

COMMUNITY CONNECTIONS

Be Inspired



Fall 2017

Volume 1 Issue 2

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inspiremenow.org

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55 and Better Programs

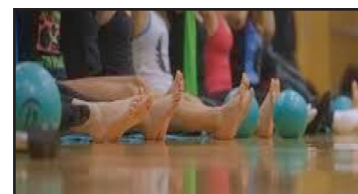
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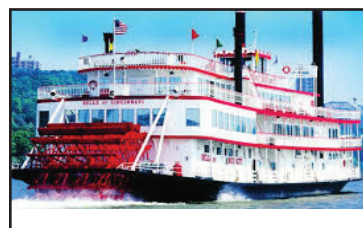
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Caledonia Resource Center
9749 Duncan Lake Ave.
Caledonia, MI 49316
(616) 891-8117
Fax (616) 891-7014
www.inspiremenow.org

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American Barre.....Pg 16



American Queen.....Pg 35

Early Bird Discounts!

Sign up for your favorite class or activities 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.

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 or debit card. If you wish to pay by check, please mail in your registration. You will receive a receipt when paying with a check only if an email is provided.



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.

Youth Sports

Young Squires

Fencing for ages 5-7

These classes are designed for individuals with little or no fencing experience. Come and learn this exciting Olympic sport taught by head coach, Mike Nemecek. All equipment is provided. Plastic weapons will be used in this class. Class size will be limited.

Session I Wed 9/27- 10/25

Session II Wed 11/1 - 12/6

4:30 - 5:15 p.m. \$95 (\$85 early bird)

West Michigan Fencing Academy

Beginning Fencing

Youth ages 7-13

Ironically, a sport that features a weapon is also among the safest sports for its participants. (Read more: www.livestrong.com.) This class is designed for individuals with little or no fencing experience. All equipment is provided. 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. Come learn this exciting Olympic sport!



Session I Thu 9/21 - 10/26

Session II Mon 11/6 - 12/11

5:30 - 6:30 p.m. \$95 (\$85 early bird)

West Michigan Fencing Academy

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 9/25 - 1/22 (omit 12/25 & 1/1)

DLMS Aux. Gym North Balcony

Division 1 ages 4 - 6 5:45 - 6:30 p.m.

Division 2 ages 7 - 9 6:30 - 7:15 p.m.

Division 3 ages 10 - 15 7:15 - 8:00 p.m.

\$122 (\$112 early bird)

Division 4 try-out team - returning students

8:00 - 8:45 p.m. \$154 (\$144 early bird)



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. This program is open to all girls in 5th and 6th grade and consists of two Saturday clinics, and 5 to 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 with their first game on Saturday Oct 21st at a site TBD. Practice sites will be held at Duncan Lake Middle School. The first day of practice will be Monday, Oct. 2nd for 5th grade, and Tuesday, Oct. 3rd for 6th grade with an optional practice for both 5th and 6th grades on Wednesday, Oct. 4th. Practices will be from 6 - 8 p.m.

It is our goal to provide them with the necessary knowledge to improve their individual skills. Your daughter(s) will have the opportunity to get to know several of the Varsity and JV players and coaches through personal instruction. This will be an opportunity for the coaches to provide instruction and feedback to each player to individually improve their knowledge of the game and skill level. We look forward to building relationships with all the future Lady Scots. As coaches we are striving to build the Lady Scots Program into one of the State's elite and that process starts with your daughter(s) and many other Rising Stars.

Clinic Sat 9/23 & 9/30 10 p.m. - 12 p.m.

Caledonia High School Main Gym

9/23 - 12/3 Rising Stars League Games will be held in various locations each Saturday. (Caledonia, Hastings, Byron Center, Grandville, and Wayland were the school sites last year)

\$60.00 the first child, \$40.00 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 Sports

Tumbling and Acro

This fun program is designed to enhance self-confidence and improve coordination, physical fitness and flexibility. Your child will learn from experienced instructors who teach the skills of tumbling and acro. Beginning students will learn fundamentals and returning students will learn advanced skills.

Tumble Tykes (ages 3-4 years)

Technique, flexibility, and coordination - this creative class is a great introduction to gymnastics.

Wed 9/6 - 10/11 6:30 -7 p.m.
\$79 (early bird \$69)

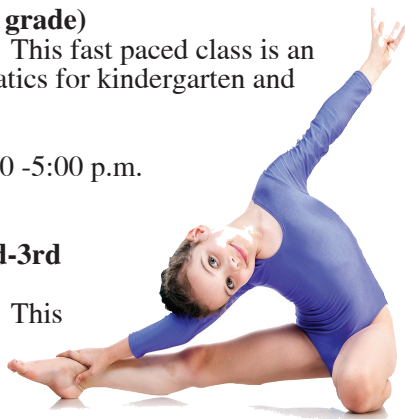
Tumble Kids (K-1st grade)

Tumbling and tricks! This fast paced class is an introduction to acrobatics for kindergarten and first graders.

