

Adult & Youth Enrichment

JOIN US FOR
SPRING 2025

LOOK INSIDE!
Many NEW and fun offerings!
Register TODAY: [NVPS.revtak.net](https://nvps.net)

N NORTHVIEW
COMMUNITY EDUCATION



<https://nvps.net/enrichment/>
NVcomEd@nvps.net
616-365-6176

Northview Community Education

SPRING 2025 Enrichment

ONLINE registration is OPEN!

Please register at least 5 days prior to the class date so instructors can plan curriculum, supplies and purchases accordingly. Additional registration details can be found on the [Community Enrichment](#) webpage.



Our best. Your best.

QUESTIONS?

NVComEd@nvps.net || 616-365-6176
JoAnn VanSlooten, Community Education Director
Michelle Bakos, Administrative Assistant

ADULT ENRICHMENT

<https://nvps.revtrak.net/rw-adult-enrichment/>



American Sign Language (15-Adult)

ASL 1: This basic introductory American Sign Language course is for those who wish to better communicate with the Deaf and Hard of Hearing population. Participants will learn basic conversational vocabulary and grammatical structure of the language, as well as culturally significant information that is essential in communicating with, and respecting the Deaf community. This is an opportunity to learn a useful new communication skill.

(12-14 year olds may register with an adult who is also taking the class)

Thursdays, April 17 - May 22, 2025 - 5:15 - 6:45 p.m.

Northview HS

\$40.00 per participant

ASL 2: This intermediate American Sign Language course is for those who wish to further develop their American Sign Language vocabulary and skills. Participants will continue to learn conversational vocabulary and grammatical structure of the language, as well as use those skills to communicate and work with a hearing instructor and Deaf adult in the class. This is an opportunity to continue to learn the fundamentals of communication skills in American Sign Language.

(12-14 year olds may register with an adult who is also taking the class)

Thursdays, April 17 - May 22, 2025 - 7:00 - 8:30 p.m.

Northview HS

\$50.00 per participant

Drawing Fundamentals (with artist Scott Kenyon)

In this Drawing Workshop students learn the basic fundamentals of drawing with Graphite Pencils and will learn techniques consisting of: Values, Edges, and Shading, as well as how to design a drawing from photographs. There will be a drawing demonstration followed by individual instruction. Students will be drawing from a photograph of their choice which could consist of a landscape, buildings, flowers, and more.

Thursdays: February 27, March 27, or April 24, 2025

6:00 - 8:00 p.m.

Northview HS Art Room

\$21.00 per participant per date





Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. A recording of the class is included, as well as an additional optional online question & answer session.

Tuesday

March 4, 2025

6:30 p.m. - 9 p.m.

\$75 per participant per date

Online Via ZOOM

A link will be provide to all registered students

Topics include:

How chords work in a song

How to form the three main types of chords

How to tune your guitar

Basic strumming patterns

How to buy a good guitar (things to avoid)

How to play along with simple tunes



Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do, using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. This course includes an online book and online follow up video lessons, so you will be able to jumpstart your learning then continue your practice and study on your own at your own pace. A recording of the class is included, as well as optional, periodic, online question & answer sessions. The course includes hands-on instruction, lecture materials, and demonstrations.

Monday

March 3, 2025

6:30 p.m. - 9:30 p.m.

\$75 per participant per date

Online Via ZOOM

A link will be provide to all registered students

Topics include:

How chords work in a song

How to get more out of sheet music by reading less of it

How to form the three main types of chords

How to handle different keys and time signatures

How to avoid "counting"

How to simplify over 12,000 complex chords

Dog Obedience (Adults 17+)

There is no dog too old to join us at obedience class.

This 5 class program has a curriculum designed for dogs four months old or older that have been fully immunized. Individual attention is given to each participant throughout the class. Dogs should be leashed upon arrival and have immunizations up-to-date. Bring a hungry dog and a bag of treats. Owners are responsible for clean-up after any accidents their dog has.

Mondays & Thursdays, February 27, March 3, 6, 10, 13, 2025

6:30 - 7:30 p.m.

East Oakview Elementary (3940 Suburban Shores NE)

\$120 per participant (Two adults may attend per dog)



FOOD-FRIENDS-FUN

Join us for one (or several) of our six (6) unique food classes offered for **SPRING 2025!**
Bakers, Chefs or Beginners! All are invited to join the fun of these "Make and Take" classes.

