

Allendale Lifelong Learners

May 2022

Allendale
Charter Township est. 1849

In this issue:

- All Things Michigan
- Calendar of events
- Rambling Thoughts
- Just to Warm your heart
- The Rest of the Story

Call Kathy at 616-843-0572 or email khanes@allendale-twp.org if you would like more information on the Allendale Lifelong Learners or any of the activities listed in this newsletter.

VOLUNTARY MEMBERSHIP DUES—\$20.00

Dues are \$20.00 per person and can be paid in cash or a check made out to Allendale Lifelong Learners. Typically these dues are collected September through December, but you can pay anytime during the year. These dues go to help pay for some extras throughout the year. Door prizes, cards, newsletters and special events are just some of the things your dues help to cover the cost of. Plus it gets you member pricing on trips and other events. So when you see \$\$/\$\$, the first price is for members and the second is for non members.

As always, if you have any questions, please give me a call (Kathy, 616-843-0572). Thank you to all who help to keep our group going strong!!



PLEASE, PLEASE!!! Sign up for the listed activities, but if you sign up, show up!! Or let me know that you can't make it. We have had some number issues lately and need to crack down on this. Thanks for understanding!

INSTALLING SPRING

50% ready



Installation failed
Error 404: Spring not found
Spring is not available in your state
Please try Florida

Closing Sermon Words

A preacher was completing a temperance sermon: with great expression he said, "If I had all the beer in the world, I'd take it and throw it into the river." With even greater emphasis he said, "And if I had all the wine in the world, I'd take it and throw it into the river."

And then finally, he said, "And if I had all the whiskey in the world, I'd take it and throw it into the river."

He sat down. The song leader then stood very cautiously and announced with a smile, "For our closing song, let us sing Hymn # 365: "Shall We Gather at the River."

Don't make yourself small for anyone. EVER. Be the awkward, funny, intelligent, beautiful little weirdo that you are. Don't hold back. Weird it out.

HOW TO BE MORE CONFIDENT

1. STOP COMPARING. STAY FOCUSED ON YOU.
2. RELAX. GO WITH THE FLOW AND DON'T STRESS THE LITTLE THINGS.
3. LOVE YOURSELF. YOU ARE A GIFT. NOTHING WOULD BE THE SAME IF YOU DIDN'T EXIST.
4. BE POSITIVE AND LOOK FOR THE GOOD IN EVERY SITUATION.
5. DO WHAT YOU LOVE. LIFE IS TOO SHORT TO WASTE YOUR TIME DOING ANYTHING OTHERWISE.



I DON'T NEED A SPECIAL DAY

I don't need a special day to bring you to mind, the days I do not think of you are very hard to find.

Each morning when I awake I know that you are gone, and no one knows the heartache as I try to carry on.

My heart still aches with sadness and secret tears still flow, what it meant to lose you, no one will ever know.

My thoughts are always with you, Your places no one can fill. In life, I loved you dearly, in death, I love you still.

Community Opportunities

- **Ripple Effect**—6561 Lake Michigan Drive. The proceeds are used to support mission work in our community and abroad. They are in need of volunteers to help sort store donations and to work in the store. If you are interested in helping, please stop by and let them know.
- **Love INC**—Volunteers are needed for this ministry as they continue to supply help to our community. You can work in their "New to You" store or in the office. Contact them directly at 895-5629 for more information or email— info@allendalelove.org
- **Allendale American Legion**—We meet every second Monday of the month at Life Stream Church. Door A, Room 119. Sea, air, and land stories are told at 6:30 pm, meeting at 7:00pm. If you are a Veteran, come by and check us out.



A Little Bit of this and that...



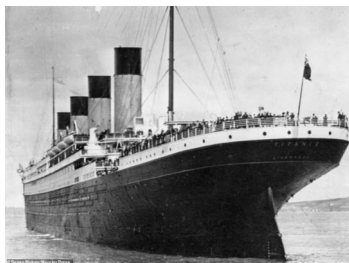
Give me a sense of humor, Lord—Give me the grace to see a joke.
To get some humor out of life and pass it on to other folk!

