults. He enjoys working with people and wants to see individuals reach their full potential in every aspect of life. He is excited to continue sharing that passion with the people of Evergreen Commons.



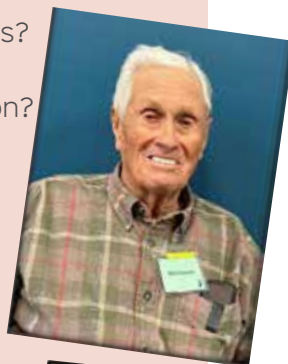
YEARS OF WISDOM

Have you ever given thought to the calculation of birthdays? We say things like; "I'll be 43 in March" or "it's his 50th birthday" but have you thought about the actual calculation?

The year we are born starts Year One...so on our first birthday, each person has COMPLETED one year and is entering Year Two. What about Year Ninety-nine? Think about it! On your 99th birthday, you are entering your 100th year. Every event you see that year will be for the 100th time!

In the fall of 1924, Marian and Don started counting. They're still counting. Both turned 99 in 2023...so each event that has taken place since their last birthday is the 100th time for them! Marian experienced her 100th Thanksgiving. Don celebrated Christmas for the 100th time. 100 New Years. 10 decades. 100 winters. 100 summers. A century.

Evergreen Commons is blessed to join them in these celebrations! 100 YEARS.



The Day Center of Evergreen Commons

Did you know that Evergreen Commons has two campuses? The Evergreen Campus at 480 State Street and The Day Center Campus at 55 W. 16th Street. Four blocks apart. Both campuses are laser-focused on inspiring people to live their fullest life with belonging, meaning, and purpose. Both campuses empower people to find their path to flourish in an ever-changing world.

Today, let's talk about The Day Center Campus.

Research shows that social connections have a profound influence on risk for mortality and are associated with a 30% increased risk of early death. In addition, loneliness is as lethal as smoking 15 cigarettes a day.

Social isolation and loneliness affect more than one-third of American adults, with particular likelihood among individuals facing challenging life circumstances like chronic or catastrophic illnesses like diabetes, heart disease, dementia or cancer.

Twofold, caregivers who are "burned out" may experience fatigue, stress, anxiety, and depression. Many caregivers also feel guilty if they spend time on themselves rather than on their loved ones. These challenging feelings can often lead to even more social isolation and burnout if not addressed.

"I like coming here, it gets me out of the house, and I am able to play games and socialize with people. Since I live alone my doctor was worried about me being isolated, but the last time I went to the doctor she said that there has been an overall improvement of my health. That I am doing a lot better, and part of that is coming to the Day Center and the support that they give me. It is the best thing that I did, coming here."

BARB D.



"I was off because of the holidays and I found myself missing it at The Day Center. You all bring me so much joy and are able to help me when I need it. I know that when I come here, I am with people that want to help and care for me. I really just enjoy my time here."

ELMER E.



We offer nursing services from a health model approach, collaborating with family members, care teams and doctors' offices to provide consistent oversight with medications, activities of daily living, physical functioning, cognitive abilities and managing diagnoses. Our nursing team includes an RN and health support specialist. Together they formulate a detailed plan of care to allow participants and caregivers peace of mind in managing the changing needs of their loved ones.

Through the Day Center, Evergreen Commons offers Caregiver Support Services. Respite is a provision of participant enrollment into the program, allowing the caregiver a break to focus on self-care and give attention to the demands of everyday life such as work, home, and other family members. We offer five monthly support groups, focused on peer led conversation to address the strain of caregiving, provide encouragement and affirmation and receive a sense of community. Caregiver education and training sessions are offered throughout the year. These evidence-based classes address disease specific needs and are designed to provide resources and information to anyone identifying as a caregiver.

The Day Center programming is based on a fee for service. An initial assessment is performed to determine how much staff assistance will best support the participant and caregiver. Services are also supported by county and state funding agreements such as contracts and grants. Our local area agencies on aging and the Veteran's Administration partner with us to make services affordable and accessible to everyone. We encourage anyone interested in our services to take a tour, or, try it for free to get a closer look at the compassionate, individualized opportunity to be a part of the program.

As we age, we are faced with the reality that we can't do everything we were once able to do. Instead of finding ourselves extending a helping hand to someone else, we are in need of a helping hand. It isn't always easy, but oftentimes inviting people in to assist with the care and support that you might need is rewarding in more ways than one. Take time to think about in what ways you can invite someone into your "team," and remember Evergreen Commons is always ready to join.

Do you want to know more about The Day Center Campus? Please consider one of three steps. First, call our Resource Office at 616-355-5118 to receive more information. Second, we host multiple Open Houses at The Day Center Campus throughout the year. We invite you to our next **Open House on Tuesday, March 19th from 4:30-6:00pm**. Third, looking for a tour? Individual tours and visits can be scheduled with a Day Center team member through the Resource Office phone number listed above.

Evergreen Commons Day Center By The Numbers...

80 Around **80 individuals** are currently enrolled in the Day Center (Adult Day Services) Program.

100 The Day Center has had **100% overall satisfaction** with services for 7 straight years.

88 The Day Center has shown to **reduce social isolation in 88%** of attendees.

The Day Center team consists of **18** highly trained individuals, filling **10** different job roles.

TOP REASONS FOR ENROLLMENT:

Socialization & Cognitive Stimulation **63%** Respite **37%**

42
Youngest
Participant

48
Only **48%** of participants live with memory loss or dementia.

99
Oldest
Participant

13
13% of participants live with Parkinson's disease.

In 2023 We...

Served around **125** unduplicated participants. The majority of participants are men.

Served around **150** unduplicated caregivers. The majority of caregivers are women.

Received support in the program by **45** different volunteers

Hosted **7** caregiver training/education classes.

We host around **60 support groups** a year.

In the Loop Scoop



DINING ROOM CONCERTS

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

We are excited to have the Evergreen Commons Handbell Choir, directed by Mary Van Voorst, performing a wide variety of music for us!

Thur. | March 21 | 11:45 - 12:15 pm

Professional musician, **Jim Cooper**, will be sharing with us his amazing talent on the piano.



Mon. | March 25 | 12:00 - 1:00 pm

INCLEMENT WEATHER POLICY

Our goal is to minimize interruptions to our programmed schedule. If we determine that the safety and well-being of our members, volunteers, and staff is in danger due to travel or exposure during inclement weather, Evergreen Commons will close while that danger exists. Decisions regarding closures, delays, or limited building usage (where no classes or programs are offered, and limited lunch is available), due to inclement weather are not taken lightly. Please note, Evergreen Commons is not affected by any school closings.

