



MAY 2021

PROGRAM GUIDE



May 1 – May 31, 2021
www.myalive.com

Hours of Operation

ALIVE

Screening required for all entrants. All guests are encouraged to use the main entry. Masks must be worn in the building at all times.

Monday – Friday	5:30 a.m. – 8 p.m.
Saturday	7 a.m. – 3 p.m.
Sunday	9 a.m. – 3 p.m.

GROW

GROW is available for children ages 3 months to 12 years of age (ages 3 months to 2 years require reservations). Children are able to stay for a full two-hours. Masks must be worn by children 2+ years of age while indoors. With questions, or to make a reservation for a child under the age of two, please call 517.541.5803.

Monday – Friday	9 a.m. – 11 a.m. 4:30 p.m. – 6:30 p.m.
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NOURISH by The Big Salad

Screening required for all entrants. Includes dine-in (limited capacity), carry-out and curbside pick-up. Guests may call (517) 541-5815 upon arrival and their order will be delivered to their vehicle.

Monday – Friday	10 a.m. – 3 p.m.
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Holidays

In the coming months, ALIVE will be closed in observance of Memorial Day (Monday, May 31), Independence Day (Sunday, July 4) and Labor Day (Monday, September 6).

Directory

ALIVE – Main	541.5800
ALIVE – Fax	541.5810
Class Registration	541.5800, opt. 7
General Information	541.5800, opt. 6
ALIVE Clinical Services	541.5800, opt. 2
FUSE (Spa Services)	541.5886
GATHER (Event Planning)	541.5811
GROW (Childcare)	541.5803
MOVE (Fitness Center)	543.9575
NOURISH by The Big Salad (Café)	541.5815
COVID Testing Info	517.541.5971

Susan Allen	541-5812
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ALIVE Policies

The following policies are to help everyone enjoy a safe and exceptional experience at ALIVE:

- NOURISH by The Big Salad is available to accommodate food and beverage needs. Please refrain from bringing outside food into the building.
- Complimentary lockers and coat hooks to store belongings are available in STOW located just inside the main entrance.
- Please refrain from bringing bags and jackets into classes. ALIVE is not responsible for lost or stolen items.
- For your safety and as a courtesy to others, please do not enter a class or program more than 10 minutes after it has begun.
- For classes requiring reservation of equipment your reserved spot may be given to the next participant in line 10 minutes past the scheduled class start time.
- Children under the age of 13 must be supervised by an adult unless enrolled in a facilitated program. (Drop-in activities in SOAR, including rock climbing, are not facilitated.)
- Shirts and appropriate footwear are required in all public areas of ALIVE.
- Please return all recreation items to their original location after use. Basketballs and other recreational equipment are available for check-out in MOVE.
- The ALIVE campus is a tobacco, marijuana and weapons free facility.

Safety & Sanitation Guidelines

The following guidelines are in place to help everyone enjoy a safe, exceptional experience at ALIVE:

- All building entrants must be screened (includes temperature check). Please allow for possible wait times.
- Masks must be worn at all times when in the building, as well as outside when not social distancing. The only exceptions are when showering or eating at NOURISH by The Big Salad.
- Social distancing will be enforced. A minimum of 6' from others outside of your household is requested.
- Time has been set between most programs to allow for transition time and cleaning.
- Sanitation stations will be available at all programs, both indoors and outdoors.
- Capacity limitations have been established for all programs to allow for adequate social distancing and safety.
- If you have experienced any of the following symptoms within the 24 hours prior to a program (or been in contact with someone positive for COVID-19) please refrain from attending: *temperature of 100.0 degrees or higher, cough, shortness of breath or chest tightness, sore throat, nasal congestion/runny nose, myalgia (body aches), loss of taste and/or smell, diarrhea, nausea, vomiting, fever/chills/sweats, rash.*

Find us on social media for the latest updates on programs and events.



Registration

Pre-registration is required for all programming. Register early to ensure a spot – classes fill quickly. Pricing is listed in class descriptions.