- My fitness trainer asked me what kind of squat are you accustomed to doing? I said, “Diddly!”
- It’s gardening season. Five weeks ago I planed myself on the sofa and I’ve grown considerably.
- Swimsuit season is just around the corner. Unfortunately, so is the Taco truck!
- Yesterday I cleaned my house, which is dumb because I still live here!
- I’m a person who wants to do a lot of things trapped in a body that doesn’t!
- I either keep it all inside or say exactly how I feel with no filters. Unfortunately, there is on in between!
- It’s hard to explain puns to Kleptomaniacs—They always take things literally!
- I don’t have grey hair; I have wisdom highlights!
- Everyone told Sam not to sing, but Samsung anyway...
- Here’s a tip: Ring your doorbell at night. This will clear the dogs off your bed long enough for you to get in and get comfortable.
- I’m sorry I am so cranky lately, but I’m in my terrible seventies. I’m sure you understand?
- I threw my back out sleeping and tweaked my neck sneezing. I’m just one stinker away from total paralysis!
- Somebody told me that it takes 5 sheep to make 1 sweater. I didn’t even know they could knit!
- You know you’re getting older when you use the word “thingy” all the time because you no longer can remember what things are called.
- I never thought I’d be the type of person who would get up early in the morning to exercise...I was right!
- Help your friend on a diet by replacing the light in their fridge with an air horn!
- I bought a dog from a blacksmith...10 minutes after we arrived home, the dog made a bolt for the door.
- I was wondering why music was coming from my printer...Apparently the paper was jamming!
- Finally my winter fat is gone! Now I have spring rolls!
- In England they drive on the left. Here in Michigan...we drive on what’s left!
- Your first kid teaches you how long the days are. Your last kids teaches you how short the years are!



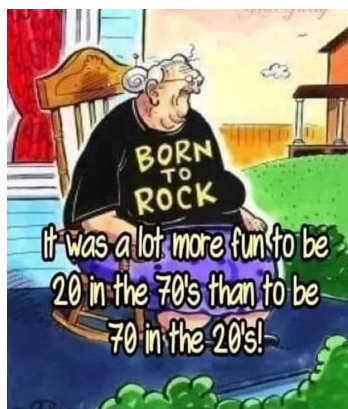
Most people don’t know that back in 1912, Hellman’s mayonnaise was manufactured in England. In fact, the Titanic was carrying 120,000 jars of the condiment and scheduled to deliver in Vera Cruz, Mexico. You see, this was the next port of call for the great ship after its stop in New York. This would have been the largest single shipment of mayonnaise ever delivered to Mexico.

But as we all know, the great ship did not make it to New York. The ship hit an iceberg and sank. The people of Mexico, who were crazy about mayonnaise, and were eagerly awaiting its delivery, were disconsolate at the loss. Their anguish was so great, that they declared a National Day of Mourning. The National Day of Mourning occurs each year on May 5 and is know as ‘Sinko De Mayo.’ What? You expected something educational from me?



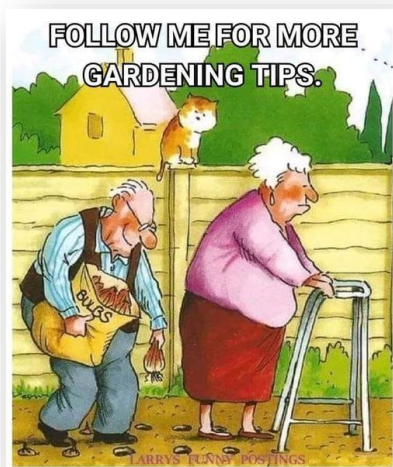
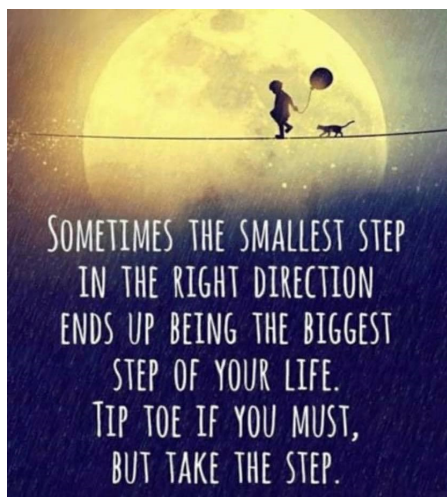
Substitutes for a healthy diet

Pasta – Zucchini
Chips – Carrots
Milk – Almond Milk
Rice – Cauliflower
Butter – Sadness
Cheese – Nope
Tacos – this is stupid...
I'm not doing it.



