

## November Events:

November 16: Register for Luncheon  
November 17: Craft Time  
November 21: Luncheon  
November 30: Pizza & Bingo  
December 1: Turkeyville Trip

## November 2022

**Byron Township**  
RECREATION

2120 76th Street SW | Byron Center, MI 49315  
P 616.878.1998 | [www.byrontownshiprec.org](http://www.byrontownshiprec.org)

## Monthly Bingo ages 55+

Join us the last Wednesday of the month for pizza and bingo! The registration covers your pizza lunch and your first Bingo card. Additional cards may be purchased. Pizza is served at noon and Bingo follows.

\$4.50 Resident | \$5.50 Non-Resident



**Wednesday, November 30**

**12:00PM**

**Pizza & Bingo**

*Please register by November 25*

## Monthly Luncheon ages 55+

**Monday, December 12th (2nd Monday)**

**12:00PM**

*Please registered by December 7th*

**Monday, November 21**

Railside Living Center **12:00PM** Edd Link & Silvertones  
*Please register by November 18*

Byron Township Recreation hosts a monthly luncheon for older adults. Each luncheon includes a meal provided by a great local restaurant, plus we provide entertainment that varies each month.

Doors open at 11:30AM to allow time for getting seated, and the luncheon begins at noon. Sponsored by Railside Living Center.

\$6.50 Resident | \$7.50 Non-Resident



***"Creating Community through People, Parks and Programs"***



## Cherish the Memories Photo Album Class

Tuesday, November 29th  
1:00-2:30 pm

\$20 Resident  
\$25 Non-Resident



Take a stroll down memory lane and re-live cherished memories by creating a Photo Album! Just bring 15 printed photos.

Class includes Photo Album and everything needed to complete and take home a completed album!

This is perfect for photos of grandchildren, a Girls' Night Out, Baby's Monthly Milestones, Family Reunions, Pre-school friends, a Gift for College Students, for Loved Ones with Memory Concerns and so many more!

### Byron Township Recreation

Call 616-878-1998 to register or stop into the Byron Township Community Center.  
Please register by November 18th and indicate your choice of Album design - Stars or Flowers.



# CHRISTMAS CRAFT TIME

WITH RAILSIDE LIVING CENTER



Thursday, November 17  
1:00pm  
Call to RSVP for your spot

Location: Byron Township Community Center

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# TURKEYVILLE BUS TRIP

DECEMBER 1ST Only 2 spots

Coffee and Donuts at 8:00 am

Departure: 8:30am

Lunch & Show

Cost: \$85 Resident

\$95 Non-Resident

Deadline: October 21, 2022



## CARDS & COFFEE

*Taking Names for those interested in  
Card Games (Quiddler, Skip-Bo Golf, Five  
Crowns or Other Card Games)*

*Call 878-1998 (Tammy) or  
tammy@byrontownship.org*

# KNOW ANYONE ELIGIBLE FOR SILVERSNEAKERS®?

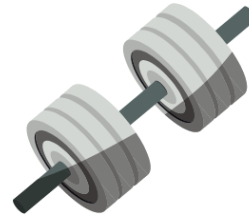
Bring them in!

[SilverSneakers.com](https://SilverSneakers.com)



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# Adult Fitness: Fall 2022 Schedule



## Mondays

8:30-9:30am	<b>BOOM MOVE - Aimee</b>
9:30-10:30am	<b>SILVER FITNESS - Aimee</b>
10:30-11:00am	<b>BEGINNER LINE DANCE - Aimee</b>
6:00-7:00pm	<b>TABATA - Tammy</b>
7:00-7:45pm	<b>WERQ - Tammy</b>

## Tuesdays

9:00-10:00am	<b>YOGA - Jami</b>
10:00-11:00am	<b>CHAIR YOGA - Jami</b>
7:00-8:00pm	<b>VINYASA YOGA - Emma</b>

## Wednesdays

8:30-9:30am	<b>BOOM MOVE - Aimee</b>
9:30-10:30am	<b>GENTLE STRETCH - Aimee</b>
6:00-7:00pm	<b>CARDIO SCULPT - Tammy</b>