Three convenient registration methods:

- Log in to myalive.clubautomation.com
- Using the MyAlive mobile app
- Call (517) 541-5800, opt. 7, unless a different phone number is listed

Community LINK benefits:

- \$2 off range balls at Maple Brook Golf Club
- 10% off tea or coffee at Evelyn Bay
- 10% off one monthly purchase at The Hen House
- 10% off purchases of active footwear at Charlotte Shoe Repair
- 10% off purchases of activewear at Reflections Boutique
- 50% off studio fee at My Creative Escape

Refunds

To ensure quality instruction and adequate space, enrollment in most programs is limited. Registrations are no longer accepted once a class is filled. Classes may be combined or cancelled if the minimum enrollment is not reached.

Cancellations are allowed 48 hours prior to the start of a program to receive a refund. There are no refunds or rebates for classes missed due to illness, travel or other reasons.

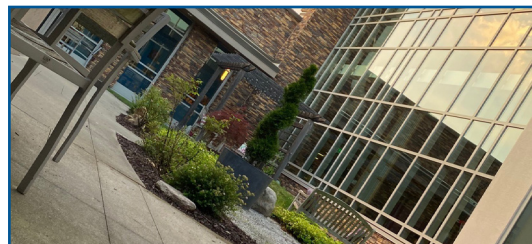
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Special Events

MAY: ENHANCE

- May 1 Fun with Fonts Pg. 23
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- May 16 Plant Exchange Pg. 24
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- May 27 Diabetes Support Group Pg. 22



PONDER courtyard

Weekly Schedule

Mondays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit**
9 a.m.–9:55 a.m.	Yoga: Basic*
9 a.m.–10 a.m.	CrossFit
10:10 a.m.–10:55 a.m.	Tabata**
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–2 p.m.	Indoor Walking
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Tabata**
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:25 p.m.	Yoga: Basic (Virtual)
6:30 p.m.–7:30 p.m.	CrossFit

Tuesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling**
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt**
9 a.m.–9:45 a.m.	Sculpt & Stability**
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba*
11 a.m.–11:45 a.m.	Boxing for Health
11 a.m.–2 p.m.	Indoor Walking
12:10 p.m.–12:40 p.m.	30-Minute Blast**
12 p.m.–1 p.m.	Basketball: Open Shoot
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In

4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt**
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Barre None**
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:30 p.m.	CrossFit

Wednesdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Kettlebell Circuit**
9 a.m.–9:30 a.m.	Deep Stretch*
9 a.m.–10 a.m.	CrossFit
9:35 a.m.–10:20 a.m.	Fun Fitness*
10:30 a.m.–12 p.m.	Pickleball
11 a.m.–2 p.m.	Indoor Walking
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:20 p.m.	Zumba*
5:30 p.m.–6:30 p.m.	CrossFit
5:30 p.m.–7:15 p.m.	TOPS
6:30 p.m.–7:25 p.m.	Yoga: Basic (Virtual)
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:30 p.m.	CrossFit

* = class will be both in-person in **ENERGIZE** as well as live-streamed through virtual membership

** = class will be conducted outdoors on the **GATHER** cement pad, weather-permitting. Participants must still use main entrance for screening.



HARVEST at ALIVE

Thursdays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:30 a.m.	Group Cycling**
5:45 a.m.–6:45 a.m.	CrossFit
8 a.m.–8:45 a.m.	Group Cycling: Spin & Sculpt (Virtual)
9 a.m.–9:55 a.m.	Yoga: Basic*
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:50 a.m.	Zumba*
11 a.m.–2 p.m.	Indoor Walking
11:15 a.m.–11:45 a.m.	Circuit Training
12 p.m.–1 p.m.	Basketball: Open Shoot
12:10 p.m.–12:40 p.m.	30-Minute Blast**
1 p.m.–2:45 p.m.	Pickleball
3 p.m.–4:30 p.m.	Basketball: Teen Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
4:45 p.m.–5:30 p.m.	Group Cycling: Spin & Sculpt (Virtual)
5:30 p.m.–6:30 p.m.	CrossFit
5:45 p.m.–6:30 p.m.	Step & Sculpt**
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:30 p.m.	CrossFit