COOKING & BAKING CLASSES

(16 Yrs-Adult)

DIVERSITY'S KITCHEN owner and operator, *Jenea Earvin* is excited to share her secret recipes as she guides us through these fun, hands-on Cooking Classes. Learn new recipes and gain confidence in the kitchen.

CAKE & COOKIE DECORATING

(16 Yrs-Adult)

KMB CONFECTIONS owner and operator, *Kelli Basher* will guide you through the steps in learning tricks and techniques of decorating cakes and cookies with this hands-on frosted fun! Create your own beautifully decorated sweet treats!

MARCH

March Madness

Rotel Cream Cheese Pinwheel Apps

Everyone loves a great hearty snack and these pinwheels are bound to impress your friends with their delectable presentation and delicious taste. All food and supplies are provided.

Tuesday, March 11, 2025

6:30-8:30 pm

Northview High School - Lounge

\$35 per participant



St Patrick's Day Cookie Platter

Roll in the fun and get your green on! Our St. Patrick's Day Cookie Platter class is a treat-tastic way to celebrate the luck of the Irish. We'll supply the cookies, frosting, and festive vibes – you bring the creativity!

Wednesday, March 12, 2025

6:30 – 8:30 pm

Northview High School - Lounge

\$37 per participant



APRIL

Loaded Jerk Chicken Salad

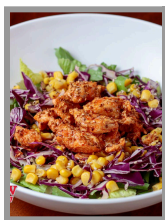
Welcome in the spring by turning up the heat! This "not-too-spicy" Jerk Chicken Salad is one of Jenea's family favorites. Learn how to make this yummy dish and take it home to share with your family. All food and supplies are provided.

Tuesdays, April 22, 2025

6:30-8:30 pm

Northview High School - Lounge

\$35 per participant



Easter Cookie Decorating

Register now for a fun and creative Easter Cookie Class! Our instructor will guide you through the necessary techniques to decorate your own Easter themed cookies with royal icing. All necessary supplies, cookies and icing, are provided. Take home your decorated cookies and a new skill!

Wednesday, April 16, 2025

6:30 – 8:30 pm

Northview High School - Lounge

\$37 per participant



MAY

Cinco de Mayo Wet Burrito

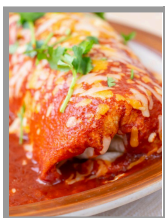
Everyone loves a delicious Burrito. Join us on Cinco de Mayo, to celebrate the hispanic heritage and culture, as we learn to make a delicious burrito meal. All food and supplies are provided.

Monday, May 5, 2025

6:30-8:30 pm

Northview High School - Lounge

\$35 per participant



Flower Basket - Cake Decorating

Unleash your inner cake artist and join us for a delightful Flower Basket Cake Class. In this hands-on workshop, master the charming basketweave technique to transform a 2-layer 6" round cake into a stunning floral basket. Add the perfect finishing touches with swirl flowers and leaves, creating a whimsical design that's almost too pretty to eat. Almost!

Thursday, May 8, 2025

6:30 – 8:30 pm

Northview High School - Lounge

\$37 per participant



FIT-4-U CLASSES



Run in partnership with **Northview Community Fitness and Aquatic Center**, we offer these classes as an **8 week program** to help you commit to attending class each week. Each class-series meets weekly on the same day and time to help get you into a routine for a more healthy lifestyle. All classes are planned for varying individual work rates and ability levels and are scheduled for 35-55 minutes in length depending on the class. The amazing staff of instructors will meet you where you are in your physical activity. JOIN US! As we help our community improve their strength, balance, flexibility and aerobic-cardio abilities. <https://nvps.revtrak.net/rw-adult-enrichment/>

SPRING 2025 SCHEDULE - March 15 thru May 8, 2025

Group Fitness \$58 and Cycle Classes \$76

Northview Fitness Center (4451 Hunsberger NE) - ENTRY is at the FRONT of the high school adjacent to the bus loop



POWER-45 STRENGTH TRAINING class utilizes a variety of equipment in the Center to challenge your core balance, flexibility and improve your functional strength. A new training routine will be presented each week to help you establish a stronger body, leading to better balance, and overall increased energy. ALL abilities welcome! Offered Wednesday evenings: 6:00 PM



