

Wyoming Senior Center-Godfrey Lee Partnership

Mission: The Wyoming Senior Center is dedicated to providing Older Adults with a variety of recreation, social enrichment and volunteer opportunities. The Center also provides a variety of Health and Wellness services.



Location:

2380 DeHoop Ave. SW
Wyoming, MI 49509

Phone:

(616) 530 - 3190

Website:

<http://www.ci.wyoming.mi.us/parksrec/senior%20center.asp>

Contact:

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COMMUNITY PROGRAMS

Bingo

Enjoy a traditional bingo game in a friendly atmosphere while winning grocery prizes. We are known to offer the largest prize selection in the Grand Rapids area. Come on out and meet new friends.



Club Opportunities

The following is a list of clubs offered free of charge made possible by the generous donation of time by volunteer instructors. Participants must provide their own materials. Call the Wyoming Senior Center at 616-530-3190 for further information, or pick up a monthly newsletter.

Popular classes include, but are not limited to:

- Bridge Club
- Cribbage Club
- Euchre
- Forever Fit (moderate exercise)
- Hand and Foot
- Oil Painting
- Pinochle
- Reading Club
- Rubber Stamping
- Set Back
- Swedish Weaving
- Sweet and Low (light exercise)
- Walk Club
- Woodcarvers Club

Computer Classes

Intro to Computers

Learn the basics of using your computer, connecting to the Internet, finding information and sending e-mail.

Intro to Office

Learn how to use Microsoft Word to write and manage documents (letters, resumes, etc.) and Microsoft Excel to help analyze numbers (i.e. household budgets).

Shopping

Learn how to find reliable products, well-written reviews and trustworthy sellers on the Internet.

Social Networking

Are your friends and family on Facebook? Would you like to be too? Find out what social networking is all about and how to use it. We strongly recommend having a useable e-mail address and its log in information in order to actively participate in the course.



COMMUNITY PROGRAMS

Computer Classes (cont)

Staying Safe on the Web

Learn about spam, viruses and other threats from the Internet and how to avoid them with good passwords, good security and safe browsing.

Dance Classes

50+ Line Dancing

Enjoy Pattern Line Dance with one of our seasoned instructors. In addition to providing a great opportunity to meet new people and have a great time, Line Dance is an excellent way to exercise for a lifetime of continued health. No partner needed. Beginner and Intermediate classes offered.



Square Dancing

Polish up your boots, sharpen those spurs and join in on one of today's fastest growing forms of social dancing...Square dancing! Square dancing is a fun and healthy exercise where you'll work up a smile instead of a sweat. So hurry up and Do-Si-Do on down and register to get your boots a scootin'!



Tap and Jazz

Dancing is a great way to get in shape and have fun. Besides toning a variety of muscles, it improves balance, increases flexibility and helps posture. The class includes simple stretches, jazz moves, and develops tap techniques and routines. Our instructor will increase the tempo and variety of moves for your enjoyment. Give it a try. We promise you will have a great time! Level 1 and 2 classes offered.



Educational Workshops and Seminars

Education... a building block for preparedness and happiness

The Wyoming Senior Center enhances the lives of their members and participants by creating opportunities for continued personal improvement. Periodically, educational workshops and seminars are offered.

Special Events

Christmas Craft Bazaar

If you're looking for that unique gift for that hard-to-shop-for-someone, or just appreciate quality homemade crafts, mark down the first Saturday in November for the Annual Wyoming Senior Center Christmas Craft Bazaar. The Bazaar features handmade goods from over 40 crafters with 80 tables full of neat items. We also offer a bake sale, door prizes, and concessions. Admission is free and open to the community.

COMMUNITY PROGRAMS

Special Events (cont)

Christmas Dinner

Celebrate the holiday season in style. Join with over 200 Fellowship Club members and dignitaries for great food, entertainment, and fellowship. Reserved seating is limited so plan on purchasing your tickets early.



Fellowship Club Picnic

This carnival styled event features games of chance and skill, raffles and much more. A box lunch is included as well. You must show a current Fellowship Club membership card for each ticket purchased.

Ice Cream Social

Join with the Wyoming Senior Fellowship Club for an old fashion ice-cream social coupled with good, wholesome family entertainment. A variety of ice-cream with lots of gooey, sweet toppings, nuts, and berries will be served. This is a multi-generation event, so bring the kids, grandkids, and anyone else who enjoys having fun in a social atmosphere.



Mother's Day Breakfast

Brought to you by the City of Wyoming Senior Center Fellowship Club, the Mother's Day breakfast is a mom's chance to be served a delicious, homemade breakfast by volunteer dads.

Pancake Breakfast

The students of Godfrey-Lee Middle School are looking forward to cooking and serving all the hot, tasty pancakes you can eat (including sausage, juice, and coffee). This event is sponsored by the City of Wyoming Senior Center Fellowship Club, and all proceeds are donated to the Godfrey-Lee Middle School Field Trip Scholarship Fund.



