

Encore

PROGRAMS GUIDE

informing, empowering and encouraging the curious mind

Rosie the Riveter



As a tribute to the women who worked the line during WWII, Clair Kitchin Dahl will discuss the vital roles these “original Rosies” played on the home front during this fragile time in America. You will be amazed, energized and inspired by this chapter of our history. See pages 2 and 6.

Free Community Band Concert

On Sunday, May 19, at 2:30 pm, enjoy a free concert of the Adult Community Band at Eastern High School. No reservations are required. Come out and support this musically inclined, dedicated group of people from the Forest Hills area!

Your Body’s Missing Owner’s Manual

Dr. Bruce Gardner returns to teach a 7-week class on how the body works, what can go wrong and what you can do about it. Class time has been extended beyond an hour to allow ample time for questions. Page 6.

Newsies Musical Daytime Dress Rehearsal

On Tues, June 25 attend the Dress Rehearsal of *Newsies* at the Fine Arts Center. See pages 3 and 7 for more info.

Two Summer Day Trips

A Mt. Pleasant trip is planned for June to experience the culture of the Anishinabe people at the Ziibiwing Center. Lunch at Bennigan’s. Register by May 9.

In July, enjoy the charm of downtown Chelsea with a traditional BBQ lunch, and time to browse shops or view art sculptures, and then attend a performance at the Purple Rose Theater. Register by June 6.

See pages 4 and 5 for day trip details, meal choices, and fees.



Forest Hills Public Schools
Community Services & Senior Center
660 Forest Hill Avenue S.E.
Grand Rapids, MI 49546
Phone: 493-8950 Fax: 493-8959
enjoylearning.com

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Forest Hills Public Schools has relocated the Administration and Transition Center onto the J. Michael Washburn campus. The new building is an extension of the Fine Arts Center. The Transition Center is a program for young adults with developmental disabilities. The focus is on five areas of transition: daily living, community participation, employment, continuing education and recreation/leisure.

Because the construction project temporarily closed the Community/Aquatic Center's upper parking lot, ALL Learning Café programs are at the Fine Arts Center and will continue to be until the project is complete. If you wish to visit our office, you can park in the lower level parking lot of the Community/Aquatic Center, and take the elevator to the upper level. Otherwise, please contact us at **616-493-8950**.

Reservations for the Learning Café must be made by 2:00 p.m. on the Friday prior to the program by phoning Community Services at 616-493-8950 or online at enjoylearning.com. Payment is required at the time of registration for both the "lunch & program" and the "program only".

About Cancellations: If you cannot attend the Learning Café lunch or the program, make sure to call us at 616-493-8950 by 2:00 p.m. of the Friday prior, so we can credit your account. You can apply your credit on account toward a future Learning Cafe registration.

May 14 Music of Johnny Mercer

From the 1930s-1950s, Johnny Mercer wrote the lyrics to more than 1,500 songs, including many for movies and Broadway shows. He was also a singer, record producer and co-founder of Capitol Records. Husband and wife team, Tom and Cheri Lynn Hagen, will perform some of his well-known tunes, including *Moon River*, *Dream*, and *You Must've Been a Beautiful Baby*.

Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Croissant sandwiches (chicken salad; ham and cheese), fresh fruit, veggies and dip, potato salad and dessert by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-resident).

May 28 Rosie the Riveter

Learn about the dramatic and vital roles women played on the home front during WWII. Presented by Clair Kitchin Dahl. Note: this is a longer presentation: 75 minutes. Read more on page 6.

Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Baked chicken, potatoes, vegetable, salad, roll and cookies by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents).



June 11 Up-North Crime: Outlaws Above the 43rd

Venture back in time to an era when stagecoach and train robbers roamed the wilderness of the Upper Peninsula, when wild-west style gunfights took place on the dirt streets of long-gone dots on the Michigan map, and lumberjacks worked hard and partied harder in the saloons of northern Michigan boomtowns. Examine the case of a Black Widow whose sting was deadly to the men in her life, and take a look inside the county jails where these motley groups of malefactors slept off their drunken stupors or awaited their day in court. Presented by Tobin Buhk.