Advice from a 95 year old woman:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short not to enjoy it.
4. Your job won't take care of you when you are sick. Your friends and family will.
5. Don't buy stuff you don't need.
6. You don't have to win every argument.
7. Stay true to yourself.
8. Cry with someone. It's more healing than crying alone.
9. It's okay to let your children see your cry.
10. It's okay to get angry with God. He can take it.
11. Save for things that matter.
12. Make peace with your past so it won't mess up the present.
13. If a relationship has to be a secret, you shouldn't be in it.



How old is old? World Health Organization (WHO) has declared that 65 years old is still considered young. Before, based on the Friendly Societies Act (1875) in Britain, old was defined by the age of 50. The UN has not adopted a standard criteria, but lately 60 years old was referred as the border age of the word 'old'. However the health organization has done new research recently, according to average health quality and life expectancy and defined a new criteria that divides human age as follows:

- 0 to 17 years old: underage
- 18 to 65 year old: youth or young people
- 66 to 79 years old: middle-aged
- 80 to 99 years old: elderly or senior citizen
- 100+ years old: long-lived elderly

Good friends help you find important things you have lost - your smile, your hope, your courage.



Friends are priceless!



Yellow Jackets and Wasps Problems??? (Not Bees!)

Fill a container with vinegar, sugar and salt to trap wasps.

- 1/4 cup vinegar,
- 1/2 cup warm water,
- 1/2 cup sugar,
- 1 teaspoon of salt



Here is information on area businesses and individuals who provide classes or events for your needs.

- **SNAP FITNESS**—If you are members of a Medicare health plan, you may have access to the SilverSneakers® Fitness Program. Stop in and see for yourself or visit the website www.silversneakers.com/snap/
- **Silver and Fit** is a program that promotes exercise for the healthy, aging population. If interested, reach out to our professional staff at **Northern PT of Allendale at 616-895-4050** to get set up on your individualized programming.
- **PICKLE BALL-Every Wednesday and Friday from 9:30 to 11:30** at the new and improved Pickle Ball courts in the township park in summer and at Life Stream (6561 Lake Michigan Drive) in winter. Not sure if you like to play? Stop by and check it out. There are many friendly people there to help! Equipment is provided.
- **Walking Fit—Tuesdays at 5:00 PM**—Join Terri, from Northern Ivy Physical Therapy and take a walk outside. Walking Fit is outside which hopefully will be attractive as gets a bit warmer. We walk at The Village Condos so it is safe, away from traffic, flat ground and a good space to visit, yet distance. Join as they go by or meet at Northern PT by 5:00 PM

Rambling Thoughts



The Lassie television show premiered in 1954, but it was inspired by events on New Years Day, 1915. The real Lassie was a half collie owned by a pub owner. The Royal Navy battleship was torpedoed by a German sub and five hundred lives were lost. The local pub offered their cellar as a makeshift morgue. Presumed dead, John Cohen was stored in the cellar. Lassie knew he was still alive so she snuggled up to Cohen, licked his face and kept him warm until he woke up. This heartwarming story was shared by soldiers to every reporter who would listen. Lassie's story made its way to Hollywood, and a doggie star was born.



To walk or not to walk:

- If walking is good for your health, the postman should be immortal!
- A whale swims all day, only eats fish and only drinks water and is fat!
- A rabbit only eats vegetables, runs and hops all day long and only lives 5 years.
- A tortoise doesn't run and does nothing energetic, yet lives for 450 years.

Three little pigs walk into a restaurant. They are seated at a table. After a few minutes to look at the menu, they decide to start with some appetizers. The waiter asks the pigs what they will have. "I'll start with some chips and salsa," the first pig replies. "I will begin with some mozzarella sticks," the second pig says. "Water, lots and lots of water," the third pig replies.



