

Encore PROGRAMS GUIDE

Spring February-April 2024
Volume 13, Issue 1



First Class, Second Class, Steerage - Dutch Immigration

Hollanders crossed the Atlantic Ocean by the thousands from 1850-1914 to immigrate to the U.S. The ships that carried them offered three classes: luxurious first class, comfortable second class, and steerage class. Presented by Dr. Robert Schoone-Jongen. Page 3. *Photo source: Holland American Line*

Daytime Dress Rehearsal Shows at the Fine Arts Center



There are two delightful daytime dress rehearsal shows coming to the Fine Arts Center:

The Little Mermaid, performed by Forest Hills Eastern High School students, is on Wednesday, February 7.



And *The Spelling Bee*, performed by Forest Hills Central High School students, is on Wednesday, March 20. See page 7 for show times and other information.

Fraud Prevention

AARP will share stories of how people are victimized on the deep dark web, and suggestions of ways to best protect yourself. See pages 3-4.

Sign Language

Team up with high school students to learn American Sign Language. It's more than a class: it's a fun atmosphere that fosters lively discussions, laughter and new friendships. See page 5.

Daytime Exercise Classes

Looking for a gentle class to help improve your core muscles for balance, flexibility and strength? Consider one of the classes that start up in January. See page 5.



Forest Hills Public Schools
Community Services & Senior Center
660 Forest Hill Avenue S.E.
Grand Rapids, MI 49546
Phone: 493-8950 Fax: 493-8959
enjoylearning.com

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Forest Hills Public Schools is relocating their new administration and transition center onto the J. Michael Washburn campus. The new building is an extension of the Fine Arts Center.

Because this construction project requires temporarily closing the Community/Aquatic Center's upper parking lot, ALL Learning Café programs have been shifted to the Fine Arts Center.

If you wish to visit the Community Service's office, you can park in the lower level parking lot of the Community/Aquatic Center, and take the elevator to the upper level. Otherwise, contact us at **616-493-8950**.

Reservations for the Learning Café must be made by 2:00 p.m. on the Friday prior to the program by phoning Community Services at 616-493-8950 or online at enjoylearning.com. Payment is required at the time of registration for both the "lunch & program" and the "program only".

About Cancellations: If you cannot attend the Learning Café lunch or the program, make sure to call us at 616-493-8950 by 2:00 p.m. on the Friday prior, so we can credit your account. You can apply your credit on account toward a future Learning Café registration.

Feb. 13 **Preparing Meals for One or Two**

During today's power-point presentation and short demonstration, Paula Kerr will share ideas on planning, purchasing, and preparing meals on a budget for one or two people. She may even expand your definition of what you think is healthy! Be ready to consider your own grocery shopping and eating habits to see if any changes can be made to better nourish yourself. Paula is a Registered Dietician and Director of Nutrition with Meals on Wheels of Western Michigan.

Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Baked chicken, potatoes, salad, vegetable, roll and cookies by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents). Pre-payment required.

Feb. 27 **Understanding Peripheral Neuropathy**

Do your hands or feet tingle all night? Do your feet feel like they're on fire? Corinne Conry, MSOM, LAc of Acupuncture Center of Grand Rapids will discuss what peripheral neuropathy is, the different types of neuropathy, its progression, and possible treatment options.

Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Spaghetti casserole, Caesar salad, vegetable, roll and cookies by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-resident). Pre-payment required.

March 12 **Music with Christopher Sloan**

Using multiple stringed instruments and his singing voice, Christopher Sloan will perform favorites from country, gospel, pop, and jazz standards.

Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Barbecue pork roast, cheesy potatoes, vegetable, coleslaw, roll and cookies by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-resident). Pre-payment required.



March 26 **Fraud Prevention**

AARP will share the history of the ‘godfather’ of the deep dark web. Learn how people are victimized and discover the best ways to protect yourself. Presented by Kishen Newton. For more information, please see page 4.



Location: Fine Arts Center’s Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Chicken Alfredo, fettucine, vegetable, salad, roll and cookies by Carole’s Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-resident). Pre-payment required.