Mon 9/11 - 10/16 4:30 -5:00 p.m.
\$79 (early bird \$69)

Acrobat Artists (2nd-3rd grade)

Tumbling and tricks! This fast-paced class is the place for 2nd and 3rd graders to learn acrobatic floor work.



Tue 9/12- 10/17 6:00 -6:30 p.m.
\$79 (early bird \$69)

All classes will take place at Caledonia Dance and Music Center. Students must be the age of the class by September 2017. Girls, please wear a leotard and footless or convertible tights. Boys, please wear a t-shirt and shorts or sweats.

Enchanted Ballet

A class designed around creative movement and basic ballet introducing young dancers to the different elements of movement and dance. This class is taught by a certified Leap 'N Learn instructor from Caledonia Dance and Music Center. Dancewear such as leotard and pink tights for girls, black sweatpants and white shirts for boys and ballet shoes are recommended. Feel free to contact the studio for dancewear.

Ages 3-4 (Dancers must be at least 3 years old by Sept. 1, 2017.) Fri. 9/20 - 10/25 9 - 9:45 a.m.
\$89 (\$79 early bird) Resource Center Rm #302



Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, will be able to teach you wherever you currently are with karate instruction, from beginner to advanced. Steve holds a 5th degree black belt in Okinawan Shorin Ryu Karate.

Ages 13 & under 6 - 7 p.m.
Session I M & W 9/18 - 10/25
Session II M & W 10/30 - 12/11
(omit 11/22)
\$89 (\$79 early bird) KMMS
Gymnatorium



Register online at:
www.inspiremenow.org

Youth Sports



Peaceful Dragons Self Defense & Safety Awareness

This fun course is designed for self defense purposes, emphasizing child safety and awareness. Your child is taught skills which enable him/her to survive in this world. **Self discipline rather than aggressiveness is promoted.** We teach the children how to avoid dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. This program was designed specifically for children ages 5 - 15 and is taught by a black belt who has extensive training in dealing with children. Students are placed into classes according to age and ability. The students have the opportunity to do light contact sparring. New students progress to yellow belts and returning students earn higher belts. **Additional fees apply.** The students also earn certificates and medals.

Equipment and materials provided include: Youth safety equipment and all practice equipment needed for class training and application of skills.

Mon 9/25 - 11/27 (omit 11/20) \$89 (\$79 early bird)
Class size limited. Please pre-register.

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 - 15
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. Please arrive 20 min. early.



Cal Youth Basketball 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 11/1 - 11/29 (omit 11/22) 6 - 7 p.m. \$40 (\$30 early bird) Emmons Lake Elem. Gym

Cal Youth Basketball 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 11/1 - 11/29 (omit 11/22) 7 - 8 p.m. \$40 (\$30 early bird) Emmons Lake Elem. Gym

Register online at:
www.inspiremenow.org



Youth Sports

CAL BOYS 5TH & 6TH GRADE BASKETBALL

This year's youth basketball teams will be determined based upon a coaches' draft. Prior to the draft, there will be two Player's Showcases held on Saturday, November 4th and Saturday, November 11th at Caledonia High School from 8 a.m.-12 p.m. It is highly recommended that you attend BOTH SHOWCASES.

Practices will begin during the week of November 20th. Practice times and dates will be assigned at the coaches' draft. Games will take place on Saturday mornings at the Caledonia High School gym or field house beginning on January 6, 2018. Game times will be between 8 a.m.-12 p.m. Players will be contacted by their assigned coach no later than November 17th. Coaches will provide a practice schedule at this time.

Key Dates:

- November 4 - 1st Player's Showcase
- November 11 - 2nd Player's Showcase
- November 17 - Coaches contact players
- November 20 - Practices begin
- January 6, 2018 - Games begin

Coaches needed for the 2017-18 Season:

Are you interested in coaching youth basketball? We are currently looking for volunteers to serve as coaches for our CYB teams. In past years we have fielded between 8 and 10 teams. Coaches will be able to draft their own team based upon the coaches' forums. We are looking for both Head and Assistant Coaches depending on your level of interest. Please note, depending on the level of response, there is no guarantee that every volunteer will be able to be assigned to a team. If you are interested, email the league director Eric Tuori at calyouthbball@gmail.com. Varsity Players will officiate and mentor for the games

\$80 (includes league fee & reversible jersey) CHS Gym
Sign up online at www.caledoniaresourcecenter.org

*THIS PROGRAM IS SUPPORTED BY THE
CALEDONIA BOYS PROGRAM*



CAL BOYS 2ND - 4TH GRADE BASKETBALL

This year's Caledonia Youth Basketball Clinic will offer grades 2nd - 4th a five-week skills development course. Three weeks will be spent teaching the correct fundamentals of individual skills (i.e. proper shooting technique, dribbling, passing, footwork, etc). The final two sessions 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.