They receive their food and begin digging in. Before long they decide to order their main dishes. They call the waiter over. He asks the pigs what they want to order. "Hmmm...I'll have a double cheeseburger, no onions," replies the first pig. "I will have a dish of macaroni and cheese," says the second pig. "Water, lots and lots of water," the third pig replies.

The pigs get their food and devour everything given to them. They decide they want to order dessert and flag the waiter down. The waiter asks the pigs what they want for dessert. "I'll have a slice of cheesecake," says the first pig. "Gimme a bowl of soft-serve chocolate ice cream," says the second pig. "Water, lots and lots of water," replies the third pig.

They get their dessert along with the bill for their food. The waiter, quite puzzled, asks the third pig, "Why did you only order water this evening?" The third pig replied, "Well one of us has to go wee, wee, wee all the way home!"



REMEMBER ME

Don't remember me with sadness,
Don't remember me with tears,
Remember all the laughter,
We've shared throughout the years.
Now I am contented
That my life it was worthwhile,
Knowing that I passed along the way
I made somebody smile.
When you are walking down the street
And you've got me on your mind,
I'm walking in your footsteps
Only half a step behind.
So please don't be unhappy
Just because I'm out of sight,
Remember that I'm with you
Each morning, noon and night.

Memorial Day is a federal holiday in the United States for mourning the U.S. military personnel who have died while serving in the United States armed forces. It is observed on the last Monday of May. We Remember their sacrifice.

All Things Michigan...

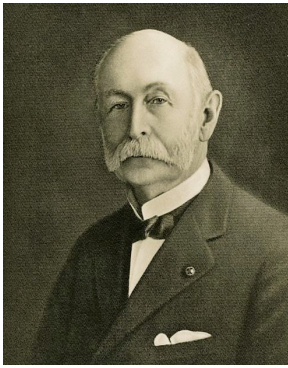


I don't know how many times I've been in a place like this - a full service gas station without an attached convenience store with the "attendant" behind plexiglas. This July 1940 photo from the Farm Security Administration shows one such establishment in Millburg, Michigan.

Just look at the details: fan belts, replacement lamps, radiator hose and battery clamps, cigarettes, tube repair kits, galvanized pour can for topping off radiators, local telephone directory to go with the hand-crank phone, various products in bulk containers, one-quart glass jars with tin spouts for adding oil.

And of course - the spanish peanut machine (drop in a penny and turn the crank).

Not seen but had to be experienced: the aromatic blend of smells from all the various petroleum products around.



James Vernor, Sr. was an American pharmacist, druggist, and American Civil War Lieutenant who became famous for the invention of Vernor's Ginger Ale. Born on April 11, 1843 in Albany, New York, Vernor moved to Detroit, Michigan with his parents during his youth. As an employee at Higby and Sterns' Drug Store in Detroit, Vernor began to experiment with flavors in an attempt to create a new recipe for ginger ale.

