



PHYSICAL • SOCIAL • INTELLECTUAL • SPIRITUAL

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Healthy Meal Planning: Tips for Older Adults

National Institute on Aging

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.

Older adults' unique nutrition needs

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals.

- Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement. Learn more about key vitamins and minerals.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks

Meal planning

Answering the question “what should I eat?” doesn’t need to leave you feeling baffled and frustrated.

In fact, when you have the right information and motivation, you can feel good about making healthy choices. Use these tips to plan healthy and delicious meals:

- Plan in advance. Meal planning takes the guesswork out of eating and can help ensure you eat a variety of nutritious foods throughout the day.
- Find budget-friendly foods. Create a shopping list in advance to help stick to a budget.
- Consider preparation time. Some meals can be made in as little as five minutes. If you love cooking, or if you’re preparing a meal with or for friends or family, you may want to try something a little more challenging.



Center for Successful Aging

Website: www.fourpointes.org

Phone: (616) 842-9210

Hours: Mon - Thurs 8:30 a.m. - 4:00 p.m.

Fri 8:30 a.m. - 3:00 p.m.

Has your Four Pointes membership expired? Call or stop by the Wellness Center to renew today!

Wellness Center Membership Annual Fees

Millage Area Residents (60+) - \$50.00

City of Coopersville, Chester Twp., City of Ferrysburg, City of Grand Haven, Grand Haven Twp., Polkton Twp., Robinson Twp., Spring Lake Twp., Village of Spring Lake

Non-Millage Area Residents (60+) - \$70.00

Allendale, Crockery, Tallmadge, Wright

Out of Area Residents (60+) - \$110.00

All other Ottawa County Townships, Kent County, Muskegon County, Allegan County

Residents 50-59yrs- \$110.00

Must have an active Four Pointes membership prior to April 1, 2021

Four Pointes accepts all major credit cards

Transaction fees vary based on purchase amount.

\$5.00 - \$20.00 purchase = \$1.00 fee

\$21.00 - \$40.00 purchase = \$1.50 fee

\$41.00 - \$60.00 purchase = \$2.00 fee

\$61.00 - \$100.00 purchase = \$3.00 fee

\$101.00 + purchase = \$4.00 fee

Four Pointes Mission:

To promote the vitality, independence and well-being of older adults in the North Ottawa County community by providing needed services and information, encouraging recreation and lifelong learning and advocating for solutions to the issues of aging.

Physical - Social - Spiritual - Intellectual

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Kenneth Bush
kbush001@msn.com
616-340-6485

Kurt Klaassen
kurtklaassen@gmail.com
616-842-9495

Lisa Luckey
lisaluckey@charter.net
616-843-2260

Tom Reinsma
616-842-3030

Don Ver Heul
verheuld99@gmail.com
616-402-5484

Roberta Twa
bobbietwa@gmail.com
616-638-2364

Bill Sahlberg
bsahlberg1950@gmail.com
616-460-8284

Matt Keeler
mkeeler@krgroupinc.com
616-214-0784

Rolina Vermeer
rolinavermeer@gmail.com
616-240-5876

Amy Florea
amy.florea@yahoo.com
616-638-1232

- Keep calories in mind. The number of calories people need each day varies by individual. Always discuss your weight and fitness goals with your health care provider before making big changes

Find recipes

When planning meals, looking for recipes that sound delicious to you can be a good place to start. The USDA features the MyPlate Kitchen (www.myplate.gov/myplate-kitchen), a resource that helps you find healthy recipes that fit your nutrition needs and create a shopping list. The MyPlate Plan tool App (www.myplate.gov/myplate-plan) will create a customized food plan for you based on your age, height, weight, and physical activity level. When you create your shopping list, don't forget nutritious basics such as fresh fruits and vegetables and whole grain bread.

Sample Menu

Here are some simple meal options for breakfast, lunch and dinner, and snacks most can be put together without a recipe.

Breakfast

Smoothie with spinach, fruit and yogurt
Vegetable omelet with whole-grain toast
Avocado Breakfast bruchetta
(recipie on page 8)

Lunch

Chicken, tomato, avocado sandwich on whole-grain bread
Quinoa with stir-fried vegetables

Dinner

Chicken breast, roasted vegetables, with hummus
Roasted salmon, zucchini, and sweet potato
Whole-wheat pasta, ground turkey, tomato suace

Snack

Baby carrots and hummus
Celery with natural peanut butter
Fruit and yogurt

Find more resources at <https://www.nia.nih.gov/health/healthy-meal-planning-tips-older-adults>

Take a look at our AgeWell menu and join us on July 19 at noon for the cooking for two demonstration!

Four Pointes
Welcomes new
Recreation and
Wellness Director Find
out more on pg. 6

Activity Descriptions + Center Updates

JULY EVENT HIGHLIGHTS



Chair Aerobics

Wednesdays at 10:00am
Cost: \$3.00

An energetic, low impact, seated aerobics class. Great for all fitness levels!