Our philosophy behind promoting skills clinic vs strictly game play: Our High School basketball program, along with Head Coach Phil Visser, firmly believes that it is more beneficial for 2nd – 4th graders to properly learn fundamental skills as a base before being thrown into game play. This program is focused on the development of individual skills and player confidence and includes interaction with high school freshmen and junior varsity basketball players, who will serve as mentors and coaches. These coaches will work with your son to improve his fundamental skill set, confidence, and love for the game.

Sat 1/13 - 2/10 9 - 10:30 a.m. \$55 (fee includes a t-shirt) Duncan Lake Middle School Gym

If you have any questions, please email them to Eric Tuori at: calyouthbball@gmail.com
Sign up online at www.caledoniaresourcecenter.org

*THIS PROGRAM IS SUPPORTED BY THE
CALEDONIA BOYS BASKETBALL*



Register online at:
www.inspiremenow.org

Youth Enrichment

American Safety & Health Institute Babysitter's Training

You can become a certified baby-sitter! In this class you will learn:

- How to choose age-appropriate games and toys
- Perform child-care skills such as diapering and feeding
- Handle bedtime issues
- Identify safety hazards
- Care for common injuries
- Communicate effectively with parents
- How to interview and find jobs
- How to prevent choking, and what to do in case of a choking incident.
- Learn CPR and how to use an AED

Our instructor, Patti Ross, is a certified instructor for The American Safety and Health Institute. (Must be 11 years old to participate.)

Session I 10/9 & 10/16

Session II 11/6 & 11/13

Session III 12/4 & 12/11

5:30 - 8:00 p.m. \$85 (\$75 early bird) - book included

DLMS Rm #522



Gretka's Coldwater Studio

This is an eight-year tradition in Alto. These week-long sessions are held in a rustic barn where students will receive lessons in drawing, painting, print making, field biology, and a daily interlude of farm-to-table food art, resulting in a snack! All materials included. Please don't wear your best clothing!

This class is taught by Gretka Domer, a Kendall College graduate who has been active in the community as a mural painter and instructor while also working as a substitute teacher. Visit her website at gretkadomer.com



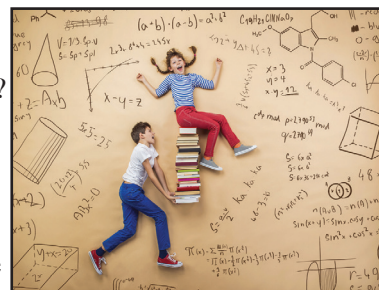
Mon - Fri 8/21 - 8/25
Ages 5 - 8

10 a.m. - 1 p.m. \$230
(\$220 early bird)

All classes are held
at Gretka's Coldwater
Studio
9508 Bergy Ave., Alto

Mathnasium of Kentwood Math Workouts (Ages 7-12)

Do you have a son or daughter who loves math? Do they want a math challenge? Do you have a son or daughter who "dislikes" math? Is the new school year challenging so far? Our math workouts are perfect for both!



Join us for 5 math workouts scheduled to fit your needs over a 3 week period. The initial visit will include an assessment to determine two math concepts that our excellent instructors will work with your child on during the next 4 visits. They will receive individual instruction in a group setting, with a chance to earn rewards just for having fun with math! Upon completion, we will review in detail your child's math assessment and progress made with you.

Math Workouts are 1 hour each, scheduled at your convenience during center instruction hours of Mon-Thu 3 -7 p.m. and Sat 10 a.m -1 p.m.

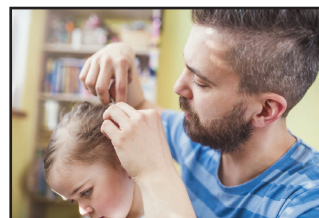
Session I 9/5 - 9/23 Session II 10/2-10/21

Session III 10/30 - 11/18 \$119 for a session (\$109 early bird)

All math workouts are held at the Mathnasium of Kentwood located at 6101 Kalamazoo Ave, Suite B1, Kentwood, MI 49508. North side of the Family Fare parking lot. Visit our website to meet our team of instructors: www.mathnasium.com/kentwood

Father/Daughter Hair Styling

Does your daughter give you a strange look when you offer to do her hair? Do you panic when it is time to help her get ready for school in the morning? Come to this class and learn techniques to style your daughter's hair. Three hairstyles will be taught while you spend this time bonding with your little girl. Ice cream sundae bar included! Please bring your daughter's favorite hairbrush. All other supplies will be provided.



Tue 10/10 or Tue 11/14 6:15 - 7:15 p.m. \$10 a couple (\$8 for each additional daughter) Resource Center Rm #302

Youth Enrichment

Classes offered by Kendall College of Art and Design, Ferris State University (KCAD)

The following classes will be offered at KCAD. All classes held at KCAD. Meet in the lobby at 17 Pearl Street, Woodbridge N. Ferris Building, Grand Rapids, prior to start of class.

