

Encore PROGRAMS GUIDE

"Three is a Magic Number" Concert at the Fine Arts Center

Listen to great music during our daytime concert on October 22! Musicians Mary Rademacher, Paul Keller and Adam Mosely will perform songs like "3 Coins in a Fountain", "3 Little Words", "Music, Music, Music" and more! The Tuesday, October 22 concert is sponsored by Avenues by Brio Living Services. Pages 3 & 5.



The Legend of the Edmund Fitzgerald Lives on!

Through story-telling and music, Mike Fornes will share about the tragedy of this Great Lakes ship. Read more on pages 4 & 6.

Learning Café Returns to Community Center!

Starting in August, The Learning Café programs return back to the Community Enrichment Center (the red-brick building). Page 4.



Day Trip to Bonefish Grill and Museum Archives



Did you know that only a small percentage of the Public Museum's artifacts are on display? The rest are stored away in a space not open to the general public. In September, enjoy a private tour of the archived items and get a glimpse at how the Museum preserves its collection.

Prior to the tour, enjoy lunch at Bonefish Grill. Choose from a selected menu that includes fresh fish and chicken options. More on page 2.

Your Body's Owner's Manual

Ever wish you had a handbook to better understand your body? Dr. Bruce Gardner has the answers! The class material in his seven-week course has been revamped and the time has been extended for Q&A. Page 11.

Grand Connections

Would you like to spend time with and/or mentor a young adult? Get involved with Grand Connections through GVSU. See page 11.



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

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Bonefish Grill and Archives Day Trip

Wednesday, September 11

Registration deadline: August 20

Did you know that only a small percentage of Grand Rapids Public Museum's 240,000 artifacts are actually on display? The rest are stored in downtown's Community Archives and Research Center (CARC). In today's private tour of the CARC, you get to peek behind the curtain - to get a glimpse at how the Museum manages, stores, and preserves its vast collection.



Pictured left: Examples of some of the archived items that are in storage: Painted stage backdrop, circa 1920's, from Grand Rapids' Temple Theater; a secretarial desk produced by Steelcase in 1939 for Frank Lloyd Wright's SC Johnson Administration Building in Racine, Wisc.; and a working Edison Standard Phonograph for wax cylinder records, circa 1904. Each private tour is unique: our group may/may not see some of these items.

Prior to the tour, enjoy lunch at Bonefish Grill. Choose from **shrimp tacos** (warm tortillas, Bang Bang shrimp, greens, tomatoes, sour cream), **fish and chips** (crispy cod, tartar sauce, French fries), **Lily's chicken** (with goat cheese, spinach, and artichoke hearts), or **Cobb Salad** (romaine and kale, tomato, egg, blue cheese, avocado, bacon) with your choice of **shrimp or chicken** on the salad. Meal comes with coffee, tea or soda.



Details: \$78 per person (\$82 for non-residents). Price includes motorcoach transportation, lunch, gratuities, a private tour of the Community Archives and Research Center (CARC), and Forest Hills' trip guide. Tipping is optional for the motorcoach driver, and trip guide Karen Horrigan.

Reservations required by August 20. When registering, indicate lunch preference of "shrimp tacos", "fish and chips", "Lily's chicken", "salad with shrimp", or "salad with chicken".

Registrations required by August 20. Call 616-493-8950 or register at enjoylearning.com. Remember to provide your emergency contact information. If you're registering a friend, please provide their phone number, email address, emergency contact info, and lunch preference. Otherwise, please have your friend register themselves.

On September 11, arrive to the Fine Arts Center by 11:00 a.m. Motorcoach returns back to the Fine Arts Center around 3:30 p.m.

If you cancel before the registration deadline, we can credit the full amount to your account, to be used within one year of issue date. If you want a refund back to your credit or debit card, there is a \$10 processing fee.