If the Day Center program or transportation is cancelled – a phone call will be made to the participant and/or caregiver to inform them by 8:00 a.m. the day of closure. A greeting indicating the status of the program will also be updated on the main phone line: 616-355-5130

Closings or delays will be shared on the web at www.evergreencommons.org, Facebook, and on our main building message by calling 616-396-7100.

COFFEE & CONVERSATION

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



Mon. | March 25 | 10:30 am | Study Hall: 2nd Floor

FLYING SOLO

FLYING SOLO is a social environment that fulfills the same need as a partnered one without alienating the single individual. Whether you're single or you're "Married living Single" you're welcome to join this group at any time.



Join us for socializing and a dinner salad. Please register by March 7th by calling 616-396-7100.

March 11 | 5:30 - 7:30pm | Dining Room | Cost: \$7

Join Flying Solo's Tuesday coffee group for games and a time for socializing.

Tue. | 1:00-2:30 pm | Study Hall: 2nd Floor

READ & WATCH SERIES

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

March's book is **Rebecca** by Daphne du Maurier.



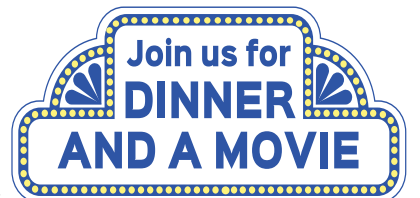
Based on the best-selling novel of the same title, the movie "Rebecca" tells of a naïve young woman (Lily James) in her early 20s, who becomes acquainted with a wealthy Englishman, Maxim de Winter (Armie Hammer), a 42-year-old widower. After a fortnight of courtship, she agrees to marry him and, after the wedding and honeymoon, accompanies him to his mansion in Cornwall, the beautiful estate Manderley. Naive and inexperienced, she begins to settle into the trappings of her new life but finds herself battling the shadow of Maxim's first wife, the elegant and urbane Rebecca, whose haunting legacy is kept alive by Manderley's sinister housekeeper Mrs. Danvers (Kristin Scott Thomas). Questions about Rebecca's death, along with Mrs. Danvers' strange behavior, draws the new Mrs. de Winter into a mystery that will impact all of their lives.

Movie showing – Register to attend via your In-Person Membership account or call 616-396-7100. You are welcome to attend the movie, even if you haven't read the book.

**Mon. | March 25 | 2:45 pm | Seminar Room
Rated PG-13 | 2 hr. 3 min. | 2020 | Drama/Mystery/Romance
Books distributed at the Front Desk by Entrance A.**

DINNER AND A MOVIE

Join us for dinner prior to our featured movie, **My Big Fat Greek Wedding 3**. We will be serving a bowl of chili with a choice of toppings for **\$4.50**. We will also have all our regular delicious coffee shop offerings of soups, salads, sandwiches, baked goods and more! This event is open to the public, so come and enjoy this meal with your friends and neighbors while supporting Evergreen Commons and our programs. Make your reservations by Monday, March 25th by calling 616-396-7100.



Wed. | March 27 | 4:30-5:40 pm | Coffee Shop

And you can join us for dinner before the movie **The Hill** because we will have the Coffee Shop open every movie night! Enjoy all of our regular delicious Coffee Shop offerings! Make your reservations by Monday, March 11th by calling 616-396-7100.

Wed. | March 13 | 4:30-5:40 pm | Coffee Shop

COGNITIVE HEALTH WEEK: MARCH 11-15, 2024

MoCA Cognitive Screenings

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



Our MoCA certified staff can administer and discuss the screening with you. Appointments may be scheduled for the week of March 11-15, 2024 by calling Member Services, 616-396-7100

\$25/screening

Wellness Opportunities



Registration is easy & required for most activities.

Options to register:

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

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

CLUBS

BOOK CLUB

Come enjoy good books, great discussions, and meet new people. Each month the books are distributed that you will be discussing the following month, giving you plenty of time to finish the book. *"Children's Blizzard"* by Melanie Benjamin is our book for March.



Wed. | March 6 | 2:30-3:30 pm
Study Hall: 2nd Floor

CREATIVE CROCHET & KNITTING CLUB

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

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

DUTCH DANCE

Evergreen Dutch Dancers resume their season on March 4! We will be rehearsing to prepare for dancing at Dutch Village for 3 weeks in May and for a special performance here at Evergreen Commons during Tulip Time. We dance 5 simple dances, costumes and wooden shoes are provided by Dutch Village. All dancers must have a completed Physical Readiness Questionnaire on file at Member Services. Questions? Contact Linda at 616-403-8570.



Mon. | March 4-April 22 | 9:00-9:55 am | Seminar Room

MACHINE KNITTING CLUB

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

Wed. | March 27 | 12:30-2:30 pm | Teachers Lounge: 2nd Floor

MEMOIR WRITING CLUB

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

Fri. | March 8 & 22 | 1-2:30 pm | Board Room

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

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

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

THE reACTORS

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



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

QUILTING CLUB

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

Thurs. | March 7 & 21 | 10 am-2 pm

Home Ec Room: 2nd Floor

GAMES / CARDS

Please arrive 15 minutes before scheduled start time.

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

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

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

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

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

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

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

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

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

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

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

RUMMIKUB | Thurs. | 12:45-3 pm

SCRABBLE | Thurs. | 1-5 pm

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

FAITH

CHAPEL AT EVERGREEN

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

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

Rev. Dr. James Ellis of Maplewood Reformed Church

Mon. | March 18 | 2:30-3 pm | Seminar Room



FAITH LESSONS

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

Wed. | 1-2 pm | Seminar Room

PRAYER BOX - INVITATION TO PRAYER!

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

SAVE THE DATE

Day Center Open House!

Tuesday
March 19

4:30-6:00pm

The Day Center
of Evergreen Commons

55 West 16th Street | Holland, MI 49423



ARTS & CRAFTS

WATERCOLOR WEDNESDAY WITH SANDI

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

Wed. | March 27 | 1-3 pm | Home Ec Room: 2nd Floor
Cost: \$18 per class

COLORING STUDIO

Express your creativity and socialize!

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



WOODSHOP

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

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

SEGMENTED WOOD BOWL CLASS

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



Woodshop | Cost: \$65

SIMPLE WOOD PEN TURNING CLASS

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



Thur. | March 14 | 12:30-3:30 pm | Woodshop | Cost: \$35

DANCING

BEGINNING BALLET

Adult ballet classes are more popular than ever! Whether you are looking for a fun workout or want to start a new hobby, ballet gives you a full body workout while allowing you to express yourself, release stress and build community. Ballet basics are fairly simple to pick up. Under the direction of instructor Cheryll Lynn, you will strengthen your feet, ankles, legs, glutes, core, back, and arms, all while improving your balance and flexibility. Prerequisite: You must have an updated Physical Activity Readiness Questionnaire on file at Member Services to participate.