April 9 **First Class, Second Class, Steerage - Dutch Immigration:
Three Voyages from Rotterdam to Hoboken & Beyond**

Hollanders crossed the Atlantic Ocean by the thousands during the years 1850-1914 to immigrate to the U.S. The ships that carried them offered three classes: luxurious first class, the comfortable second class, and the legendary steerage class. Dr. Robert Schoone-Jongen will present the experiences of three people who sailed in these ships, one in each class, to demonstrate what it meant to be an immigrant during the era. Robert is an associate professor of history emeritus at Calvin University. He has published numerous articles on the history of American immigration, especially Dutch immigration to New Jersey and Minnesota.

Location: Fine Arts Center’s Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Beef tips in gravy, noodles, vegetable, roll and cookies by Carole’s Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents). Pre-payment required.

April 23 **Book Talk: *Not Your Shoe Size***

Take a witty and thought-provoking walk with Jennifer Feuerstein as she shares the upside of going down over the hill in her new novel, *Not Your Shoe Size* (under her pen name Jennifer DiVita). Jennifer will tickle the osteoporotic funny bone of those looking for the silver lining after becoming silver. She’ll knock your socks off with humor and inspiration and she’ll share how she overcame being kicked off TV for being “too seasoned” only to return as a shoo-in as an aging influencer. Jennifer works for AARP, is a TV talk show host, writer, and sought-after speaker. Books available for sale following the presentation. Photo source: *West Michigan Woman magazine*.



Location: Fine Arts Center’s Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. German pork steak, potatoes, vegetable, coleslaw, roll and cookies by Carole’s Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents). Pre-payment required.

Lunch with Friends

Are you interested in eating out with others at a restaurant? Meet at the restaurant at 11:30am on these **Tuesdays** and order and pay for what you’d like off the menu. Call 616-493-8950 by 2pm of Friday prior.

NOTE: Please do not simply *show up* at the restaurant. Register at 493-8950. This way, we’re able to communicate the correct headcount to the restaurant, which helps them schedule enough servers. If you register, but find you cannot make it, please cancel at 493-8950 by the Friday prior. Thank you!

Feb 6 — Cascade Roadhouse

March 5 — Osaka

April 2 — Kitchen67

Fraud Prevention

March 26 Learning Café

You may have heard of the ‘dark web’. But what is it? And how do you protect yourself from falling victim to it? AARP’s *Fraud Watch Network* will share tips on how to protect yourself from scams and fraud. Learn about the ‘godfather’ of the deep dark web and discover steps you can take to secure your accounts and identity.



Presenter Kishen Newton, an AARP fraud specialist with the Fraud Watch Network, is trained to help people understand the methods of manipulation often exercised by con artists. She’ll answer your questions and share useful tips to minimize the likelihood that you’ll be the next victim.



AARP’s *Fraud Watch Network* is a trusted resource and watchdog to help you stay informed, find support, voice your concerns and shape the discussion on fraud prevention. AARP advocates at the federal, state, and local levels to protect consumers and enforce the law.



Fraud Watch Network

Lunch at 12 noon in the Fine Arts Center’s Multi-Purpose Room. Presentation at 12:45. Reminder: as with all Learning Café programs, registration is required. Please call 616-493-8950 or go online at enjoylearning.com. See page 3 for more info about this and other Learning Café offerings.

Today’s program is sponsored by



Daytime Exercise Classes

Looking for a gentle class to help strengthen your core muscles for balance and flexibility? Would you like to improve your mood*? Consider one of the following daytime exercise classes. The next session starts in January. Call 616-493-8950. *According to the Mayo Clinic, regular exercise can improve your mood, help you relax, and lower symptoms of mild depression and anxiety. www.mayoclinic.org



Stretch and Balance This class features functional training to help increase your flexibility while improving balance. Instructor Mary White.

Chair Yoga Using a regular chair, improve your flexibility, posture, balance, and spiritual and mental wellness. Instructor Mariea Macavei.

Fit for Life This low-impact cardio segment workout includes strength exercises and relaxing stretches. Instructor Mary White.

Yoga Students will cultivate strength, flexibility, and balance while linking breath and movement. Instructor Angel Hayden.

Cardio Drumming While sitting or standing, tap to the beat of music on an exercise ball using drumsticks. Instructors Sandy Ellis, Ali Gallagher.

Strong and Stable Use resistance bands to help increase overall strength, balance, and core stability. Instructors Melissa Gaudette, Angel Hayden.

Water Walking (“On Your Own Exercise”) The shallow-end is available Mon-Fri 11:30 am—1 pm, and Saturdays 1 pm—2 pm. No need to register. Pay on pool deck.



