

Spring / Summer  
2014

# GO A.W.O.L. ADULTS WITH OUT LIMITS

Get Fit Your Way!  
These programs are  
designed for the  
active adult!

Like New  
Adventures  
~ Join Others  
Just Like you!

Group Travel  
Let Us Help You  
Complete Your  
Bucket List

Caledonia Resource Center  
9749 Duncan Lake Ave.  
Caledonia, MI 49316  
Phone: 891-8117  
Fax: 891-7014



[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)



## Fencing for ages 55 and better

Ironically, a sport that features a weapon is also among the safest sports for its participants. (Read more: [www.livestrong.com](http://www.livestrong.com)) Classes are designed for individuals with little or no fencing experience. All equipment is provided. This class is not recommended for anyone with knee or shoulder issues.

Wed 3:30 - 4:15 pm 4/30 - 6/4 \$89 (\$79 early bird) @ West Michigan Fencing Academy



## Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room on Mondays, Wednesdays and Fridays. There will be a staff member in attendance during this time however, use of the weight room is at your own risk. A completed emergency / health form will be required of all participants. Pre-registration is not required.

Mon, Wed, & Fri 10 - 11 a.m.  
Free - (donations accepted) for 55 and over -\$2 per visit under 55.

**Register Online**  
**[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)**

## Pickleball - Lessons or Open Play

Love to play racquet sports? Pickleball is the newest and fastest growing sport in the U.S. It is a great game and very easy for beginners to learn! It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. A quick, fast-paced, competitive game that can be easily learned. Our instructor, Linda Jirous is a teacher who is also an avid pickleball player. She is passionate about teaching you this new sport. All equipment will be provided or you may purchase new equipment from the instructor. If you already know how to play you can still join us, we will have some courts designated for open play.



Thu 5/1 - 5/22 7-8:30 p.m. \$49 (\$39 early bird) DLMS Main Gym

## Horseback Riding

Join us for a morning at LEGACY STABLES. This little slice of heaven has almost 28 acres of pure country with beautiful trails, yet is close to the city and easy to get to:

We will learn some interesting facts about horses and how to be around them in a safe way. After tacking up together and fitting some helmets we ride. Each rider will spend at least 40 minutes in the saddle. A signed release of liability is required for all participants.

Wednesday, May 28 from 10 - 11:30am \$25



## Tai-Chi - Qigong A Way of Ultimate Energy Collection

Tai Chi- essentially, moving Qigong - is stress free exercise which alleviates stiff muscles, aching joints, and tight tendons unlike high impact exercise regimes such as running, weight training, or even yoga.

Qigong / Chi Gung is a path which incorporates focusing internal breathing with stationary and moving exercises that energize specific organs. Over a period of time, Qigong will strengthen the immune system, purify the body, facilitate balance, assist your mind to focus more clearly and diminish arthritic pain. This healing art is for anyone of any age.

Thu 4/17 - 6/5 \$79 (\$69 early bird)  
6 - 7 p.m.  
Caledonia Elem. Cafe.

## Get On The List

If you would like to receive information about our AWOL activities, please call us at 891-8117 or e-mail us at [stehouwers@calschools.org](mailto:stehouwers@calschools.org). We will add you to our mailing list and our e-mail list so you can keep up with all the newest activities we have planned.



## Biking

Spring is almost here and we are getting ready to start our biking group again. We have had several inquiries and hopefully many new participants will be joining our group this spring. Our group meets on Tuesdays at 9:00 a.m. at various bike trails. A new trail is chosen for each month. If you would like to join us, please e-mail Sherry at [stehouwers@calschools.org](mailto:stehouwers@calschools.org) and ask to be added to our e-mail list. We welcome new riders and hope to have you join us!



Our first ride of the season will be Tuesday, May 6 (weather permitting.) We will meet at the trail head on Main Street in Caledonia at 9 a.m. After we ride the trail we will continue our ride back to the school where we will meet to discuss our season schedule. Refreshments will be provided. Please RSVP to [stehouwers@calschools.org](mailto:stehouwers@calschools.org) so we know who to look for at the trail.

## Hiking

Join us for a beautiful hike through the Yankee Springs Recreation Area. We will hike the Chief Noonday Trail which is a 4 mile round trip trail. This trail was named after a famous Ottawa Indian Chief who resided in the area. The trail begins just off Chief Noonday Road and travels to the Devil's Soup Bowl and returns. McDonald Lake Overlook gives a panoramic view of the area along the way.