Mah Jongg

Tuesday & Thursdays at 1:00pm
Wednesdays at 9:00am
Cost: FREE

Have you recently participated in our beginner class? Come practice what you have learned about this eastern tile game.



Ping Pong

Tuesdays & Thursdays at 12:00pm
Cost: \$1.00

Hand-eye coordination and agility come together in this fun activity. Beginners welcome.



Moving with Parkinson's

Fridays at 12:30pm
Cost: FREE; Four Pointes membership not required
**must be 21 or older to participate*

Join our Moving with PD coordinator, Mimi and a group of dedicated volunteers as they help participants learn to enhance their aesthetic awareness and grace while addressing such PD-specific concerns as balance, flexibility, coordination, gait, and depression. Live piano accompaniment to help get you moving!

Intro to Tai Chi Demo

July 11 at Noon
Free for members

For the first timer! Learn the very beginnings of this ancient system of blending, breathing, and movement to improve your balance and coordination.

Begining Exercise Drumming

Tuesdays at 9:00 until July 26
Cost: \$3.00

Introduction to Cardio Drumming. A slower seated exercise drumming class. Great to exercise mind and body.

Book Club

Thursday July 21st at 12:00pm
Cost: free

A monthly discussion with fellow book worms. Books are provided.

ACTIVITIES

FITNESS

- Barre Fitness
- Cardio Drumming
- Chair Yoga
- Chair Aerobics
- Conditioning w/ Confidence
- Exercise Drumming
- Gentle Mat Yoga
- Line Dancing
- Moving w/ Parkinson's
- Ping Pong
- Power Up Body Sculpt
- Stretch & Tone
- Tai Chi
- Tap Dance

LEARNING

- Book Club
- Build Your Brain Workshop
- Connecting with Memories
- Memory Writers
- Ukulele Club

SUPPORT

- Health Clinics
- Legal Clinic
- Technology Assistance
- Medicare/Medicaid Assistance & Prescription Drug Assistance

RECREATION/GAMES

- Bingo, Bridge, Cribbage, Darts, Euchre, Hand & Foot, Mah Jongg, Pinochle, Pool, Rummikub

ARTS

- Art with Joy
- Build It, Fly It
- Quilting
- Yarn & Stitches Group
- Woodcarving



Mon	Tues	Wed	Thurs	Fri
Wellness Center Hours: Monday - Thursday 8:30am - 4:00pm Fridays 8:30am - 3:00pm		<i>Note: classes with an * are series and each class builds on another; participants must attend the first session and complete the series</i>		1 10:00 Build It, Fly It 10:00 Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's 12:30 Bridge
4 Four Pointes is Closed for Fourth of July Holiday 	5 9:00 Beg. Exercise Drumming 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 1:00 Mah Jongg	6 *9:00 Beg. Mah Jongg 9:00 Mah Jongg 10:00 Woodcarving 10:00 Chair Aerobics 12:00-1:30 Wellness Director Meet and Greet 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:00 Ukulele Club 1:30 Adv. Line Dancing	7 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 12:00 Chair Yoga 12:00 Ping Pong 1:00 Quilting 1:00 Gentle Mat Yoga 1:00 Mah Jongg, Pinochle & Bridge 1:00 Caregiver support group	8 9:00-11:00 Wellness Director Meet and Greet 10:00 Build It, Fly It 10:00 Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's 12:30 Bridge
11 9:00 Conditioning w/ Confidence 10:00 Art with Joy 10:00 Power Up Body Sculpt 11:00 Beg. Tai Chi 12:00 Intro to Tai Chi Demo 1:00 Beg. Tap Class 1:00 Bingo	12 9:00 Beg. Exercise Drumming 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 12:00-1:30 Wellness Director Meet and Greet 1:00 Mah Jongg	13 *9:00 NO Beg. Mah Jongg 9:00 Mah Jongg 10:00 Woodcarving 10:00 Chair Aerobics 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	14 <i>No Quilting</i> 9:00 Conditioning w/ Confidence 9:00-11:00 Wellness Director Meet and Greet 10:00 Stretch & Tone 10:00 Memory Writers 10:30 Rummikub & Cribbage 12:00 Chair Yoga 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Mah Jongg, Pinochle & Bridge	15 10:00 Build It, Fly It 10:00 Line Dancing Practice (<i>member led</i>) 10:00 Low Vision Info Presentation 11:00 Hand & Foot 12:30 Moving w/ Parkinson's 12:30 Bridge
18 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 12:00-1:30 Wellness Director Meet and Greet 11:00 Beg. Tai Chi 1:00 Beg. Tap Class 1:00 Bingo	19 9:00 No Beg. Exercise Drumming 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 12:00 Cooking for Two Demo 1:00 Mah Jongg	20 Hearing Clinic *9:00 Beg. Mah Jongg 9:00 Mah Jongg 10:00 Woodcarving 10:00 Chair Aerobics 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	21 Legal Clinic 9:00 Block of the week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 12:00 Chair Yoga 12:00 Ping Pong 12:00 Book Club 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge 1:00 Caregiver support group	22 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Line Dancing Practice (<i>member led</i>) 11:00 Hand & Foot 12:30 Moving w/ Parkinson's 12:30 Bridge
25 9:00 Conditioning w/ Confidence 10:00 Art w/ Joy 10:00 Power Up Body Sculpt 11:00 Beg. Tai Chi 1:00 Beg. Tap Class 1:00 Bingo	26 Medication Therapy Mgmt 9:00 Build Your Brain Workshop* 9:00 Yarn & Stitches 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 11:00 Chair Yoga 12:00 Ping Pong 12:00 Happy Hula 1:00 Mah Jongg	27 *9:00 Beg. Mah Jongg 9:00 Mah Jongg 10:00 Woodcarving 10:00 Chair Aerobics 12:30 Beg. Line Dancing 1:00 Bingo 1:00 Euchre 1:30 Adv. Line Dancing	28 9:00 Block of the Week 9:00 Conditioning w/ Confidence 10:00 Stretch & Tone 10:30 Rummikub & Cribbage 12:00 Chair Yoga 12:00 Ping Pong 1:00 Gentle Mat Yoga 1:00 Quilting 1:00 Mah Jongg, Pinochle & Bridge 1:00 Caregiver support group	29 9:00 Barre Fitness 10:00 Build It, Fly It 10:00 Line Dancing Practice (<i>member led</i>) 10:00 Vision Screening Event 11:00 Hand & Foot 12:30 Moving w/ Parkinson's 12:30 Bridge