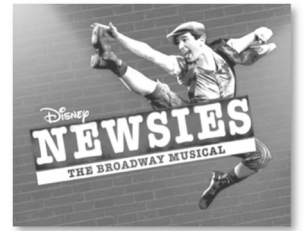
Location: Fine Arts Center's Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Barbecue pork roast, rice pilaf, vegetable, coleslaw, roll and cookies by Carole's Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents).

June 25

Newsies: Lunch and Theater Show

Attend the daytime dress rehearsal of *Newsies* performed by Forest Hills high school students. *Newsies* is inspired by the real-life Newsboys' Strike of 1899, when two newsboys led a band of orphan and runaway children on a two-week-long action against the newspaper publishers.



Location: Fine Arts Center’s Multi-Purpose Room for lunch, and Theater for the show.

Details: Lunch at 11:30 a.m. (note earlier lunch time). Beef tips in gravy, noodles, vegetable, salad, roll and cookies by Carole’s Catering. **Theater seats reserved for the Learning Café lunch group.** Show starts at 12:30. Cost: \$18 per person for lunch and show (\$20 for non-residents). If you prefer to attend the show only, general seating, reservations are not needed and you can pay \$5 at the theater door. See page 7.

July 9

Aging in Place: Factors to Consider & How to Plan

Have you always envisioned staying in your own home as you age? 90% of seniors in the U.S. are interested in aging at home safely, independently and comfortably, regardless of age, income level or ability level. Let’s get together to talk through factors to consider and ways to plan so that you can age gracefully in your home. Presented by Katlin Mills, MSW, with Avenues by Brio Living Services.



Location: Fine Arts Center’s Multi-Purpose Room.

Details: Lunch at 12 noon; program at 12:45 p.m. Complimentary boxed lunch: Turkey sandwich, chips, pickle, broccoli salad and cookie. Catered by “More Than a Meal Catering”. Though this lunch is no charge to you, registration is still required. Sponsored by Avenues by Brio Living Services.

July 23

Getting Organized

Getting organized is a life-long struggle for many. Perhaps you’ve implemented decluttering techniques gleaned from Katie’s previous Learning Cafe talk. Now learn a tried and true approach to becoming more organized. Presented by Katie Riedel of Making Space Organization LLC.

Location: Fine Arts Center’s Multi-Purpose Room

Details: Lunch at 12 noon; program at 12:45 p.m. Lasagna, Caesar salad, vegetable, roll and cookies by Carole’s Catering. Cost: \$14 per person for lunch and program (\$16 for non-residents); \$5 for program only (\$7 for non-residents).

Lunch with Friends

Are you interested in eating out with others at a restaurant? Meet at the restaurant at 11:30 a.m. and order/pay for what you’d like off the menu. Register at 493-8950 by 2pm of the Friday prior.

NOTE: Please do not simply *show up* at the restaurant. Register at 493-8950. This way, we’re able to communicate the correct headcount to the restaurant, which helps them schedule enough servers. If you register, but find you cannot make it, please cancel at 493-8950. Thank you!

Tues, May 7 — Blue Water Grill Tues, June 4 — Myrth Tues, July 2 — Licari’s



Pictured left: Ojibwe people of the Great Lakes region, Red Lake Ojibwe, in the 1930s.

Ojibwe is part of the Anishinabe, and is considered one of the “Three Fires”.

Photo credit: Department of Special Collections and University Archives, Marquette University, Wisconsin.

Mt. Pleasant Day Trip: The I’s Have it!

Wednesday, June 12 *Reservations required by May 9*

Come to Mt. Pleasant with us and experience the history of *Indigenous* people, a little *Irish* hospitality, and some delicious *Ice Cream*. The I’s have it!

Learn about the culture, diversity and spirit of the Saginaw Chippewa Indian Tribe at the Ziibiwing Center. They created the Center to enlighten and educate others about the rich heritage and history of the Anishinabe people. Have a guided tour of the Diba Jimooyung and other exhibits, and listen to a hands-on cultural presentation.

