

COMMUNITY CONNECTIONS

Fall 2020
Volume 4 Issue 2



Be Inspired!

Welcome Back!!
We Missed You!

**Classes For Every Member
Of Your Family!**

Inside This Issue:

Introduction to Horses....6

SAT prep7

Make A Chunky Blanket.....13



**Caledonia Community Schools
Caledonia Resource Center**

**Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L
inspiremenow.org**

Inside

Youth Programs
Sports & Enrichment 2-4

CMS & CHS Enrichment 7

Theatre 9 -10

Adult Enrichment Classes
Health & Fitness 9 - 12

Art 13

Misc 14 - 15

Online Classes 16

55 and Better Programs
A.W.O.L 17
Activities 18 - 19
Travel 20 - 23

General Information
Registration Information 24
Registration Form 25

Community Connections is published three times per year: March, August and December. This issue was published August 2020 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316

Early Bird Discounts!

Sign up for your favorite class or activity one week or more before it begins and save \$10! Signing up is easy! Go online any time day or night to register at www.inspiremenow.org. This offer applies to any class or activity with a listed Early Bird price.

Welcome to the Caledonia Resource Center's Fall 2020 Course Catalog

The Caledonia Resource Center would like to invite you to get inspired! This catalog includes many opportunities for all ages to get fit, learn a new skill or just have fun! Our goal is to create classes and programs to enrich your life.

Please take a moment to browse through this catalog and find something that will inspire you! We have some brand new classes along with many of your favorites from the past. Join us and be inspired!

EDITED FOR FALL 2020

This catalog looks different than the one you received in your mailbox. We have removed anything that has had to be cancelled due to restrictions so far. Changes may still be made. Classes that are in session will have safety measures in place. We will email you what you need to know. Please call with any questions.



Introduction to Horses pg 6 New class time available!



Hand Crochet Chunky Blanket Pg 13

Register online at:
www.inspiremenow.org

Youth Sports

Karate Kids

Build confidence, focus and self-esteem! Learn the art of karate for these benefits and much more. Join us for lessons in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages.

Ages 13 & under 6 - 7 p.m.
Session I M & W 9/14 - 10/21
Session II M & W 10/28 - 12/2 (omit 11/25)
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnasium



Peaceful Dragons Self Defense & Safety Awareness

Do you want your child to learn confidence, respect and self control? Have them join this fun course which emphasizes on child safety awareness and life lessons! Your child will be taught self defense with martial arts moves. The students have the opportunity to do light contact sparring to further their self defense skills. Additional safety equipment will be needed. The students can test each semester for their next belt rank (\$15 fee). Each student will receive a certificate and medal for their hard work. Welcome to a program that will prepare your child for life!

All sparring equipment for class use is provided.

Mon 9/21 - 11/16
\$79 Early Bird Fee / \$89 Regular Fee
Class I 6:00 - 6:45 p.m. Beginning Students Ages 5 - 8
Class II 6:45 - 7:30 p.m. Returning Students Ages 5 - 8
Class III 7:30 - 8:15 p.m. Beginning Students Ages 9 - 12
Class IV 8:15 - 9:00 p.m. Returning Students Ages 9 - 15
DLMS Aux. Gym
*A uniform is highly recommended. Uniforms available for purchase at the 1st class.
Required items: Boys sparring package \$35 or girls package \$22 - includes soft shin guards, mouth guard and case and supporter/cup for boys.
Advanced students (yellow belt/green tip and above) are required to have their own sparring gloves and sparring helmet (\$69).

Please arrive 15 min. early on the first night.

Additional Opportunities - Fall Sparring Clinic
Sat 11/21 Aux. Gym 9:30 a.m. - 12 p.m.
Additional fees apply

ENGARDE!

Ironically, a sport that features a weapon is also among the safest sports for its participants. This class is designed for individuals with little or no fencing experience. Build confidence, focus, self-esteem and have fun! All equipment is provided.



YOUNG SQUIRES FENCING - Ages 5 - 7
Wed 9/16 - 10/21
Wed 11/4 - 12/16 (omit 11/27)
4:30 - 5:15 p.m.

BEGINNING FENCING - Ages 7 - 13
Thur 9/17 - 10/22
Mon 11/9 - 12/14
5:30 - 6:30 p.m.

CONTINUING FENCING - Ages 7 - 13
Prerequisite - must already have completed at least one six-week class or one of the camp sessions.
Mon 9/14 - 10/19
Thur 11/5 - 12/17 (omit 11/26)
5:30 - 6:30 p.m.

\$85 Early Bird Fee / \$95 Regular Fee
All classes are taught at the West Michigan Fencing Academy at 1111 Godfrey Ave SW, Grand Rapids. A map is available at www.wmfa.org.

Instructor: Head Coach Nemecek has served as one of the US Women's National Foil Coaches and has produced the only fencer in West Michigan to ever represent the US on any World Championship team.

Youth Sports

CYBL Skill Session

Grades K - 2nd

We would like to invite your child to participate in a skill session before their basketball season gets under way. This session will be for kids in kindergarten, 1st, and 2nd grades. Your child will work on the basics of the sport: dribbling, passing, shooting, and defense. The goal is for your child to have a solid foundation and learn the rules of the game before the season starts in January. We will practice using the same size baskets and the same size balls that they will use during the season. Space is limited.

Wed 11/4 - 11/18 6 - 7 p.m. \$30
Emmons Lake Elem. Gym
Volunteers needed! Contact Coach Backus at acb42@msn.com to volunteer.

CYBL Girls 5th & 6th Grade

Winter Basketball

Caledonia Youth Basketball is looking to teach your daughter the basic skills of basketball and at the same time allow them to enjoy showing what they learn in practice during games. Proper shooting, dribbling, passing and defensive techniques will be taught to each child weekly during practice. They will also have the chance to play other teams in a six game season. Our goal for this program is to teach each child to love the game of basketball and want to continue on with basketball in the future. Basic skills will be taught to every child and equal playing time will be given to each kid. This will be our first year offering this program and it is a continuation of the K - 4th grade program.

Practice will begin the week of January 11th with games starting February 6th running through March 13th. Practice days could be Monday, Tuesday or Wednesday.

Cost: \$65 per child (includes jersey).
Volunteers will be needed, so if you are interested please email Andy Backus at acb42@msn.com with any questions or offers of volunteering.

Registering is quick!

online: www.inspiremenow.org

call : 616-891-8117

CYBL Skill Session Grades 3rd & 4th

We would like to invite your child to participate in a skill session before their basketball season gets under way. This session will be for kids in 3rd and 4th grade. We will continue to help your kids advance in the basics of the game including ball handling, passing, shooting, defense and rebounding. The goal will be for the kids to be ready for the season that starts in January. We will practice using the same size baskets the same size balls they will use during the season. Space is limited.

Wed 11/4 - 11/18 7 - 8 p.m. \$30
Emmons Lake Elem. Gym
Volunteers needed! Contact Coach Backus at acb42@msn.com to volunteer.



CYBL Boys & Girls K - 4th Grade

Winter Basketball

Caledonia Youth Basketball is looking to teach your son and/or daughter the basic skills of basketball and at the same time allow them to enjoy showing what they learn in practice during games. Proper shooting, dribbling, passing and defensive techniques will be taught to each child weekly during practice. They will also have the chance to play other teams in a six game season. Our goal for this program is to teach each child to love the game of basketball, and want to continue playing basketball in the future. Basic skills will be taught to every child and equal playing time will be given. We are looking forward to our third year. Last year we had over 300 kids!