YOGA helps to establish a routine of health and life balance. These refresh and restore flow classes focus on basics to connect the body with mindful breathing and movements, working to improve flexibility, strength and stability. Join us in our practice of this Vinyasa style yoga to help bring your body and mind back into sync. Offered Mondays: 4:00 PM or Wednesdays: 7:00 PM or Thursdays: 6:15 PM or Saturdays: 8:30 AM



WATER FITNESS is an excellent way to tone and strengthen your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance strength training, and may utilize water resistance equipment. Space is limited and these classes fill quickly so pre-registration is highly recommended. Offered Mondays: 5:30 PM, Wednesdays: 6:00 AM or Thursdays: 5:30 PM



RIP AND RIDE Where cycling meets strength training. Enjoy a calorie blasting, heart-pumping workout ride with our instructor for 30 minutes and finish with "off bike" stability training, as you are led through a series of exercises using hand weights. Cyclops bikes are equipped with both SBD clips and shoe baskets for tennis shoes. Offered Tuesdays: 6:00 AM or Thursdays: 6:00 AM



PILATES will help to improve general fitness and overall well being. The main focus of this popular class will encompass classical Pilates exercises to build core strength and improve flexibility and balance, which leads to better posture, spinal alignment and improved coordination. Exercises can be modified for a range of abilities. Offered Tuesdays: 6:15 PM



STRENGTH (Women 50+) As women age they lose muscle mass at a higher rate than when they are young. We offer this popular class to help them strengthen arms, legs, glutes and core muscles, to build the structure bodies need for good balance and posture. Offered Tuesdays: 5:15 PM or Thursdays: 5:15 PM



ZUMBA is a fun filled, energetic class that combines dance with fitness movements. A total body workout using a fusion of Latin and International music with dance, choreographed to create a dynamic, energetic workout using all elements of fitness; cardio, muscle conditioning, balance, flexibility. Offered Mondays: 6:00 PM

YOUTH ENRICHMENT

Registration: <https://nvps.revtrak.net/rw-youth-enrichment/>



Boater Safety Class (12-18 Yr. Olds)

This Boater's Safety course will prepare young boaters for a safe summer of water fun!! Michigan's DNR mandates that individuals have a boat safety certificate to operate a motorboat on Michigan waters. Students who complete this course and pass the assessment will receive their certificate. With millions of boaters on our waters, we hope to help reduce accidents and fatalities by encouraging everyone to become a certified boat operator.

Saturday, March 29, 2025

9:00 a.m. - 4:00 p.m.

Northview H.S. Fishbowl

\$25.00 per participant

Babysitter Training (10-15 Yrs.)

This course provides students with the knowledge and skills needed to safely and responsibly care for infants and children. Students can earn Red Cross certification upon completion of the course and personal certification cards can be purchased for an additional fee. More information will be provided prior to class.

Monday, March 10, 2025 or May 2, 2025

9:15 a.m. - 2:00 p.m.

Northview High School

\$75 per participant per date



Junior Kickers (2016-2021 Birth Yrs.)

Soccer Skill-Building Clinics

In partnership with the professional coaches at PASS Soccer Club to offer this skills-based Junior Kickers soccer program for all levels of players born in 2016-2021. Optional Saturday morning "friendly games" will be offered for players to practice the skills they learn at the Friday night training sessions.

Fridays, April 25 - May 30, 2025 - 6:00-7:00 p.m.

Saturday morning dates & times TBD (no sessions Memorial weekend)

Northview HS Rahn/Hunsberger Soccer Fields

\$60 per participant

SUMMER CAMPS

JOIN THE FUN THIS SUMMER! The below list is just a sampling of what will be offered from June 9 thru July 31, 2025.

A complete list of camps, dates, and descriptions will be in the May Northview News!

Check our Revtrak Youth Enrichment registration page in late March as we begin to upload our list of summer camps.

<https://nvps.revtrak.net/rw-youth-enrichment/> Registration opens April 1, 2025 with some fun new camps and returning favorites!

- Adventure Camp: Bring on the Summer!
- Art Camps
- Babysitter Training
- Brick-4-Kidz - different camp theme each week
- Cupcake, Cookie, and Cake Decorating
- Cooking Camps
- Dance Camps
- DRAMAventure: Front stage
- DRAMAventure: Back stage
- EntreSTEMneur: Mapping & Design
- Nature's Artists
- Princess sTEAM Party
- Poke Pals Adventure Camp
- Unicycle Fun!