Please note: *After the registration deadline, there are no refunds unless we can find a replacement for you.*

Important: *if you are bringing a walker and/or require special seating on the motorcoach, please let us know this information when you are registering. If necessary, consider inviting a guest to assist you (separate registration required).*

THREE IS A MAGIC NUMBER

▲▲▲
OUR FALL CONCERT

You are invited to a concert featuring songs about all things *three*! Musicians Mary Rademacher (vocals), Paul Keller (bass) and Adam Mosley (piano) will perform songs like "3 Coins in a Fountain," "3 Little Words," "Music, Music, Music," "Perhaps, Perhaps, Perhaps," and more.



**TUESDAY,
OCTOBER 22
1:00 P.M.**

Doors open at 12:30 p.m.

**FOREST HILLS
FINE ARTS
CENTER**

Presented by:



Community Services

Forest Hills Public Schools

Sponsored by:



Avenues

BY BRIO LIVING SERVICES

**CALL 616-493-8950
OR VISIT OUR SITE,
ENJOYLEARNING.COM
TO REGISTER IN
ADVANCE!**

Registration is required. Cost is \$15 per person to be paid at the time of registration. **No payment will be accepted at the door.** When you arrive for the concert, please visit the check-in table in the lobby and provide your name. Registration deadline is Monday, October 21, at 4:00 p.m.

All seats are general seating. Group sales are accepted, but group seats cannot be reserved, except for the event sponsor.

In August, programs are returning to the Community Services/Enrichment Center! When driving in, look for the new blue “**Community Enrichment Center**” campus signs leading you to the **red-brick building**. The only exceptions: the September day trip and the October concert will meet at the Fine Arts Center.

Reservations for the Learning Café must be made by 2:00 p.m. of 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”. The “program only” seating at the Community Enrichment Center is located in the back of the room.

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

Aug 13 Music of Johnny Mercer Returns!

Ready for some toe-tapping music? Back by popular demand, Tom and Cheri Lynn Hagen return to perform Johnny Mercer music. From the 1930s-1950s, Johnny Mercer wrote the lyrics to more than 1,500 songs, including many for movies and Broadway shows. You will be entertained as Tom and Cheri Lynn play some of Mercer’s well-known tunes.

Location: Community Enrichment Center (red-brick building)

Details: Lunch at 12 noon; program at 12:45 p.m. Baked chicken, potatoes, 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-residents).

Aug 27 How to Hear What’s Not Being Said

Learn the subtle lifelong skills needed to be an empathetic listener. Dave Kampfschulte will teach on reading nonverbal cues, clarifying what is being said, dealing with silent moments, expressing feelings, giving and receiving feedback, and seeking to understand (versus arguing). Dave is the founder of Amazing Circles Workshops.

Location: Community Enrichment Center (red-brick building)

Details: Lunch at 12 noon; program at 12:45 p.m. Croissant sandwiches (chicken salad; ham and cheese), fresh fruit, veggies and dip, potato salad 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).

Sept 10 Edmund Fitzgerald: The Stories, The Song

Through story-telling and music, Mike Fornes will share about the loss of a Great Lakes ship, its crew, and the song that told its haunting tale. Today’s presentation sponsor is Heather Hills. Read more on page 6. Note: Mike’s presentation is 90 minutes long.

Location: Community Enrichment Center (red-brick building)

Details: Lunch at 12 noon; program at 12:45 p.m. German pork roast, 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).



**HEATHER
HILLS**

Sept 24

Liberty Gals

Do you enjoy music from the Andrew Sisters? Come join us as we listen to our very own Grand Rapids Liberty Gals as they perform swing tunes in close harmony, a musical style made famous by the Andrew Sisters. In addition, the Liberty Gals will perform hits made popular by other ladies trios from the 1940s to 1960s. Musicians Aileen, Michelle and Kim enjoy performing together throughout the greater Grand Rapids area.