Create With Clay (Ages 6 - 9)

Use clay and glazes to create ceramic art straight out of your imagination. You will explore pinching, carving, rolling, stamping, and creative paint and glazing techniques

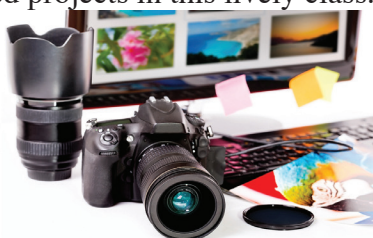


Sat 10/21 - 11/18 9:30 a.m. - 12 p.m. \$159 (\$149 early bird)

Fun With Digital Photography (Ages 10 - 12)

Begin this class with a photo shoot around KCAD looking for images that represent every letter of the alphabet. Learn basic composition techniques, and ways to "fool" the eye with trick photography. Making your own diorama of photos is just one of the added projects in this lively class. Bring your own digital camera to each class.

Saturday 10/21 - 11/18 12:30 - 3:00 p.m. \$159 (\$149 early bird)



Register online at:
www.inspiremenow.org

KCAD Youth Class in Caledonia

Ready, Set, Draw (Grades 1 - 4)

Make up your mind to draw! See how you can draw objects, people, and animals that are both real and imagined. Develop realistic detail using pencils, pens, and charcoal.

Wed 9/27 - 10/18 3:45 - 4:45 p.m. \$95 (\$85 early bird) Supplies will be provided. Kettle Lake Spanish Room



Deep SEE Divers

(Grades 1 - 4) Learn to draw sea creatures and underwater plants. Imagine yourself as an oceanographer and create an ocean world on large scale paper used to decorate the room. Learn to work with pencils and watercolor to bring your ideas and drawings to life!

Tue 9/26 - 10/24 (omit 10/10) 3:45 - 4:45 p.m. \$95 (\$85 early bird) Supplies will be provided. Emmons Lake Spanish Room

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.





Joe Lienesch- Intrim Preschool Principal

PRESCHOOL

Our preschool program provides a positive first school experience for young children. The curriculum includes teaching basic readiness skills in language, literacy, math and motor skills and is aligned to the Caledonia Community School's K-12 curriculum. We also provide opportunities for children to develop peer relationships through play, while nurturing children's creativity, problem solving and curiosity. Monthly newsletters and twice a year conferences/progress reports help to foster communication between parents and staff.

3 Year Old Preschool

Monday / Wednesday / Friday	9:15 - 11:45 a.m.
Monday / Wednesday / Friday	12:45 - 3:15 p.m.
Tuesday / Thursday	9:15 - 11:45 a.m.
Tuesday / Thursday	12:45 - 3:15 p.m.

4 Year Old Preschool

Monday / Wednesday / Friday	9:00 - 11:30 a.m.
Monday / Wednesday / Friday	12:30 - 3:00 p.m.
Tuesday / Thursday	9:00 - 11:30 a.m.
Tuesday / Thursday	12:30 - 3:00 p.m.
M-W-F	9:00 a.m. - 1:30 p.m.
T/Th	9:00 a.m. - 3:00 p.m.

Registration Information

A \$60 non-refundable registration fee is due upon enrollment.
 Tuition Rates (per year): 2 days per week: \$945 3 days per week: \$1305
 M-W-F 9 a.m. - 1:30 p.m. \$2025 T-Th 9 a.m. - 3 p.m. \$2025
 Duncan Lake Early Childhood Center
 9751 Duncan Lake Ave.
 Caledonia, MI 49316
 (616) 891-6220

CALEDONIA COMMUNITY SCHOOLS FREE DEVELOPMENTAL INVENTORY (For Children Birth-4 ½ Years Of Age)



Do you have concerns about the development of your child in the areas of: speech, language, hearing, vision, large or small motor skills, socialization, or growth? We may be able to help! Caledonia Community Schools will be conducting a developmental screening for children who may benefit from early educational intervention. If you are a Caledonia School District resident who has concerns and would like more information please call 891-6220. The next screening will take place in August at the Duncan Lake Early Childhood Center, 9751 Duncan Lake Ave. There is no fee for this service.

CALEDONIA KIDS THEATRE PRESENTS



JANUARY 26 & 27, 2018

DLMS PERFORMING ARTS CENTER

To participate in the Caledonia Kids Theatre program, register online at www.inspiremenow.org or complete a class registration form in the back of this catalog and mail it to the Caledonia Resource Center. All students must be pre-registered to participate. A parent meeting will be held the week of September 19 at Emmons Lake Elementary. Participation fee \$45. Registrations will not be accepted at the meeting. Please pre-register. For more information call 891-8117.

CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS

APRIL 20 & 21, 2018

DLMS PERFORMING ARTS CENTER



To participate with the Caledonia Middle School Players, register online at www.inspiremenow.org or complete a class registration form in the back of this catalog and mail it to the Caledonia Resource Center. All students must be pre-registered to participate. Participation fee \$45. For more information call 891-8117.