NORTHVIEW

Fitness & Aquatic Center

WHO WE ARE

Northview Community Fitness and Aquatic Center was opened in 2013 granting adults and students (7th grade and older) full access to the center during scheduled non-school hours, with a membership. Memberships include use of all fitness and cardio equipment, the indoor track, and the pool.

The Center is open to the public in the mornings and evenings with school and after school hours reserved for students and athletes. Supervised weight-room "Student Only" hours are M-TH from 2:45-3:45pm. These are managed by the High School Athletic Department and only when a supervisor is available.

MEMBERSHIPS

Individual Full and Track only Memberships are available to access the Center during our hours. These are available on a Daily, Monthly and Annual basis and are discounted for the Northview Community which includes residents, parents of current Northview students, and graduates of Northview High School.

SERVICES

GROUP FITNESS & CYCLE CLASSES

Our knowledgeable fitness instructors welcome all abilities and levels to participate in their weekly workouts. All classes are offered as "Drop-In" and should be reserved 24 hours in advance to ensure a spot in the class.

PERSONAL FITNESS AND SWIM COACHING

Individual and Small Group (2 or more) personal sessions can be purchased with our qualified Fitness Trainers and Swim Instructors. Email the Fitness Director or Pool Director to set these up.



Fitness Manager: JoAnn VanSlooten
Email: jvanslooten@nvps.net

616-365-6140

Pool/Swim Director: Terri Eudy
Email: teudy@nvps.net

616-361-3466

www.nvps.net/community/fitness-center

HOURS OF OPERATION

FITNESS CENTER

SCHOOL YEAR HOURS

- Mon, Tue, Thur: 5:30am-7:00am & 5:00pm-9:00pm
- Wed: 5:30am-8:00am & 5:00pm-9:00pm
- Fri: 5:30am-7:00am & 5:00pm-8:00pm
- SA 8:00am-3:00pm
- SU 11:00am-3:00pm

AQUATIC CENTER

LAP SWIM:

- M&F 5:45am-6:45am W 5:45am-7:45am
- M 7:00-8:30pm, T&TH 6:30-8:30pm, W 7:30-8:30pm
- SA 9:00am-11:00am

OPEN SWIM (Lap lanes open as well)

- SA & SU Noon-2:45pm

MEMBERSHIP PRICING

MEMBERSHIP RATES

ANNUAL \$340 per person | \$280 Senior 65+
MONTHLY \$35 per person | \$30 Senior 65+
DAILY \$8 per person | \$7 Senior 65+
Track Only: Annual \$70/\$60

NORTHVIEW DISCOUNTED RATES

ANNUAL \$180 per person | \$120 Senior 65+
MONTHLY \$20 per person | \$15 Senior 65+
DAILY \$6 per person | \$5 Senior 65+
Track Only: Annual \$40 (65+ FREE)

SWIM ONLY RATES

ADULT LAP SWIM: Follow daily rates above
ALL Fitness Members receive FREE lap swim

CLASS PRICING

GROUP FITNESS CLASS PRICING

\$10 per class | \$80 per 10 class package
Members: \$8 per class | \$60 per 10 class package

CYCLE CLASS PRICING

\$13 per class | \$110 per 10 class package
Members: \$11 per class | \$90 per 10 class package
*Packages can be purchased online: www.nvps.revtrak.net
Onsite purchases at fitness desk with cash or check only*

PERSONAL FITNESS AND SWIM COACHING

INDIVIDUAL: \$55 single | \$255-5 pack | \$480-10 pack
SMALL GRP: \$45 single | \$210-5 pack | \$400-10 pack
Members receive \$3 discount on each session

Fitness Center Classes

Ongoing classes run weekly throughout the spring. See individual class and package pricing above.

Any cancellations throughout the year will be noted in the MindBody App where your most up to date schedule is posted.

CLASS SCHEDULE				
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<ul style="list-style-type: none"> • Yoga (4:00pm) • Water Fit (5:30pm) • Zumba (6:00pm) 	<ul style="list-style-type: none"> • Rip and Ride (6:00am) • Women 50+Strength (5:15pm) • Pilates (6:15pm) 	<ul style="list-style-type: none"> • Water Fit (6:00am) • Power Strength 45 (6:00pm) • Yoga (7:00pm) 	<ul style="list-style-type: none"> • Rip and Ride (6:00am) • Women 50+Strength (5:15pm) • Water Fit (5:30pm) • Yoga (6:15pm) 	<ul style="list-style-type: none"> • Yoga (8:30am)

SPECIAL NOTES:

- Limited number of bikes are available for Rip and Ride so early registration is highly recommended. Cyclops bikes are equipped to accommodate SPD clip shoes as well as tennis shoes.
- **If you are new to the Fitness Center** please arrive early on the first day to file your visitor paperwork.