The Anishinabe are the Indigenous people of the Great Lakes region. There are three Indigenous nations considered Anishinabe: the Ojibwe (Chippewa), Ottawa (Odawa), and Potawatomi (Bodawotomi). These tribal nations are related linguistically and culturally, and together are known as the “Three Fires”.



Before visiting the Ziibiwing Center, you’ll have an early lunch at Bennigan’s, known for their exceptional food, fun atmosphere and legendary Irish hospitality! Choose between a Club Sandwich, Classic Burger, Chicken Tenders, or Cobb Salad with Chicken. All entrees (except the salad) are served with homestyle fries. Comes with coffee, tea, soda. *Guinness is extra.*



At the end of the day, before heading back to Grand Rapids, enjoy a cold and creamy dessert! Choose from a variety of ice cream bars, drumsticks and ice cream sandwich cookies.

Day trip cost: \$85 per person (\$89 for non-residents). Price includes motorcoach, Ziibiwing Center fees, lunch, ice cream, gratuities, and Forest Hills’ guide fee. Tipping is optional for the trip guide, Karen Horrigan, and the driver.

Reservations required by May 9. Please call 493-8950 and indicate preference of “Club”, “Burger”, “Chicken Tenders” or “Salad”.

On Wed, June 12, arrive to the **Fine Arts Center by 9:15 a.m.** Motorcoach returns around 5 p.m. If you are registering a friend, please provide their phone, email, and additional info. Also let your friend know of our cancellation/refund policy (stated below). Otherwise, please have your friend register themselves.



There are no refunds after registration deadline unless we can find a replacement for you.

If you are bringing a walker and/or require special seating on the motorcoach, please let us know when registering. If necessary, consider inviting a guest to assist you (separate registration required).

Chelsea Day Trip

Thursday, July 18, 2024

Reservations required by **June 6**

Located halfway between Ann Arbor and Jackson, Chelsea displays beautiful architecture in a picturesque town.

For the first stop, enjoy an early lunch at Smokehouse 52 BBQ. For your meal, choose between Pulled Pork sandwich, smoked Chicken Sandwich, Beef Brisket Sandwich, or Cobb Salad with Chicken. Each sandwich comes with a choice of one side: French fries, chips, coleslaw, baked beans, collard greens, applesauce or green beans. All entrees come with coffee, tea or soda.



After lunch, you will have free time to walk around, browse shops, view downtown art sculptures, or buy ice cream!

Next, it's on to the Purple Rose Theater to see a live performance. In the 2024 premiere comedy, *What Springs Forth*, three middle-aged women who are friends since college, embark on what was billed as a high-end wellness spa retreat only to discover one of them has changed the itinerary to a wilderness survival camp. Can their friendship survive bears, forest toilets and one another? Note: contains adult language and subject matter.

Hollywood actor and Chelsea native Jeff Daniels founded the Purple Rose Theatre in 1991. The theatre has an intimate feel with only 168 seats. Every seat is under 20 feet from the stage, so you'll have an up-close encounter with live theatre.

Details: \$134 per person (\$138 for non-residents). Price includes motorcoach transportation, lunch, gratuities, Purple Rose theater tickets, and trip guide. Tipping is optional for the driver, and trip guide Karen Horrigan.

Reservations required by June 6. Please call 616-493-8950 and indicate lunch preference of "Pork", "Chicken", "Brisket" sandwich, or "Salad".

On July 18, arrive to the **Fine Arts Center by 9:15 a.m.** Motorcoach returns around 6:30 p.m. If you are registering a friend, please provide their phone, email, and additional info. Also let your friend know of our cancellation/refund policy. Otherwise, please have your friend register themselves.



There are no refunds after registration deadline unless we can find a replacement for you.

If you are bringing a walker and/or require special seating on the motorcoach, please let us know when registering. If necessary, consider inviting a guest to assist you (separate registration required).

Your Body's Owner's Manual Class

Tuesdays, March 26—May 7

6:00—7:15 p.m.

