

"OLD KIDS" NEWS

Mission Statement:

Improving the lives of older adults by offering opportunities for social interaction, recreation, education, and basic support and needs services.

Senior Center Location:

182 East St., Coopersville

Coopersville Schools Community Service Building

Kate Terpstra, Senior Rec Director | 616-997-2117

kterpstra@CityofCoopersville.com | DiscoverCoopersville.com

Senior Resources of West Michigan - 231-739-5858

Four Pointes of Grand Haven - 616-9-842-9210

Agewell Services (Meals on Wheels) - 231-755-0434

Elder Abuse, Neglect, Financial Exploitation - 855-444-3911
(In an emergency call 911)

Coopersville Cares - 616-997-8602

Dial **211** from any phone to find help with various services available in your county

Caring.Com - Several resources for Seniors

SilverSneakers.com - Some insurances cover gym memberships for seniors, you can find classes online here and check your eligibility

Reliance Community Care Partners - 616-954-1520

Careology - <https://careologyhomecare.com/>

Medical Loan Closet - We have several items available for use for any length of time.

A Note from Kate:

Hello all! A lot of you have heard about my husband, and I'd like to fill the rest of you in. He was diagnosed with liver cancer about 6 months ago and the only treatment option is a liver transplant. He has a great team of doctors, but it's a lot of hurry up and waiting, and tests and tests and more tests. If I'm not somewhere around during an event chances are I'm with him somewhere at an appointment. His transplant team is in Royal Oak, so it's not a quick trip to GR for the doctor when we have to go. We are inching closer to the date he becomes eligible. When you have cancer they monitor you for 6 months while you are on the list and try different forms of treatment to verify you are a good candidate for a transplant. As long as you still fit within the parameters you receive cancer points at the end that move you toward the top of the list. For us, God willing, that day will be November 13. After that we have no predictable timeline and will have to get to the hospital within hours of a phone call if a liver becomes available. Everything will continue on for the Senior Center as normal, I have lots of great volunteers and co-workers!

Senior Center Hours - September

Senior Center Hours will continue to be by appointment, unless there is an activity scheduled.

Old Kids Choir -

Back from Summer break starting **September 15**. The "Old Kids Choir" will meet on Tuesdays at **11am**. Requirement - must LOVE singing! Everyone is welcome, stop in to sing along and we know you'll be back!

Lunches served by Agewell -

Agewell Services currently provides the meals for our luncheons. A \$5 donation is recommended for meals and goes to Agewell. If the menu is posted for the month it will be in the newsletter, otherwise you can find it on our Facebook page or contact Kate.

Coopersville Area District Library is hosting Carly Sandoval, MPH, CHES, for a **6-week series** on improving sleep through mindfulness. Come to the library Wednesdays at **2PM**, from **August 26th through September 30th** and learn how to better practice mindfulness to improve your daily life.

Research has shown that practicing mindfulness is effective in reducing stress-related symptoms such as worry, depression, physical tension, and may be helpful in managing chronic conditions. This mindfulness program introduces participants to the experience and practice of mindfulness. Topics include mindfulness basics, mindful breath, body awareness, thoughts, emotions, and building a personal practice. Participants will also learn techniques to improve the quality and quantity of their sleep. The program introduces the relationship between pain and sleep, sleep basics, sleep hygiene, stimulus control therapy, mindfulness, physical activity, and sleep myths.



Agewell Luncheon



September 10

Movie and Lunch

Movie: Mama Mia - The Musical

Lunch: TBD

September 24

Lunch and Learn

**Guest Speaker: True north Integrity Insurance
Services - Andrea Ruwersma**

Lunch: TBD

**Reservations are due by Tuesday before the Luncheon.
Lunch cost is by donation.**

Smoke and Carbon Monoxide Detectors -

Did you know the Coopersville Polkton Fire Department provides a service to help make sure your home is safe, and will even install them for you? Give them a call at 616-997-5847

Community Calendar -

A listing on events in our area can be found on the website DiscoverCoopersville.com and click on the Community Button.

Coopersville Library (Not on our calendar)

Maker Monday - 4pm - Every Monday

Adult Book Club - 7pm- 2nd Wednesday of the Month

Adult Craft night - 6pm - 3rd Thursday of the Month

Makerspace - 2:30pm - 4:30pm- 3rd Friday of the Month

Cooking Club - 6pm- 4th Thursday of the Month

Premier Movie Nights - 6:30pm - 4th Tuesday of the Month

Coopersville Farm Museum

Crazy Ladies - 10am Every Thursday

Crafts and Laughs - 6pm - 8pm - February 9

Junk Journaling - 5-8pm 1st & 3rd Wednesday of the Month

Ukulele Strum - 6:30pm - 4th Tuesday of the Month

Faith Community Church

Alzheimer's/Dementia Caregiver Group - 2nd Tuesday of the Month 6:30pm - 7:30pm

Community Craft Night - Check website for dates - 6pm - Midnight - \$2 per person

Blood Drive - 9:30 am - 2:30pm 2nd Friday of the Month
1:30pm - 6:30pm 4th Tuesday of the Month

Senior Activities at the Coopersville Area District Library

Crafts

1st Monday of the Month at 1pm

Movie Matinee -

2nd Friday of the Month - 1pm

Join us for movie and popcorn snack each month.

Game Day -

3rd Thursday of the Month - 1pm

<https://www.coopersvillelibrary.org/senior-events>

Free Hearing Day at City Hall - Quarterly

Tuesday, September 1- 10am - 2pm - Free Hearing Evaluation, Hearing Aid Checks and Earwax Checking

Secretary of State at City Hall - Quarterly

Monday, October 5 - 10am - 3pm - All secretary of state services available at this mobile location.

Appointments recommended for both. Please call City Hall to book a time or visit CoopersvilleOldKids.com
616-997-9731

Beautiful Feet at Senior Center - Every other Month

Wednesday, September 9 - Appointments Required -
Call Judy - 616-589-1932

September

2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Euchre 1:30pm - Coopersville Hearing Evaluations At City Hall - 10am - 2pm Farm Museum Jam Night 6pm	2 Bingo 1:00pm - Wright Township Hall Mindfulness for Better Sleeping @ Library 2pm	3	4	5
6	7  Closed	8 Walking 8am - 9am Euchre 1:30pm - St. Joe's Mobile Food Pantry- 10am Church of the Savior	9 Walking 8am - 9am Exercise 9am - 9:30am Beautiful Feet Appointment Required Mindfulness for Better Sleeping @ Library 2pm	10 Walking 8am - 9am Movie & Lunch Noon	11 Movie & Popcorn @ Library 1pm	12
13	14 Walking 8am - 9am Exercise 9am - 9:30am	15 Walking 8am - 9am Choir - 11am Euchre 1:30pm - Coopersville Farm Museum Jam Night 6pm	16 Walking 8am - 9am Exercise 9am - 9:30am Mindfulness for Better Sleeping @ Library 2pm	17 Walking 8am - 9am Game Day! @Library 1pm	18	19
20	21 Walking 8am - 9am Exercise 9am - 9:30am	22 Walking 8am - 9am Choir - 11am Euchre 1:30pm - St. Joe's	23 Walking 8am - 9am Exercise 9am - 9:30am Mindfulness for Better Sleeping @ Library 2pm	24 Walking 8am - 9am Lunch & Learn Noon	25	26
27	28 Walking 8am - 9am	29 Walking 8am - 9am Choir - 11am Euchre 1:30pm - Coopersville	30 Walking 8am - 9am Exercise 9am - 9:30am Mindfulness for Better Sleeping @ Library 2pm	Walking 8am - 9am		