

Senior Enrichment

Pinsplitters



Senior Bowling League

New bowlers age 50+ are welcomed to join this established friendly and fun group every week at Spectrum Lanes (5656 Clyde Park SW). No subs, no teams, strictly a league for individual bowlers. You will enjoy bowling 3 games on assigned lanes every week through April!

It's not too late to join us mid-season!

Time: 12:30pm
Day/Dates: Mondays thru 4/16/12
Code: # 551030A
Fees: \$12r/\$18nr + weekly game fees



Especially For Seniors!

Metro Health, Senior Neighbors and Kentwood Recreation are offering this exciting fitness class for persons age 50 and better. An evidence-based program that focuses on developing strength, balance, endurance and flexibility all in an enjoyable social experience! It will improve your balance, flexibility, bone density, endurance, coordination, mental sharpness, and decrease your risk of falling. 8 week sessions. Join at any time! *If cost prevents you from participation, please call (616) 252-7117.

DATES	TIME	DAY	CODE	COST
Oct 26-Dec 23	1-2pm	MWF	#532441A	\$2 Drop-In *Skip 11/25
Jan 9-Mar 2	1-2pm	MWF	#542437A	\$2 Drop-In
Mar 5-Apr 30	1-2pm	MWF	#512435A	\$2 Drop-In *Skip 4/6
May 2-Jun 27	1-2pm	MWF	#512436A	\$2 Drop-In *Skip 5/28

Tap Dance

This class teaches tap skills including steps, rhythm, patterns, coordination, basic tap terminology and choreography. Besides toning a variety of muscles, tap dancing improves balance, increases flexibility and helps posture. Come with comfortable clothing and tap shoes. Instructor: Pat Meyers. Limit: 8. Age 18+.

DATES	TIME	DAY	CODE	COST
Nov 9, 16, 30, Dec 14	6-7pm	W	#532132A	\$20 (4 wks)
Jan 11-Feb 1	6-7pm	W	#542130A	\$20 (4 wks)
Feb 8-29	6-7pm	W	#542131A	\$20 (4 wks)
Mar 7-28	6-7pm	W	#512130A	\$20 (4 wks)

We've teamed up to meet your real estate needs!



SNYDER-ZEEFF TEAM

Christy Zeeff

616-893-3432



Diana Snyder

616-581-6920

snyderzeeff@morserealty.com

2130 Wealthy, East Grand Rapids, Mi 49506

Thinking of buying or selling a home? The Snyder-Zeeff Team is two agents for the price of one! Let us share our passion for real estate with you in finding your perfect home!

- ◆ Members of NAR & GRAR
- ◆ FREE market analysis
- ◆ List your home on the MLS for maximum exposure
- ◆ Take advantage of low mortgage rates

If you would like to make an appointment to meet with us, please call or email at your convenience.

Need to register for a program?
Call us @ 656.5270 and we can take your registration over the phone, using a Visa or MasterCard.
 ~ OR ~
Stop by the office @ 355 48th St. SE
Monday - Thursday/9am-6pm
Fridays/9am-5pm