Personal Fitness Coaching

Northview Fitness Center offers personal FITNESS COACHING options for all ability levels. Our trainers have extensive experience working with crossfit and high level athletes as well as individuals with balance and coordination deficits.

Packages for 5 or 10 sessions should be pre-purchased before your initial meeting with the trainer. In this session you'll discuss your goals and needs so a personalized training plan can be discussed for your individualized program. Contact JoAnne VanSlooten at jvanslooten@nvps.net to connect with one of our Fitness Coaches to set up your initial session.

Cost Per Person	10 Sessions (45 Min)	5 Sessions (45 Min)	Single Session Add-on
1-On-1 Lessons	\$480	\$255	\$55
Small Group	\$400	\$210	\$45

Our Trainers

Kelsie Bovee, BS Exercise Science, CPT

Kelsie Bovee is a GVSU alum with a Bachelors of Science degree in Exercise Science. She has worked for and done extensive research in numerous gyms and schools & has had the opportunity to train athletes at all levels including professional athletes! Kelsie is a strength coach for the Northview high school student-athletes, and a strength and fitness instructor at the Northview Community Fitness Center where she programs and teaches classes several nights a week. Kelsie also enjoys organizing and coaching for the PASS Junior Kickers program and one of their U11 girls soccer teams.

Adam Cone, CPT

Adam is a certified personal trainer and has been a fitness enthusiast his entire life. As a multi-sport athlete he has experience in everything from yoga to olympic movements and understands the importance of strength and flexibility. A graduate of Northview High School in 2010, Adam continued his education as a D1 student-athlete at Oakland University where he was part of their swim team for all 4 years. He graduated in 2015 with a Bachelor's degree in Integrated Studies and a focus in Exercise Science and Wellness & Health Promotion.

Julie Steffen, CPT

Julie is a graduate of the National Personal Training Institute in Chicago, IL where she lived and worked in the health/fitness field prior to coming home to Grand Rapids. She is trained and certified in several different class techniques and can train any fitness level including Crossfit, but she loves training "newbies" and clients with unique strength and coordination needs.

RJ Vandenberg, ISSA

RJ is a certified personal trainer with a passion for health and fitness. Local to the Grand Rapids area, he grew up playing soccer in a top tier league and has recently played overseas for a semi-professional soccer team. He currently coaches travel and high school soccer and is a certified personal trainer through ISSA. RJ is passionate about helping people reach their fitness goals by teaching them about strength and conditioning, bodybuilding, nutrition and much more.

No-Show/Cancellation Policy: Aquatic and Fitness Instruction is a commitment. Because our instructors reserve a time especially for you, we ask for 48 hours' notice for cancellations. Our instructors will work with you to reschedule that appointment. We understand that emergencies come up, please contact your instructor as soon as possible should you have to cancel for an emergency. Please note: If a session is canceled within less than 48 hours, a cancellation fee of \$30 will be assessed.

Northview Aquatic Center

Our state-of-the-art Aquatic Center is a popular place. We are host to 5 different swim teams during the year and we invite community to join us for Lap Swim, Water Fitness classes, Open Swim, and Private or Group Lessons



Lap Swim

\$8 pp (NV resident \$6, Members FREE)
Mon&Fri 5:45-6:45 AM | Wed 5:45-6:45 AM
Mon 7-8:30 PM | Tues/Thur 6:30-8:30 PM
Wed 7:30-8:30 PM | Sat 9:00-11:00 AM



Water Fitness Class

\$10 per class (Members \$8)
Mon & Thur 5:30 PM - Wed 6:00 AM



Open Swim

\$5 pp (Members FREE)
Sat and Sun 12:00-3:00 PM
Lap lanes open as well



Group Swim Lessons

For children 3-12 years old
Offered Spring and Summer
when available 616-363-3466