Fridays

Dawn–Dusk	Outdoor Walking
5:30 a.m.–7 a.m.	Indoor Walking
5:45 a.m.–6:45 a.m.	CrossFit
9 a.m.–9:45 a.m.	Sculpt & Stability**
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:30 a.m.	Deep Stretch*
11 a.m.–2 p.m.	Indoor Walking
12 p.m.–1 p.m.	Basketball: Adult Drop-In
4:30 p.m.–5:30 p.m.	CrossFit
5:30 p.m.–6:30 p.m.	CrossFit
6 p.m.–8 p.m.	Indoor Walking
6:30 p.m.–7:30 p.m.	CrossFit

Saturdays

Dawn–Dusk	Outdoor Walking
7 a.m.–3 p.m.	Indoor Walking
8 a.m.–8:50 a.m.	PiYo**
9 a.m.–10 a.m.	CrossFit
10 a.m.–10:55 a.m.	Yoga: Basic*
11:10 a.m.–11:55 a.m.	Barre None**
12 p.m.–3 p.m.	Basketball: All Ages Drop-In

Sundays

Dawn–Dusk	Outdoor Walking
9 a.m.–3 p.m.	Indoor Walking
9:30 a.m.–10:15 a.m.	Bootcamp
12 p.m.–1 p.m.	Basketball: Open Shoot

* = class will be both in-person in **ENERGIZE** as well as live-streamed through virtual membership

** = class will be conducted outdoors on the **GATHER** cement pad, weather-permitting. Participants must still use main entrance for screening.

NOTE: Children ages 9-12 years old who have completed Little Lifters orientation are permitted to exercise in **MOVE** or participate in group exercise classes under parental supervision.

**Register online at
myalive.com or by using
the ALIVE mobile app.**



Search "myalive" with iPhone or search "my alive" with Android. Call 517.541.5800, opt. 7, to register or to create an account.



The following outlines some key regulations that we must abide by in order to stay open safely. For a complete listing, please visit myalive.com.

30% Capacity: We are required to limit the number of individuals in the facility to 30% of our capacity. The indoor walking path (EXPLORE) will be open at limited times. Indoor recreation activities will be limited.

Screening: Everyone entering the building will be screened for COVID-19 symptoms, including a temperature check. Individuals that do not pass the screening will not be permitted in the building, so please stay home if you feel ill, are displaying any symptoms or have come in contact with someone who has COVID-19.

Masks: Masks must be worn at *all* times in the facility, except when showering in INDULGE. Please be mindful of your exercise intensity, as masks can make it more difficult to breathe and you may need to take breaks to stay safe.

Physical distancing: All members will need to remain 6' (or greater) away from others that are not from the same household. Some pieces of equipment have been removed; because of this, time limits may be enforced to allow all individuals to use the equipment.

Sanitation: Caregivers will be deep-cleaning throughout the day, but we ask that members continue to wipe down their equipment after use with sanitation wipes provided.

DO

Skill Levels:

B	=	Beginner
I	=	Intermediate
A	=	Advanced

30-Minute Blast (I, A)

Only a half-hour to workout? No problem. Cardio and strength exercises are combined to work a lot of muscles and raise your heart rate in a short amount of time in this energizing workout.

Cost: \$5/class

MOVE Member: FREE

Tues.	12:10 p.m. – 12:40 p.m.
Thurs.	12:10 p.m. – 12:40 p.m.

Basketball: Adult Drop-In

Access to full basketball court to organize a pick-up game. Ages 18 and up.

Cost: \$4/drop-in

MOVE Member: FREE

Mon.	12 p.m. – 1 p.m.
Fri.	12 p.m. – 1 p.m.

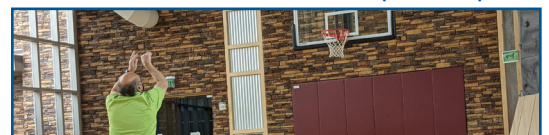
Basketball: All Ages Drop-In

Access to full basketball court to organize a pick-up game. Ages 6 and up.

Cost: \$4/drop-in

MOVE Member: FREE

Sat.	12 p.m. – 3 p.m.
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Basketball: Adult Drop-In

Basketball: Open Shoot

Court is divided up for shooting only, and individual skill development. No pick-up games. Ages 6 and up.