We will meet at the Caledonia Resource Center and car pool to the trail. After our hike we will enjoy lunch or ice cream at a local eatery where we can spend a few minutes getting to know each other.

Wednesday, June 25. Meet at 9 a.m. at the Caledonia Resource Center. Please pre-register so we know how many participants will be attending.



## Kayak Day Trip

Join us on the beautiful Flat River for one of the most beautiful paddles in the area with lots of nature surrounding the paddler. Kayak-Kayak will arrange the paddle and accompany, or have one of their paddlers accompany our group. The Flat is beautiful and flat, so there is no advanced skill needed!



Saturday, May 17  
11 a.m. - 1 p.m. \$45  
(\$35 early bird)

includes Kayak rental. \$29 ( \$19 earlybird) If you bring your own kayak. We will meet at the Fallsburg park at the covered bridge. You must pre-register. Limited number of rental Kayaks available.

## Register online at

[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)

## Golf Outing

Join us for the perfect combination of natural beauty and challenging play. We will be playing 9 holes on well-groomed fairways with nature's peaceful splendor and abundant wild-life all around us. You must know how to play and have your own clubs. All levels of playing ability welcome. You must pre-register through the Caledonia Resource Center.



Monday, June 2 Tee off time 9 a.m.  
\$14 with a cart, \$9 for walkers  
Saskatoon Golf Club 9038 92nd St. SE, Alto

Monday, August 11 Tee off time 9 a.m.  
\$13.50 with a cart, \$8 for walkers.  
Broadmoor Country Club 7725 Kraft Ave, Caledonia

# Travel With Us!!

## Caledonia "GlobeTrotters"



Everyone is welcome on any of our trips! You do not need to be a Caledonia resident to join us! Call to register for your favorite trip today at 891-8117. The commission earned on these trips helps support our community center. Take a vacation with us and help support our program!

### Let's Go Up North!

Ride the Kewadin bus with us! We will stop at 3 casinos; twice at Odawa in Petosky, twice at Kewadin in St. Ignace, and overnight at Kewadin in Sault Ste. Marie. Your trip includes overnight hotel accommodations at the Kewadin Casino Hotel, dinner buffet, breakfast buffet, and \$70 back in free play (subject to change.) This trip will fill up fast! Call us at 891-8117 to make a reservation

September 27 & 28, 2014  
\$155 per person \$50 deposit due with registration. **Final payment is due 45 days prior to the departure date.**

Departs at 7:00 a.m. and returns the following day at approximately 9:00 p.m.  
Includes: Motorcoach transportation, hotel accommodations, dinner, breakfast, refreshments on the bus, \$70 in free play, and luggage service.

### We will need the following information when you register:

- Roommate's name
- Birthdate
- Address and phone number
- Northern Rewards and Odawa Club card numbers if you have them
- Smoking or Non-smoking preference
- Handicap or special needs



### Bus Departure Location

The bus will depart for all of our trips from the football field parking lot at the corner of Johnson and School St., and at the end of Main St.

### Little River Casino

Join us for a day trip to Little River Casino on Tuesday, May 20, 2014. The bus will depart from the football field parking lot at 9:30 a.m. and return at 7:30 p.m. We will make a fast food dinner stop on the way home (on your own.) The cost per person is just \$25. You will receive \$30 in credits and a \$3 food voucher.

You must register by May 5. We must have a minimum of 25 people so bring all of your friends!

Tuesday, May 20 9:30 a.m. - 7:30 p.m. \$25



### Chicago Shopping

Our annual shopping trip will be on Saturday, November 15, 2014. We will be dropped off near the Magnificent Mile where you will have the entire day to shop. All the big names in shopping are present here, from Disney, Apple and Niketown to Bloomingdales and Saks Fifth Avenue. Bring your daughter and visit the American Girl Place! Not a shopper? Spend the day sightseeing! This trip is just \$55 per person and includes juice and sweet rolls en route. Join us for a full day of shop-til-you-drop fun! The motorcoach will depart from the football field parking lot on the corner of Johnson and Main St.