Location: Community Enrichment Center (red-brick building)

Details: Lunch at 12 noon, program at 12:45 p.m. Spaghetti casserole, Caesar salad, vegetables, 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).

Oct 8

Dutch Immigration: More than Just West Michigan



In a previous Learning Café, Dr. Robert Schoone-Jongen presented on the voyages of Dutch immigrants and the class distinction aboard their ships. In today's talk, he will discuss where Dutch-Americans settled (besides West Michigan), why they chose those locations, and how they stayed in contact with each other over the years. Dr. Schoone-Jongen is an associate professor history emeritus at Calvin University.

Photo: A sod hut built in the 1840s by one of the first Dutch immigrants to settle in Pella, Iowa. Photo from online article, "Dutch Emigration in the 19th Century".

Location: Community Enrichment Center (red-brick building)

Details: Lunch at 12 noon, program at 12:45 p.m. Beef tips in gravy, noodles, 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-residents).

Oct 22

"Three is a Magic Number" Concert at the Fine Arts Center

Please see page 3 for description and registration information.
Note: concert only. A lunch is not served on October 22.

Community Band Concert
Sunday, Oct. 20, 2:30 p.m.
Free!

Eastern High School
No reservations required.

Lunch with Friends

Are you interested in eating out with others at a restaurant? Meet at the restaurant at 11:30 a.m. and order/pay for what you'd like off the menu. Register at 616-493-8950 by 2pm of the 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 2pm of the Friday prior.** Thank you!

Tues, Aug. 6—Cork Wine & Grille

Tues, Sept. 3—Vitale's of Ada

Tues, Oct. 1—Luna of Ada

EDMUND FITZGERALD

THE STORIES, THE SONG

THE
GORDON
LIGHTFOOT
TRIBUTE

Learning Café: Tuesday, September 10

With Mike Fornes at the helm of this Learning Café program, hear the stories of the crew members and their families of the S. S. Edmund Fitzgerald which sank in Lake Superior in 1975. Also, learn details behind Gordon Lightfoot's lyrics, recordings and performance of the "The Edmund Fitzgerald" which memorialized the ship's tragic fate. As a bonus, Mike will perform the song live for our group.

Lunch at 12 noon at the Community Services/Community Enrichment Center (red-brick building). The presentation is at 12:45 p.m. As with all Learning Café programs, registration is required. Please contact Community Services at 616-493-8950. See page 4 for more info about this and other Learning Café offerings.

Note: this is a 90-minute presentation

Today's program is sponsored by

About Mike Fornes: After retiring from a radio and TV career, Mike pursued his interests in music and history. He has presented and performed for more than a decade at the Great Lakes Shipwreck Museum's annual ceremony of the Edmund Fitzgerald at Whitefish Point. His interaction with surviving family members of the lost crewmen, and Gordon Lightfoot himself, generate many first-hand accounts of the tragedy, and of how the iconic song was written. Mike is also an author of five books.



HEATHER
HILLS

Forest Hills Fine Arts Center

August and September

Art Exhibit: "Collaborate: Collection by Women Artists of Michigan", Aug. 27—Sept. 27.
Reception: Sept. 5, 6:00—7:30 pm. Free!
Public welcome!

October

Art Exhibit: "Grand Valley Artists". Oct. 3—Nov. 15. Reception: Oct. 10, 6:00—7:30 pm.
Free! Public welcome!

"3 is a Magic Number" Concert, Tuesday, Oct. 22, 1:00 pm (doors open at 12:30 pm). Featuring Mary Rademacher. Sponsored by Avenues by Brio Living Services. Call Community Services at 493-8950. Page 3.

Professional Show: "Shrek - the Broadway Musical". Oct. 28, 7:00 pm.

November

Daytime Dress Rehearsal of "The Lightning Thief—the Percy Jackson Musical" performed by Northern H.S. students. Wed, Nov. 20, 12:15 pm, doors open at 11:45 am. \$5 at the door. No reservations required.
Description: this action-packed musical follows a 12-year-old boy's quest to find Zeus's missing lightning bolt and prevent a war between the Greek gods.