**CHS Players
present**

As You Like It

**Nov 9, 10, 11, 2017
CHS Fine Arts Center**

WILLIAM SHAKESPEARE



Caledonia Community Players 2017/2018 Season

THE TRUE STORY OF THE 3 LITTLE PIGS!

By Paul Gilvary, Robert Kauzlaric & William Rush
Based on the book *The True Story of the 3 Little Pigs!*
by Jon Scieszka & Lane Smith



The True Story of the 3 Little Pigs!

By Paul Gilvary, Robert Kauzlaric, William Rush
Based on the book *The True Story of the 3 Little Pigs!*
By Jon Scieszka & Lane Smith

October 21, 2017

Gooney Bird Greene And her true life adventures

By Kent R. Brown
Based on the book *Gooney Bird Greene*
by Lois Lowry

March 17, 2018

Gooney
Bird
Greene



June 22, 23, 29 & 30, 2018

Footloose *The Musical*

Stage Adaptation by DEAN PITCHFORD and WALTER BOBBIE
Based on the Original Screenplay by Dean Pitchford
Music by TOM SNOW Lyrics by DEAN PITCHFORD



Order reserved tickets online at CaledoniaPlayers.org



Theatre



SUPPORT WHAT YOU LOVE

Become a Theatre Guild member today!

The purpose of the Theatre Guild is to provide support to the students and community members enrolled or participating in the various theatre programs of the Caledonia Community School District. The Guild is committed to promoting education, participation, enjoyment, and appreciation of the theatric arts.



CONTRIBUTION LEVELS

House Light (\$50-\$99)

- ★ 2 Tickets to any 17/18 season performance
- ★ Name in all programs

Backlight (\$100 - \$249)

- ★ 4 Tickets to any 17/18 season performance
- ★ Name in all Programs

Floodlight (\$250 - \$499)

- ★ 6 Tickets to any 17/18 season performance
- ★ Name in all Programs
- ★ 2 Free Concession Items
- ★ Invitation to Annual Reception for 2

Footlight (\$500 - \$999)

- ★ 8 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 4

Stage Light (\$1,000 - \$2,499)

- ★ 10 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 6
- ★ Title Recognition for 1 production

Spot Light (\$2,500 +)

- ★ 10 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 6 Free Concession Items
- ★ Invitation to Annual Reception for 8
- ★ Title Recognition for 2 productions.

Make Your Contribution Today!

Make Checks Payable To:
Caledonia Theatre Guild
9749 Duncan Lake Ave.
Caledonia, MI 49316

For More Information
Call Us at 891-8117

Yes! I Want To Become A Member Of The Caledonia Theatre Guild

- ☐ My check for \$_____ is enclosed.
- ☐ Charge \$_____ to my MasterCard / Visa

Card Number_____

Exp. Date_____Security Code_____

Signature_____

Date_____

Name_____

Address_____

City_____State____Zip_____

Phone_____

E-Mail_____

Name to appear in programs:_____

- ☐ I wish to remain anonymous
- ☐ I Would Like To Become A Volunteer!

Health & Fitness

TRX Suspension Training: Cardio, Body, Pump and Tone

A new, exciting, and uniquely designed 45 minute class to meet everyone's needs!! Yes, everyone! And in only 45 minutes!!

TRX suspension training is new to the mainstream public but has been used for over 10 years by elite and Olympic athletes to increase strength, agility, and endurance. What

makes TRX so special is that it can even help those right out of surgery, like Drew Brees, quarterback of the New Orleans Saints. After an injury to the labrum in his right shoulder he reconditioned after surgery with TRX and led his team to the Super Bowl. The brilliance comes in simply adjusting where you stand in relationship to the TRX band, increasing or decreasing the level of difficulty. So whether you are training for a triathlon/5K, recovering from an injury/surgery, or simply returning or new to exercise; TRX could be for you. Come join us and find your new you. Only 7 reserved spaces available.



Session I Thu 9/14 - 11/9 \$125 (\$115 early bird)
Session II Thu 11/16 - 12/21 (omit 11/23) \$85 (\$75 early bird) 4:30 - 5:15 p.m. DLMS Weight Rm

Instructor: Sherry Lynn, American College of Sports Medicine Personal Trainer, ACE GF, TRX Suspension Cert, Yoga Alliance 200RYT ~ with over 1,700 hours experience, American Heart Association Heart Saver First Aid.

Kung Fu for Health

Kung Fu - literally, "Noble Skill" - is any activity or ability done competently. This class will consist of exercises and techniques from a variety of Martial Arts. Aikido, TaiQi, Shaolin Kung Fu as well as stretching and Qigong. Belt ranking in Tai Chum Wu Yi is also possible.