Saturday, November 15 Departs 7 am Returns 11 pm \$55  
Includes: Motorcoach transportation, juice and sweet rolls en route, and driver gratuity.  
RSVP: Reservations must be made by 10/15



### Cornwell's Turkeyville

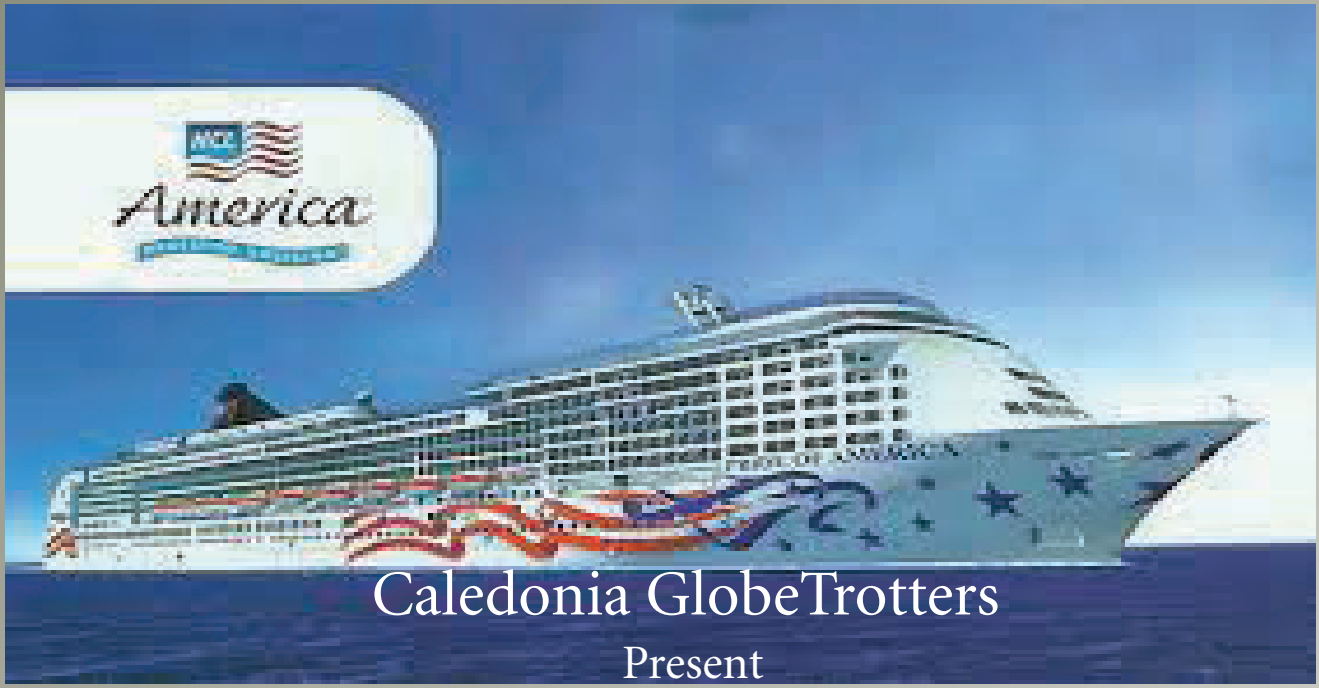
#### Ring Of Fire - The Johnny Cash Story

Join us for an old favorite today as we head to Marshall, Michigan to enjoy a wonderful show and turkey dinner with all the trimmings.

From the iconic song book of Johnny Cash comes this unique show - a musical portrait of "The Man In Black," that promises to be a foot-stompin', crowd-pleasin' salute to a uniquely American legend! Though he is never impersonated, Johnny Cash's remarkable life story is told through his classic hits - including "I walk The Line," "A Boy Named Sue," "Folsom Prison Blues" and the title tune, performed by a multi-talented cast.

Tuesday, August 26 \$65 includes motorcoach transportation, dinner, show, and driver gratuity.





## Caledonia Globe Trotters

Present

# Hawaii

October 9 - 18, 2014

10 Days / 9 Nights

*On Board the Beautiful*

## Pride of America

with 2 night pre-stay at the Marriott Waikiki Beach Resort

Day 1	Thu	Depart Grand Rapids --Arrive in Honolulu transfer to the Marriott
Day 2	Fri	Honolulu - Marriott Waikiki Beach Resort
Day 3	Sat	Honolulu (EMBARK) --- 7:00 pm
Day 4	Sun	Maui (Kahului) --8:00 am - Overnight
Day 5	Mon	Maui (Kahului) --6:00 pm Depart
Day 6	Tue	Hilo --8:00 am - 6:00 pm
Day 7	Wed	Kona --7:00 a.m.- 5:30 p.m.
Day 8	Thu	Kauai --8:00 am - Overnight
Day 9	Fri	Kauai --- 2:00 pm Depart
Day 10	Sat	Honolulu (DISEMBARK) 7:00 am



**Call 891-8117 or e-mail  
stehouwers@calschools.org  
for more information  
or to make reservations.**

\$2,051 inside cabin pp/dbl  
 \$2,239 outside cabin with obstructed view pp/dbl  
 \$2,772 balcony cabin pp/dbl  
 Includes: cruise, cruise taxes, port fees and hotel.  
 Airfare not included. We can book it for you or  
 you can book your own.  
 \$250 per person deposit required to hold your  
 space.