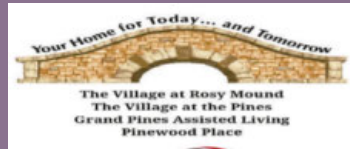
Cooking for Two

Tuesday July 19 at noon

Join Heritage Properties Chef Rachel Bremmer at Four Pointes for a cooking demonstration on how to cook a little less, waste a little less, and eat a little healthier.

There will be recipes to take home for participants.

To participate you must sign up at the Four Pointes front desk no later than **Tuesday July 12.** There is no cost for Four Pointes members.



Welcome Four Pointes new Recreation and Wellness Director:
Kyle Karczewski

Please stop by to meet Kyle for a casual conversation and refreshments during one of our meet and greets:

July 6 12:00-1:30

July 8 9:00-11:00

July 12 12:00-1:30

July 14th 9:00-11:00

July 18 12:00-1:30

Kyle recently moved here from Fort Myers, Florida with his wife and 2 young kids. He has been involved in recreation and non-profits since graduating from Central Michigan University in 2011. Kyle has worked in similar positions to the wellness director role, such as Senior Program Coordinator for the Town of Fort Myers Beach Parks & Recreation Department. He also oversaw the Cape Coral Yacht Club Complex and assisted with the Tony Rotino Senior Center operations. Outside of work, Kyle likes to stay active and spends a lot of time outdoors, camping, fishing, biking and going to parks with his family. He is eager to get started here and hopes to really improve the social, emotional, and physical well-being of everyone who participates at Four Pointes.

July Lunch Menu

Lunch hours Monday - Friday

11:00 a.m. - 12:30 p.m. Hot meals are by reservation ONLY.

Cost is donation based for seniors 60+.

Meals include fat-free milk and 1/3 of the daily recommended intake of nutrients for older adults. Menu is subject to change without notice.



JULY 1st

Hot Meals

Soup of the Week: Stuffed Pepper

July 1st: Meatloaf, Mashed Potatoes, Peas, Normandy Blend, Diced Peaches, Sweet Bread

JULY 4th-8th

Soup of the Week: Mushroom Brie

Hot Meals

July 4th: AGEWELL CLOSED

July 6th: Citrus Salmon, Brown Rice, Green Beans, Coleslaw, Mandarin Oranges, Wheat Bread
July 8th: Hamburger w/ bun, Red Skin Potatoes, Broccoli, Diced Pears

JULY 11th-15th

Soup of the Week: Chicken Noodle

Hot Meals

July 11th: Pork Chops & Gravy, Mashed Potatoes, Corn, Peaches, Wheat Bread

July 13th: Chicken Wings, Baked Potato, Sauteed Cabbage, Tomato Salad, Fruited Jell-O