Session I Tue 9/19 - 11/7
6 - 7 p.m. \$95 (\$85 early bird)
Caledonia Elem. Cafe



Adult Ballroom Dance

Looking for something different to do on date night? Planning the perfect wedding? No matter the reason, grab a partner and join us for an hour of dancing fun! In this four-week course, you will learn Swing, Salsa, and Waltz from an award winning dance couple. Please wear clean indoor shoes, ballroom shoes or socks and comfortable clothing.

Wed 10/4 - 10/25 8 - 9 p.m. \$99 (\$89 early bird)
Caledonia Dance Center - 131 E. Main Street SE, (Studio E)

WERQ®

Want to get fit? Then let's go to WERQ®! WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by our Certified Fitness Professional, Christy Sanchez. Join us and have fun getting fit.

Session I Thu 9/7 - 10/12
Session II Thu 10/26 - 11/30 (omit 11/23)
\$69 (\$59 early bird) 7 - 7:50 p.m.
DLMS Main Gym South Balcony



Register online at:
www.inspiremenow.org

Health & Fitness

Fitness RX Fusion

Yoga, Pilates

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 pilates 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. **THIS IS A BEGINNER LEVEL CLASS- PERFECT FOR OVER FIFTY OR DECONDITIONED ADULTS.**



Session I Thu 9/14 - 10/19 Session II 10/26 - 12/7
(omit 11/23) 5:45 - 6:45 p.m. \$64 (\$54 early bird)
Resource Center Rm #302

Fencing – Safe?? YES!

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. All equipment is provided. Our instructor, 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 four US World Championship teams. Come learn this exciting Olympic sport!



Teens & Adults (14 and over)
Session I Thu 9/21 - 10/26
Session II Thu 11/2 - 12/14 (omit 11/23)
6:30 - 7:30 p.m. \$95 (\$85 early bird)
West Michigan Fencing Academy

Adult Martial Arts Exercise Seminar:

This fun course is a Martial Arts themed exercise seminar for adults designed to supplement your normal exercise routine. You will learn basic blocks, kicks and punches while getting a great cardio workout. You will be taught when and how to use these techniques. Adult safety awareness is also taught. This is for all skill levels. There will be no contact between students or students and instructor. This seminar is for adults ages 18 and up lead by a qualified Black belt instructor.



Mon 9/11 7 - 8:30 p.m. \$25 (\$15 early bird)
DLMS Aux. Gym

Hatha Vinyasa Yoga

Has yoga been on your mind? Do you really, really need to wash it all away and drink in a breath of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose “right”. Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize our bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical bodies, manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches and acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Session I Tue 9/12 - 11/7 \$135 (\$125 early bird)
Session II Tue 11/14 - 12/19 \$95 (\$85 early bird)
4:15 - 5:15 p.m. Resource Center Rm #302

Health & Fitness

Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxiliary gym on Tuesday & Thursday nights for anyone that would like to play. Pay as you go at a drop in rate of just \$5. You must have your own equipment.



Intermediate Players (3.0 or higher) Tue 9/12 - 12/19
All Players Thu 9/14 - 12/22 (omit 11/23)
6:30 - 8:30 p.m. \$5 per night DLMS Aux Gym

Pickleball - Lessons

Love to play racquet 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! It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. Our instructor, Linda Jirous, is a teacher and 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.

Session I Wed 9/20 - 10/11
Session II Wed 10/18 - 11/8
Session III Wed 11/15 - 12/13 (omit 11/22)
Beginner 6 - 7:30 p.m.
Advanced 7:30 - 9 p.m. \$49 (\$39 early bird)
DLMS Aux. Gym



Instructor Jami DeHaan

Zumba

Zumba Fitness is a Latin based fitness dance class guaranteed to make you sweat! We will cover a lot of different dance styles like salsa, merengue, cumbia, reggaeton, belly dance and Bollywood. Your instructor Jami DeHaan has been doing Zumba for 7 years and teaching for 6. You will have a great time while dancing to Latin and Pop music! Come on out and shrink everything but your smile! Please bring a water bottle and wear a comfortable fitness shoe to class.

Wed 9/20 - 12/13 (omit 11/22) 6:30 - 7:30 p.m.
\$105 (early bird \$95) Caledonia Elem. Gym

Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, is a 5th degree black belt. He will be able to teach you wherever you currently are with karate instruction, from beginner to advanced.



Ages 14 - Adult 7 - 8 p.m.
Session I M & W 9/18 - 10/25
Session II M & W 10/30 - 12/11 (omit 11/22)
\$89 (\$79 early bird) KMMS Gymnatorium

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.

Session I Thu 9/21 - 11/9 6 - 7 p.m.
\$95 (\$85 early bird) Caledonia Elem. Cafe.