Mon. | Mar.11 - April. 29 | 2:00-3:00 pm
Dance & Music Studio: 2nd Floor | Cost: \$64

INTERMEDIATE BALLET

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

Thur. | Mar. 14 - May 2 | 10-11:15 am
Dance & Music Studio: 2nd Floor
Cost: \$64



BEGINNING/INTERMEDIATE TAP

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



Thur. | Mar. 14 - May 2 | 11:30 am-12:30 pm
Dance & Music Studio: 2nd Floor | Cost: \$56

EASY & FUN LINE DANCE

Whether you are a novice or have been dancing for a while and just want to keep it simple, this is the class for you. This six-week class, led by Linda Booker, works on your balance, rhythm, coordination, brain, memory focus and of course, your fitness. We will be dancing to a variety of music at a fun and easy pace, keeping the dances at a beginner level.

Wed. | Mar. 6 - Apr. 10 | 11:00 am-12:00 pm
Dance & Music Studio: 2nd Floor | Cost: \$30

READY FOR MORE LINE DANCE

If you can do a grapevine, shuffle, jazz box, and mambo, and you want to step it up a bit, this is your class. The pace of the class will go a bit faster since you have taken a few line dance classes and don't need to spend much time re-learning the basics. During this six-week class, we will continue to learn beginner dances with a few intermediate level ones for an added challenge. Linda Booker has been teaching and sharing her love for line dance for many years.



Wed. | Mar. 6 - Apr. 10 | 9:45-10:45 am
Dance & Music Studio: 2nd Floor | Cost: \$30

FISHING

SPAWNING FISH

Come meet with Jack Payne, outdoor writer and fishing enthusiast and learn the patterns of spawning walleye, pike, bluegill, crappie, and bass. Spawning locations differ from summer patterns as will the techniques you use when fishing. Lures, bait, and strategies will be discussed and shared. Reserve your seat by calling 616-396-7100.

Thur. | March 21 | 1:00-2:00 pm | Study Hall: 2nd Floor | Free!

EVERGREEN FISHING CLUB

Are you looking to learn more about fishing? In search of a new fishing buddy, someone to share a boat with? Or maybe just looking to shoot the breeze with a few other anglers, spin some tales and stretch the truth about past catches? We are hoping there is some interest in forming an Evergreen Commons fishing club where we can learn about locations, techniques and share a few laughs. If you are interested in participating in a fishing club, contact jackpaynejr@gmail.com or 616-566-7713.



MUSIC

CLARINET CHOIR

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

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

Wellness Opportunities



EVERGREEN SINGERS *NEW*

We are excited to announce that the Evergreen Singers will be meeting again after a long hiatus. They are back with a new director, Milt Bos. If you enjoy singing, come join this group! The Evergreen Singers is a fun and informal choir. No audition is needed, and you don't have to read music. For more information, contact Diane Bowman at 734-649-7177 or ddsdell@aol.com.



Mon. | 10:00-11:00 am | Home Ec Room: 2nd Floor

FLUTE CHOIR

Do you play the flute? We have started an Evergreen Commons Flute Choir and are looking for more flutists to join us. For more information or to request a performance, contact Carol at cahimebaugh@yahoo.com.

Fri. | 11 am-12 pm | Home Ec Room: 2nd Floor

NOTEBLENDERS BAND

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

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

PB & JAM SESSION

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

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

EVERGREEN TRAVEL 2024

Spain and Portugal (April 20-May 1) \$5,080 pp/dbl ***Waitlist**
Alaska and the Yukon (Aug. 21-Sept. 1) \$4,810 pp/dbl
Britain (Sept. 21-Oct. 2) \$4,885 pp/dbl ***Waitlist**

PLEASE NOTE: It is important to reserve your space early! We will not be offering coach tours at this time. More info can be found on the bulletin board by the stairs or contact: Michelle Zavala: 616-796-2562 or michelle@ibgtravel.com.

TECHNOLOGY

TECH WEDNESDAY

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

Wed. | March 6, 13, 20, 27 | 9-11:30 am | Game Room | FREE



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



Book your motorcoach trip today!
Your adventure awaits!

HASP'S OSCAR PARTY

Wednesdays, February 28, March 6,
and March 13 (3 sessions) • 1:00pm - 2:30pm

Knickerbocker Theatre
(86 E 8th Street, Holland, MI, 49423)

Evergreen Price: \$30.00 per person

In a first-of-its-kind collaboration, the Hope Academy of Senior Professionals (HASP) at Hope College is excited to extend an invitation to all Evergreen Commons members to attend its annual Oscar Party! HASP is a peer-led lifelong learning program designed to enrich the intellectual, social, and cultural lives of its nearly 800 members in Holland and the surrounding communities.

Roll out the red carpet, grab some popcorn, cast your ballots, and join the discussion of this year's Academy Award nominees. Predict who will win, who should win, and who should have been nominated!

This interactive course will explore the history of the Academy Awards, examine the competitive categories, profile the ten Best Picture nominees, dissect the Academy's preferential voting system, and allow participants to cast their ballots for their own favorite movie of the year.

FAQs

1. *What if I am a HASP member and an Evergreen Commons member?*
HASP members are welcome to enroll via the HASP course registration page, and they pay the standard course fee.

2. *Do I have to attend all three sessions?*
No, you are not required to attend all three sessions, but the content will build upon itself over the duration of the course.

3. *Do I have to pay for all three sessions?*
Yes, the course is \$30.00 and cannot be parceled.

Call member services at 616-396-7100 to register

4. *Do I have to join HASP to attend?*
No, this is a new collaboration between HASP and Evergreen Commons.

5. *Where do I park?*
Parking is available on 8th Street or in the 7th Street public parking ramp with a SnowMelt-enabled walk to the Theatre.

Audience members who need assistance to fully enjoy any event at Hope are encouraged to contact the college's Events and Conferences Office by emailing events@hope.edu or calling 616-395-7222 on weekdays between 9 a.m. and 5 p.m.



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

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

Physical Wellness



Registration is easy and is required for most activities.

Options to register:

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

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

CARDIO + STRENGTH EQUIPMENT

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

Please check-in using the clipboard by the entrance to the equipment room. No reservation necessary. **REMINDER:** The Holland Hospital Physical Therapy Room/Equipment, located inside of the Training Center, is only available to Holland Hospital staff and their physical therapy patients. We appreciate your cooperation in this matter.