Learning Never Ends: American Sign Language

In a supportive environment, enjoy a curriculum planned and overseen by FHPS ASL teacher, Kimberly Anderson. Her high school students will partner with you and teach the hand gestures, body postures, and facial expressions of American Sign Language (ASL). This is more than a class: it’s a fun atmosphere that fosters lively discussions, laughter and new friendships.

Not only are you challenging your brain by studying American Sign Language, but you are helping each student gain valuable teaching experience.

2024 ASL Class Dates & Times:

Tuesdays, Jan. 16-Feb. 20 (six consecutive weeks)
11:15 a.m.—12:15 p.m.

Location:

Forest Hills Community, Aquatic & Senior Center
(red brick building) at 660 Forest Hill Ave SE

Parking Note: the upper parking lot is closed for construction of the new Administration building. Please park in the lower level parking lot and take the elevator or stairs to the upper level. Class will be held in the Community Room.

Resident: \$15, Non-resident: \$20

***Pictured above:** high school students teaching Forest Hills Community adult students in the Feb. 2020 class. Photo credit: School News Network.*

Free Videos of 2020-2021 Learning Café Programs!


Interested in watching Learning Café programs from the comfort of your home? The videos were created in 2020 and 2021 by Forest Hills Community Services. These two years are the only time that the Learning Café was recorded. The videos are interesting, entertaining AND free to watch! No username or password are required.

1. On your Internet browser or search engine, type in enjoylearning.com. enjoylearning.com will redirect you to Forest Hills Public Schools' website, fhps.net.

2. Scroll down the website page to view the Community Services section.

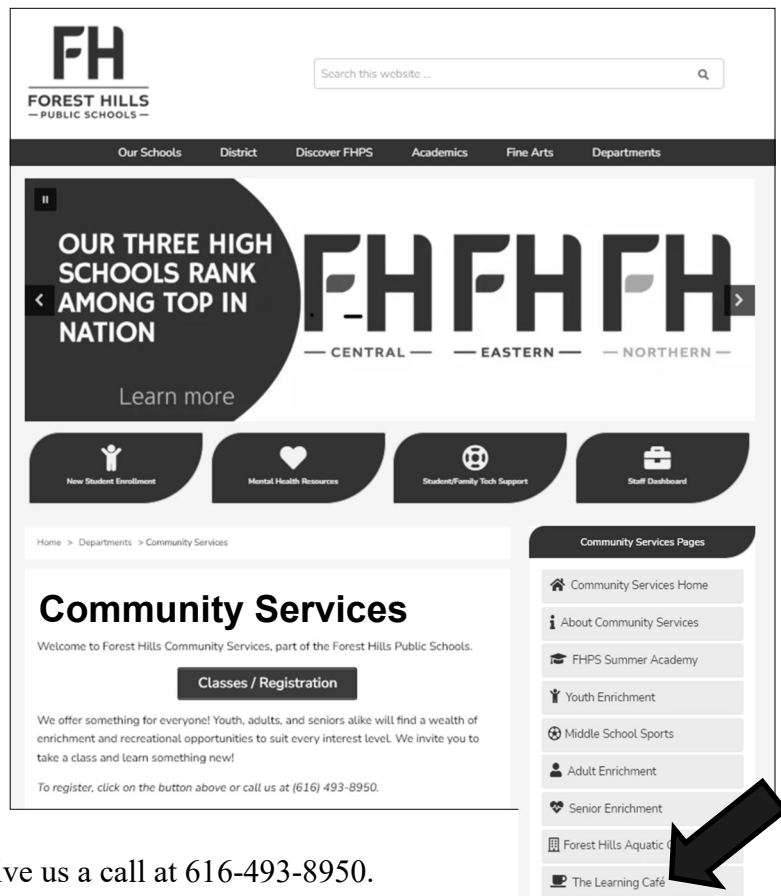
3. On the lower right hand column, click on "The Learning Café".

4. Once you're on the Learning Café page, under "Free Videos to Watch and Enjoy!", scroll down the page to see the presentation videos and music performance videos.

5. For any video, click on the underlined link to take you to the Vimeo video page. Click play 

Note: all of the presentation videos have Closed Captions/subtitles. Click on "CC".

If you have any difficulty opening a video, please give us a call at 616-493-8950. We're happy to help!