**Call 891-8117 or e-mail stehouwers@calschools.org for a brochure.**

# Southeast Asia & Japan

April 15 - 29, 2015

*Aboard the beautiful Diamond Princess*

*15 Days / 14 Nights*

*Air departs US on April 14th in order to arrive in Singapore on April 15th.*

DAY	PORT	ARRIVE	DEPART	Balcony Cabin	BC	\$5948
1.	Singapore		5:00 p.m.	Balcony Cabin	BB	\$6028
2.	At Sea			Mini Suite	MD	\$7168
3.	Ho Chi Minh City (Phu My) Vietnam	7:00 a.m.	5:30 p.m.	Mini Suite	MB	\$7318
4.	Nha Trang, Vietnam	8:00 a.m.	4:00 p.m.			
5.	Da Nang/Hue (Chan May) Vietnam	10:00 a.m.	7:00 p.m.			
6.	At Sea					
7.	Hong Kong, China	7:00 a.m.	Overnight			
8.	Hong Kong, China		6:00 p.m.			
9.	At Sea					
10.	Taipei (Keelung), Taiwan	7:00 a.m.	6:00 p.m.			
11.	At Sea					
12.	Kagoshima, Japan	7:00 a.m.	4:00 p.m.			
13.	Osaka, Japan	2:00 p.m.	10:00 p.m.			
14.	At Sea					
15.	Tokoyo, (Yokohama) Japan	6:00 a.m.				

Rates are per person, double occupancy, and include round trip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship. ALL PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED

**\*\*PASSPORT REQUIRED\*\***

**Deposit Policy:** An initial deposit of \$1040 per person double occupancy or \$2080 per person single occupancy is required in order to secure reservations and assign cabins. Final balance is due December 30, 2014. Those who book early get the best cabin locations and their preferred dining times.



Call 891-8117 for more information.

# South Dakota Adventure

August 20 - August 27

Mount Rushmore • Devil's Tower • Crazy Horse Memorial

Fort Hays • Badlands National Park • Custer State Park

Buffalo Jeep Safari • 1880 Train • Deadwood • Wild Horse Sanctuary

## Tour Highlight:

- Mount Rushmore
- Mount Rushmore at Night
- Devil's Tower National Monument
- Crazy Horse Memorial
- Fort Hays
- Badlands National Park
- Wall Drug Store
- Custer State Park
- Buffalo Jeep Safari
- State Game Lodge Dinner
- 1880 Train
- Deadwood
- Wild Horse Sanctuary
- The Journey Museum & Sioux Indian Museum
- Black Hills Gold Factory
- K-Bar S Ranch Dinner
- Chuckwagon Supper & Cowboy Show



## Free Travel Presentation

If you would like to find out more about our trip to South Dakota, please join us for a travel presentation on April.29 at 12:30 p.m. in Resource Center room 301. Call 891-8117 to RSVP.

## 7-day tour includes:

- Round-trip air transportation from GRR
- Professional Tour Director
- 6 nights accommodations at the Holiday Inn Rushmore Plaza in Rapid City
- 6 Breakfasts & 4 Dinners
- Admissions per Itinerary
- Motorcoach Transportation
- Baggage Handling
- Hotel Transfers

## How to Enroll

### Online

Visit our website at:

[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)

### By Mail

Simply complete the registration form and send it with your check/money order made out to Caledonia Resource Center, or your Visa / MasterCard number, expiration date, and signature to:

Caledonia Resource Center  
9749 Duncan Lake Ave.  
Caledonia, MI 49316

### Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a \$3 convenience fee charged to each order when paying by credit card. If you wish to pay by check you may mail in your registration to the above address.

## Registration Form

Name \_\_\_\_\_

Birthdate \_\_\_\_\_ Phone #: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip Code \_\_\_\_\_

e-mail \_\_\_\_\_  
(\*for our records only - will not be shared)

Course/Activity	Fee

Total Fee \_\_\_\_\_

Visa/MC \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_



Caledonia Resource Center  
9749 Duncan Lake Ave.  
Caledonia, MI 49316

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# *Hawaii*

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