For additional assistance navigating the equipment, please join Kennedy Sutton and Zach Elders, Certified Therapeutic Recreation Specialists (CTRS), during the following times:

Monday 3:30-4:30 pm

Wednesday 2:00-3:00 pm Thursday 2:30-3:30 pm

Friday 2:00-3:00 pm

FITNESS ORIENTATION AVAILABLE

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

PATHWAYS TO BETTER HEALTH

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

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

To enroll or for more information contact Kennedy Sutton at 616-355-5106 or suttonk@evergreencommons.org A doctor's release may be required.

Cost: \$49

PERSONAL TRAINING

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

Marcie Gove 616-355-5127

Bree Gruppen 616-355-5102

Kevin Lankheet 616-355-5139

Paige Mingerink 616-355-5138

Amy Vande Poel 616-355-5114

Tanya Eaton 616-355-5103

Sydney Bolt 616-355-5146

PHYSICAL WELLNESS ASSESSMENTS

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

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

COST: \$30 per assessment

PARKINSON'S SPECIFIC PERSONAL TRAINING

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

MOBILITY MATTERS PERSONALIZED BALANCE TRAINING

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

Marcie Gove 616-355-5127

Bree Gruppen 616-355-5102

Sydney Bolt 616-355-5146

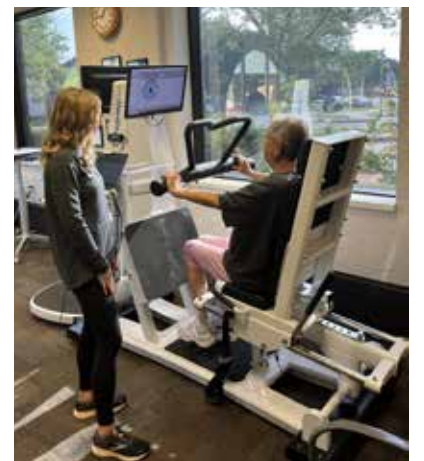
Paige Mingerink 616-355-5138

Cost: \$79

(includes balance assessment and 3 half-hour training sessions)

BIODENSITY

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



Call Sydney Bolt at 616-355-5146 or

bolts@evergreencommons.org to schedule an appointment.

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

MASSAGE THERAPY

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

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

Tuesday Appointment Times (50 min.):

1 pm | 2:10 pm | 3:15 pm

Friday Appointment Times (50 min.):

9 am | 10:20 am | 11:40 am | 1 pm | 2:00 pm

Cost: \$50 | Teachers' Lounge: 2nd Floor

Evergreen Commons Membership Required.





AQUATIC – POOL

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

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

LAP SWIM RESERVATION TIMES

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

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

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

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

WATER-WORKS

A shallow-water, moderate-intensity workout.

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

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

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

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

AQUA COMBO

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

Mon. | 2:05-2:50 pm

ARTHRITIS FOUNDATION AQUATIC PROGRAM

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

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

GROUP FITNESS ACTIVITIES

MIND & BODY

PILATES YOGA BLEND

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

Wed. | 8-8:45 am | Auditorium | Bring a mat

YOGA STRETCH

A gentle class that combines breathwork and yoga stretches.

Thurs. | 10:15-11 am | Auditorium | Bring a mat

YOGA

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

Fri. | 8-8:45 am | Auditorium | Bring a mat

YOGA BASICS

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

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

SIMPLY STRETCH

Various stretching techniques to leave you rested and relaxed.

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

PILATES

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

Mon. | 8-8:45 am | Auditorium | Bring a mat

GROUP CYCLING

CYCLE CORE

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

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

S3: SPIN, STRENGTH & STRETCH

A cardio, strength, and stretch fusion.

Tues. | 10:15-11 am | Auditorium

SPIN

A vigorous cardio program using a stationary cycle

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



GROUP FITNESS ACTIVITIES

CHAIR-ASSISTED

CHAIR YOGA

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

Mon. & Thurs. | 1-1:45 pm | Seminar Room

CHAIR EXERCISE

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

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

DRUM LINE

Seated or standing, discover the drummer in you!

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

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

PARKINSON'S SPECIFIC PROGRAMS

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

PEDALING FOR PARKINSON'S SPIN

A group cycling class utilizing PFP protocols.

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

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

MOVING WITH PARKINSON'S

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

Wed. & Fri. | Jan. 10 - May 24 | 12:15-1 pm

Dance & Music Studio: 2nd Floor

PWR! Moves Chair – Parkinson's Exercise

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

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

PWR! MOVES CIRCUIT - Parkinson's Exercise

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

Mon. | 10:15 -11 am | Auditorium

Wed. | 10:15 -11 am | Auditorium

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

VOCALIZE

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

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

CARDIO & STRENGTH

ZUMBA GOLD

A fun, easy, Latin-inspired fitness dance class

Tues. | 9:15-10 am | Auditorium

Fri. | 10:15-11 am | Auditorium

CORE & MORE

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

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

STRENGTH CIRCUIT

Build and sculpt muscles.

Tues. & Thurs. | 8:15-9 am | Auditorium | Bring a mat

ENHANCE FITNESS

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



Senior Resources Grant Funded Jan. 3 - March 29

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

FITNESS PROGRAMS

ARTHRITIS FOUNDATION EXERCISE PROGRAM

This program is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range of motion exercises that are suitable for every fitness level, standing or seated. Start any time! Funding for this service is provided in part through the Older Americans Act, The Bureau of Aging, Community Living, and Supports, and Senior Resources of West Michigan.



Tues. & Thurs. | March 5 - April 25 | 11 am-11:45 am | Seminar Room

Senior Resources Grant Funded

Suggested Donation: \$10 Member | \$15 Nonmember

OPEN TAI CHI FOR ARTHRITIS

Come practice with other members who are also familiar with the Tai Chi for Arthritis format. This is an open practicum; no formal instructor will be provided. Prior participation in Tai Chi for Arthritis required.

Tues. | March 5 - 26

2-2:45 pm | Dance & Music Studio: 2nd Floor

Evergreen Commons Membership Required

YANG STYLE TAI CHI

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

Mon. | March 4 - 25 | 1:00-1:45pm

Dance and Music Studio: 2nd Floor | Cost: \$29

Evergreen Commons Membership Required

TULIP TIME 5K CONDITIONING

March 4 – May 2, Evergreen Commons members can join volunteer, and experienced 5K participant, Carolyn Van Lente every Monday and/or Thursday to prepare for the Tulip Time 5K Walk/Run on Saturday, May 4. If you're not participating in the 5K you can still condition with us in support of those entered in the event! This will be an outdoor program so dress for the weather.