There are over 30 videos, including some with the following familiar faces:



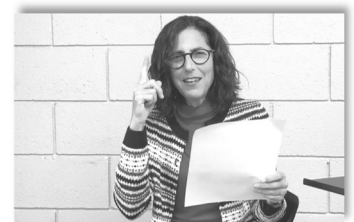
Sally Talbot, PT



Dave Kampfschulte



Ray Paget



Caroline Cook



Mary Rademacher



Leonard Kurtz



The Dusty Chaps



Christopher Sloan

Forest Hills Community Band FREE Concerts

Sundays

March 3 & May 19, 2024

Eastern High School, 2200 Pettis NE

2:30 p.m. No reservations required.



Forest Hills Fine Arts Center

February

Mayfield Fiber Arts Group Exhibit, Feb 14 - March 14. Reception open to the public: Feb 16, 6-7pm. Complimentary snacks and drinks! No reservations required.

Daytime Dress Rehearsal of

Little Mermaid is performed by FH Eastern High School students on Wed., Feb. 7 at 12:15 pm.

Doors open at 11:45 am. \$5 at the door. No reservations required.

This classic Disney story

is about a mermaid who dreams of the world above the sea.



March

Zephyr Cirque Mechanics, Saturday, March 2, 7pm. Mention you saw this in *Encore* and get \$10 off your Zephyr ticket. Call 616-493-8966.



Daytime Dress

Rehearsal of The 25th Annual Putnam County Spelling Bee is performed by FH

Central High School students on Wed., March 20 at 12:15 pm. Doors open at 11:45 am. \$5 at the door. No reservations required. *In this humorous musical, six awkward spelling champions learn that winning (and losing) isn't everything.*

April

Spamilton: A Musical Comedy Spoof, Sunday, April 21, 7pm. Mention you saw this in *Encore* and get \$10 off your Spamilton ticket. Call the Fine Arts Center at 616-493-8966.

West Michigan Youth Ballet features the family favorite *The Wizard of Oz*, Saturday, April 27, 1pm and 4:30pm.

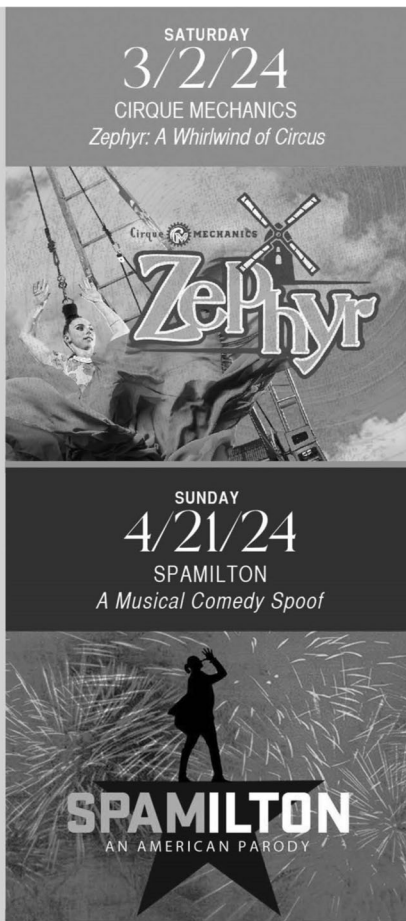
For more info, call the Fine Arts Center at 493-8965 or online at fhfineartscenter.com

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FineArts
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Peripheral Neuropathy Breakthrough!

"My feet feel like they're on fire."

"Each step feels like I'm walking through wet paint."

"I live in constant fear that I'll fall."

"I can't sleep, my hands and feet tingle all night."

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Corinne Conry, LAc, MSOM of Acupuncture Center of Grand Rapids (ACGR), shares this belief. "I've been treating neuropathy, and all its various forms, for over a decade, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Mary of Grand Haven testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything to just walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Mary would eventually see Corinne Conry, LAc, MSOM at one of her talks, speaking about similar symptoms, and how she offers a real solution at Acupuncture Center of Grand Rapids. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to see us with a story similar to Mary's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'," shares Peter, a patient care technician, at ACGR. "It just breaks my heart, but I know how much we can help people like Mary, so I'm always happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer a little to no resolve. Which is why Corinne Conry, LAc, MSOM and the staff at Acupuncture Center of Grand Rapids pride themselves on being the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Corinne. "This usually indicates that your nerves are hanging on by a fragile thread."

