

HOLLAND BOOK CLUB – THE KICHEN HOUSE

The Kitchen House was written by Kathleen Grissom. The novel is an interesting look at the history of slavery, the role of the indentured servant, and the helplessness of the ladies of the time period.

Please join us on **Monday, September 12th at 1 pm** and think of one question you would like to discuss with the group.

MOVIN' AND GROOVIN'

SWEAT, BURN some calories and have LOADS OF FUN!

Come on out for a FREE session of MOVIN' AND GROOVIN'

What is it? It's a full hour of low impact aerobic exercise done to all genres of music - Incorporating elements present in Latin, Hip-hop, Ballroom and Jazz - with a touch of Zumba mixed in.

Ideal for Active Boomers, but everyone is welcome. QUITE A WORKOUT!!

Warm Up, Hit The Floor, Cool Down! Come give it a try!

Instructions by Forty Arroyo on **Wednesday, Sept. 14, 2016 at 10 am.**

ENTERTAINER ROB ADAMS

On **Wednesday, September 14th at 1 pm**, we will be entertained by Rob Adams playing guitar and singing selections from his vast repertoire of "Americana" music. Rob has performed for us before and impressed us with his extensive knowledge of different music genres. Come for lunch at noon that day (please make a reservation at 245-3163 in advance) or join us afterwards for a pleasant afternoon of entertainment.

MOVIE – THE BOSS

Join us **Wednesday, September 21 at 1 pm** watch "The Boss" with Melissa McCarthy on the "BIG" screen. It's about a titan of industry who is sent to prison after she's caught insider trading. When she emerges ready to rebrand herself as America's latest sweetheart, not everyone she screwed over is so quick to forgive and forget.

LET'S HIT THE TRAIL!

The long wait is finally over. The new Walking Trail, funded by the Holland Trails Committee, is complete and already in use at The Center! Holland Highway Department did a great job; the surface is compacted and smooth. The trail is .2 miles long (5 times around is a mile) and forms a circuit, so that it is easy to count laps if you want to keep track of the distance you have walked or jogged.

In the next few weeks a couple of granite benches, donated by the COA, will be installed, and a sign posted listing the distance of the trail. Once the sign is in place, the trail will be fully ADA compliant.

Paula Bak, The Center's Director, has scheduled a **Ribbon Cutting Ceremony for 6:30 pm on September 22nd**. Stop by then, or anytime, to enjoy a walk or jog on Holland's newest recreational asset. Bike to the Center if you'd like; a bicycle stand was recently installed as well. Please come to this festive event and, if you join the Walking Club, you will receive a free pedometer (compliments of the Holland COA and Holland Fire Department Safe for Seniors Grant. Call The Center at 245-3163 for more information.