

## Older Adult Center at the Garfield Park Community Gym – November 2011

The Garfield Park Community Gym is the home for our all new Older Adult Center. The center's goals are to be a site for fitness classes and wellness activities, as well as a clearing house for information that is specifically designed for older adults living in the West Michigan Area. Ages 50 and above are targeted, but those younger are welcome. All programs are drop in, and many are free or low cost. For a complete schedule go to [www.grcity.us/parksandrec](http://www.grcity.us/parksandrec) and on the left side click Recreation and scroll down to the Program for Older Adults section. You can also get a schedule sent to you by calling (616) 456-3232.

**Open Gym 21+:** *Monday and Friday, 12:00pm – 1:30pm.* Grab some friends and join us for some half-court pick-up basketball. Only 21 years of age and older please. Drop-in: \$2.00

**Walking in Winter:** *Tuesday and Thursday, 11:30am – 1:30pm.* Need a warm, dry place to walk this winter? Come walk to music in the gym. Kids are welcome to walk with adults. Strollers are welcome. Drop-in: \$2.00

**Pickle Ball:** *Wednesday, 1:00pm -2:30pm.* Pickle ball is played with a racquet, a low net and a ball on a small court. This is a great game and easy to learn. Join us on Wednesday afternoons in October at the gym at Garfield Park. Drop in - \$2.00

**Know G.R. - Tuesday – Thursday, 10:30am**

Tue. Nov. 1- **Ping Pong:** - Come show your stuff and enjoy the fellowship of friends while we play the great game of Ping-Pong- Drop-in - \$2.00

Thur. Nov. 3- **Thanksgiving Dinner on a Budget:** Want new ideas this year to satisfy both your palette and your pocketbook? Our chef will share his menu secrets- Free

Tue. Nov. 8- **Calvin College Nursing: Heart Healthy Foods-** Free

Thur. Nov. 10- **Personal Safety:** We have partnered with the G.R. Police and the Garfield Park Neighborhood Association to share up to date safety information- Free

Tue. Nov. 15- **Calvin College Nursing: Signs and Symptoms of Stroke-** Free

Thur. Nov. 17- **Book Club:** This month we will read and revisit the themes in the Classic holiday story of “A Christmas Carol” by Charles Dickens- Free

Tue. Nov. 22- **Calvin College Nursing: Mind Games and Fitness-** Free

Tue. Nov. 29- **Calvin College Nursing: Blood Pressure Checks-** Free

### **Stretch and Flex**

Stretch and flex is a program focused on increasing strength, balance and flexibility. The class begins with chair exercises including stretching, light hand weights and toning. A great class for men and women! Classes are on-going. Simply go to the site of your choice.

T/TH 9:30-10:25- Older Adult Center/ Garfield Park Gym- (2111 Madison Ave SE)  
Fee: \$3 per class. Pre-registration is not required