• **Mondays 2:15pm – Evergreen Commons Entrance A**

• **Thursdays 10:15am – Evergreen Commons Entrance A**

Sign up at Member Services

or via your onlinemember portal – no fee!

PFILATES

Created by Dr. Bruce Crawford, Uro-Gynecologist, Pfilates was designed to provide a widely accessible method of recovering or enhancing pelvic floor strength. This program uses the principles of plyometrics and the control of Pilates to increase pelvic floor activity by up to 10x a standard Kegel exercise. Basic fitness and mat Pilate's movements have been selected based upon research, and the program is simple and easy to follow, requiring less than 10 minutes a day. Seated and standing modifications are provided for all floor exercises. So, if you are experiencing incontinence, bladder/bowel weakness, pelvic organ prolapse, or overactive bladder this program is for you!



Initial Session

Wednesday, March 6 from 9:00 - 11:00am/ Study Hall

Remaining Sessions

Wednesday & Friday | 9:15-9:45am | March 8-29 | Seminar Room

Cost: \$39 - Evergreen Commons Membership Required

Physical Wellness



Registration is easy and is required for most activities.

Options to register:

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

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

ZOOM BRAINS & BODIES

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

Tues. & Thurs. | March 5 - April 25 | 11:15am – 12:00pm
ZOOM | Cost \$10 | Invitation for all class dates will be emailed.
Evergreen Commons Membership Required.

RECREATIONS

PICKLEBALL

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

For pickleball schedule details please pick up a Daily Fitness/Enrichment schedule at Member Services or call Zach at 616-320-3835 for more information. Beginner/Novice Lessons available on Monday from 12:45-2:30 pm & Wednesday from 12:45-1:45 pm. 2 free trial lessons, no appointment necessary.

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

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

TABLE TENNIS

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

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

BILLIARDS

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

STRIDERS

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

MARCH WEEKLY WALKS

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

Wed. | 9:30am | Herrick Library

Fri. March 1 | 9:30am | Evergreen Commons, Entrance A

Fri. March 8, 15, 22, 29 | 9:30am | Herrick Library

SATURDAY TREK

March 16 | 11:40am | St. Patrick's Day Parade (meet in the Civic Center parking lot)

ANNOUNCEMENTS

BIKES, BEATS, & BREWS

PARKINSON'S AWARENESS EVENT 2024

Everyone is encouraged to join Velo City and Evergreen Commons in this community wide biking event to help foster awareness for Parkinson's disease. Let's all come together to stay fit and raise funds for our Parkinson's community over the winter months.

January 1 – April 8, hop on a bike, indoors or outdoors, and track your mileage via the Strava App or pick up an Evergreen Commons Biking Log at Desk C. Riders, as you rack up the miles, please enlist sponsors to donate to the cause! All proceeds will go towards the Parkinson's programs at Evergreen Commons; a place where we use movement, community, and partnerships, to empower those with Parkinson's disease.

Interested in riding along or donating?

Pick up a Bikes Beats & Brews registration packet at Desk C for detailed information, pledge forms, and more! Online donation and/or registration available at www.evergreencommons.org/bikesbeatsandbrews. For more information contact Bree Gruppen at gruppenb@evergreencommons.org.

Evergreen Commons Bikes Beats & Brews Celebratory Event

Thursday, April 11
from 4:00-7:00pm

Come One Come All...join Evergreen Commons for an event filled with great energy, awesome music, and tasty brews and bites! Think Biergarten meets Evergreen Commons in support of our community members living with Parkinson's disease (PD)! Your participation helps Evergreen Commons continue to bring innovative, evidence-based programming and equipment to those living with PD to provide symptom management strategies, improved quality of life, and a sense of belonging, meaning and purpose! Open to the public! Register today at Member Services, 616-355-5120.

Cost: \$25/ Register prior to March 18th and receive a complimentary Bikes Beats and Brews Mug!

Event Happenings (arrive anytime)

4:00 – 7:00 pm | Evergreen Commons Auditorium

- **Interactive Group Cycling Class (4:00-5:00 pm/ ride or cheer riders on; bikes can be shared)**
- **Drumming**
- **Board Games**
- **Door Prizes**
- **Line Dancing**
- **Music**
- **Food & Beverages**
- **Cornhole, Jenga, and more**
- **Awards Ceremony**
- **Cornhole, Jenga, and more**
- **Community Fun!!!**



SAVE THE DATE!

Evergreen Chorale - Winter Concert

First Reformed Church - March 19 | 7:00 pm

**Thank you Crown Motors for
sponsoring this edition of**

Fresh Aire



For underwriting opportunities, please contact

Mark DeWitt at 616-403-5334 or

dewittm@evergreencommons.org

THE ROAD TO BRAIN-HEALTHY LIVING

1 GET REGULAR EXERCISE. Aerobic activity is great for your brain, and has been linked to sharper performance and reduced risk for memory loss.

2 EAT A HEALTHY, WELL-BALANCED DIET AND MAINTAIN A HEALTHY WEIGHT. Don't worry about the latest "brain food" fad; focus instead on eating a sensible, well-balanced diet that supports a trim waistline.

3 STAY ON TOP OF YOUR HEALTH AND USE MEDICATIONS WISELY. Reduce your risk for conditions that make you vulnerable to stroke and dementia. Be aware that certain medications may make it harder to remember.

4 GET A GOOD NIGHT'S SLEEP, AVOID RISKY BEHAVIORS AND DON'T STRESS! Getting your zzz's, making sure you don't trip and hit your head, and balancing stress are small but key ways of living with your brain in mind.

5 PLAY GAMES AGAINST THE CLOCK TO STAY SHARP AND FOCUSED. Timed activities force us to stay focused, think fast and multi-task, all which are critical to good memory as we age.

6 USE SIMPLE MEMORY STRATEGIES TO ENHANCE YOUR DAILY RECALL. Try repeating things you want to remember, or making a connection between them and something you already know.

7 KEEP YOUR MIND ENGAGED WITH NEW CHALLENGES & FIND LITTLE WAYS TO "CHANGE UP" YOUR BRAIN'S ROUTINE. Always try new things that make you think, such as learning an instrument. Challenge your brain by changing usual habits – brush your teeth with your eyes closed!

8 BE SOCIAL – IT OFFERS A GREAT CHALLENGE TO EVERYDAY THINKING SKILLS. Dinner with friends – or lunch, or even coffee – gives us a great brain workout and an emotional boost.

