

Northeast Ottawa County Activities for Ages 50+

Dear North Ottawa County Community Member,

Spring is the time we think about 'returns', especially in Michigan. We look forward to the return of our gardens, return of summer traditions, and most importantly the return of sunshine. Let these new 'returns' inspire you in your wellness journey. May marks the return of many favorite spring and summer wellness activities.

Join us for the return of Nancy Bowen's gentle yoga class on May 2nd at 11am at Polkton Township Hall. Yoga is a great exercise that can help develop our body awareness, flexibility, and strength as well as aid in relaxation. This gentle yoga class is specifically geared for people 50 and older of all fitness and ability levels. You will work on breathing along with movement and holding modified poses. Bring your own mat. Cost is \$1.

Bingo & Boxed Lunch will make its return Wednesday May 15th 10:30am-12:30pm at Chester Township Hall. Come and enjoy Bingo followed by a fabulous boxed lunch provided by AgeWell Services. You will need to bring \$2.00 in dimes and a quarter for the jackpot to play Bingo. Lunch is \$3.50 for those 60 and better. If you would like a boxed lunch please call 616-842-9210 to make a reservation. Deadline for lunch reservations is Monday May 13th.

May marks the return of warmer weather, return of greenery, and the return of many beloved Four Pointes programs! Try something new or 'return' to a favorite activity this spring and summer!

City of Coopersville
(CAPS Com. Building)
198 East Street.
Coopersville, MI 49404

Wright Township
Berlin Baptist Church
14141 State Street
Marne, MI 49435


Chester Township Hall
3509 Sehler Street
Conklin, MI 49403

Polkton Township Hall
6900 Arthur Street
Coopersville, MI
49404



**Free Produce Distribution
will return June 5th at
Coopersville Farm
Museum in the parking
lot at 1pm. One bag of
free produce per
household! Mark your
calendars!**

May 2019 Program Calendar

Su	Mon	Tue	Wed	Thu	Fri	Sa
			1 8:00 Walking @ CAPS Com Gym	2 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness- CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:00 Gentle Yoga @ Polkton Twp.	3 8:30 Walking @ CAPS Com. Gym	4
5	6 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	7 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 10:30 Stress Less @ Polkton Twp. 1:15—Euchre @ St. Joseph's Church in Marne	8 8:00 Walking @ CAPS Com Gym	9 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness- CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:00 Gentle Yoga @ Polkton Twp.	10 8:30 Walking @ CAPS Com. Gym	11
12	13 8:30 Walking @ CAPS Com Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	14 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ CAPS	15 8:30 Walking @ CAPS 10:30 Bingo & Boxed Lunch @ Chester Township Hall *Pre-register by May 13th by noon	16 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness- CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:00 Gentle Yoga @ Polkton Twp.	17 8:30 Walking @ CAPS Com. Gym	18
19	20 8:30 Walking @ CAPS Com. Gym 6pm—Tae Kwon Do - St. Mary's Church in Marne	21 9:15 Stretch & Tone @ Berlin Baptist Church 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ St. Joseph's Church in Marne	22 8:30 Walking @ CAPS	23 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness- CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:00 Gentle Yoga @ Polkton Twp.	24 8:30 Walking @ CAPS Com. Gym	25
26	27 Memorial Day 	28 9:15 Stretch & Tone 10:15 Cardio Drum @ Berlin Baptist Church 1:15 Euchre @ CAPS	29 8:30 Walking @ CAPS	30 9:15 Stretch & Tone Berlin Baptist Church 9:30 Dance Fitness- CAPS Gym 10:15 On the Ball @ Berlin Baptist Church 11:00 Gentle Yoga @ Polkton Twp.	31 8:30 Walking @ CAPS Com. Gym	

Questions regarding programming please call:
 616-997-1786 or 616-842-9210