Cost: FREE
MOVE Member: FREE

Tues.	12 p.m. – 1 p.m.
Thurs.	12 p.m. – 1 p.m.
Sun.	12 p.m. – 1 p.m.

Basketball: Teen Drop-In

Access to full basketball court to organize a pick-up game. Ages 13-17.

Cost: \$4/drop-in
MOVE Member: FREE

Tues.	3 p.m. – 4:30 p.m.
Thurs.	3 p.m. – 4:30 p.m.

Barre None (B, I, A)

Inspired by ballet, Pilates and yoga disciplines. Standing and floor exercises for muscle strength, flexibility, balance and agility. Explore Barre training without a bar.

Cost: \$5/class
MOVE Member: FREE

Tues.	5:45 p.m. – 6:30 p.m.
Sat.	11:10 a.m. – 11:55 a.m.

Bootcamp (I, A)

Compound military-style exercises geared toward building strength, power and speed.

Cost: \$5/class
MOVE Member: FREE

Sun.	9:30 a.m. – 10:15 a.m.
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Boxing for Health (B, I)

Utilize specific boxing techniques and exercises designed to combat symptoms for individuals battling Parkinson's and other neurological conditions. New participants will receive an initial orientation prior to beginning the class. Call MOVE at 517.543.9575 to schedule your orientation.

Cost: \$5/class
MOVE Member: \$3/class

Tues.	11 a.m. – 11:45 a.m.
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Circuit Training (B, I)

Make workouts more effective using a combination of cardio and weight machines.

Cost: \$5/class
MOVE Member: FREE

Thurs.	11:15 a.m. – 11:45 a.m.
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CrossFit (I, A)

Upgrade your MOVE membership to include CrossFit. CrossFit Fade, located at ALIVE, combines strength training, plyometrics, speed-training, Olympic and power lifting, kettlebells and more. Workouts tailored for all fitness levels.

CrossFit upgrade (single): \$59/month
CrossFit upgrade (couple): \$99/month
Drop-in: \$15/class

Mon. – Fri.	5:45 a.m. – 6:45 a.m. 9 a.m. – 10 a.m. 4:30 p.m. – 5:30 p.m. 5:30 p.m. – 6:30 p.m. 6:30 p.m. – 7:30 p.m.
Sat.	9 a.m. – 10 a.m.

Fun Fitness (B)

Staying fit doesn't have to be an uphill battle. Improve cardiovascular endurance, strength, balance and flexibility. Ideal for those just beginning exercise.

Cost: \$5/class

MOVE Member: FREE

Wed. 9:35 a.m. – 10:20 a.m.

Group Cycling (B, I, A)

The instructor takes you on a ride through various intensities. A great way to improve fitness levels. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class

MOVE Member: FREE

Tues. 5:45 a.m. – 6:30 a.m.

Thurs. 5:45 a.m. – 6:30 a.m.

Group Cycling: Spin & Sculpt (B, I, A)

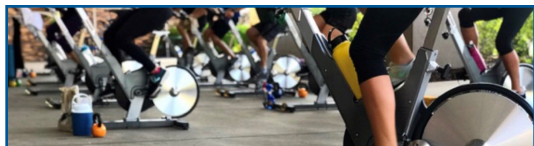
Group cycling with intervals of weight, resistance and body-weight exercises to complement cardio endurance. *This class requires pre-registration; limited capacity of 14.*

Cost: \$5/class

MOVE Member: FREE

Tues. 8 a.m. – 8:45 a.m.
4:45 p.m. – 5:30 p.m.

Thurs. 8 a.m. – 8:45 a.m. (Virtual)
4:45 p.m. – 5:30 p.m. (Virtual)



Group Cycling

Indoor Walking

Feel alive while walking along EXPLORE, indoors. Nine laps per mile on the indoor walking path. Limited capacities will be enforced. Check-in and check-out is required.

Cost: FREE

Mon. – Fri. 5:30 a.m. – 7 a.m.
11 a.m. – 2 p.m.
6 p.m. – 8 p.m.

Sat. 7 a.m. – 3 p.m.

Sun. 9 a.m. – 3 p.m.