Fine Arts Center—Rm 200

Even though this class may have started, late registrations are accepted!

Call today: 616-493-8950

In this popular class, Dr. Bruce Gardner will discuss how your body is built, how it works, what can go wrong, and what we can do about it. **Each week a different organ system is studied***, giving you an excellent introduction to the basics of medicine. The same systems will be covered as previous sessions, but new questions will be asked, and lively conversations will undoubtedly occur. Class time has been extended beyond an hour to allow ample time for interaction and questions. *Late registrations are fine since each week's class runs independently from previous week's class.

As you know from Dr. Gardner's previous Learning Cafe presentations and classes, he has a down-to-earth teaching style which is informative, yet upbeat and understandable.



Class fee for "Your Body's Owner's Manual": Resident: \$20 (Non resident \$25).

To register call Community Services at 616-493-8950

Dr. Bruce Gardner is a Family Practice Physician from Seattle, Washington with 40 years of clinical medicine experience. He has a Bachelor's Degree from Stanford University, a Master's from the University of Oregon, and his Doctorate in Medicine from the University of Washington. He became the Medical Director of a large multispecialty group as well as the owner of an urban private practice in the Pacific Northwest. Bruce and his wife recently relocated to Grand Rapids. Note: Though this class is being taught by a physician, this class is not intended to be a substitute for professional medical advice, diagnosis or treatment.

Rosie the Riveter Learning Cafe

The Rosie the Riveter program highlights the boldness, determination, creativity and bravery of American men and women as they prepared for, and then valiantly fought, World War II.

Spurred on by the message of Franklin Roosevelt's *Arsenal of Democracy* speech, Claire Kitchin Dahl will share the incredible history of the Willow Run B-24 Bomber Plant and the teamwork of the powerful Detroit automotive industry. We will all cheer for the dramatic and vital roles played by women as they showed the nation that they were willing and able to fill the work force gaps caused by men going into military service. "We Can Do It" became the rallying cry for millions of women who had, until this time period, never envisioned working on an industrial assembly line building the weapons of war.

As a tribute to Rosie, presenter Claire Kitchin Dahl honors the women who are called "Original Rosies" because they worked the line during WWII. Under the auspices of the Veteran's History Project, their memories are being preserved. You will be amazed, energized and inspired by this chapter of American History.



Claire Kitchin Dahl has been teaching American History since 1971. Armed with a Bachelor's in Political Science and a Master's in Women's History, she has always championed powerful women in our national narrative. She retired from Ann Arbor (MI) Pioneer High School in 2009 where she had taught Advanced Placement US History for 19 years. Dressed in the iconic blue overalls and blending her love of history with the inspiring stories of Rosie, the Riveter and the historic Willow Run B-24 Bomber Plant, she is a natural for the Yankee Air Museum's Public Relations Committee. She and her husband, John, live in Ann Arbor.

Call 616-493-8950 to register for this May 28 program. Note: this is a 75 minute presentation.

Forest Hills Adult
Community Band
FREE Concert!

Sunday, May 19, 2024
Eastern High School
2:30 p.m.

No reservations required.



**Forest Hills Fine Arts Center
Upcoming Events**

FHPS Student Art Exhibit is on display until Friday, April 19.

Spamilton: A Musical Comedy Spoof, Sunday, April 21, 7pm. *Mention you saw this in Encore and get \$10 off your Spamilton ticket!*

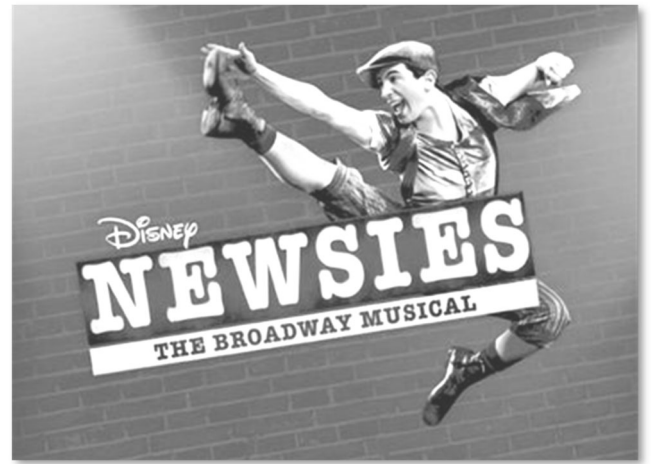
West Michigan Youth Ballet presents, "The Wizard of Oz" Saturday, April 27 & Sunday, April 28.