9 WORK OR VOLUNTEER TO STAY INTELLECTUALLY CHALLENGED AND SOCIALLY ENGAGED. Both activities may offer protection from memory loss over time.

10 THINK POSITIVELY! Self-perception can affect our performance. Practice the power of positive thinking and have confidence in your memory.

JUST A THOUGHT FROM MY HEART ...

by Sue Zwiép

Much like Chicago is called "the windy city," so March is often referred to as "the windy month." Generally, it is in March when the wind seems to begin to blow away the winter and sail us into spring. Perhaps you have heard the little saying, "in like a lion and out like a lamb" that is often used to describe the weather in March where the month often begins with harsh, still very cold wintery winds but by the end of the month it seems more pleasant as winter subsides. Of course, we understand that sometimes it can be just the opposite here in West Michigan!

Wind is amazing! It comes to us as a gentle breeze that moves the air to cool and refresh. It comes with an excitement to attempt to guide a kite to soar swiftly in the air. It can come with a vengeance to manufacture a powerful storm that can uproot trees or even destroy cities. Or, like at Pentecost, it can even come mightily rushing in without disturbing a thing in its path but carrying with it the Spirit of God to change hearts and lives forever.

John 3:8 tells us that "the wind blows wherever it pleases. You hear its sound, but you cannot tell where it comes from or where it is going." While wind is unpredictable at times and often arrives and departs without notice, and even though we cannot see it, we know that wind is a very present force. We hear its sound and we witness what it can do. We cannot hold the wind, but we know that it is very real. In the wind we meet our Creator, the Maker and Master of all things for "for even the winds and the waves obey Him" (Mark 4:4). When we consider the wind, of one thing we can be certain – each gentle breeze and each forceful gale is controlled by our heavenly Father.

God uses the wind as His instruments. "He makes the clouds His chariot and rides on the wings of the winds. He makes winds His messengers, flames of fire His servants" (Psalm 104:3-4 and Hebrews 1:7). He uses the effects of the wind to instruct when He reminds us that setting our sights on the things of this world is like chasing the wind (Ecclesiastes 2:11). It is never to be caught; it is never to be held. Its comes and it is gone. Those who doubt the faithfulness of God are like waves blown and tossed by the wind causing turmoil and the waters of life to be rough and uncontrolled (James 1:6). He warns us not to be blown here and there by every wind of teaching (Ephesians 4:14) and He clearly makes known that the wicked are like chaff of wheat that the wind simply blows away (Psalm 1:4).

God speaks to us in many ways and His voice can be heard as well in the winds that blow. What a wonderful God we know and serve Who uses even the wind to do His bidding and to carry out His purposes. At the end of time, He will send His angels with a loud trumpet call and will beckon the four winds to gather His elect from one end of the heavens to another (Matthew 24:31). How amazing that will be!

Enjoy and celebrate the wind this month and marvel at the One Who uses it not only to stir the air around us, but more importantly to stir our hearts as we forever relate all things to Him.

 Sue Zwiép

A Place Called the Day Center of Evergreen Commons

By Nicole Geurink, Floor Manager

Almost everyone has answered the question "where do you work?" hundreds of times in their lives. When I get asked this question, I get excited to answer, because there is quite a bit of misconception about what we do at the Day Center. A few years before I began working here, I didn't even know it existed and didn't have an idea the impact this place has on the community or the true meaning and purpose behind what happens here. It's not a nursing home, it's not a daycare center. It's a place people WANT to be.

The Day Center is a place where you can walk in and feel like you're entering a room full of your favorite family and friends. It can feel intimidating to walk into a place full of people you've never met, we've all been there, but there has never been a person who walks in the door of this program that has been a stranger.

It's a place where caregivers can come in and find guidance, comfort, and support through whatever they're experiencing and know that whether their loved one attends the program or not, that they are not alone.

It's a place where everyone's sense of self is honored and respected. We know each person is unique and treated as such. We pride ourselves on being person-centered and ensuring everyone is cared for in a way they deserve and prefer.

It's a place full of fun, laughter, and entertainment. You find joy here.

It's a place to meet new people and socialize.

It's a place where you can be active and healthy.

It's a place that is vital to keeping participants in their homes for as long as possible.

It's a place where a family member or friend can leave their loved one and know they are in the best hands.

It's a place where people can find purpose and meaning in their lives, when they may have felt like that was no longer an option.

It's a place where I never saw myself working long-term, but every time another opportunity comes my way, I just don't want to leave.

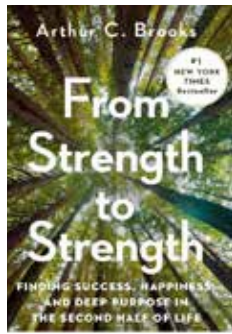
This is the Day Center of Evergreen Commons



HARVESTING WISDOM

A couple of things converged for me in November of last year. First, I read New York Times Bestselling author Arthur Brooks' book, From Strength to Strength.

Brooks has re-oriented my thinking around middle-age success and celebrating the gifts of the second half of life with grace, joy, and ever deepening purpose. At Evergreen Commons, we aspire that each of our members and participants experience belonging, meaning, and purpose. Brooks begins his book by telling the story of overhearing a conversation between a husband and wife on an airplane. Brooks is seated in front of the couple and in the flight from Los Angeles to Washington D.C., hears the woman say to her husband, "It's not true that no one needs you anymore." Rewind to earlier in the conversation when the husband is reflecting on his career, his retirement, and his perceived reality that his days of influencing and impacting are over. Brooks writes, "What I found was a hidden source of anguish that wasn't just widespread but nearly universal among people who have done well in their careers. I came to call this the "striver's curse": people who strive to be excellent at what they do often wind up finding their inevitable decline terrifying, their success increasingly unsatisfying, and their relationships lacking."



There is another path. What if – in our older years- we channeled our life's experience, career insight and wisdom for the flourishing of those who are behind us in age and life stage? Brooks writes, "Instead of denying change in your abilities, you can make the change itself a source of strength. Instead of trying to avoid decline, you can transcend it by finding a new kind of success, better than what the world promises...a deeper form of happiness than what you had before."

