



VibrantLiving

INTELLECTUAL DISCOVERY



018: Senior Self Defense

Presenter: Rick Heath, Black Belt and Owner of Standale Karate

This will be a hands on course with residents partnering up to practice simple self defense techniques. These techniques are practical and simple to use. These are the same techniques we teach and use in our schools. Simple is better. We will also talk about avoiding confrontation and strategies to avoid violence.

Date: Wednesday, April 4th

Time: 2:00 pm

Place: Expressions / Breton Terrace

Cost: Free!

Sign Up: Sign-up in the Red Life Enrichment book or on the Resident Portal



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019: Have a Great Day!

*Presenter: Karla Sorenson, Holland Home
Community Relations*

Live Positively! This fun and practical presentation explores how to maintain a positive outlook on life. We wake up every morning with choices on how we will approach the day. How do you impact other people's day and how do they impact yours? Share some tips on how to choose what kind of day you will have. Come and learn some examples of how to "Have a Great Day"!

Date: Thursday, April 5, 2018

Time: 2:30 pm

Place: Vineyard / Breton Ridge

Cost: None

Sign Up: None



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020: Life EMS Lunch and Learn Outing

Presenter: Life EMS staff

We will take a bus to Life EMS and do a Lunch and Learn program. This informative program gives a behind the scenes look at how Life EMS works with other community partners to keep people safe. They take the mystery out of calling 911 by breaking the system down step by step. We will tour the facility, vehicles and Control Center, as well as enjoy lunch, win door prizes, goodie bags and have a few laughs!!

Date: Wednesday, April 11, 2018

Time: 11:00am– 2:00pm (Be in Lobby by 10:50)

Place: Terrace and Ridge Lobbies

Cost: Bus fee will be added to your bill

Sign Up: Red Life Enrichment Book at receptionist's desks or on the Resident Portal



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021 : Waste to Energy Facility Tour *Presenters: Staff of the Waste to Energy Plant*

Kent County is home to one of eighty-six waste-to-energy (WTE) facilities in the United States (there are two in Michigan). The facility processes 625 tons of municipal solid waste each day, and produces up to 16 megawatts of energy. Jump on the bus to go tour the facility and learn how they're turning waste into energy.

Date: Thursday, April 19, 2018

Time: 9:45 am

Place: Bus to Waste to Energy Facility

Cost: Bus fee will be added to your monthly bill.

Sign-up: Sign-up in the Red Book at the Receptionist's desk or on the Breton Woods Resident Portal

**SCAM
ALERT**



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**022: Scams and Identity Theft
Prevention**

*Leader: John Shuler, Market Investigator &
friend of Wayne VanWylen, EII resident*

Worried about someone stealing your identity or scamming you? Come hear John Shuler from Target speak. John has been conducting retail investigations for over 25 years and is currently a market investigator for Target's Investigation Team.

Hear an overview of common scams and ways to help protect yourself from becoming a victim.

Date: Wednesday, April 25, 2018

Time: 2:00 pm

Place: Centre Place / Breton Terrace

Cost/Sign-up: None



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023: Have I Gotta Story to Tell You!

Presenter: Dave Kampfschulte, Amazing Circles Workshops

The Power of Life Review – Taking comfort in finding meaning in one's life is a common challenge for many people. That meaning is often found through the stories that are hidden between the folds of everyday life. Join Dave as he relates his experiences interviewing people for the My Life Story program. You will listen to the common life lessons, thoughts and feelings that wind through our collective lives. If you have had a story you have had a life!

Dates: Thursday, April 26, 2018

Time: 2:30 pm

Place: Vineyard / Breton Ridge

Cost/Sign-up: None

Sign up: None

**MEATLESS
MONDAY**



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024: Meatless Monday Cooking Demo

Presenter: Alisha Van Epps, Fitness Coordinator

In Meatless Monday Part 2 you will receive a brief recap about the health and environmental benefits of going meatless one day each week. In addition, there will be a cooking demonstration of a meatless main dish (veggie pasta) and a snack that are packed full of nutrients and take little time and preparation. Alisha will demonstrate how to spiralize veggies into noodles, will introduce an alternative to Italian sausage, and will even have samples to try!

Date: Friday, April 27, 2018

Time: 2:00 pm

Place: Woods Café / Breton Terrace

Cost: Free

**Sign Up: Red Life Enrichment Book
or on the Breton Woods Resident
Portal.**



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025: The Life of Young Gerald R. Ford

Presenter: Caroline Cook, GR Running Tours

Grand Rapids' favorite son – Gerald R. Ford – the 38th President of the US, is buried here, beside his wife, Betty, but he was not born here. In fact, he was not named Gerald R. Ford at birth. This tour will tell the tale of our humble civil servant as you visit actual places touched by “Junior” during his All-American youth – 1913 through 1931 – in old Grand Rapids. You will learn where he lived, played, worshipped, studied, and competed athletically.

Date: Monday, April 30, 2018

Time: 1:30 pm

Place: Centre Place / Breton Terrace

Cost: None

Sign Up: None