So how is Corinne able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This tech was originally developed by NASA to expedite recovery and healing."

"I just can't say enough about ACGR," shared Mary through her tears of joy. My husband and I moved here three years ago and he walks to the lake almost every day. I always stay home because of the pain and discomfort. Yesterday, I went with him! And next week we're starting dancing lessons. I am truly living life these days."

"According to Mary's test results, she had seen a 74% improvement in pain and functionality, which is on par with the majority of our patients," shares Peter. But more important than those test results is the joy she's expressed being here and hearing about all of the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Corinne Conry, LAc, MSOM has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," says Corinne. "This is important because if a patient has suffered more than 95% damage, there is a little that I can do to help them. I'm familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love is suffering with chronic pain that presents as burning, tingling, or 'pins and needles,' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call **(616) 369-2121** to schedule an initial consultation, or visit **acugr.com** to read more incredible success stories.



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Ernest and Ann Pike and Grace VerBerg

Since 1959, families in the Grand Rapids community have entrusted Beacon Hill at Eastgate to care for their beloved family members as they age. Grace VerBerg, pictured above, was one of our very first residents. Years later, her daughter Ann and husband Ernie Pike lived at Beacon Hill. Today, their son Karl Pike, former pastor, is a current resident. And Sandy Hancock, CNA, long-time Grand Rapids resident, cared for all of them — with the personal attention and enduring trust that keeps families coming back for generations.

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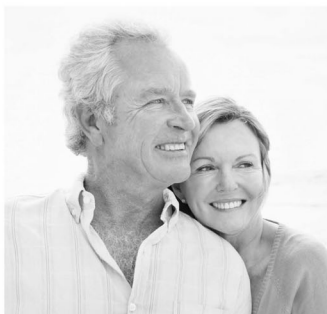


Sandy Hancock, CNA



Is your house feeling too big?

If you have lived in your home for many years, chances are your needs have changed. Talk to this area's premier **Downsizing Expert** to explore your options and make a decision that meets your budget, timeline, and lifestyle.



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Tuesdays @ 10 am

Tues, Jan. 16th - Savvy Estate Planning-
Trustees, Executors, and POAs

Tues, Feb 13th - Finance Savvy -
Get Real on Long Term Care Costs

Tues, March 12th -Savvy Singlehood-
Navigating Independence Later in Life

Tues, April 9th - Rethinking Possessions-
Freedom starts with Letting Go

Free

For info and registration go to:
GRSavvySeniors.com

Questions? Call **616-724-7200** or
email **GRSavvySeniors@gmail.com**



Laura T. Kelso
Downsizing Specialist
& Forest Hills Parent

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Encore PROGRAMS GUIDE

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It is the policy of the Forest Hills School District that no person shall, on the basis of race, religion, color, age, national origin, sex or handicap, be excluded from participation, denied the benefits of, or be subjected to discrimination under any program or activity and in employment.

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POSTMASTER: Send address changes to Encore Programs Guide, Forest Hills Community Services & Senior Center, 660 Forest Hill Ave SE, Grand Rapids MI 49546



Improve Your Mood with Exercise!

See page 5

The Area Agency on Aging of Western Michigan is an excellent resource for services that help adults age 60 plus to live independently.

Visit aaawm.org or call the
Area Agency on Aging at
616-456-5664.



Forest Hills Community Band FREE Concerts

Sundays

March 3 & May 19, 2024

Eastern High School, 2200 Pettis NE

2:30 p.m. No reservations required.



In Your Community



Learn A Latte

We'll offer engaging and educational speakers on a wide variety of topics in 2024. Join us each quarter for new topics and guest speakers.



For more information and to register:
aarpmi.org/grandrapids



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Hours: 6 a.m.-11 p.m.

Pharmacy:

Mon-Fri 9 a.m.- 7 p.m.

Sat. 9 a.m.- 5 p.m.

Art & Science of Aging Conference

Friday, February 23, 2024, 8:45 am—3 pm
Downtown's GVSU Campus

*Learn about the power of older adult wisdom,
resilience, and intergenerational ties.*

Option to attend in person or via online.
\$45 for adults age 60+. Price includes lunch.

Register after January 1 at
<https://www.gvsu.edu/agingconference/>
or call 616-331-6641

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