Daytime Dress Rehearsal of "Newsies" is Tuesday, June 25 at 12:30pm. \$5 at the door.

Summerstock's "Newsies" Musical Wednesday, June 26—Friday, June 28.

Easels Nine Art Exhibit, Wednesday, May 15—Friday, June 28.

For more information, call the Fine Arts Center at 493-8965 or online at fhfineartscenter.com



**Summerstock's
Daytime Final
Dress Rehearsal**

**Tuesday, June 25, 2024
12:30 pm Show**

(doors open by 12:00)

\$5 at the door

**No reservations required.
General seating.**

(optional Learning Café lunch in the Multi-Purpose Room before the show with RSVP. See page 3)

Forest Hills Fine Arts Center

Performed by
Students from Forest Hills Central,
Eastern and Northern; and students from
surrounding communities.

Note to group leaders: *if you're bringing a group to the performance, please arrive early so there's plenty of time to seat your group before the show starts.*

Pay at the door.

Questions: Call 616-493-8965

Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."
"Each step feels like I'm walking
through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet
tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately, this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Corinne Conry, LAc, MSOM of Acupuncture Center of Grand Rapids (ACGR), shares this belief. "I've been treating neuropathy, and all its various forms, for over a decade, and so often my patients come to me because of the symptoms, not because of a diagnosis. They saw one of my talks, or read the testimonial of another patient and say to themselves 'hey, I feel the same thing'."

Mary of Grand Haven testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious - I just kept thinking 'I would give anything to just walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately Mary would eventually see Corinne Conry, LAc, MSOM at one of her talks, speaking about similar symptoms, and how she offers a real solution at Acupuncture Center of Grand Rapids. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to see us with a story similar to Mary's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older'," shares Peter, a patient care technician, at ACGR. "It just breaks my heart, but I know how much we can help people like Mary,

so I'm always happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer a little to no resolve. Which is why Corinne Conry, LAc, MSOM and the staff at Acupuncture Center of Grand Rapids pride themselves on being 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves, and this damage is commonly caused by lack of blood flow in the hands and feet. A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate, they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Corinne. "This usually indicates that your nerves are hanging on by a fragile thread."

So how is Corinne able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This tech was originally developed by NASA to expedite recovery and healing."

"I just can't say enough about ACGR," shared Mary through her tears of joy. My husband and I moved here three years ago and he walks to the lake almost every day. I always stay home because of the pain and discomfort. Yesterday, I went with him! And next week we're starting dancing lessons. I am truly living life these days."

"According to Mary's test results, she had seen a 74% improvement in pain and functionality, which is on par with

the majority of our patients," shares Peter. But more important than those test results is the joy she's expressed being here and hearing about all of the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Corinne Conry, LAc, MSOM has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," says Corinne. "This is important because if a patient has suffered more than 95% damage, there is a little that I can do to help them. I'm familiar with the medical miracle, but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles', or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

Call **(616)-369-2121** to schedule an initial consultation, or visit acugr.com to read more incredible success stories.



Corinne Conry is a licensed acupuncturist and herbalist in the state of Michigan. She completed her Masters in Oriental Medicine at

Southwest Acupuncture College in Boulder, Colorado. Corinne specializes in chronic complex conditions. With over 10 years of experience, she is an expert in neuropathy, chronic pain, autoimmune conditions, fertility, and geriatrics.



Acupuncture Center
OF GRAND RAPIDS

Three generations. One place to call home.