Kettlebell Circuit (I, A)

Join this fun yet challenging workout that demonstrates the effectiveness and agility of circuit-based workouts with the kettlebell. Take your strength, endurance and flexibility to the next level.

Cost: \$5/class

MOVE Member: FREE

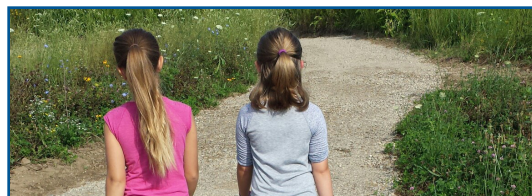
Mon. 8 a.m. – 8:45 a.m.

Wed 8 a.m. – 8:45 a.m.

Outdoor Walking

Bring a friend and feel alive while walking along EXPLORE, outdoors. Always open dawn until dusk. Includes 1/5-mile outdoor walking path and trail in PRESERVE.

Cost: FREE



Outdoor Walking

Pickleball (B)

Challenge a friend to this fun game that appeals to all ages. Access to the full pickleball court to organize a game. Rules and instructions available. Ages 6 and up.

Cost: \$4/drop-in
MOVE Member: FREE

Mon.	10:30 a.m. – 12 p.m.
Tues.	1 p.m. – 2:45 p.m.
Wed.	10:30 a.m. – 12 p.m.
Thurs.	1 p.m. – 2:45 p.m.

Rock Climbing

Challenge yourself to ASCEND, the 24-foot rock climbing wall. All ages welcome, minimum weight requirement of 45 pounds; review of waiver and sign-in required each time.

Cost: FREE

Sat., May 15	10 a.m. – 12 p.m.
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Sculpt & Stability (B, I, A)

Join this low cardio, challenging workout that will improve balance and stability, muscle endurance, joint mobility and flexibility.

Cost: \$5/class
MOVE Member: FREE

Tues.	9 a.m. – 9:45 a.m.
Fri	9 a.m. – 9:45 a.m.



Tabata

Step & Sculpt (B, I, A)

Improve cardiovascular endurance by engaging in full-body sculpting through this interval-based step workout.

Cost: \$5/class
MOVE Member: FREE

Thurs.	5:45 p.m. – 6:30 p.m.
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Tabata (B, I, A)

High Intensity Interval Training (H.I.I.T.) consisting of timed intervals composed of exercising at maximum intensity in short bursts, followed by active rest. Delivers positive results, including improved aerobic and anaerobic endurance, muscular endurance and fat burning.

Cost: \$5/class
MOVE Member: FREE

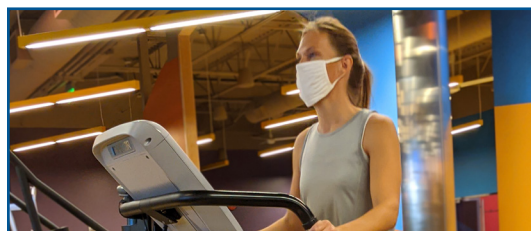
Mon.	10:10 a.m. – 10:55 a.m. 4:45 p.m. – 5:30 p.m.
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Zumba (B, I)

A fusion of Latin and international music with dance creates a dynamic fitness system.

Cost: \$5/class
MOVE Member: FREE

Tues.	10 a.m.–10:50 a.m.
Wed.	5:30 p.m.–6:20 p.m.
Thurs.	10 a.m.–10:50 a.m.



MOVE member in PULSE

BREATHE

Deep Stretch (B, I)

Flexibility is a key element to creating a strong, healthy body and loosening muscle groups. Participants are encouraged to warm up muscles before class.

Cost: \$5/class

MOVE Member: FREE

Wed. 9 a.m. – 9:30 a.m.

Fri. 10 a.m. – 10:30 a.m.

PiYo (I, A)

A workout inspired by the mind-body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning and dynamic movements.

Cost: \$5/class

MOVE Member: FREE

Sat. 8 a.m. – 8:50 a.m.

Yoga: Basic (B)

Improve balance, strength and flexibility. Learn gentle poses focusing on relaxation, healing and realigning the body.