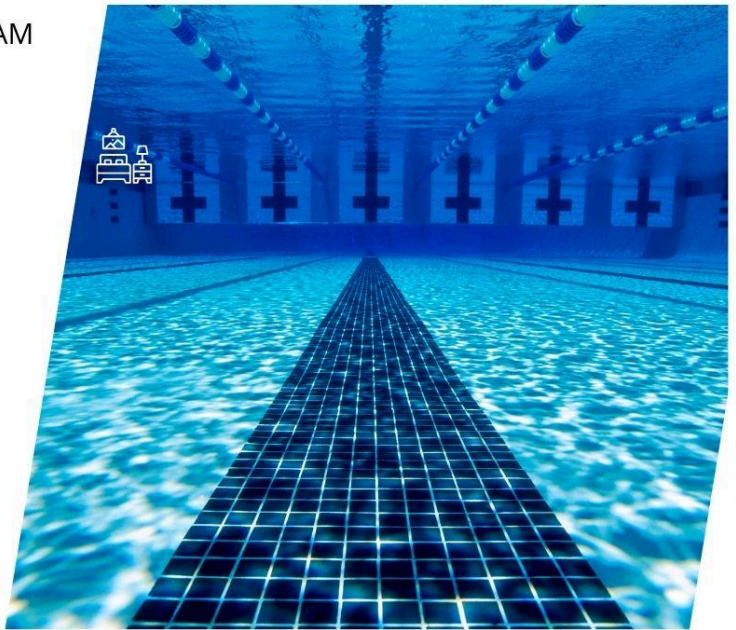
Private Swim Lessons

Various cost options *starting at \$55*
per 45 min. Schedule Small Group
or 1-on-1 private lessons with
Terri Eudy - 616-363-3466



Swim Teams

High School boys and girls
Middle School boys and girls
NKAT club boys & girls (all ages)



**Northview Fitness
& Aquatic Center**

4451 Hunsberger NE, GR MI

northviewfitness@nvps.net

nvps.net/community/pool

JMV Creations

Northview Fitness and Aquatic Center

Lap Swim

Offered as a Fitness Center Membership benefit for free during scheduled Lap Swim times, which run congruent to swim team practices. Payment is made at the Fit desk.

- Schedule is subject to changes due to swim meet schedules, school vacation schedules, and life guard conflicts. We do our best to keep a consistent schedule.
- Lap Swim lanes are reserved for Fitness Members and may at times be crowded.
- Lane sharing-circle swimming is expected and encouraged. Please plan accordingly.

Water Fitness Class

Water Fitness Classes are offered as a drop in, ongoing basis. Instructors are hired through the Fitness Center and classes are scheduled with the Pool Director to ensure the pool space is available for classes. Payment and reservations are made at the Fitness desk.

Open Swim

Community members are invited to enjoy the pool during our Family Open Swim times. Cost is \$5 per person and payable by cash or check *at the pool entry door prior to your visit*. Fitness Center Members should show their membership tag to the guard who is collecting fees, to verify their free entry.

Group Swim Lessons

Group lessons for children ages 3-12 are offered in the spring and summer. Classes generally meet twice a week for 4 weeks during evening hours and/on Saturday mornings. When classes are offered, they will be posted on <https://nvps.revtrak.net> to find dates, times, registration and additional details.

Private Swim Lessons

Adults and children can enjoy 1v1 or small group lessons with our qualified instructors. All requests and scheduling for private swim lessons should be directed to Terri Eudy, Aquatic Center director, teudy@nvps.net or (616) 361-3466. For pricing and additional information visit our website at <https://nvps.net/community/pool/>

Swim Teams

Middle and High School teams are run through the schools athletic departments and are free to join. NKAT club teams pay to use the facility and swimmers pay a participation fee. All abilities and levels are welcome.





5255 Grand River Dr, NE
Grand Rapids 49525

Chris Atchison, Senior Citizen Program Director
Terri Karafa, Lead Program Assistant

Northview Senior Citizens is an active and engaged group reaching hundreds of area senior citizens. We offer a wide array of programs, weekly classes, monthly activities, lectures, outings, day trips and more. There is something for everyone in this fun and welcoming community group. We'd love to know you better! Join us today!

MEMBERSHIP

Your annual \$18.00 membership fee* supports an organization that makes a difference in the lives of those in our community. Members receive a copy of our newsletter via email or mailed 5 times per year with exclusive access to numerous classes, outings and program offerings. If you have questions, please don't hesitate to contact us.