Register online at:
www.inspiremenow.org

Health & Fitness

Pilates Strengthen Mind & Body

Pilates is a great, low impact solution for those who are looking to develop strength, endurance and flexibility. With an emphasis on developing core strength, Pilates elongates and strengthens muscles throughout the entire body without creating bulk. Pilates improves strength, coordination, flexibility and circulation through controlled movements that encourage both muscular and mental fitness. Pilates teaches balance and control, offering a variety of modifications for those with limited mobility and back problems, while still accommodating both beginners and advanced individuals. If you're looking for an exercise to connect mind and body together, enhancing both as one unit then Pilates is for you!

Session I Thu 9/7 - 10/26 (omit 10/12)
Session II Thu 11/2 - 12/21 6:30 - 7:30 p.m.
\$109 (\$99 early bird) Resource Center Rm TBA.



Barre

American Barre Technique® is a 50-55 minute ballet inspired, low impact, aerobic class that fuses fluid balletic movements with small staccato actions to trigger hard to work muscles. ABT tones and sculpts the outer physique into a lean dancer's shape. This fitness class is perfect for women and men of all ages and strength levels. It can be taken at your own pace with an increase in difficulty or at a modified level. Increase your flexibility, tone and tighten your physique, increase endurance, improve balance and find a deeper sense of inner strength with ABT.

Session I Mon 9/11 - 10/30
Session II Mon 11/6 - 12/18 5:15 - 6:15 p.m.
\$109 (\$99 early bird) Resource Center Rm TBA.

Register online at:
www.inspiremenow.org

Power 30

Tone, tighten and sculpt in just 30 minutes! We will do everything from Cardio, upper/lower body and core training all in 30 minutes. Some days may focus on one or two areas and some days we will work them all. Bring a towel, water bottle, mat for core work, and a resistance band if you have one.

Session I Tue 9/12 - 10/24 Thu 9/7 - 10/26 (omit 10/12)
Session II Tue 11/7 - 12/19 Thu 11/2 - 12/21 (omit 11/23)
\$89 (\$79 early bird) sign up for both Tue and Thu in the same session for \$135 (\$125 early bird)
5:45 - 6:15 p.m. Resource Center Rm TBA.

Your instructor for these classes is Catrina Schnurstein, an AFAA Certified group fitness instructor, a Certified Beachbody, CIZE and Turbo Kick coach and a Certified Personal Trainer.



Beginning Crochet

Learn how to crochet in this five week class. You will be able to make various stitches and follow basic patterns. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages welcome!

Session I Tue 9/19 - 10/10

Session II Tue 10/17 - 11/7

Session III Tue 11/14 - 12/5

\$59 (\$49 early bird) 3:30 - 5 p.m.

Henny's Yarn Shop - 133 E. Main St., Caledonia

Beginning Knitting

In this beginning knitting class, you will learn about yarn and gauge. You'll learn to knit, purl, cast on and bind off, and even complete a project. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages are welcome!

Session I Thu 9/21 - 10/12

Session II Thu 10/19 - 11/9

Session III 11/16 - 12/14 (omit 11/23)

\$59 (\$49 early bird) 3:30 - 5 p.m.

Henny's Yarn Shop - 133 E. Main St., Caledonia

Henny Stauffer is a retired teacher from Caledonia Schools. She has been enjoying knitting and crocheting her entire life. She began knitting at age three in the Netherlands. For the past five years she has been teaching knitting and crocheting in Kenya, Africa.

Intermediate Knitting

This class is designed for those who already know how to knit. We will be teaching magic loop (knitting socks), continental knitting, lace knitting, and how to work with gauge. Prior to the class, stop by Henny's Yarn Shop to choose your yarn and patterns for this class.



Session I Thu 9/21 - 10/12

Session II Thu 10/19 - 11/9

Session III 11/16 - 12/14 (omit 11/23) \$59 (\$49 early bird) 10 - 11:30 a.m.

Henny's Yarn Shop - 133 E. Main St., Caledonia

Intermediate Crochet

This class is designed for those who know how to crochet. You will learn how to design your own shawl/wrap using various patterns and/or crochet a tunic top. Stop by Henny's Yarn Shop to check out the designs.

Session I Tue 9/19 - 10/10

Session II Tue 10/17 - 11/7

Session III Tue 11/14 - 12/5

\$59 (\$49 early bird) 10 - 11:30 a.m.

Henny's Yarn Shop - 133 E. Main St., Caledonia

Sewing For Newbies!

Learn how to sew! This class is for anyone over 16 years or 12 years with an adult. For our first class you will need to bring a sewing pattern labeled easy, thread and your own sewing machine. You will learn how to read your pattern and make a list of the fabrics and notions needed for the next class. You will also spend some time learning how to use your sewing machine to make basic lines and seams. During the next two classes you will be sewing your pattern.

Mon 9/18 - 10/9 \$49 (\$39 early bird)
6 - 7:30 p.m. Resource Center Rm #301



Card Making

Feeling crafty? Join me to make hand-stamped greeting cards - no experience required! We will make a variety of cards with envelopes, new and different designs at each class so you won't want to miss any! Participants should bring adhesive of choice for card assembly - double-sided tape or a tape runner works great. All other supplies will be provided. This class is for adults and students ages 13+.