## Thursdays

9:00-10:00am	<b>STRENGTH - Jami</b>
10:00-11:00am	<b>GENTLE YOGA - Jami</b>
11:00-12:00pm	<b>LINE DANCING - Betty</b>

## Friday

8:30-9:30am	<b>BOOM MOVE - Aimee</b>
9:30-10:30am	<b>GENTLE STRETCH - Aimee</b>

## MEET THE INSTRUCTORS

### AIMEE DEHOLLANDER

Teaches our senior fitness classes - Boom Move, Beginner Line Dance, Silver Fitness, & Gentle Stretch

### JAMI KOK

Jami teaches Strength, Yoga, Chair Yoga, & Gentle Yoga

### TAMMY ALLAN

Tammy teaches Cardio Sculpt, Tabata, & WERQ

### EMMA COAD

Emma teaches evening Vinyasa Yoga

### BETTY DEFOUW

Betty teaches Line Dancing

## CLASS DESCRIPTIONS:

**Boom Move:** A fun combination of aerobics, cardio drumming, and line dancing to great music from all decades and genres with repetitive, easy-to-follow moves.

**Beginner Line Dance:** Want to dance at the next wedding reception but don't know the moves? Love to dance and need some gentle exercise? Learn easy-to-follow step-by-step choreography to master the songs at a slower pace.

**Cardio Sculpt:** A full body workout class to improve cardiovascular endurance & overall strength. Utilizing various cardio segments & strength training.

**Chair Yoga:** Enjoy all the benefits of yoga from the stability of chair! This class is perfect for those who are new to yoga - modifications offered for various levels of activity.

## Gentle Stretch:

A slow, gentle, total body stretching class for flexibility, balance, and core strength. Easy on wrists & knees. No inversions.

## Gentle Yoga:

Relaxes, releases, & restores. Practiced slowly and all poses are done down on the yoga mat.

## Groove:

Super simple movements set to a variety of music. Groove is a fusion of mobility, cardio & strength that is accessible to all ages and fitness levels.

## Silver Fitness:

Combines standing & chair exercises with a focus on balance, strength, memory, & flexibility with fun 50/60's music. Group parties and social activities throughout the year too!

## Strength:

Intermediate level class - gain strength and

endurance in all muscle groups to enhance your day-to-day living. We will be using body weight as well as hand weights and other equipment. Bring a mat!

## Tabata:

A HIIT that combines bursts of strength training in 20/10 second intervals/rest.

## Werq:

The fiercely fun dance-fitness workout class based on pop, rock, and hip-hop. Start with dance, end with yoga.


## Yoga:

Focuses on breathing, balance, flexibility & relaxation.

## Vinyasa Yoga:

This flow builds strength and balance by linking breath + movement. Gentle stretches enhance flexibility and relaxation. Perfect for all levels!

# November (Active & Young at Heart)

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 Register for Luncheon	17	18	19
20	21 Luncheon @Noon 	22	23	24 Thanksgiving CLOSED	25 CLOSED	26
27	28 Register for Bingo	29	30 Bingo @Noon	1 Turkeyville Trip		

## REGISTRATION FORM

PROGRAM:

COST:

- ☐ Trips \_\_\_\_\_
- ☐ Other \_\_\_\_\_
- ☐ Newsletter Mailing \$6.00 per year  
Per household

### Mail Payment to:

Byron Township Recreation  
2120 76th Street  
Byron Center, MI 49315

Phone: 616.878.1998 |  
NEW! Website: [www.byrontownshiprec.org](http://www.byrontownshiprec.org)

## Active & Young at Heart Newsletter Mailing

**Cost:** \$6 for one year per household

Pay \$6 to receive our monthly newsletter for the Active and Young at Heart Programs, **or go digital and get an email subscription for free!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

☐ Check ☐ Cash ☐ Credit Card

## Free Email Subscription

Email: \_\_\_\_\_