Potlucks / Summer Suppers

If you enjoy meeting new people, eating a delicious meal and having fun in a friendly and welcoming environment, then the monthly Fellowship Club Potlucks/Summer Suppers at the Wyoming Senior Center are right up your alley! The Club hosts a Potluck the second Thursday of every month, with dinner starting at 5:00pm. Following dinner, all participants are invited to enjoy the entertainment scheduled for that month.

Spring Fling

Come relive those wonderful prom memories and make some new ones with the Student Council representatives from Wyoming Park High School. The students outdo themselves each year and truly provide an exceptional night. The Spring Fling includes live entertainment, treats and the crowning of our own King and Queen. Polish off those dancing shoes, because it's time to dance a hole in them!



COMMUNITY PROGRAMS

Special Events (cont)

Thanksgiving Dinner

You are invited to attend a Thanksgiving Dinner featuring a fully catered, traditional Thanksgiving Day feast (turkey, mashed potatoes, cranberry dressing, stuffing, and pumpkin pie). Following dinner, we raffle off frozen turkeys, and then we'll conclude the event with entertainment.

Valentine's Day Pizza Party

Stretch out your Valentine's Day celebration one more day by joining us for a tasty pizza lunch! Once you are nice and full, skip the nap and stick around to play Bunco. Hosted by some of your own Fellowship Club Members



Sports

Social Bowling League

Thursday Afternoon (Park Center) League

Our league is designed for fun and recreation with only individual statistics tracked. League play includes special holiday events, end of season tournament and banquet. Bowlers will draw for lanes every week.



Social Golf League

Having fun and meeting new people are the goals of this social, non-competitive league. This is a co-ed league, and golfing with a regular partner is permitted. Golfing will take place at the Pines Golf Course every Monday, with a Green fee to be paid directly to the Pines the day of. Your registration fee includes participation in the League Scramble.



Shuffleboard League

Played on two regulation courts, this league is designed as a social league with fun competition. Play is based on the principles of a round-robin format. Players of all skill levels are encouraged to participate. Trophies and prizes are awarded.



STUDENT ACADEMIC SERVICE LEARNING OPPORTUNITIES

There are Service Learning opportunities for Elementary, Middle and High School students at the Wyoming Senior Center.

Bingo

Students under 18 years of age can not volunteer or participate in the bingo activities.

Club Opportunities

Students can connect with any club instructor to assist in coordination of club activities. For example, students learning about health, fitness, or human anatomy can design and lead an exercise program for "Sweet and Low," a low impact workout designed for chair exercises or "Forever Fit" a more active, moderate impact workout. See the list of clubs under program descriptions to align with class curriculum.

Computer Classes

Students in keyboarding and computer classes can serve as tutors to the senior participants in any of the computer classes. Students help to work one on one with the seniors as the instructor teaches the class. Students may design the curriculum for a class and lead the teaching of the session while other students partner to assist each senior. In addition the seniors enjoy a Wii and other gaming systems in the recreation room. Students often teach the technology and game objectives to the seniors as they demonstrate and play video games with the seniors.

(Intro to Computers, Intro to Office , Shopping, Social Networking, Staying Safe on the Web)

Dance Classes

Students can assist in choreograph or organization of the dance classes. Teachers might integrate curriculum from art, social studies, music, or other relevant subject matter.

Educational Workshops and Seminars

Students can create workshops or presentations on any topic from the curriculum under study. Students can prepare presentations on eating healthy, managing stress, financial management, research, technology, human cultures, art, responsible citizenship. Presenters are encouraged to share the core knowledge on the topic and then engage the elders in reflective discussion about the topic. Learning is deepened when participants share examples from their lives, tell one way they plan to use what they learned, engage in a fun activity, or share reflective insights.

STUDENT ACADEMIC SERVICE LEARNING OPPORTUNITIES

Special Events

The students of Godfrey-Lee Middle School already coordinate the pancake breakfast. There are many other special events that provide opportunities for student participation. The curriculum connections are all inclusive when students engage in full event coordination. Teachers may also choose to collaborate with the event coordinator for classes to handle one aspect of the event as opposed to full-scale coordination. In these cases, the teachers can work with the event coordinator to determine exactly what role will best serve the elders and simultaneously target course concepts. Events include the *Pancake Breakfast*, *Christmas Craft Bazaar*, *Christmas Dinner*, *Fellowship Club Picnic*, *Ice Cream Social*, *Mother's Day Breakfast*, *Potlucks/Summer Suppers*, *Spring Fling*, *Thanksgiving Dinner* and *Valentine's Pizza Party*

Sports

Teachers can create curricular connections to math, science, anatomy, social studies, or health depending on the student's particular involvement with the seniors sports programs. Students can create a unique, age/ability appropriate sports offering to the seniors or assist in delivery of the existing programs including the *Social Bowling League*, *Social Golf League* or *Shuffleboard League*.