Ernest and Ann Pike and Grace VerBerg

Since 1959, families in the Grand Rapids community have entrusted Beacon Hill at Eastgate to care for their beloved family members as they age. Grace VerBerg, pictured above, was one of our very first residents. Years later, her daughter Ann and husband Ernie Pike lived at Beacon Hill. Today, their son Karl Pike, former pastor, is a current resident. And Sandy Hancock, CNA, long-time Grand Rapids resident, cared for all of them – with the personal attention and enduring trust that keeps families coming back for generations.

Join a community that cares for your family like their own.

BEACONHILL
AT *Eastgate*

You belong here.

1919 BOSTON STREET SE
GRAND RAPIDS, MI 49506

BEACONHILLGR.ORG
(616) 245-9179



Sandy Hancock, CNA



Is your house feeling too big?

If you have lived in your home for many years, chances are your needs have changed. Talk to this area's premier **Downsizing Expert** to explore your options and make a decision that meets your budget, timeline, and lifestyle.

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We do that, & MORE!



Laura T. Kelso
Downsizing Specialist
& Forest Hills Parent
 616.724.7200
www.KelsoHomes.net



FREDERIK MEIJER GARDENS

Tuesdays @ 10 am

Tues, April 9th - Rethinking Possessions - Freedom starts with Letting Go

(Thurs) May 16th - Get Savvy on Continuing Care Retirement Communities

(Thurs) June 13th - Communication Savvy - Record your wishes and Stay in Control

Free

For info and registration go to:

GRSavvySeniors.com

Questions? Call **616-724-7200** or email **GRSavvySeniors@gmail.com**

Mt. Pleasant Day Trip

Tour the Ziiibiwing Center and learn about the Indigenous people of the Great Lakes, have a delicious lunch, and more.

Wed, June 12
(Register by May 9)
See page 4



Chelsea Day Trip

Enjoy the charm of downtown Chelsea with a traditional BBQ lunch, and attend a performance at the Purple Rose Theater.

July 18
(Register by June 6)
See page 5



Learn A Latte

We'll offer engaging and educational speakers on a wide variety of topics in 2024. Join us each quarter for new topics and guest speakers.



For more information and to register:
aarpmi.org/grandrapids

Forest Hills Community Band **FREE Concert**

Sunday

May 19, 2024

Eastern High School, 2200 Pettis NE

2:30 p.m. No reservations required.



**4668 Cascade Rd.
949-0240
foresthillsfoods.com**

Hours: 6 a.m.-11 p.m.

Pharmacy:
Mon-Fri 9 a.m.- 7 p.m.
Sat. 9 a.m.- 5 p.m.

Encore PROGRAMS GUIDE

Is a quarterly publication of the Forest Hills Public Schools Community Services & Senior Center. 660 Forest Hill Avenue, Grand Rapids, MI 49546 Phone (616) 493-8950

It is the policy of the Forest Hills School District that no person shall, on the basis of race, religion, color, age, national origin, sex or handicap, be excluded from participation, denied the benefits of, or be subjected to discrimination under any program or activity and in employment.

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The Area Agency on Aging of Western Michigan is an excellent resource for services that help adults age 60 plus to live independently.

Visit aaawm.org or call the Area Agency on Aging at 616-456-5664.



Forest Hills Public Schools
Senior Center
660 Forest Hill Avenue S.E.
Grand Rapids, MI 49546-2322

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Did you miss out on long-term care insurance?

Avenues can help you **STAY IN YOUR HOME** and
PREDICT FUTURE LONG-TERM CARE COSTS!

This is **NOT** an ad for another retirement community in Grand Rapids! This is Avenues by Brio Living Services - a unique membership program allowing you to stay in your home, predict long-term care costs, and enhance your lifestyle.



Custom wellness programs
from your personal health
navigator



Home assessments so
you and your home age
together gracefully



Technology designed to
help monitor your health
at home

WE ARE CURRENTLY HOSTING EVENTS NEAR YOU! CALL TO LEARN WHERE!



Avenues
BY BRIO LIVING SERVICES

Visit AvenuesBLS.org or call
616.205.9657 for more information.

Brio Living Services, formerly known as UMRC & Porter Hills.