Art Exhibit: "FHPS Staff & Community Artists". Nov. 20—Dec. 13. Reception: Nov. 20, 6:00—7:30 pm. Free! Public welcome!

December

The West Michigan Youth Ballet performs "The Nutcracker". Dec 7 & 8, 1:00 pm and 4:30 pm.

Professional show: "Holiday in the Air", December 18, 7:00 pm.



Fine Arts Center
616-493-8965
fhfineartscenter.com

Your Body's Owner's Manual

Thurs., Sept. 19—Oct. 31
6:00—7:15 p.m.
Fine Arts Center—Rm 200



If you've ever wondered how your body functions, and wished you had an owner's manual, this class is for you! For seven weeks, this class will take you on a journey from head to toe - and everything in between!

Note: this class has been revamped with new material, ideal for returning students!

Dr. Bruce Gardner will use real-life examples as he covers a different body system each week, including the heart, the lungs, the gut, etc. He will also discuss various illnesses and what medicine can and cannot do about them.

Your questions are welcome! By the end of the course, you will have a greater understanding of the marvelous complexity of the human body.

If you've attended Dr. Gardner's previous presentations or classes, you know that he has a down-to-earth teaching style which is informative, upbeat and understandable.

7 Meetings: Sept 19—Oct 31, 6:00—7:15 p.m.
Class fee for "Your Body's Owner's Manual":
Resident: \$25 (Non resident \$30).

Call Community Services at 616-493-8950

This class is being taught by a physician, but it is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Dr. Bruce Gardner is a Family Practice Physician from Seattle with 40 years of clinical medicine experience. He has a Bachelor's degree from Stanford University, a Master's from the University of Oregon, and his Doctorate in Medicine from the University of Washington. He became the Medical Director of a large multispecialty group and the owner of an urban private practice in the Pacific Northwest. Bruce and his wife recently relocated to Grand Rapids.

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 are 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.



Corinne Conry is a licensed acupuncturist and herbalist in the state of Michigan. She completed her Masters in Oriental Medicine at

Southwest Acupuncture College in Boulder, Colorado. Corinne specializes in chronic complex conditions. With over 10 years of experience, she is an expert in neuropathy, chronic pain, autoimmune conditions, fertility, and geriatrics.



Acupuncture Center
OF GRAND RAPIDS

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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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AT *Eastgate*

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Sandy Hancock, CNA



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New Venue!

Sept 17th, 2024 - Savvy Senior Driving

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616-724-7200 (Call or Text)
GRSavvySeniors@gmail.com

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Grand Connections

Do you have life stories that you would like to share with young adults? Or would you simply enjoy spending social time with like-minded college students? If so, Grand Connections is a *grand* program for you!

This new intergenerational program was developed by Grand Valley State University and AARP in 2021, and expanded in 2023.

During the gatherings, you and the students benefit from a relaxed and joyful atmosphere. Each person gains a sense of belonging, encouragement, and renewed purpose.

There's not a required time commitment - you decide how much or how little you would like to get involved. And there's no fee to join.

There are three different opportunities in Grand Connections. Choose one, two, or all three options:

- Be part of a **Story Circle**: In an informal setting, share short stories about your life with college students and other adults age 60+.
- Be a **Mentor**: You will be paired one-on-one or one-on-two with students for one semester.
- Go to **SAGE** activities: Enjoy food and fun once a month with this group, including various outings and attending piano concerts. SAGE is the acronym for Students for Aging and Gerontology Enrichment.

Learn more at: gvsu.edu/grandconnections or contact GVSU professor, Jing Chen at (616) 331-3867 or email chenj@gvsu.edu

Though some of the Grand Connection programs meet at the GVSU Allendale campus, others are held around the city, including in Southeast Grand Rapids.



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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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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