Boys and girls leagues will be separate for 1st - 4th grade with 1st and 2nd playing together and 3rd and 4th playing together. Kindergarten children will play together; we welcome young 5's to join as well.

Practice will begin the week of January 11th with games starting February 6th running through March 13th. Practice days could be Monday, Tuesday, Wednesday, or Thursday.

Cost: \$65 per child (includes jersey).
Volunteers will be needed, so if you are interested please email Andy Backus at acb42@msn.com with any questions or offers of volunteering.

Youth Sports



Fighting Scots Boys Basketball 5th & 6th Grades

This year's youth basketball teams will be determined based upon a coaches' draft. Prior to the draft, there will be two player showcases held on Saturday, October 31 and Saturday, November 7 at Caledonia High School. It is highly recommended that you attend BOTH showcases for your grade. Showcases will be from 8:30 - 9:30 a.m. for 5th graders and 9:45 - 10:45 a.m. for 6th graders.

Practices will begin during the week of November 16th. Practice times and dates will be assigned at the coaches' draft. Games will take place on Saturday mornings at Caledonia High School beginning on January 9, 2020. Game times will be between 9 - 11 a.m. Each team will play up to 12 games over a six-week session which will end with a double elimination tournament on February 15, 2020.

Players will be contacted by their assigned coach no later than November 14. Times and dates of practices will be provided at this time.

Key Dates

October 31	1st Player's Showcase - CHS
November 7	2nd Player's Showcase - CHS
November 16	Practices begin
January 9	Games begin - CHS

\$80 (includes league fee and reversible jersey)

Register online at www.inspiremenow.org

Varsity players will officiate and mentor for the games.

Coaches needed for the 2020/21 Season:

Are you interested in coaching youth basketball? We are currently looking for volunteers to serve as coaches for our teams. Email the league Director, Eric Touri Calyouthbball@gmail.com.

These programs are supported by the Caledonia Boys Basketball Program. Proceeds from the programs will be used for improving the Caledonia Basketball program, including equipment, coaching clinics, and general needs.

Fighting Scots Boys Basketball 2nd - 4th Grades

This year's youth basketball clinic will offer a five-week skills development course. The first three weeks will be spent teaching the correct fundamentals of individual skills (i.e. proper shooting technique, dribbling, passing, footwork, etc). The final two weeks will consist of the skill work listed above, along with game play, which will provide an opportunity for each player to apply what they have learned.

This program is focused on the development of individual skills and player confidence through the interaction with high school freshmen and junior varsity basketball players that serve as mentors and coaches who will work with your son to improve his fundamental skill set, confidence, and love for the game.

Sat 1/9 - 2/6 9 - 10:30 a.m. \$55 (fee includes a T-shirt)
Caledonia High School - South Campus and DLMS
Main & Aux. Gyms

If you have any questions, please e-mail them to Eric Touri at: calyouthbball@gmail.com.

Future Sweet Ladies Basketball 5th and 6th Grade Girls ~ Rising Stars Fall Basketball

It is our goal to teach the components of teamwork and sportsmanship while building and developing the fundamental skills of basketball. The program consists of two Saturday clinics and 5 - 6 Saturdays of games (depending on league schools participating) with practices during the week. Players will be part of the Rising Stars Youth Basketball League beginning in October site TBD. Practice sites will be held at Duncan Lake Middle School. The first day of practice will be Monday, October 1st for 5th grade, and Tuesday, October 2nd for 6th grade with an optional practice for both 5th and 6th grades on Wednesday, October 3rd. Practices will be from 6 - 8 p.m.

Clinic Sat 9/12 & 9/19 10 a.m. - 12 p.m.

Caledonia High School South Gym

Games will be held in various locations each Saturday. \$60 the first child, \$40 for a 2nd family member (Jersey is included).

If you have any question regarding the league feel free to contact Coach Glass: call 616-890-2582 or email mglass@fhps.net

Youth Enrichment

BATTLE GRAND RAPIDS TACTICAL GAMES



BattleGR Tactical Games Laser Tag

This program brings the fun of strategy to a long time favorite game of laser tag. With multiple strategic games to play your child will be begging you to sign them up again. Much like the video games that kids play today, we will be focusing on the importance of working together as a team to achieve an objective. Wear athletic type clothes as this is an active game and bring a water bottle.

Kettle Lake Wed 9/16 - 10/21
Dutton Elem. Thu 9/17 - 10/22
Emmons Lake Wed 10/28 - 12/9 (omit 11/25)
Paris Ridge Thu 10/29 - 12/10 (Omit 11/26)
Caledonia Elem. Wed 1/13 - 2/17
3:45 - 5 p.m. 3rd - 5th grade
\$115 Early Bird Fee / \$125 Regular Fee

Share Your Passion!

Do you have a hobby or skill you are passionate about? Become an enrichment instructor and share your knowledge with others! We are always looking for new class ideas and instructors. If you would like to find out more about how to teach a class with us, please call 891-8117.



American Safety & Health Institute Babysitter's Training



You can become a certified baby-sitter! In this class you will learn the responsibilities of babysitting including diapering and feeding, safety hazards, preventing injuries, and communicating effectively with parents. We will also touch base on CPR, first aid and AED training. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.

Session 1 Mon & Tue 10/5 & 10/6
Session II Mon & Tues 11/2 & 11/3
Session III Mon & Tues 12/7 & 12/8
5:30 - 8 p.m. \$89 Early Bird Fee / \$99 Regular Fee
(book included) DLMS TBD

Our instructors, Patti & Steve Ross, are certified instructors for The American Safety and Health Institute with over 10 years of teaching experience.

Champion Force Cheerleading

Champion Force Cheer is a fun and exciting program for students ages 4 - 15 with or without previous experience. Students will learn jumps, kicks, arm motions, stunting, cheers and chants and learn a pom dance routine. Students will learn the necessary skills needed for school cheerleading try-outs. Our program works to build self confidence, poise, self-esteem and physical fitness. Optional events may be offered. Optional merchandise may be purchased through the coach at class. Poms are available for purchase your first night for \$23 (optional purchase).

Mon 9/14 - 1/18 (omit 12/21 & 12/28)
Division 1 ages 4 - 6 6:00 - 6:45 p.m.
Division 2 ages 7 - 9 6:45 - 7:30 p.m.
Division 3 ages 10 + 7:30 - 8:15 p.m.
\$139 Early Bird Fee / \$149 Regular Fee
Division 4 (try-out team) 8- 9 p.m.
\$179 Early Bird Fee / \$189 Regular Fee
Caledonia Elem. Cafe

Registering is easy!

online: www.inspiremenow.org
call : 616-891-8117

Youth Enrichment



Virtual Reality: Building a Robot

Ages 5-9 Enjoy building your own robot, decorating it, and playing with it while you learn about how robots work! This class is designed for younger children to build a robot with a parent or grandparent. Students will keep their robot!