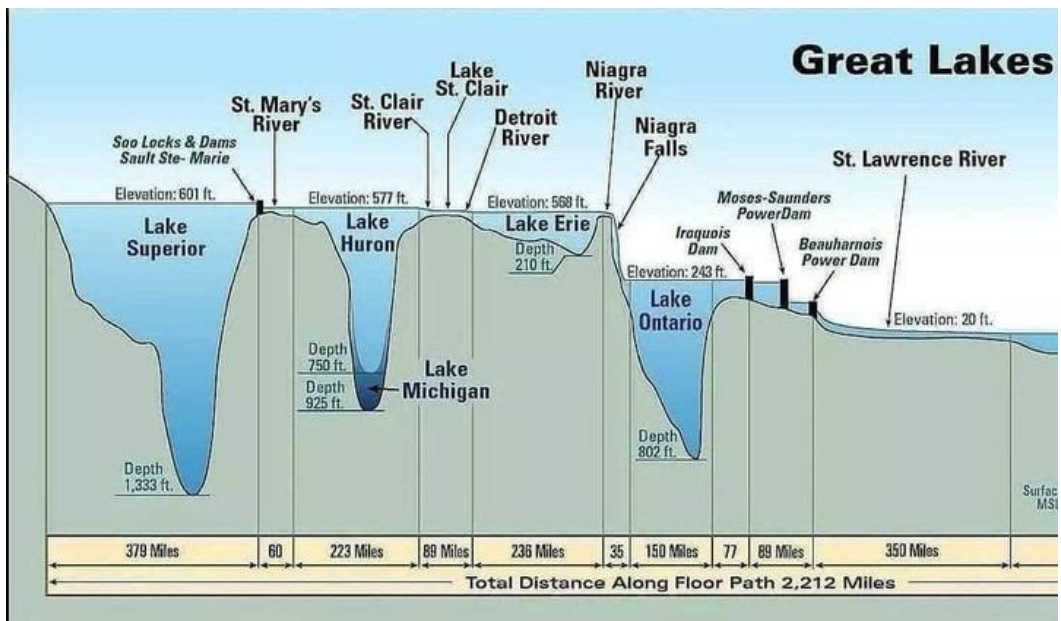
Vernor's Ginger Ale was originally a local drink that was only available in Detroit. However, Vernor quickly opened a manufacturing and bottling plant, which soon made his famous beverage available across the Midwestern United States. Vernors was bottled in Detroit for more than one hundred years, finally ending production in 1985. Today, the soda is made by the Dr. Pepper Corporation, so it has a much larger realm of distribution than ever before. Vernors has become one of the best known brands of ginger ale throughout the world but remains the most popular in the Midwestern United States. Michigan in particular.

How to dress for Spring In Michigan



Ready to brush up on your Michigan etymology? Here are some of Michigan's most unusual names, what they mean, and where they came from.

Cheboygan—Pronunciation: shuh·boy·gn
Cheboygan is a small town in northern Michigan situated on a river of the same name. The town was named after the river, which was named by the original indigenous tribes of the area. The precise etymology of Cheboygan, though, has been lost to history. The name likely comes from the Ojibwe language. Some possible derivations are from "zhaabonigan" meaning "sewing needle" or "chabwegan" meaning "a place of ore". Other possible meanings include "big pipe," "through passage," or "river that comes out of the ground."









May 2022



Sun Mon Tue Wed Thu Fri Sat

1	2 8:30 AM— Breakfast Club at Murphy's. Join us as we celebrate your birthday this month.	3 5:30 PM— Walking Fit Class	4	5 11:00 AM— Exercise in the park. Cinco de Mayo	6	7
8 Mother's Day	9 	10 3:00 PM— Smart Phone Tech Class 5:30 PM— Walking Fit Class	11 5:30 PM—Bunco Game Night. Come out for some Bunco and Dinner. Cost is \$6.00 at the door.	12 11:00 AM— Exercise in the park.	13	14
15	16	17 2:00 PM— Hand and Foot at the town hall. 5:30 PM— Walking Fit Class	18 12 noon—Potluck at the town hall. Card Bingo fol- lowing lunch	19 11:00 AM— Exercise in the park. 5:00 PM—Supper club. Meet at the restaurant for dinner and fellow- ship.	20	21
22 	23	24 2:00 PM— Euchre at the Town Hall 5:30 PM— Walking Fit Class	25 12 Noon— Monthly luncheon. Meet at Main St. Pub and enjoy a delicious lunch and catch up with one another.	26 11:00 AM— Exercise in the park.	27 	
29	30 Memorial Day 	31 5:30 PM— Walking Fit Class				

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Join our Walking Fit Class! Enjoy some social interaction and exercise out in the natural elements. Every Tuesday from 5:30-6:30pm.
 • Meet in front of the Ivy Rehab Allendale Clinic • 6173 Lake Michigan Drive Allendale, MI 49401 • 616-965-6540 •
 www.ivyrehab.com • Terri Jeurink, Clinical Director



Thursdays at 11:00 AM—Exercise class!!! Join the group as we will be meeting in the Park by the blue equipment. Get fit and have fun!

Monday, May 2 at 8:30 AM, Breakfast—Join the group as we gather for breakfast at Murphy's restaurant in Allendale. Warm your heart and tummy with good food, good fellowship and hot coffee! No need to call, just show up!