The second thing that happened in November was a conversation with Skip and Scott Nagelvoort. Skip – and his lovely wife Mary- are part of the Evergreen family. Skip and his son Scott are leaning into channeling wisdom and life's experience in the third third of life...energized and curious about the wealth of wisdom that exists

within our community at Evergreen and how to galvanize that wisdom for the good and transformation of those who are in a different stage in life and career. As we talked, I was reminded of Brooks' book on purpose and meaning in the second half of life. Skip worked in the investment business in NYC for 35 years analyzing companies and advising

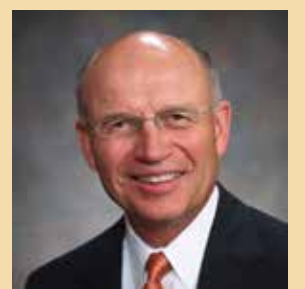


on their growth options. He was exposed to global issues for both the capital markets and the related geopolitical framework in his later career at the Center for Trade and Security. Scott is an accomplished senior leader, known for effectively analyzing and resolving complex issues, achieving strategic goals, and driving business expansion. As a proven professional, he focuses on improving overall operational performance through expertise in financial management, risk identification, capital raising, strategic planning, financial planning, and turnaround management. We together rumbled about the possibilities of intersecting this crystallized wisdom with younger leaders for the mutual benefit of an ever-deepening purpose.

So, we're taking a step forward. And we invite you to join us. Imagine with us the transformation that could occur when seasoned leaders come together and share story and influence, encouraging one another for the benefit of our community?

Thank you, Arthur, Skip and Scott for disrupting the way people age.

We'll gather for a Lunch & Learn on Tuesday, March 26 from 11:30-1:00 pm. Dr. Jim Bultman, President Emeritus of Hope College and Northwestern College (IA) will share his story in an interview style. Our chef will make a delightful lunch. Our hope is that this gathering will be the first of many. RSVP today. Seating will be limited. Tickets are \$10.



THANK YOU!

The Day Center of Evergreen Commons is deeply grateful for the generous contributions to the Tovertafel "Magic Table." We are excited to enrich the lives of our participants with this innovative device and help them thrive in a season of uncertainty while living with cognitive health changes.



Evergreen Art



WE SHALL NOT PASS THIS WAY AGAIN...

by Pastor Bill Hoffman

It is said that when the month of March comes, it comes in like a lion. Still, at times, tightly holding its grip of cold days with scant warmth to encourage our dreams of warmer days and the promise of spring. We can look forward to its going out like a lamb, with fresh green grass and brightly colored bushes.

This year March will also see the purchase of jellybeans, colored eggs, chocolate bunnies and easter lilies in full bloom, and perhaps a new outfit to buoy our spirits. But do we ever look at March and realize it is more than just another month in which we will put one foot in front of the other; simply existing in our own little ruts along the way?

This year as we walk through the month of March, we will also be walking towards the celebration of Easter which will be celebrated on the 31 st day of March. Thus, Easter eggs, jellybeans, and chocolate bunnies in colored baskets will be abundant. Yet, Easter is more than just another holiday on the calendar. It is a day of celebration, of God opening his heart and showing his very deep love to all that he has created. The poet as shared that Easter is the Spring of Souls for Christ has burst forth from the three days of sleep and the prison of death.

There was a Quaker missionary who lived during the 1800's. His name is not known, but he was a very wise

person. Among his writings there was found the following quote: "I expect to pass through the world but once. Therefore, if there can be any kindness I can show or any good thing I can do for my fellow beings; let me do it now. Let me not defer or neglect it, for I shall not pass this way again!"

Scripture tells us that the days of our lives are three score and ten years, or if by reason of strength, four-score. Think of all that we cram into these days, weeks, and months that make up three score and ten years. One thing that we all have in common is that we are each given the gift of time. Twenty-four hours a day, sixty seconds a minute, sixty minutes an hour, 7 days a week, 4 weeks a month. The only variant

is the specific amount of time God has allotted us to live, to move, and to have our being before he takes us into our heavenly home in glory.

Another monk, St Francis, by his life and example has taught us to pray, "Lord, make me an instrument of thy peace". Jesus simply says, "Go and do likewise". The choice is up to each one of us to decide what our pathway will be. What will we leave behind as a blessing for others? What will be our legacy as an example for others to follow?

How wonderful it would be to show kindness to all others and not defer or neglect any opportunity; for truly "we shall not pass this way again".

Blessings as you choose your example for others to follow.



HEART-HEALTHY HABITS

Improving heart health involves making conscious choices to reduce risk factors and adopt heart-healthy habits. Here are some ways to improve your heart health:

- **Eat a Balanced Diet:** Consume a diet rich in fruits, vegetables, whole grains, lean proteins, and low-fat dairy products. Limit saturated and trans fats, sodium, and added sugars.
- **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- **Quit Smoking:** If you smoke, seek support to quit smoking. Smoking is a major risk factor for heart disease.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- **Monitor Blood Pressure:** Check your blood pressure regularly and work with your healthcare provider to manage it within a healthy range.
- **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medications.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through a combination of balanced eating and regular physical activity.
- **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- **Get Adequate Sleep:** Aim for 7-9 hours of quality sleep per night to support heart health.

If you have graduated from cardiac rehab, or are looking to enhance your cardiovascular health, consider joining our Stronger Hearts Pathway to Better Health Program for only \$49. You will receive an enhanced fitness orientation, more personalized, to help you learn to how use the fitness center as a tool to achieve improved heart health. Meet with a trainer for a total of 6 sessions over 4 weeks to help you build your program. To enroll or for more information contact Kennedy Sutton at 616-355-5108 or suttonk@evergreencommons.org. A doctor's release may be required.

SCAM STATISTICS

- In the US, **one in ten adults will fall victim to a scam** or fraud every year.
- Around **50% of people contacted by a scammer engage with them** – 23% of them lose money.
- Every month around **1.5 million new phishing sites** are set up.
- **83 Million Facebook accounts are fake.**
- **Older Americans lose an estimated \$2.9 billion** a year from scamming.
- **More than 2.4 million Americans are targeted** by people pretending to be from the IRS each year.
- **1 in 5 scam complaints come from someone over 65.**

Source: Marija Lazic, LegalJobs, BBB Fraud Seminar

PEARLS PROGRAM



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

Contact the Resource Office For More Information | 615-355-5118

Cost: \$200 (8 Sessions) | Scholarships Available

Evergreen Commons Main Campus

- Resource Office 616-355-5118
- Bree Gruppen 616-355-5102, gruppenb@evergreencommons.org
- Kennedy Sutton 616-355-5108, suttonk@evergreencommons.org
- Zach Elders 616-320-3835, eldersz@evergreencommons.org

Evergreen Commons Day Center

- Nicole Geurink 616-355-5142, geurinkn@evergreencommons.org

RESOURCES FOR CAREGIVERS

EVERGREEN COMMONS CAREGIVER SUPPORT GROUPS

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

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

RESOURCE OFFICE

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

Mon. | 10 am-2:30 pm

Tues. – Thurs. | 9:30 am-2:30 pm

HEARING & HEARING AID CLINIC

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

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

PARKINSON'S SUPPORT GROUP

Anne McKay, DNP, MSN, Certified Adult Nurse Practitioner, specializes in Bone Health and will join us to discuss current guidelines for checking your bone density and ways in which you can strengthen your bones and lower your risk of a fracture.