Three ways to purchase your membership:

- **ONLINE**
 - Use the NEW Northview online registration link.
 - There is a small service fee when paying this way.
 - <https://nvps.revtrak.net/northview-senior-citizens/>
- **BY MAIL**
 - Fill out the [MEMBERSHIP FORM](#) at the end of this booklet
 - Mail your form and \$18 check (made payable to Northview Public Schools) to:
 - Northview Senior Citizens
4365 Hunsberger NE
Grand Rapids, MI 49525
- **IN PERSON**
 - Membership forms are available at Plainfield Senior Center M-F, 9:15 -11:15 am
 - We accept cash (exact change please) or checks made payable to Northview Public Schools.

We invite you to visit our website to view the most recent newsletter, download a membership form or view a complete list of the exciting and fun activities our group has to offer. Join us Today!!!

QUESTIONS?

<https://www.northviewseniors.org/>
[Facebook.com/NorthviewSeniorCitizens](https://www.facebook.com/NorthviewSeniorCitizens)

-OR-

Stop into our Northview Senior Center and one of our ambassadors will be happy to help.

Open Monday-Friday, 9:15am-11:15am

616-365-6150

WEEKLY SCHEDULE

Held at the Senior Center: THESE ARE **MEMBERS ONLY** EVENTS

Monday	Cardio Drumming	9:30am-10:30am	\$3.00 drop in fee
	Strength & Balance Exercise	11:00am-12:00pm	\$3.00 drop in fee
	MahJongg	1:00pm-4:00pm	\$1.00 drop in fee
Tuesday	Crafting Group	9:30am-11:30am	\$1.00 drop in fee
	Zumba Gold	9:30am-10:30am	\$3.00 drop in fee
Wednesday	Cardio Drumming	9:30am-10:30am	\$3.00 drop in fee
	Cards & Coffee	12:30pm-3:30pm	\$1.00 drop in fee
Thursday	Wood Carving	9:00am-11:30am	\$1.00 drop in fee
	Zumba Gold	9:30am-10:30am	\$3.00 drop in fee
	Strength & Balance Exercise	11:00am-12:00pm	\$3.00 drop in fee
Friday	Line Dancing	9:30am-10:30am	\$3.00 drop in fee
	Tai Chi	11:00am-12:00pm	\$3.00 drop in fee

Members may drop-in at any of the above classes/activities and pay the fee (exact change is appreciated).

UPCOMING SPRING ACTIVITIES

Many of our Member exclusive bus tours, outings and programs do sell out on the day that registration opens. Canceled reservations do happen and when they do we use our waitlists to fill those spots. Find out more about these and other activities on our website <https://www.northviewseniors.org>

PRESENTATIONS

The events below still have openings as of the date of this printing

***Membership and Reservations required for all Presentations**

Email NorthviewSeniors@nvps.net or call 616-365-6150

Understanding Mental Health with “be nice”

February 12th - 1:00 pm

Northview Senior Center

Free event for members

Generously underwritten by: ComForCare

The conversation surrounding mental health, illness, and suicide prevention can prove complicated. *be nice.* is an evidence-based, education program that offers knowledge to provide individuals with the confidence to take action when it comes to mental health. **Our Presenter is Christy Buck**, the Executive Director and Founder of *be nice.* With more than 36 years of experience in the mental health field, Christy’s passion for transforming and saving lives through mental health education led her to develop two mental health and suicide prevention programs; *be nice.* and *be nice.extension.*

George Lessens: A Career in Meteorology

March 6th - 3:00 pm

Northview Senior Center

Free event for members

Generously underwritten by: MKD Funeral Homes

Learn about the world of meteorology from retired and award winning **chief meteorologist George Lessens** from WZZM 13 TV. He will share interesting stories about his 44+ year career and fascinating facts about the science of meteorology. Plus the changes that George has witnessed with his expert coverage over the years with the advancement in forecasting tools and much more!

Tech Talks with Holly

Instructor Holly Young, has a “No question is too dumb” philosophy and has a knack for explaining technical topics in easy to understand language. She has a passion for all things “techie” and was a Program Assistant at the Senior Center for 10 years.

“Staying Safe Online”

February 27th - 1:00 pm

Cost: \$8.00

Northview Senior Center

Are you nervous about getting hacked, having your identity stolen, or accidentally ending up on a spam list? Are robo-calls and solicitors driving you crazy? We will discuss how to spot scams and stay safe when using your phone, tablet, or computer.