Mon 9/21 6 - 7 p.m.
Sat 10/10 11:30 - 12:30 a.m.
Thu 11/12 6 - 7 p.m.
Thu 12/17 6 - 7 p.m.
Sat 12/19 10:30 - 11:30 a.m.
\$39 Early Bird Fee \$49 Regular Fee
Amped Virtual Reality 2923 28th St SE

Thu 10/22 6 - 7 p.m.
\$39 Early Bird Fee \$49 Regular Fee
Duncan Lake Middle School Resource Room

Use Virtual Reality to Explore Space

Ages 8+ Use the best virtual reality programs to explore space in a fun way! You can re-live mankind's greatest journey to the moon (Apollo 11) or just explore space or space related topics like SPACEX. At the end of the class you can battle space pirates for a little fun.

Thu 9/24 6 - 7 p.m.
Sat 9/26 10:30 - 11:30 a.m.
Thu 10/15 6 - 7 p.m.
Sat 10/17 10:30 - 11:30 a.m.
Thu 11/19 6 - 7 p.m.
Sat 11/21 10:30 - 11:30 a.m.
\$25 Early Bird Fee \$35 Regular Fee
Amped Virtual Reality 2923 28th St SE

Virtual Reality: Building a Engine

Ages 10 - 17 Learn about how engines work, and then build one virtually. There are two different levels of difficulty to accommodate for different ages or experience levels. This is a great opportunity to explore if you want to work in automotive business or be a mechanic.

Thu 10/1 6 - 7 p.m.
Sat 10/3 10:30 - 11:30 a.m.
Thu 11/5 6 - 7 p.m.
Sat 11/7 10:30 - 11:30 a.m.
\$25 Early Bird Fee \$35 Regular Fee
Amped Virtual Reality 2923 28th St SE

Virtual Reality: Help, I've Shrunk!

Ages 8+. Take your virtual reality experience to the next level with the advanced equipment at Amped Reality. This is an educational virtual reality experience that takes the user inside the human body. Travel through the bloodstream and discover how blood cells work to spread oxygen throughout the body. Enter one of the billions of living cells inside our body and learn how the organelles work together to fight deadly viruses. Have fun by shrinking down to go inside the human body and help defend it against a virus.

Thu 10/8 6 - 7 p.m.
Sat 10/10 10:30 - 11:30 a.m.
\$25 Early Bird Fee \$35 Regular Fee
Amped Virtual Reality 2923
28th St SE

Introduction to Horses

Come join us in learning all about horses! Students will meet over 20 well-trained horses of all sizes at Legacy Stables where they will learn safety on and off the horse, how horses think, how to groom, various ways to ride horses, how to care for horses, and more! Experience the joy and FUN found in a human-horse connection. Ages 6 and up.



Tue 9/8 - 10/13 6:30 - 7:30 p.m.
Thu 9/10 - 10/15 1:30 - 2:30 p.m.
\$125 Early Bird Fee / \$135 Regular Fee
Legacy Stables 8001 Patterson

Register online at:
www.inspiremenow.org

CHS & CMS Enrichment

Musical Theatre Dance

Put some pep-in-your-step with this musical theatre dance class! Box step, chasse, step ball change, jazz hands. Come learn these basic dance steps and further your understanding of musical choreography in this lively course. Join us for this perfect opportunity to work on performance skills in a low-pressure environment and to get prepared for your next musical production!

Thu 10/1 - 10/29
Grades 6th - 8th 6 - 7 p.m.
Grades 9th - 12th 7:15 - 8:30 p.m.
\$39 Early Bird Fee / \$49 Regular Fee
CHS Black Box Theatre
Instructor: Hannah Hullinger

Stage Combat Safe Practices

Come work to improve your acting skills. In this four session course, we will focus on basic safe practices for performing theatrical violence, good partnering skills, how to use a prop safely, and other acting skills. Students will Learn phrases of choreography to perform. Ages 15 and up, under 18 will require parental permission.

Tues 10/6 - 10/27 6:30 - 8 p.m.
\$69 Early Bird Fee \$79 Regular Fee
CHS South Black Box Theatre

Virtual Reality - Career Exploration Class

Give your child the priceless opportunity to experience a day in the life of a pilot, animator/director, human/robot interaction designer, pharmacist, coder/entrepreneur, and product engineer using the power of Virtual Reality by Amped Reality! ages 14 -17.



Thu 11/19 3-4 p.m. \$5
CHS Upper Forum Room

Doorway to College SAT Test Prep

What will the Doorway to College test-prep seminar deliver to your students? In the five-hour Doorway seminar, students will---



- Learn strategies for using partial knowledge to eliminate wrong choices.
- Gain tips for improving in all sub-tests.
- Understand the most strategic ways to use limited testing time.
- Take shortened practice tests that mirror the actual testing experience.
- Reduce test anxiety and gain confidence.
- Get suggestions for individualized study in the days leading up to the test.

Classes will be taught online! Please visit www.inspiremenow.org for days and times available.

Yoga for "Tech Neck"

Reverse the effects of hunching over a phone, computer, or desk and build strength in your body with yoga! Yoga offers pain relief in all areas of the body and this course will specifically focus on ways to counteract our posture when we look down at our technology. Yoga also helps reduce stress and anxiety and this class will also help students focus on improving their perspective and relationship with social media



Mon 9/14 - 10/5 3 - 3:45 p.m.
\$55 Early Bird Fee / \$65 Regular Fee
CHS Room TBD

*Instructor: Catherine Schmidt
Catherine is the owner and lead teacher at The Yoga Zen, a yoga studio in the heart of Caledonia*

Registering is easy!

online: www.inspiremenow.org
call : 616-891-8117

Caledonia Kids Theatre



January 22nd & 23rd, 2021
DLMS Performing Arts
Center

Tickets available online
5 weeks prior to show.
Visit our website at
CaledoniaYouthTheatre.org

Caledonia Middle School Players

ROALD DAHL'S
Matilda
THE MUSICAL
JR.

April 23rd & 24th, 2021
DLMS Performing Arts
Center

To participate with the CMSP, register
online at www.inspiremenow.org.
All students must be registered to
participate.

CHS Players

William Shakespeare's
Henry V
Abridged

November 19th, 20th, 21st
CHS Facility Arts Center

Tickets available online
5 weeks prior to show.
Visit our website at chsplayers.org

Health & Fitness



The Sport of Kings and Queens

If learning to fence is on your bucket list, come on in and try it. Beginning teen and adult classes - no prior experience required. No additional equipment required.

Session I Thu 9/17 - 10/22
Session II Thu 11/5 - 12/17
6:30 - 7:30 p.m.

\$85 Early Bird Fee / \$95 Regular Fee
Classes are held at the West Michigan Fencing Academy. A map is available at www.wmfa.org



Yoga Fusion: Yoga Plus Core Work

Bring an amazing sense of awareness to your body; learn how to breathe properly, sculpt your muscles, and boost your flexibility - all in one hour! Yoga postures fused with core moves will help you relax, reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor.

Session I Tue 9/15 - 11/3 5:45 - 6:45 p.m.
\$79 Early Bird Fee / \$89 Regular fee
Session II Tue 11/10 - 12/8
\$49 Early Bird Fee / \$59 Regular fee
DLMS TBD

Pickleball - Lessons

Love to play racket sports? Pickleball is the newest and fastest growing sport in the U.S. It is a great fast-paced, competitive game that is very easy for beginners to learn! Pickleball is played with a perforated plastic baseball and wood or composite paddles.