Wed. | March 20 | 2:30-3:30pm | Study Hall: 2nd Floor

SAVVY CAREGIVER TRAINING

Savvy Caregiver/Discerning Dementia

This free 6-week class teaches participants a unique perspective on dementia, highlighting the functional aspects of the disease and concentrating on the abilities of the person with dementia. To register contact Caregiver Support Coordinator at (616)355-5153 or langejansa@evergreencommons.org

Funding for this service is provided in part through the Older Americans Act, ACLS Bureau, and Senior Resources of West Michigan. Donations are welcomed.

Tues. | April 2nd – May 7th | 2:30 am - 4:00 am

The Day Center, 55 W. 16th St., Holland | Cost: FREE

DONATE TO EVERGREEN COMMONS!



bit.ly/ECdonation





NUTRITION AND MEMORY

The following foods can help keep your memory sharp.

	BENEFITS	EXAMPLES
B Vitamins (B6, B12 And Folic Acid)	Protect brain nerve cells from homocysteine, high level of which have been associated with decreased cognitive abilities. Critical to keeping memory sharp. Associated with faster processing of information and memory recall.	Spinach Dark leafy greens Asparagus Broccoli Strawberries Melons Black beans, soybeans, and other legumes Other fruits
Antioxidants	Protect cells from damage caused by free radicals. Reduce cell oxidation, which may contribute to aging and cognitive decline Help to improve blood flow to the brain	Fruits and vegetables
Breakfast	People who eat breakfast score higher on memory tests and report better mood.	Combine a high-protein food with a high-fiber starch (eg. eggs and whole wheat toast)
Omega-3 Fatty Acids	May prevent memory decline Decrease the risk of developing dementia	Salmon Mackerel Lake trout Herring Sardines Albacore Tuna Flaxseed Canola and soybean oil Walnuts
Hydration	Even mild dehydration can cause confusion and have a negative impact on mental performance and concentration.	Water is best Decaffeinated tea or soda Soups Fruits Vegetables
Curry, red wine, and dark chocolate	Curry has been shown to protect brain cells Red wine and chocolate contain flavonoids which can help to reduce the risk of dementia by preventing the breakdown of brain cells.	South Asian and Indian Foods Pinot Noir, Cabernet, Sauvignon and Petit Syrah Dark chocolate has far more flavonoids than milk chocolate or white chocolate



March Menu

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

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

Friday | 8 am-2:00 pm

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

All Entrees: \$7.50

Soup of the Month

Chicken Corn Chowder
\$3.25 Bowl / \$2.25 Cup



Friday, March 1 – Baked Potato Bar with Cut Fruit

Monday, March 4 – Grilled Chicken Breast Sandwich with Fries

Tuesday, March 5 – Baked Rigatoni with Meatballs and Caesar Salad

Wednesday, March 6 – Swiss Chicken Casserole with Green Beans

Thursday, March 7 – Beef Stir Fry with Steamed Rice and Eggroll

Friday, March 8 – Parmesan Crusted Tilapia with Rice Pilaf and Steamed Broccoli

Monday, March 11 – Greek Stuffed Peppers with Celery, Carrots and House Made Hummus

Tuesday, March 12 – Grilled Shrimp Kabobs with Farro (Hulled Wheat) and Plum Salad

Wednesday, March 13 – Chicken Shawarma Pitas and Tomato Cucumber Salad

Thursday, March 14 – Italian Style Sheet Pan Chicken and Vegetables

Friday, March 15 – Hardy Stew with Cod, Yukon Golds, Red Bell Peppers and Saffron with Crusty Bread

Monday, March 18 – Crab Salad Melt on English Muffins with Apple Slices

Tuesday, March 19 – Roasted Pork Tenderloin with Scalloped Potatoes and Spaghetti Squash

Wednesday, March 20 – Pepperoni Chicken with Lima Beans and Garlic Bread

***Thursday, March 21 – Chicken Fajitas with Black Beans and Spanish Rice**

Friday, March 22 – Meatloaf with Mashed Potatoes and Peas and Carrots

***Monday, March 25 – Grilled Lime Chicken with Sauteed Zucchini**

Tuesday, March 26 – Smokey Cheddar Burger served with Super Salad

Wednesday, March 27 – Open Faced Turkey Sandwich with Mashed Potatoes, Gravy and Mixed Veggies

Thursday, March 28 – Pesto Chicken with Bowtie Pasta, Artichoke Hearts, Sun-dried Tomatoes and a Breadstick

Friday, March 29 – Biscuits and Sausage Gravy with Cut Fruit

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

VOLUNTEER OPPORTUNITIES

Lots of opportunities to volunteer at Evergreen Commons. Please contact Chrishia Carter at 616-355-5115 for more information.



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

Visiting Evergreen Commons
March 13th, 1:00 - 3:00 pm
Teachers' Lounge: 2nd Floor
FREE! No appointment needed.

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

Wednesday Night at the Movies

Evergreen Commons members enjoy a FREE movie! Nonmembers are welcome with a suggested \$5 donation. Popcorn available for 50 cents a bag. No outside food or beverages allowed.

All movies shown with closed captioning. Registration encouraged and preferred.



Movies sponsored by:



The Hill

March 13 | 6 pm
2 hr. 6 min. | PG
Biography/Drama

Growing up in small-town Texas, young Rickey Hill shows an extraordinary ability for hitting a baseball, despite having leg braces from a spinal disease. His stern father (Dennis Quaid) discourages Rickey from playing baseball to protect him from injury, and to have him follow in his footsteps and become a preacher. As a young man, Rickey (Colin Ford) becomes a baseball phenomenon. His desire to participate in a try-out for a legendary major league scout divides the family and threatens Rickey's dream of playing professional baseball. You won't want to miss this uplifting and inspiring true story!



Big Fat Greek Wedding 3

March 27 | 6 pm
1 hr. 31 min. | PG-13
Comedy

From writer and director Nia Vardalos, the worldwide phenomenon My Big Fat Greek Wedding is coming back with a brand-new adventure. But you don't need to have seen the first 2 to enjoy this new film! Join the Portokalos family as they travel to a family reunion in Greece for a heartwarming and hilarious trip full of love, twists, and turns. Opa!



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February 2024
Fresh Aire