Cost: \$5/class

MOVE Member: FREE

Mon. 9 a.m. – 9:55 a.m.
6:30 p.m. – 7:25 p.m. (Virtual)

Wed. 6:30 p.m. – 7:25 p.m. (Virtual)

Thurs. 9 a.m. – 9:55 a.m.

Sat. 10 a.m. – 10:55 a.m.



PiYo

EAT

Power Bowl & Go

Instructor: Ellen Dreps

Enjoy your very own personalized power bowl during this conveniently-timed lunch break. Learn what grains, proteins and vegetables to use to create a delicious filling lunch. Not only will your stomach be satisfied but you'll leave with your brain feeling powerful too.

Cost: \$12

Wed., May 19 11:45 a.m. – 12:15 p.m.



Power Bowl & Go

SUPPORT

Alzheimer's Support Group

This support group is not currently meeting in-person, however participants may reach out to Larissa Krem at Larissa.Sensations@gmail.com with any questions, advice, or information.

Cost: FREE

Autism Support Group

A support group to connect monthly with individuals caring for children with Autism. Spend an evening with others who understand. Participants may still attend in-person or reach out to support group facilitator Jamie Merrill, for Zoom information, at 706.987.0187.

Cost: FREE

Thurs., May 20 6:30 p.m. – 7:30 p.m.

Diabetes Support Group

Assistance for all individuals with diabetes and their families. Healthcare professionals and speakers present topics ranging from new medications and treatments to healthy eating. For more information about this monthly offering, contact deborah.dillon@sparrow.org.

Cost: FREE

Thurs., May 27 1 p.m. – 2 p.m.

TOPS: Take Off Pounds Sensibly

Leader: Rebecca Malerba

This weight-loss support and wellness education organization started in 1948. Learn sensible nutrition, receive ongoing support and experience gradual change. Visit tops.org for pricing information or call 517.410.0482.

Wed. 5:30 p.m. – 7:15 p.m.

THINK

WORKSHOPS

Participate and engage in interactive programs aimed at educating, creating and inspiring.

Fun with Fonts

Instructors: Carrie Mason & Emily VanDorpe

This beginner-level, tutorial-style class will leave you feeling confident with a chalk marker in hand. Enjoy sipping on refreshments from an elegant coffee bar while you learn tips to create personalized, handwritten designs at home. All supplies will be provided for this modern calligraphy and chalkboard art event and giveaways will be awarded! *Pre-register using the MyAlive mobile app or by calling 517.541.5800, opt. 7; limit 20 registrants.*

Cost: \$15

Sat., May 1 9 a.m. – 10:30 a.m.

Injury Assessments

Instructor: ALIVE Clinical Caregivers

If you are experiencing a nagging injury like sore feet, knees or back, join us for a free consult with a health professional (such as a physical therapist) to discuss the problem. *Call to schedule this by-appointment, on-demand program at a time that's convenient for you at 517.541.5800 opt. 2.*

Cost: FREE



Fun with Fonts

Plant Exchange

Instructor: Andrué Bergmooser

Spring is here which makes for a great time to transplant for the new year! Participants bring plant(s) they are willing to divide or part with and exchange for something new in multiple rounds of give and take. Bulbs, perennials, shrubs, self-seeding annuals, grasses, or herbs are all welcome. Held in HARVEST, outdoors. Please register by calling 517.541.5800, opt. 7 or by emailing bergmooa@gmail.com; provide a list of plants that you plan on bringing

Cost: FREE

Sun., May 16 10:30 a.m. – 12 p.m.
(10:30–11 a.m. check-in, 11 a.m. exchange begins)



Plant Exchange



**GROW is a recreational
and enrichment area
for children ages
3 months to 12 years*.**

COST:

- \$5 per child per visit
- \$4 per child per visit for MOVE members

GROW monthly memberships are available to children of MOVE members:

- First child - \$17 per month
- Each additional child - \$11 per month

Current hours listed on page 2.

**Call (517) 541-5803
to speak with GROW caregivers.**



**Children ages 3 months to 24 months require reservations.*

GROW

Mother's Day Pop-Up Craft

While utilizing GROW, your littles have the opportunity to craft a special, handmade keepsake for Mother's Day during the week prior. We provide all supplies and facilitate the process of helping your child personalize a memento for mom, grandma, or any mother-figure in their life!