July 15th: Hot Dog on Bun, Peas, Cauliflower, Fresh Fruit, Fig Newton

JULY 18th-22nd

Soup of the Week: Chophouse

Potato

Hot Meals

July 18th: Frittata, Red Skin Potatoes, Succotash, Apricots
July 20: Chicken Diane, White Rice, Asparagus, Beets, Applesauce
July 22: Sliced Ham, Sweet Potatoes, Peas, Pineapple Tidbits, Wheat Bread

JULY 25th-29th

Soup of the Week: Broccoli Cheese

Hot Meals

July 25th: BBQ/Wheat Bun, Baked

Beans, Wax Beans, Tropical Fruit, String Cheese

July 27th: Garlic Herb Tilapia, Parsley Noodles, Broccoli, Coleslaw, Peaches

July 29: Pork Chop Suey, Rice, Corn, Winter Squash, Ambrosia, Wheat Bread

Hot meals must be reserved ahead of time by calling Four Pointes at (616) 842-9210 and speaking to the AgeWell Site Coordinator. Reservations are due by noon the business day prior.

Due to current food shortages, AWS will make every attempt to honor the menu, however there may need to be times when menu items need to be substituted

Free Educational Presentation on Low Vision & Visual Acuity Screening Events

Friday July 15 at 10:00am: Join Elizabeth from Association for the Blind and Visually Impaired for a Free Educational Opportunity - Discuss common conditions, helpful aids, and magnifier demonstrations.

Friday July 29 at 10:00: Elizabeth will be back and taking appointments for free vision screenings and referrals. *Please sign up at the Four Pointes front desk for a screening appointment & make sure to bring your glasses!

Both Events are Free and open to the public



ASSOCIATION FOR THE BLIND & VISUALLY IMPAIRED

High-

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Market Fresh Food

To Qualify, an older adult/couple must be:

- 60 years of age or older
- Have a total household income of 185% of poverty or less ***
- Live in the county where the coupons are issued

Appointments available in Chester Township, Coopersville and Tri-Cities. Please call Four Pointes to sign up for your appointment date and time at (616)842-9210.

*****Single person income limit is \$25,142/year (\$2,096/month), married couple \$33,874/year (\$2,823/month)**



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MONTAGUE

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The Book Nook • 8744 Ferry St., Montague

MUSKEGON

Every Wednesday – 1-2:30 p.m.
Tanglewood Park • 560 Seminole Rd., Muskegon

ZOOM VIRTUAL GROUP

Every Friday – 1-2:30 p.m.
Connection information available by contacting our support specialists



Virginia Vazquez
Caregiver Support Specialist
vvazquez@seniorresourceswmi.org
231.733.3531



Paula Kolberg
Caregiver Support Specialist
pkolberg@seniorresourceswmi.org
231.720.0499

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Tuesdays from 9:00 - 9:45am

6 Week Workshop

July 26th - August 30

Cost is \$15 for entire series

**must be a member to participate.*

Please RSVP by July 25th

This workshop will combine simple movement combinations along with memory recall, cognitive problem solving and speed variations to engage specific parts of your brain. The goal is to challenge your brain and body simultaneously to help stimulate new growth all while having a lot of fun!

 four
pointes
Center for Successful Aging

Avocado Breakfast Bruschetta

Ingredients

- 1 ripe avocado
- 2 medium tomatoes
- 1 green onion
- 1/2 cup chopped fresh basil (plus 2 tbsp for garnish)
- 4 eggs (hard-boiled)
- 12 slices whole-wheat baguette bread
- 1/4 cup ricotta cheese (reduced-fat)
- cracked black pepper to taste

Directions

Dice avocado, tomatoes, and green onions.

Peel and chop hard-boiled eggs.

Reserving 2 tbsp. basil for garnish, gently toss first five ingredients in a small bowl. Add pepper to taste.

Toast baguette slices and smear with ricotta cheese.

Top with avocado mix and garnish with chopped basil.



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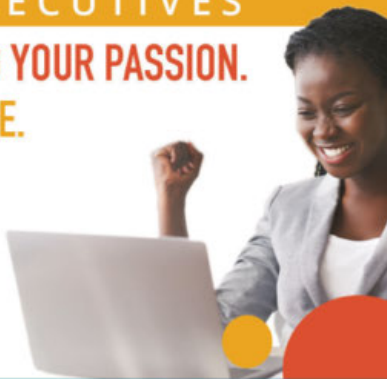
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CURRENT RESIDENT

Coast Guard Senior Day

COAST GUARD SENIOR DAY

AUGUST 3, 10:00-2:00
MULLIGANS HOLLOW

Join Four Pointes at Coast Guard Senior Day for a day of FUN!

- 10:00: 'Get Well' Expo with sponsors
- 10:00: Zumba and Line Dancing Demos
- Noon: FREE Boxed lunch provided by sponsors
- 12:45-2:00: BINGO with prizes
- 12:45-2:00: Musical Entertainment

FREE Shuttle running every half hour from
Four Pointes to the event starting at 9:30am