Tuesday, May 10 at 3:00 PM—Smart Phone Tech Class at Allendale town Hall. We will be joined by some local students to help solve and some our phone mysteries introduce new info! This is a repeat of the class held in March, so if you missed it last time...sign up now!

Wednesday, May 11 at 5:30 PM—BUNCO! We are going to play Bunco and can't wait to have you join us! BBQ pulled pork and Cheesy potatoes for supper and the AFD guys are ready to serve you. Cost is \$6 at the door!

Tuesday, May 17 at 2:00 PM—Hand and Foot —Some of you already know a version of this game, but we will have some fun learning with our house rules and maybe making some up as we go! We will be playing at the Town Hall. FREE to members or pay \$2 at the door!



Wednesday, May 18 at 12 noon, Potluck lunch at the town hall— Join us and bring your favorite potluck dish! Bring a dish to pass (9x13 or equivalent) and your own table service. Or pay \$5.00 and check out the goodies brought in. We'll play card Bingo following the lunch.

Thursday, May 19 at 5:00 PM, Supper Club at Crockery Creek Saloon (17044 Main St, Nunica) - We'll head up to Nunica for a delicious meal. We're bringing back our anniversary dessert also, so if you have an anniversary this month, and join us this night, you will receive a free dessert to share with your spouse!



Tuesday, May 24 at 2:00 PM, Euchre at the town hall —Bring your own foursome or meet some new people and play the afternoon away. FREE for members! Otherwise, pay \$2 at the door.

Wednesday, May 25 from 12:00 to 1:30 PM - Monthly luncheon at Main St. Pub. We will welcome Terry Jeurink, of Ivy Rehab, and learn more on the partnership between the Lifelong Learners and Ivy Rehab and the benefits to you.



Just to Warm your Heart...

When she was a little girl they told her she was beautiful but it had no meaning in her world of bicycles and pigtails and adventures in make-believe.

Later, she hoped she was beautiful as boys started taking notice of her friends and phones rang for Saturday night dates.

She felt beautiful on her wedding day, hopeful with her new life partner by her side but, later, when her children called her beautiful, she was often exhausted, her hair messily tied back, no make up, wide in the waist where it used to be narrow; she just couldn't take it in.

Over the years, as she tried, in fits and starts, to look beautiful, she found other things to take priority, like bills and meals, as she and her life partner worked hard to make a family, to make ends meet, to make children into adults, to make a life.

Now, she sat. Alone.

Her children grown, her partner flown, and she couldn't remember the last time she was called beautiful.

It was in every line on her face, in the strength of her arthritic hands, the amplexity that had a million hugs imprinted on its very skin, and in the jiggly thighs and thickened ankles that had run her race for her.

She had lived her life with a loving and generous heart, had wrapped her arms around so many to give them comfort and peace.

Her ears had heard both terrible news and lovely songs, and her eyes had brimmed with, oh, so many tears, they were now bright even as they dimmed. She had lived and she was.

And because she was, she was made beautiful.

Life is an echo.
What you send out, comes back.
What you sow, you reap.
What you give, you get.
What you see in others, exists in you.
Remember, life is an echo.
It always gets back to you.
So give goodness.

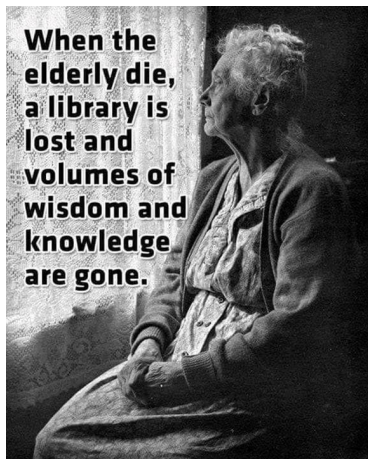
— ZIG ZIGLAR



If an egg is broken by
an outside force, life ends.
If broken by an
inside force, life begins.
Great things always begin
from the inside.



When the
elderly die,
a library is
lost and
volumes of
wisdom and
knowledge
are gone.



PEOPLE WHO NEED HELP
SOMETIMES LOOK A



LOT LIKE PEOPLE WHO
DONT NEED HELP.