Cost: \$5

May 3–7 9–11 a.m. & 4:30–6:30 p.m.

Rock Climbing Safari

Try the rock climbing safari on ASCEND to reach the zebra, giraffe and other animals. Receive a sticker for the highest level attained. **See page 18 for open rock climbing schedule.** Ages 5-12; minimum weight requirement is 45 lbs. *A parent or guardian must sign-in and be present during the session.*

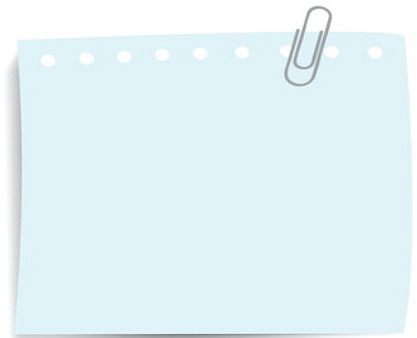
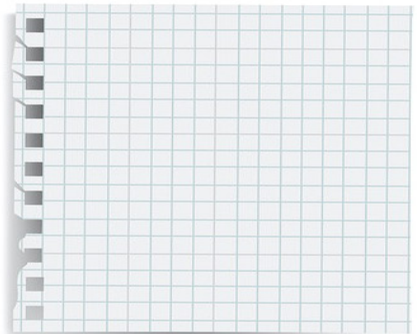
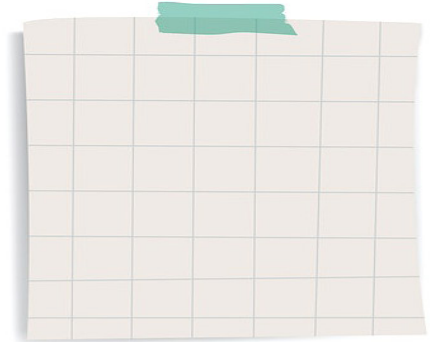
StoryWalk®

Take a walk through EXPLORE in PRESERVE to read the newest children's book on the Charlotte Community Library's StoryWalk®. Always open during normal operating hours. Enjoy a picture book and some simple activities that will engage the whole family. **This spring's StoryWalk® is Count The Monkeys.** A new book is featured each spring, summer and fall.

Cost: FREE



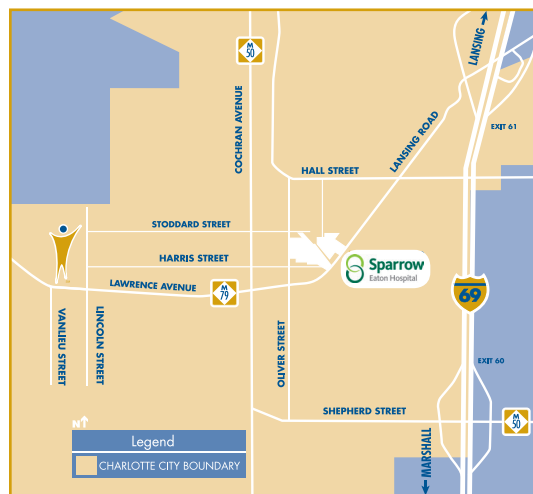
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Sparrow Eaton Hospital (SEH) Service Directory

SEH – Main	543.1050
Ambulance Services	911 or 541.5912
Anticoagulation Clinic	541.5861
Breast Care Center	541.5805
Cardio/Pulmonary Rehab	543.1050, ext. 52469
Diabetes Program	543.1050, ext. 52390
Emergency Department	911 or 543.9508
Endoscopy Station	543.9501
Food and Nutrition	541.5909
Heart Station	541.5840
Human Resources	543.9502
Infusion	541.5955
Laboratory	543.9505
Medical Records	543.1050, ext. 52307
Medical and Surgical Unit	543.1050, ext. 52605
Patient Financial Services	543.1050, ext. 52740
Respiratory Services	541.5948
Sleep Station	541.5845
Surgery	543.1050, ext. 52415
Urgent Care	541.5935

For more information about SEH services,
visit Sparrow.org/Eaton.



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