Session I Tues 9/8 - 9/29
Session II Tues 10/6 - 10/27
Session III Tues 11/3 - 11/24
5:30 - 7 p.m. \$39 Early Bird Fee / \$49 Regular Fee
DLMS Aux. Gym



African Dance Class

This class is an introduction to the complex movement of traditional and modern West African and Central African Dance. A culturally infused class that teaches traditional songs, dances, and music from the West African Diaspora.

Wed 9/23 - 10/28 7 - 7:45 p.m.
Wed 11/4 - 12/16 (omit 11/25) 7 - 7:45 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
DLMS Rm 302

Register online at:
www.inspiremenow.org

Health & Fitness



POUND®

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Please bring a yoga mat to class.

Session I Mon & Weds 9/14 - 10/21 7 - 7:50 p.m.

Session II Mon & Weds 10/26 - 12/2 7-7:50 p.m
(omit 11/25 and 11/30)

One class per week

\$39 Early Bird Fee / \$49 Regular Fee

Two classes per week

\$69 Early Bird Fee / \$79 Regular Fee

Drop in fee - \$8

CHS Black Box Theatre

Kelly Shepherd is an ACE Certified Group Fitness Instructor who specializes in POUND®. She enjoys helping people of all shapes, sizes, ages, and abilities to become stronger and healthier versions of themselves.

Zumba

Zumba Fitness is a cardio dance program which gives you a total body workout. Dance



to energizing music, with great people and burn a ton of calories without even realizing it! No dance background necessary, just a willingness to have fun, smile and laugh a bit! We will cover a number of dance styles including salsa, cumbia and merengue just to name a few. Hope to see you at the fitness party!

Wed 9/9 - 12/9 (omit 10/14 & 11/25) 6:30 - 7:30 p.m.

\$85 Early Bird Fee / \$95 Regular Fee

Caledonia Elem. Cafe.

Instructor: Jami DeHaan has been a certified Zumba instructor for 10 years. She loves teaching and meeting new people.

WERQ

Who says working out can't be fun? WERQ is the fiercely fun dance fitness class based on top charting pop and hip hop music taught by our Certified Fitness Professional, Becca Workman! For everybody and every body! No previous dance experience needed. Join us and have fun getting fit!



Session I Thu 9/10 - 10/15

\$45 Early Bird Fee / \$55 Regular Fee

Session II Thu 10/29 - 11/19

\$29 Early Bird Fee / \$39 Regular Fee

Caledonia Elem. Cafe.

Instructor: Becca, is an energetic fitness instructor with a lifelong passion for inspiring motivation in others to achieve their goals.

Registering is easy!

online: www.inspiremenow.org

Call: 616- 891-8117

Sword & Buckler Combat

An introduction to the early Medieval sword and buckler combat system, as recorded in the foundational I.33 fightbook from the 14th century! Level 2 immediately following Level 1. Optional sparring.

Level 1 Mon 9/14 - 9/28 7-9p.m.
\$59 Early Bird Fee/ \$69 Regular Fee
Level 2 Mon 10/5 - 10/26
\$79 Early Bird Fee/\$89 Regular Fee
KMMS room over media center

Italian Spear

Learning spear combat from the works of 14th century Italian master Fiore Dei Liberi! Optional sparring.

Mon 11/2 -11/23 7 - 9 p.m.
\$79 Early Bird Fee/\$89 Regular Fee
KMMS room over media center

Introduction to Meyer Dussack

A class on the curved Renaissance Cutlass from the 16th century works of German master Joachim Meyer! Optional sparring.

Mon 11/30 -12/14 7 - 9 p.m.
\$59 Early Bird Fee/ \$69 Regular Fee
KMMS room over media center

Filipino Martial Arts

An introduction to Kali, the Filipino tribal art of stick, knife, and empty hand combat. Level 2 immediately following Level 1

Level 1 Tue 9/8 - 9/29 7 - 9 p.m. KMMS Aux Gym
\$79 Early Bird Fee/\$89 Regular Fee

Wed 11/4 - 11/18 7 - 9 p.m. KMMS Cafeteria
\$59 Early Bird Fee/\$69 Regular Fee

Level 2 Tue 10/6 - 10/27 7 - 9 p.m. KMMS Aux Gym
\$79 Early Bird Fee/\$89 Regular Fee

Wed 12/2 -12/16 7 - 9 p.m. KMMS Cafeteria
\$59 Early Bird Fee/\$69 Regular Fee

The Smallsword: Angelo and L'Abbat

An Introduction to the iconic sword of the 1700's, used by gentlemen and pirates alike. Practiced drills and swordsmanship from 18th century sources. This class includes paired drills and practice.

Tue 11/3 - 11/24 7 - 8:30 p.m. KMMS Aux Gym
\$79 Early Bird Fee/\$89 Regular Fee



**Some gear is required
Contact academy@
swordsmanshipmuseum.
org**

The Quarterstaff of Paulus Hector Mair

An introduction to the use of the quarterstaff, from the Renaissance-era source of German master Paulus Hector Mair! This class includes paired drills and practice.

Tue 12/1 - 12/15 7 - 8:50 p.m.
\$79 Early Bird Fee/ \$89 Regular Fee
KMMS Aux Gym

Introduction to Polish Sabre Combat

Learn the ways of the Polish Hussar with sabre combat interpretation. Optional sparring.

Wed 9/9 - 9/30 7 - 9 p.m.
\$79 Early Bird Fee/\$89 Regular Fee
KMMS Cafeteria

Introduction to Italian Rapier

Learn the ways of the Polish Hussar with sabre combat interpretation! Optional sparring.

Wed 10/7 -10/28 7 - 9 p.m.
\$79 Early Bird Fee/\$89 Regular Fee
KMMS Cafeteria

Introduction to Lightsaber Combat

An elegant weapon for a more civilized age! Learn the combat techniques of light sabers used in the wars of the stars! Optional sparring.

Thur 9/10 - 10/1 7 - 9 p.m.
\$79 Early Bird Fee/\$89 Regular Fee
KMMS Aux Gym

Medieval Longsword Combat

An introduction to Medieval German Longsword Combat. Levels 1 through 4, our complete semester! Optional sparring.

Level 1 Thur 9/10 - 10/1 7 - 9 p.m.
Level 2 Thur 10/8 - 10/29 7 -9 p.m.
\$79 Early Bird Fee/\$89 Regular Fee
Level 3 Thur 11/5 - 11/19 7 -9 p.m.
Level 4 Thur 12/3 - 12/17 7 - 9 p.m.
\$59 Early Bird Fee/\$69 Regular Fee
KMMS Aux Gym

Health & Fitness

Essential Oils For Kids

Learn how to use essential oils safely and effectively on your kids and grandkids, from babies through adolescents! We'll talk about dilution, choosing safe oils, basic safety tips, and more! We will also make the following products for you to take home and use on your kids (adults only for this make 'n take class, please):

1. Owie spray
2. Tummy Tamer roll-on for kids
3. Immune Booster Roll-on for kids

Tue 9/29 7 - 8:15 p.m.
\$19 Early Bird Fee / \$29 Regular Fee. All supplies will be provided.
Resource Center Rm #301



Green Cleaning Make & Take

Let's ditch the chemicals and start cleaning our home with natural solutions. We will be making the following green cleaning products during our class for you to take home and use.