In Irish, when you talk about emotion, you don't say, "I am sad." You would say, "Sadness is on me" - "Ta bron orm".

And I love that because there's an implication of not identifying yourself with the emotion fully. I am not sad, it's just that sadness is on me for a while. Something else will be on me another time...and that's a good thing to recognize.

Coming up...SAVE THE DATE!

- **Wednesday, June 15, August 17 and October 19** are our Mystery Trips for 2022. Save these dates so you can be sure to experience the wonder and fun as we explore Michigan sites together. Cost will be a little more this year, due to increases all around. Save the dates!
- **Saturday, June 18 from 12 to 5:00 PM Master Arts Theatre**—to see *Over the River and Through the Woods*. Cost will be \$18-member/\$20-non member and include ticket and transportation. We will make a meal stop on the way there, which you will need to pay for in addition.
- **Wednesday, July 13, Whitecaps Game!** 3rd Baseline, shade, hot dog and beverage included for just \$22/\$27. Depart from town hall at 11:00 AM and return after the game, around 3:30 PM.
- **Wednesday, August 10, 9:00AM to 2:30PM**—Van Gogh Immersive Experience in Grand Rapids. Cost is \$20-member and \$25-non member. Details coming.
- **Wednesday, September 14, 7AM to 9PM**—Shipshewana Day Trip. Shopping, Food, Play at the Blue Gate Theatre (Dear Soldier Boy), Food and fun! Did I mention food? Cost is \$85 for members and \$95 for non-members.



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DID YOU KNOW?

Historians suggest that the world's oldest-known actual formula for toothpaste was created by Egyptians, in the year 4 AD. They used crushed rock salt, mint, dried flowers, and pepper mixed together to create an abrasive powder. Oral hygiene was a top priority in society as early as 5000 BC.



DID YOU KNOW?

Prince William and Prince Harry pulled a prank on their grandmother the Queen, by changing her voicemail answering message to say, “Hey there. For a hotline to Philip, press one. For Charles, press two. And for the corgis, press three.” The Queen was very upset at first but later saw the humor in the prank.



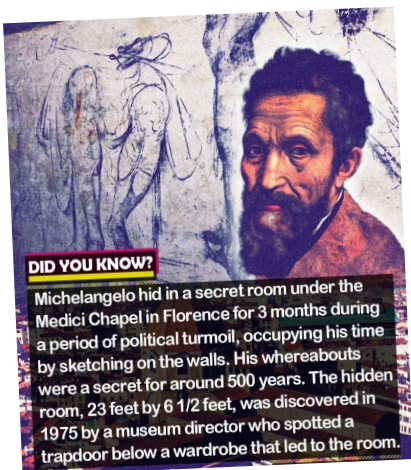
DID YOU KNOW?

The founder of Safeway supermarkets was a preacher who felt that credit purchases were evil, and named his cash-only stores to promote the “safe way to shop”. Shoppers only bought what they could pay for on hand, preventing them from going into debt as so many did in the Great Depression. Founded in 1915, Safeway was started by M.B. Skaggs.



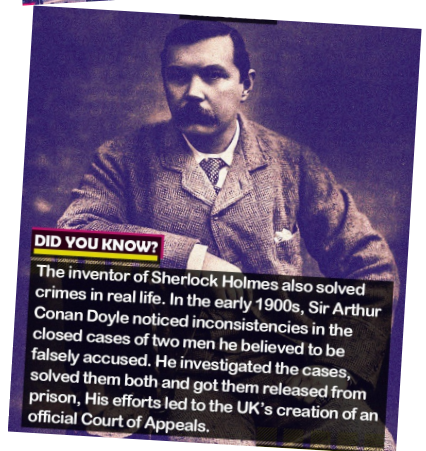
DID YOU KNOW?

A man ate over 2000 meals at Six Flags Magic Mountain over seven years by spending \$150 on an annual unlimited meals pass. According to sources, the man got two meals a day and got rid of his debt, saved for a wedding and bought a house in Los Angeles. He said starting out all the meals were not exactly healthy options, but that has changed over the years.



DID YOU KNOW?