“Communication in the Digital Age”

March 27th - 1:00 pm

Cost: \$8.00

Northview Senior Center

Email, text, video calling, FaceTime, Facebook, Messenger, and more! Staying in touch with our family and friends electronically can be overwhelming. We will discuss many popular forms of electronic communication and how to navigate them.

AFL - Apprenticeship for Life Lecture Series

Held at Northview High School Performing Arts Center

AFL events are FREE & open to the public

*Reservations are required

AFL: The Story of the “Discovery” of Michigan

Wednesday, February 19, 2025 - 2:30 pm

Northview High School Performing Arts Center

FREE event

Generously underwritten by: Oasis Senior Advisors

Imagine you are a 16th Century European explorer arriving in the New World. Why did you risk your life to get here? How did you get here? Are you the first human to see this wilderness? This presentation will answer these questions and more by telling a story that combines multiple eras of World and American History into an entertaining story. This story will take the listener around the world and through time from the fall of Ancient Rome to Marco Polo's walk to China to European explorers trading with Native Americans in the woods of Michigan. **Our speaker is Scott Looman**, a retired Michigan high school history teacher and from the Heritage Museum of Newaygo County. He holds a Masters Degree in Curriculum Development and has worked as an adjunct history instructor at a local university.

*Registrations required for all AFL lectures by emailing NorthviewSeniors@nvps.net or calling 616-365-6150.

AFL: Legacies & Legends in Bronze

Wednesday, March 19, 2025 - 2:30 pm

Northview High School Performing Arts Center

FREE event

Generously underwritten by: Grand Rapids Cremation Services

The Grand Rapids Community Legends Project was established by local philanthropist and businessman, Peter Secchia and his family, in 2008 with the intent of keeping local history alive. They made a pledge to provide downtown Grand Rapids with a selection of no less than 25 bronze tributes of Grand Rapids' most notable contributors. More than a decade later, there are over one dozen 7-foot tall bronze sculptures placed throughout the urban core that have been gifted by the project. Discover who, what, and where, on this blended presentation of statue art and local history. **Our speaker is Caroline Cook**, the owner of Grand Rapids Running Tours, a resident of downtown Grand Rapids, historian, storyteller, presenter and “walking tour guide” for the Northview Senior Citizens.

**Registrations required for all AFL lectures by emailing NorthviewSeniors@nvps.net or calling 616-365-6150.

Please visit our website for more information on these and other events and activities.

<https://www.northviewseniors.org/>



2025 Membership Form

Cost is \$18 per person, per calendar year

Northview Senior Citizens does not have residency or minimum age requirements

Name: _____
(Please list your name as you would like it to appear on your name tag)

Email: _____

Phone: (Home) _____ (Cell) _____

Street Address: _____

City: _____ State: _____ Zip: _____

Emergency Contact Information

Name	Phone Number	Relationship
1.		
2.		

Do you live in Plainfield Charter Township? YES NO (Circle one)

Do you live in the Northview Public School District? YES NO (Circle one)

For demographic use only

Would you like to receive your newsletters by mail or email only? (Circle one) MAIL EMAIL ONLY

Make checks payable to: *Northview Public Schools*

**Mail to: Northview Senior Citizens
4365 Hunsberger N.E.
Grand Rapids, MI 49525**

WAIVER OF LIABILITY

To the fullest extent permitted by law, I agree to defend, pay on behalf of, indemnify, and hold harmless Northview Public Schools ("NVPS"), its elected and appointed officials, employees and volunteers and others working on behalf of NVPS against any and all claims, demands, suits, or loss, including all costs connected therewith, and for any damages which may be asserted, claimed or recovered against or from NVPS, its elected and appointed officials, employees, volunteers or others working on behalf of the NVPS, by reason of personal injury, including bodily injury or death and/or property damage, including loss of use thereof, which arises out of or is in any way connected or associated with my use of facilities pursuant to the use agreement.

I understand that NVPS is not responsible for personal property lost or stolen while I am using NVPS facilities or on NVPS premises. I grant permission to NVPS to use, without limitation or obligation, photographs and videos that may include an image or voice of myself or the above noted registrant for the purposes of promoting NVPS Community Education programs, and waive any copyright claim I may have in, and to, such photographs and video.

I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.

Signature

Date