1. Multi-purpose Cleaning Spray
2. Natural Stainless Steel Polish
3. Soft Scrub Alternative

Thur 10/15 7 - 8:15 p.m.
\$19 Early Bird Fee / \$29 Regular Fee.
All supplies will be provided.
Resource Center Rm #301

Cooking with Essential Oils Make & Take

Interested in enhancing the flavor of your favorite foods and receiving great health benefits along the way? Let's explore the different ways to use essential oils in our everyday cooking. Join me in making the following recipes to sample during class.

1. Italian Oregano Bread Dip
2. Wild Energy Bites
3. Immune Boosting Apple Slices

Thur 11/12 7 - 8:30 p.m.
\$19 Early Bird Fee / \$29 Regular Fee.
All supplies will be provided.
Resource Center Rm #301

Our instructor, Kate Klamer is a hospital nurse and mother of 5. She went from being completely skeptical of anything outside of modern medicine to confidently using essential oils as her family's primary form of health care. She loves to tell about the experience that changed her mind. She is also passionate about the science behind essential oils. Feel free to bring your skepticism and your questions.



Moving Angels LLC

Movers with a servant's heart!

Moving Angels is a full service moving company specializing in senior moves.

Sort-Downsize-Organize

Floor planning

Pack-Move-Unpack

Donate-Discard-Clean-out

How we can help YOU today!

Phone: 616-512-6149

www.mymovingangel.com

Mention this ad and receive 10% off select services

Learn to knit and crochet!

Knitting

Beginning

Session I Thu 9/10 - 10/1

Session II Thu 10/8 - 10/29

Session III Thu 11/5 - 12/3 (omit 11/26)

3:30 - 5 p.m.

Intermediate

Session I Thu 9/10 - 10/1

Session II Thu 10/8 - 10/29

Session III Thu 11/5 - 12/3 (omit 11/26)

10 - 11:30 a.m.

Crochet

Beginning

Session I Tue 9/8 - 9/29

Session II Tue 10/6 - 10/27

Session III Tue 11/3 - 11/24

3:30 - 5 p.m.

Intermediate

Session I Tue 9/8 - 9/29

Session II Tue 10/6 - 10/27

Session III Tue 11/3 - 11/24

10 - 11:30 a.m.

\$49 Early Bird Fee / \$59 Regular Fee

Henny's Yarn Shop

Prior to class, stop by Henny's Yarn Shop, 133 E. Main in Caledonia, to choose from several projects you will be able to complete. All ages welcome!

Hand Crochet

Learn how to hand crochet a chunky blanket using Yarn Bee Eternal Bliss yarn from Hobby Lobby. You will need to bring your yarn to class. Ages 14 & over. Makes a great gift!!



- 4 skeins for a baby throw
- 6 for a full throw
- 8 for a queen size
- 10 for a king size

Mon 11/2 6 - 8 p.m.

\$9 Early Bird Fee / \$19 Regular Fee

Resource Center Rm #301



Tips & Tricks To Improve Your Photos

Have you ever wondered what the grid is for on your camera or phone? Would you like to learn some easy tricks to improve how you take photos? Our instructor will teach you some simple tips and rules for photo composition as well as provide you with ways to easily edit your work. After this hands-on class, YOU will be able to feel confident about creating great photos!

*You must bring a digital camera or smartphone to use during class

Wed 9/2 - 9/30 7 - 9 p.m.

\$29 Early Bird Fee / \$39 Regular Fee

DLMS Resource Room

Vicki Harris is a retired high school photography teacher. She has enjoyed scrapbooking and taking photos for more than 20 years.

Big Star Quilt

Make a 60" square quilt using an easy triangle and square pattern. This class is designed for those who sew. Bring your sewing machine and supplies.

Ages 14 and over.



Tue & Wed 10/21, 10/22, 10/28, 10/29 5:30 - 8 p.m.

\$39 Early Bird Fee / \$49 Regular Fee

DLMS Resource Room

Registering is quick!

online: www.inspiremenow.org

call : 616-891-8117

nighthawk Food & Spirits

Cooking At The Nighthawk Mexican Foods that we LOVE!

Let us share with you some of our favorites and prepare an amazing meal together! Perhaps some Enchiladas and rice, street corn and some surprises to bring a little spice into your Tuesday night!

Tue 9/29 6 - 8 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
This class will be held at Nighthawk Food & Spirits
6950 Whitneyville Rd. Alto

Getting Paid to Talk

An Introduction to Professional Voice-Overs

Learn about how the industry really works today, trends in opportunity in your community, and areas of future growth and hear about the top traits casting professionals look for when hiring voice professionals. You'll also hear samples from working voice over artists. If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Registration closes one week prior to class, so register early. To find out more information on this course visit www.voicecoaches.com/gppt

Wed 10/28 6:30 - 9 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
Resource Center Rm #TBD



Stop Putting it Off!

Have you been putting off writing your will? Our instructor will provide a simple explanation of a "last will and testament" and help you prepare a will. You will also be given an explanation of simple revocable trusts.

Session I Thu 9/17 - 10/8 7 - 9 p.m.
Session II Thu 10/22 - 11/12 7 - 9 p.m.

\$45 Early Bird Fee / \$55 Regular Fee (spouse free)
DLMS Rm #TBA

Instructor: Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.



African Cooking Class

This class is an introduction to West and Central cuisine. Learn how to make quick, healthy delicious meals packed with flavor. Learn about the ingredients, the regions they come from and their cultural significance.

Wed 9/23 - 10/28 6 p.m. - 6:45 p.m.
Wed 11/4 - 12/16 (omit 11/25) 6 p.m. - 6:45 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
Resource Center Rm #301

Register online at:

www.inspiremenow.org

Misc. Classes

Happy Paws Training Puppy

Training for your 2 - 5 month old puppy.

Do you want a well trained puppy who is happy and can go places with you? If so, bring your puppy to this 8 week class to learn basic commands and good manners including, sit, down, stay, come and walking nicely on a leash. Bring treats to the class to help motivate your puppy to learn.



Tue 9/15 -11/3 6 - 6:45 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

Happy Paws Training - Beginner

Training for your dog, 6 month and older.

Would you like to be proud of your dog when you take him/her out in public? This class will help your dog learn the basic commands including sit, down, stay, come, walking on a loose leash, etc. Bring treats to the class to help motivate your dog to follow your commands.



Tue 9/15 - 10/20 7 - 8 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

Instructor: Jan McLean has been teaching dog obedience classes for 25 years. She also trains her own dogs in competitive obedience, rally, agility and musical freestyle. She is very active in animal associated therapy.

Hola - Hello
Por Favor - Please
Bienvenido - Welcome
Gracias - Thanks

Learn the Second Most Spoken Language in the World! Spanish!

Learn the Second most spoken language in the World! Spanish!

Yep, that's right Spanish is the 2nd most spoken language in the world today.

And here is another fun fact, by 2050, the US will become the largest Spanish speaking country. So what are you waiting for? Sign up today!

Session I Wed 9/9 - 10/14 7 - 9 p.m.
Session II Wed 10/21 - 12/2 (omit 11/25) 7 - 9 p.m.
\$89 Early Bird Fee / \$99 Regular Fee

DLMS Rm # TBD

Share Your Passion!

Do you have a hobby or skill you are passionate about? Become an enrichment instructor and share your knowledge with others! We are always looking for new class ideas and instructors. If you would like to find out more about how to teach a class with us, please call 891-8117.



Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117



Master a new subject with our online courses

Learn new skills online - and change your life for the better.

This is just a small sampling. Go to www.ed2go.com for more information, pricing and to register for class.



Accounting Fundamentals Series

48 Course Hrs

Whether you're a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use,

the courses in this bundle will give you a solid foundation in financial matters. In this course, you'll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities. We'll cover all the bases, from writing checks to preparing an income statement and closing out accounts at the end of each fiscal period.



Homeschool With Success Discover how to homeschool your children in a way that ensures they get what they need both academically and socially. This course offers a lot of information and guidance to plot your homeschooling course for years to come. **6 Weeks Access / 24 Course Hrs**

Homeschooling can be a bit of a mystery if you're new to the topic. In this course, you'll start at the beginning, delving into the history of homeschooling and examining its status today in all 50 states. You'll see how to find the laws and regulations that govern your community—and you might be surprised to learn that homeschooling is legal and growing all around you. As you discover what you need to know to homeschool your children, you'll also become familiar with the terminology the homeschool community uses. When you finish this course, you'll have lots of information and guidance to plot your homeschooling course for years to come!



GRE Prep Series If you're planning to apply to graduate school, you'll likely have to take the GRE. This series is here to help! **48 Course Hrs**

GRE Preparation – Part 1 (Verbal) Part 1 takes you through all the question types on the verbal reasoning and analytical writing sections, including reading comprehension, text completion, sentence equivalence questions, and both essay tasks. You'll also gain pointers on time management, anxiety relief, scoring, and general standardized test-taking. Be prepared to excel on exam day to achieve your best potential score!

GRE Preparation – Part 2 (Quantitative) Part 2 features a math review and techniques for tackling the quantitative comparison, data interpretation, and standard math questions that make up the quantitative reasoning sections, as well as how to tackle the GRE's unique new question formats. You'll find pointers on time management, anxiety relief, scoring, and general standardized test-taking, too. Be prepared to excel on exam day and to achieve your best potential score!

AWOL Adventures

ART PRIZE Afterglow Walking Tour

Every even-numbered year, for 19 days and nights in late September and early October, the city of Grand Rapids is a mecca for art enthusiasts from around the world. Artists, art aficionados, critics, and creative novices stroll the streets of this incredible outdoor gallery, hoping for inspiration and glimpses of man-made beauty. Unfortunately, with the COVID 19 pandemic, the 2020 event has been cancelled. Fortunately for us, the benefit of being local is the “afterglow”. This tour reveals the proof of ArtPrize competitions past... the public masterpieces that reside permanently in GR. We visit these gifts to the city and discover the back stories...how these pieces became so enduringly valuable. We will come together as a small group and pay tribute to the ArtPrize organization and their efforts over the past 11 years!

Fri 9/18 6 - 7:30 p.m.

\$15 Early Bird Fee / \$25 Regular Fee
Meet at the JW Marriott front lobby.

Time, Talent, Treasures Walking Tour

This is the time of year to be thankful. And this is the history of philanthropy in Grand Rapids. We are a success story of ordinary citizens and courageous leaders who never stop believing in our community and our future. From our earliest settlers in the nineteenth century until present time, our city has been blessed with a spirit of generosity in vision and action. Criss-cross downtown with local guide, Caroline Cook, to visit those places and spaces which were gifted to us to enjoy and for which we are grateful. For better. For good. For all.

Wed 11/18 10 - 11:30 a.m.

\$15 Early Bird Fee / \$25 Regular Fee
Meet at the JW Marriott front lobby.



Oakhill Cemetery Walking Tour

Cemeteries are, in essence, local history books that you can walk through, see first hand, even touch. Oakhill Cemetery is one such place of remarkably rich history, plus beauty... especially in the autumn. It is a peaceful, treasure trove of Grand Rapids lore. Enjoy the winding pathways in the parklike setting surrounded by mature foliage and manicured lawns. Oak Hill is a perfect example of a rural garden cemetery, a place of rest and reflection. Here lie many great

persons of local notoriety; your guide, Caroline Cook will reveal the tales of their interesting lives.

Part one

Wed 10/7 5:30 - 7:30 p.m.

Meet at Oakhill Cemetery at 647 Hall Street, S.E. on the south side of the cemetery at the main sign.

Part two

Wed 10/14 5:30 - 7:30 p.m.

Meet at Oakhill Cemetery at 647 Hall Street, S.E. on the south side of the cemetery at the main sign.

\$15 Early Bird Fee / \$25 Regular Fee

Twinklin' Holiday Lights Walking Tour

Are you feeling festive, fun, and frisky? Come dressed in your warmest and finest holiday sweaters and hats as we celebrate the holiday season together, with local guide, Caroline Cook. Experience downtown Grand Rapids bejeweled and illuminated with both contemporary and nostalgic lighting displays. The group will stroll by uniquely special places, some of which will evoke warm feelings from Christmas's past. And as a gesture of community kindness, we will give vouchers for meals at Dégagé Ministries for those we pass who may be in need.

Thur 12/17 6:30 - 8:30 p.m.

\$15 Early Bird Fee / \$25 Regular Fee
Meet at the JW Marriott front lobby.

Register online at:

www.inspiremenow.org

55 & Better

Hand & Foot

If you haven't had the opportunity to learn this popular card game, now is your chance. We would be very happy to show you how to play! It's easy and fun! Bring a friend! Everyone is welcome!



Wed beginning 9/2
12:30 - 3 p.m. FREE
Resource Center Rm #301

Euchre

We would love to have you join us each Friday for our weekly Euchre game. No pre-registration is necessary to join. Everyone is welcome!

Fri beginning 9/18
1 - 3 p.m. FREE
Resource Center Rm #301

Virtual Reality-Skyscraper Tour

See the views from the 43rd, 124th & 153rd floors of the tallest building in the world. See London's Shard, Sweden's Turning Torso, Warsaw's Palace of Culture & Science, visit Moscow & Germany & New York City. (Aerial views)



Tue 10/13 1- 2 p.m. \$25
Resource Room Rm #301

Virtual Reality-Underwater Adventures

Go on an ocean safari and see the great humpback whale, dolphins, great white sharks, turtles and more! Then, travel to the Great Barrier Reef, particularly looking at the biodiversity, different coral types, coral structure, coral damage and growth factors. Finally, we'll go into the deep ocean where due to the high pressure, low visibility and inhospitable conditions, more people have traveled into space than visited deep oceans.

Tue 10/20 1- 2 p.m. \$25
Resource Room Rm #301

Lunch Bunch

Bring your friends and join us for lunch! We will meet once a month at an area restaurant. If you wish to carpool, you may meet at the Resource Center at 11:00 a.m., or you can meet us at the restaurant at 11:30 a.m. Please call us at 891-8117 to make reservations (so we can let the restaurant know how many are coming).

Date: Thursday, August 27
Place: Pizza Ranch - 28th St.

Date: Thursday, September 24
Place: Cheesecake Factory

Date: Thursday, October 22
Place: First Wok - 44th St.

Prime Timers need YOU! Returning 9/11

We meet on Fridays from 9 a.m. - 12 p.m. (9 - 11:30 a.m. on 9/11) at the Senior Activity Center. Drop-ins welcome!! You don't have to commit to specific days. Come whenever you are able. We make:

- Quilts for Veterans
- Pillows for the hospitals
- Blankets for shelters
- Blankets for families of disasters

You do NOT need to be able to sew to help. Chances are you know someone that one of our blankets have comforted.