Michelangelo hid in a secret room under the Medici Chapel in Florence for 3 months during a period of political turmoil, occupying his time by sketching on the walls. His whereabouts were a secret for around 500 years. The hidden room, 23 feet by 6 1/2 feet, was discovered in 1975 by a museum director who spotted a trapdoor below a wardrobe that led to the room.



DID YOU KNOW?

The inventor of Sherlock Holmes also solved crimes in real life. In the early 1900s, Sir Arthur Conan Doyle noticed inconsistencies in the closed cases of two men he believed to be falsely accused. He investigated the cases, solved them both and got them released from prison. His efforts led to the UK's creation of an official Court of Appeals.



DID YOU KNOW?

Jimmy Stewart is known to most as a beloved actor of Hollywood's golden age. He played George Bailey in “It's A Wonderful Life,” in “Rear Window,” and in “Mr. Smith Goes to Washington” among many other classic roles. What most people don't realize, however, is Stewart put his acting career on hold to serve as a bomber pilot during World War II.



Don't let the worries of your mind make the situation worse. Recognize that those negative thoughts are not real and **BREATHE.**

Focus on this present moment, right here, right now. Enjoy the quietness, stillness and peace of the moment and **BREATHE.**

Remind yourself that you have survived so much and that not only will you survive this but you will be **STRONGER, WISER AND BETTER!**



What is a Contronym?

Single words that have two contradictory meaning (they are their own opposites) are known as contronyms, and they are quite rare. Here are ten of them:

Apology: a statement of contrition for an action, or a defense of one.

Bolt: to secure, or to flee

Bound: heading to a destination, or restrained from movement

Cleave: to adhere, or to separate

Dust: to add fine particles, or to remove them

Fast: quick, or stuck or made stable

Left: remained, or departed

Peer: a person of the nobility, or an equal

Sanction: to approve, or to boycott

Weather: to withstand, or to wear away



A man saw a snake being burned to death and decided to take it out of the fire. When he did, the snake bit him causing excruciating pain. The man dropped the snake, and the reptile fell right back into the fire.

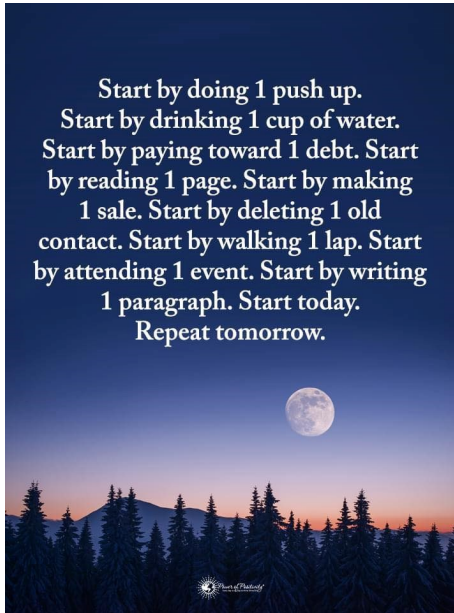
So, the man grabbed a metal pole took the snake out of the fire and saved its life.

Someone who was watching approached the man and said: "That snake bit you. Why are you still trying to save it?" The man replied: "The nature of the snake is to bite, but that's not gonna change my nature, which is to help." Do not change your nature simply because someone harms you. Do not lose your good heart, only learn to take precautions.

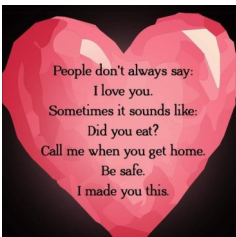
Those who died yesterday had plans for this morning. And those who died this morning had plans for tonight. Don't take life for granted. In the blink of an eye, everything can change. So, forgive often and love with a full heart. You never know when you may not have that chance again.

Everything we say at funerals should be said at birthday parties instead. We leave so much love unspoken.

Friend: What if I break your trust someday?
Me: Trusting you is my decision, proving me wrong is your choice!



I am a swift gazelle.
An old one...with arthritis...
Run over by a land rover...
Eight days ago...



"We travel because we need to, because distance and difference are the secret tonic to creativity. When we get home, home is still the same, but something in our minds has changed, and that changes everything."

