



Easygoing EcoTrek Fitness Series
Stretch & strength
in 45 minutes!

\$7.00
DROP-IN ANY CLASS
\$25 FOR 5 CLASSES!

Get outside in the fresh air
Bring your friends!
9:00am-9:45am on Mondays
April 9 thru May 21st

EcoTrekFitness.com

For more information, email Lisa VanDonkelaar at deerltv@yahoo.com or call (231) 557-3118

◀ March

April 2018

May ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 Luncheon FireStation 12:00	4 Sewing Group 9:00 Ravenna Foods Discount	5 TOPS 6:30	6 Pioneer Bowling 10:45 Tech Tutoring By appt	7
8	9 EasyGoing EcoTrek Conklin Park 9:00	10 Luncheon Reformed Church 12:00	11 Sewing Group 9:00 Ravenna Foods Discount	12 TOPS 6:30	13 Pioneer Bowling 10:45 Tech Tutoring By appt	14
15	16 EasyGoing EcoTrek Thatcher Park 9:00	17	18 Sewing Group 9:00 Ravenna Foods Discount	19 TOPS 6:30	20 Pioneer ActivityTBD 10:45 Tech Tutoring By appt	21
22	23 EasyGoing EcoTrek Conklin Park 9:00	24	25 Sewing Group 9:00 Ravenna Foods Discount	26 TOPS 6:30	27 Pioneer ActivityTBD 10:45 Tech Tutoring By appt	28
29	30 EasyGoing EcoTrek Thatcher Park 9:00					

May 2018

◀ April

June ▶

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27	28 HAPPY MEMORIAL DAY!! THANK YOU VETERANS	29	30 Sewing Group 9:00 Crochet Club 5:30 Ravenna Foods Discount	31 TOPS 6:30		

APRIL SENIOR ACTIVITIES

April 3 @ 12:00-Luncheon at the Fire Station. Cost is \$5. Please park in the back. To make reservations please call **Peggy** at **1(231)335-3280** by 6:00 on March 30.

April 9, 16, 23 & 30 (**MONDAYS**) @ 9:00-EasyGoing EcoTrek Fitness Series. Locations are on the calendar. **See EASY GOING ECO TREK NOTE below for details.**

April 6, 13, 20 & 27 (**FRIDAYS**) @ 10:45 at First Reformed Church. Pioneer Resources' Activities. **See PIONEER RESOURCES NOTE below for details.** Some activities have yet to be determined. **SPACE IS LIMITED TO 30 PEOPLE.**

April 10 @ 12:00-Luncheon at First Reformed Church. 60 and older donation accepted in a range of \$3.50-\$6.00. Bingo will be held prior to the luncheon. Reservations are encouraged by noon the day before. Contact AgeWell @ 231-577-4825.

MAY SENIOR ACTIVITIES

May 1 @ 12:00-Luncheon at the Fire Station. Cost is \$5. Dennis Luce will be sharing on how to protect yourself from being scammed. Please park in the back. To make reservations please call **Peggy** at **1(231)335-3280** by 6:00 on April 27.

May 7, 14, 21 (**MONDAYS**) @ 9:00-EasyGoing EcoTrek Fitness Series. Locations are on the calendar. **See EASY GOING ECO TREK NOTE below for details.**

May 4, 11, 18 & 25 (**FRIDAYS**) @ 10:45 at First Reformed Church. Pioneer Resources' Activities. **See PIONEER RESOURCES NOTE below for details.** May activities have yet to be determined. **SPACE IS LIMITED TO 30 PEOPLE.**

May 8 @ 12:00-Luncheon at First Reformed Church. 60 and older donation accepted in a range of \$3.50-\$6.00. Bingo will be held prior to the luncheon. Reservations are encouraged by noon the day before. Contact AgeWell @ 231-577-4825.

EASY GOING ECO TREK NOTE: Cost is \$7/class or \$25 for 5 classes (payment by cash/check due at time of session). Lisa is offering this outdoor (will be inside at Ravenna Baptist Church if the weather is inclement) fitness class with Seniors in mind. It will be tailored so each participant can succeed! She specializes in working with the Senior population. Grab a friend and give it a try! Call **Peggy** at **1(231)335-3280** if you have any questions.

PIONEER RESOURCES NOTE: Pioneer Resources will be bringing a bus every Friday to pick up participants at Ravenna First Reformed Church, 3327 Mortimer St at 10:45am every Friday. **These events are for Muskegon County residents 60 years or older.** Transportation and event cost are covered (unless otherwise noted) with a suggested donation of \$5.00 to sustain the program (if able). **Call Monica Turnbull at Pioneer Resources for information & to RSVP. 231-220-2333. MORE EVENTS TO COME!!!!**

- **March 30**-Northway Lanes (Bowling). Two games with shoe rental & soup with sandwich included. (Meat free to respect Lenten fast).
- **April 6**-Muskegon Community College Carr-Fles Planetarium. **Dawn of the Space Age**-This incredibly accurate historic reconstruction of Man's first trips into space gives you the chance to become a first-hand observer to this exciting time in history, from the launch of Sputnik to the future of Mars exploration. BBQ sandwich with potato salad, baked beans, chips, beverage, dessert & show included.