NEEDED: Donations of NEW unused cotton fabric, white or light colored sewing or surger thread, and quilt batting. Cash donations also appreciated.

BINGO!

Join us on the fourth Thursday of each month for BIRTHDAY BINGO! If your birthday falls in that month, you will receive one free card. We will all share a birthday cake in honor of the birthday guests. Bring your friends! Prizes will be awarded to the winners.

Thu 9/24, 10/22
(No bingo in November and December due to the holidays.)
1 - 3 p.m. 25¢ per card donation
Resource Center Rm #301
Don't forget to join us for Lunch Bunch before Bingo!

Sponsored by Moving Angels

Lunch & Learn

Making Alzheimer's Disease a "Memory"

Learn what Alzheimer's disease is and how it affects the brain, the difference between Alzheimer's and dementia, and the statistics of the disease and why it is such a concern. We will also share with you the signs and symptoms to watch out for, and ways to keep your brain as healthy as possible for as long as possible through diet, exercise, cognitive training, and sleep. Learn about other causes for memory impairment that may be reversible and how the diagnosis is made. And finally hear what MSU is doing to try to prevent, treat or ultimately cure the disease. Presented by MSU Alzheimer's Alliance.

Thu 9/17 11 a.m. **No Lunch Served FREE**

Seniors Helping Seniors presents "5 wishes"

Five Wishes is a United States advance directive created by the non-profit organization, Aging with Dignity. It has been described as the "living will with a heart and soul".

Tue 11/17 11:30 - 1:30 p.m Includes lunch - FREE

Better Balance and Stability

The CDC reports that one out of four people fall every year, and 1/5 falls cause serious injury. Difficulty with walking and balance are a primary cause of falls. People who have difficulty with balance have a harder time getting around and often limit their activities due to this. That is no fun! Balance is something that can be improved! Learn how. Sally Talbot, a physical therapist from Health Motion Physical Therapy, will be coming to speak about balance. She will cover some of the primary causes of balance issues, how to assess your own balance, and what you can do to improve your balance and agility to improve your function and significantly minimize your risk of falls. This is guaranteed to be a fun and interactive presentation that will benefit everyone from tight rope walkers to people who use walkers.

Thu 10/15 11 a.m. Includes Lunch FREE

"You are never too old to set another goal or to dream a new dream." –C.S. Lewis



**ROARING 20s
HALLOWEEN PARTY**

**Thursday,
October 29
12 - 2 p.m.**
Prizes for
Best Costumes
Lunch Included!
\$10

Register by October 22!

The poster features a large orange jack-o'-lantern in the background. In the foreground, there is a silhouette of a man in a tuxedo and a woman in a 1920s-style dress dancing. The text is in a bold, white, serif font.



*Let's Be
Thankful
Together*

Please join us for a Thanksgiving Luncheon
Tuesday, November 24, 2020
At the Caledonia Resource Center
\$10 per person
RSVP by November 14.

The poster has a green background with a decorative border of pumpkins and autumn leaves at the bottom. The text is in a mix of red and black fonts.

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. These trips are open to all adults. There are no age restrictions. The commission earned on these trips helps support our senior center. Don't see the vacation of your dreams? We can help! Call us today! 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, \$15 food voucher for dinner at Sault Ste. Marie, breakfast buffet, and \$60 back in free play (subject to change). This trip will fill up fast!



Call us at 891-8117 to make a reservation.

NEW DATES - BOOKING FOR 2021

October 2 & 3 2021 \$185 per person dbl.

\$75 deposit to hold your space. Final payment is due 45 days prior to the departure date.

No refunds after final payment date.

Departs at 7:00 a.m. and returns the following day at approximately 9:00 p.m.

Includes: Motorcoach transportation, hotel accommodations, \$15 dinner voucher, breakfast, refreshments on the bus, \$60 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 (requested but not guaranteed)
- 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.



Real Indiana Housewives Tour of Amish Country

Forget reality TV instead meet the real housewives of Amish Country. Get a first-hand look at a day in the life of a real Amish woman and the cottage industries they've created. Visit with an authentic Amish housewife to learn how household chores are done without electrical appliances. Learn how the families make a living without modern technology ruling everyday life!

Our trip also includes a visit to an Amish school, lunch in an Amish home, visit to an Amish rug weaver, and a visit to Sunshine Baskets where we will watch an Amish mom and children weave high quality baskets.

Cost: \$99

Date: Thursday, September 24

Departs: 8:00 a.m.

Returns: 5:00 p.m.

Includes: Motorcoach transportation and driver gratuity, step on guide gratuity, tours and lunch in an Amish home.

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

www.inspiremenow.org

Caledonia GlobeTrotters Present

Panama Canal

WITH NORWEGIAN CRUISE LINE® ON THE NORWEGIAN ENCORE®

13 DAYS / 12 NIGHTS MARCH 13 -21, 2021



Day	Port	Arrive	Depart
1.	Miami, Florida		5:00 PM
2.	At Sea		
3.	Puerto Plata, Dominican Republic	8:00 AM	5:00 PM
4.	At Sea		
5.	Willemstad, Curacao	8:00 AM	6:00 PM
6.	Oranjestad, Aruba	8:00 AM	6:00 PM
7.	Santa Marta, Columbia	9:00 AM	6:00 PM
8.	Cartagena, Columbia	6:00 AM	2:00 PM
9.	Panama Canal/Gatun Lake, Panama	5:00 AM	3:00 PM
9.	Colon, Panama	5:00 PM	8:00 PM
10.	Puerto Limon, Costa Rica	8:00 AM	6:00 PM
11.	At Sea		
12.	At Sea		
13.	Miami, Florida	7:00 AM	

Pick Two Perks!
 Premium Beverage Package*
 250 minute Internet Package
 \$50 Per Port Shorex Credit
 Dining Package*
 20 Photo Package
 \$75 Onboard Credit
PLUS
 Every Cabin Recives the following
ON Board Credit:
 Inside: \$50 (per cabin)
 Ocean-view: \$60 (per cabin)
 Balcony: \$100 (per cabin)
 Mini Suite: \$140 (per cabin)

*Guests responsible for 20% gratuity for beverage and dining package and offer applies to first two guests in each cabin. Otherwise, perks are per cabin and all guests in the cabin must pick the same perks.

Inside Cabin Category IC \$3,115
 Balcony Cabin Category BF \$3,915

Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship.
PASSPORT REQUIRED

NORWEGIAN CRUISE LINE HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins.

Final payment is due by October 1, 2020. Those who book early get the best prices and the best cabin locations.



CALEDONIA SENIOR CENTER PRESENTS
GREEK ISLES
WITH ROYAL CARIBBEAN CRUISE LINE ON THE ODYSSEY OF THE SEAS
10 DAYS / 9 NIGHTS ~ OCTOBER 19 – 28, 2021
Air departs US on October 18th in order to arrive in Rome on October 19th.

DAY	PORT	ARRIVE	DEPART
1	Rome (Civitavecchia), Italy		5:00 PM
2	Cruising		
3	Heraklion (Iraklion), Crete	11:00 AM	7:00 PM
4	Mykonos, Greece	6:00 AM	11:00 PM
5	Santorini, Greece	7:00 AM	9:00 PM
6	Athens (Piraeus), Greece	7:00 AM	8:00 PM
7	Cruising		
8	Naples, Italy	9:00 AM	
9	Naples, Italy		6:00 PM
10	Rome (Civitavecchia), Italy	5:00 AM	

Inside Cabin Category	4V	\$3,444	Balcony Cabin Category	4D	\$4,354
Outside Cabin Category	2N	\$3,874	Balcony Cabin Category	2D	\$4,384

Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship. ROYAL CARIBBEAN CRUISE LINE HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

PASSPORT REQUIRED

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by June 21, 2021. **Those who book early get the best prices, the best cabin locations, and their preferred dining times.**

FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT
SHERRY STEHOUWER ~ 616-891-8117

4/20/19 CW

ALASKA AUSTRALIA BAHAMAS BERMUDA CARIBBEAN CANADA DUBAI EUROPE HAWAII NEW ENGLAND PANAMA CANAL SOUTH AMERICA



*The pricing set forth on this promotional piece and the special offers, amenities, products or services described are the sole responsibility of the travel agency, not Royal Caribbean International®. Contact your travel agency for additional information. Prices and itineraries are based on availability and subject to change without notice. ©2015 Royal Caribbean Cruises Ltd. Ships registered in the Bahamas. 15043386 • 4/24/15



Caledonia GlobeTrotters

Present

ALASKA CRUISE TOUR

WITH PRINCESS CRUISES® ON THE ROYAL PRINCESS®
11 DAYS / 10 NIGHTS NEW DATE MAY 12 - 22, 2021

Prices:

Inside Cabin Category ID \$4,009
Inside Cabin Category IB \$4,049
Balcony Cabin Category BD \$4,739
Balcony Cabin Category BC \$4,774
Balcony Cabin Category BB \$4,809
Mini Suite Cabin Category MC \$5,089
Mini Suite Cabin Category MB \$5,129

Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship. **PASSPORT REQUIRED**

PRINCESS CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Final payment is due by January 11, 2021. Those who book early get the best prices, the best cabin locations and their preferred dining times.



Itinerary:

1. Anchorage
2. Mt. McKinley Princess Wilderness Lodge (Talkeetna). Board a motorcoach for your journey along the dazzling George Parks Highway, an attraction in itself.
3. Denali Princess Wilderness Lodge. This morning you depart on another scenic motorcoach ride to the Denali Princess Wilderness Lodge at the doorstep of Denali National Park.
4. Whittier to Anchorage. Enjoy the scenic rail journey through some of the best wilderness in the Great Land on our exclusive Direct-to-the-Wilderness rail service.
5. Hubbard Glacier, Alaska (Scenic Cruising)
6. Glacier Bay National Park, Alaska (Scenic Cruising)
7. Skagway, Alaska
8. Juneau, Alaska
9. Ketchikan, Alaska
10. At Sea
11. Vancouver, British Columbia

BEST SALE EVER!

Only \$100 Deposit Required

PLUS

FREE Premier Beverage Package

FREE Unlimited Wi-Fi

FREE Prepaid Gratuities

Offer applies to all guests in cabin.

Offer is capacity controlled and subject to change

RESERVE YOUR SPACE ONLINE:

<https://grandamericantours.com/5-12-21-alskact-stehouwer>

For reservations or more information contact Sherry at 616-891-8117 or email: stehouwers@calschools.org

Registration Information

Registration

All registrations should be received in our office at least one week before class is scheduled to begin. Class fees are listed with each class.

General Policies

1. First-come, first-served.
2. Payment must accompany registration.
3. Receipts will be e-mailed for online registrations. You will be notified if a class is filled or cancelled.
4. Classes can be paid by cash, check, or credit card.

Refund Policies

1. If a class is cancelled.
2. If you cancel three business days prior to the first class a refund will be issued.
3. If you are not completely satisfied with your class, after your first two classes, call us for a full refund.

Class Locations

Each class location is listed with the class description. If you have any questions regarding the location of any of our classes, please call us at 891-8117.

No News Is Good News

You will be contacted only if a class is cancelled. Plan to attend unless you hear from us.

Cancellation Notifications

You will be notified by e-mail if your class has been cancelled due to low enrollment. Please check your e-mail within 24 hours of your scheduled class time. If you do not use e-mail please call 891-8117 during our business hours the day before your class begins.

We Respect Your Privacy!

When you provide us with an e-mail address, be assured that we do not share your information with anyone other than your instructor. We use your e-mail only to contact you about your class. Please check your e-mail often for class cancellation notices or updates.

Weather Information

Enrichment classes will be cancelled when the regular school day has been cancelled. If students are dismissed early due to inclement weather, Resource Center classes will not be held. Watch for school cancellation information on the local news stations. Cancelled classes will be rescheduled.



How to Enroll

Online

Visit our website at: www.inspiremenow.org

At the main page, you can view a copy of our brochure by clicking on the icon, or click the REGISTER NOW button and you will be redirected to our webstore.



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

In Person

Come in to the Resource Center office during office hours, Mon - Fri 8 a.m. - 4 p.m. t 9749 Duncan Lake Ave.



Register Online!

Please register online and you will automatically receive a receipt via e-mail. Mail in registrations will receive a receipt only if an email is provided. Please record date, time and location of your class for future reference.



Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a 3.99% 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.



**AVOID
Cancellations
Enroll Early**

Decisions to cancel classes due to low enrollment are usually made a week in advance. Don't let your favorite class be put on the chopping block! Enroll Now!

Caledonia Resource Center Class Registration Form

Participant's Name _____ M ___ F ___ Date of Birth _____

Address _____ City _____

Zip Code _____ Phone #' _____

Emergency Contact _____ Phone # _____

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

Student Information: Grade _____ School _____

T-Shirt Size (for Theatre & Sports Camps) CS CM CL AS AM AL AXL AXXL

Class Title	Day/s	Time	Location	Fee

Total Fee

Visa or MC # _____ Expiration Date _____

Signature _____

(Convenience fee of 3.99% for credit/debit card will be applied.)



Caledonia Resource Center Class Registration Form

Participant's Name _____ M ___ F ___ Date of Birth _____

Address _____ City _____

Zip Code _____ Phone #' _____

Emergency Contact _____ Phone # _____

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

Student Information: Grade _____ School _____

T-Shirt Size (for Rocket Cheer, Theatre & Sports Camps) CS CM CL AS AM AL AXL AXXL

Class Title	Day/s	Time	Location	Fee

Visa or MC # _____ Expiration Date _____ Total Fee _____

Signature _____

(Convenience fee of 3.99% for credit/debit card will be applied)

CALEDONIA RESOURCE CENTER

www.inspiremenow.org

9749 Duncan Lake Ave.

Caledonia, MI 49316

NON-PROFIT STD.
U.S. POSTAGE
PAID
CALEDONIA, MI
PERMIT #20

Residential Postal Customer



CALEDONIA ARTS AND CRAFT SHOW



FREE ADMISSION

NOVEMBER 7, 2020 10AM - 3PM

DUNCAN LAKE MIDDLE SCHOOL

9757 DUNCAN LAKE AVE, CALEDONIA, MI

For more info visit www.inspiremenow.org or call 616-891-8117