NOTE: These programs are funded in part or whole through the Muskegon County Senior Millage, and may be supplemented by local funds. If you have any questions you can contact Damian Jarocki, Grants Manager, at 231-733-3893

ADDITIONAL ITEMS OF INTEREST

Monday, Love INC/God's Closet, 11:00 am-2:00 pm @ Reformed Church. Love INC has household items, personal care pantry. God's Closet provides free clothing to those in need. Donations welcome.

Monday, April 9 & May 14, Quilters, 10:00 am-3:00 pm. @ the Reformed Church. Contact Shirley @ (616)675-4277

Monday, April 23, Little Dresses, 10:00 am-3:00 pm @ the Reformed Church. They sew dresses to send to countries in need. Contact Shirley @ (616)675-4277.

Wednesday, Ravenna Foods offers a 5% senior discount

Wednesday (every), Sewing Group, 9:00 @ United Methodist Church. Bring a project you are working on or come help with the current project. Contact Cindy @ 231-853-6721 or Sue @ 231-329-0939.

Thursday, God's Closet, 4:00 pm-7:00 pm @ Reformed Church.

Thursday, TOPS (Take Off Pounds Sensibly), 6:30-7:30 @ Reformed Church. Contact Diane M @ 231-853-2470.

Friday, Technology Tutoring, 9:00 am-5:00 pm **BY APPOINTMENT**. Call 231-853-6975 to schedule. THIS IS FREE!

CROCHET CRAFT CLUB, Ravenna Library @ 5:30 pm. Join a group of experienced crocheting individuals, or learn the craft yourself from someone more experienced. Not into crocheting? Then bring whatever craft from home you are working on and enjoy the friendship circle. Materials not provided-so bring whatever you need. DATES: MONDAY, APRIL 30 & WEDNESDAY, MAY 30.

PIONEER RESOURCES

General Event Details:

*Unless otherwise noted.

Transportation and event cost are included.

Suggested \$5.00 donation to sustain the program, if able, based on income.

Must be 60 years or older. Must be Muskegon County resident.

Capacity of 30 participants, call to RSVP!

Pick Up Date/Locations/Times:

Every Friday

10:00am Bailey Christian Church – 17635 Pearl Street, Bailey, MI 49303

10:25am Casnovia “Old School” – 142 N Main Street, Casnovia, MI 49318

10:45am Ravenna First Reformed Church – 3327 Mortimer Street, Ravenna, MI 49451

11:00 Depart from Ravenna First Reformed Church

Call Monica Turnbull at Pioneer Resources to RSVP. 231-220-2333

APRIL

Friday, April 6th

Muskegon Community College Carr-Fles Planetarium

BBQ sandwich with potato salad, baked beans, chips, beverage, dessert, and show included.

Show Details:

Dawn of the Space Age- “This incredibly accurate historic reconstruction of Man’s first trips into space gives you the chance to become a first-hand observer to this exciting time in history, from the launch of Sputnik to the future of Mars exploration.”

Friday, April 13

MCC Lakeshore Fitness Center

Lunch by Age Well Services (sandwich/wrap, side, fruit, water, & cookie)

Aquatic aerobics fitness program. This swimming exercise class is customized for every ability level.

*Please bring your own swimming suit and water shoes (if you desire).

Friday, April 20

Frauenthal Center Tour

Lunch downtown at a TBD location.

Enjoy a historical tour of Muskegon’s Frauenthal Theater. Lunch will be served at a restaurant to be determined in downtown Muskegon.

Friday, April 27

Movie at Plaza 1 & 1

Lunch at Toast & Jams

Enjoy lunch and a show! Toast & Jams is known for their unique 1950’s atmosphere and delicious food.

Movie is TBD. Please call Monica for the movie showing.

MAY

Friday, May 4

Ravenna High School FFA

Lunch by TBD

Ravenna High School FFA students to teach horticulture. Students will be designing the class to teach you what they've learned!

Friday, May 11

Shoreline Natural Fitness

Lunch by TBD

Totally Toned program offers a 40 minute circuit based class for all ability levels.

*Please dress in comfortable exercise clothing with appropriate footwear.

Friday, May 18

USS Silversides Museum

Lunch by Age Well Services (sandwich/wrap, side, fruit, water, & cookie)

Visit the USS Silversides two story museum filled with many different exhibits to learn about military history and a presentation about the USS Silversides Submarine.

*Your donation will include lunch and admission to the USS Silversides Museum.

*If you are interested in touring the USS Silversides Submarine and the US Coast Guard Cutter McLane, the cost is an additional \$5.00 per person to the museum.

Friday, May 25

TBD

****June/July/August schedule will be available in May.**