Tue 8/29, 10/10, and 11/21
6:30 - 8:30 p.m.
\$29 per class (\$19 early bird)
Resource Center Rm #302

Register online at:
www.inspiremenow.org

Autumn Arts in Alto

Botanical Drawing with Calligraphy

This will be a scientific drawing of any plant with identification in a calligraphic font. It will be finished with watercolor, fit to frame to hang in your home. Materials and mimosas included.

Fri 9/8 - 9/22 7 - 9 p.m. \$150 (\$140 early bird)

Thanksgiving Painting

Plan and paint a picture you will want to display in your home every Thanksgiving. Materials and drinks provided.

Fri 10/13 - 10/27 7 - 9 p.m.
\$150 (\$140 early bird)

Printmaking

Plan a design to cut into a linoleum block. Ink it and run it through the press to make a set of up to 20 greeting cards for the holidays. If you love your design and want to come back later to print more you may use my studio for \$20 dollars an hour by arrangement. mimosas or mulled cider provided. There will be a \$10 material fee payable to the instructor at the first class.



Fri 11/3 - 11/17 7 - 9 p.m. \$150 (\$140 early bird)

Illuminated Moravian Star

Using an ancient pattern we will cut, fold and glue 16 paper points that will assemble to make a three-dimensional star measuring about 22 inches across and lit from within. This class has an added fee of \$10 for electrical components. Our family has had one for 20 years and we assemble it to hang in the window every Christmas. Hot spiced wine provided.

Fri 12/1 - 12/15 7 - 9 p.m. \$150 (\$140 early bird)



All classes will be held at: Gretka Domer's Coldwater Studio 9508 Bergy Ave

The Art of Coloring

This workshop is designed for anyone who would like to learn more of the art of coloring with markers, color pencil, watercolor pencil and colored ink pens. This workshop is for beginners as well as for those who already enjoy coloring yet are looking to take it up a notch with some insights and some further tricks of the trade in the above mentioned mediums. There will be demos on each medium as well as time to practice some of these tips on your own... We will go over color and how to know what makes a good color combination and choice. We will be discussing the types of grownup coloring books and products out there and how to make your time in them satisfying and rewarding.



Come and join us for a 2 1/2 hour workshop that will give you new insights on the way you look at coloring book coloring, its advantages and where you can take it! A supply list is available at the Resource Center.

Session I Wed 9/6 Session II Thu 9/7

Session III Wed 10/18 Session IV Thu 10/19

6 - 8:30 p.m. \$21 (\$11 early bird) Resource Center Rm #302

Still Life Painting With A Twist

Learn classic painting techniques with a fun twist! All abilities welcome! Ages 16 and over or ages 12 and over with an adult. We will paint funky objects and learn some tricks along the way.

SUPPLY LIST:

- Red, blue, yellow and white (acrylic paints, please buy tubes- not craft acrylic paint)

- Paintbrush or two (or as many as you like!)

- Something to paint on; gesso board, canvas, acrylic painting paper, wood - it is totally up to you on what you bring and size!



Wed 9/18 - 11/8 \$49 (\$39 early bird) 6 - 7:30 p.m. Resource Center Rm #302

Shabby Chic - Unique Workshop

Come find Shabby Chic inspiration and decor ideas for your home and garden. Want to chalk paint? Like arranging flowers? You will learn how easy it is to create the look you desire!

Thu 9/28 - 12/14 (omit 11/23) 6:30 - 7:30 p.m. \$45 (\$35 early bird) Resource Center Rm #302



Music, Language & More

Private Guitar Lessons

Would you like to play guitar? Have you begun playing but need further instruction? Our instructor will help you with your physical capabilities, music theory, and emphasize on the mental aspect of playing music. Half-hour private lessons will be available for adults and students.

OR

Private Piano Lessons

Learning to play the piano is the best foundation for all musical instruments. Our instructor will not only teach you to play, but he will also teach you the music theory to help you understand what you're playing.



OR

Love To Sing

If you love to sing, let our instructor help you reach your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing and if you can carry a tune, he can teach you to sing!

Tue Session I: 8/29 - 9/19 Session II: 9/26 - 11/1 (omit 10/17 & 24, 10/31 class to be held on 11/1)
Session III: 11/7 - 11/28 Guitar / Piano - \$95 (\$85 early bird) Voice \$109 (\$99 early bird) 2:30 - 8 p.m.
Resource Center Rm #302

Instructor, Frank Eimer has been a professional musician for over 56 years. He has taught voice, guitar, bass and piano to over 1,000 students, many of whom are now professional musicians and singers. He was inducted into the Michigan Rock & Roll Legends Hall of Fame in 2009.

Spanish

It's never too late to learn a foreign language. It can be both easy and fun and it will definitely enrich your life. Whether it be planning your next vacation, business, or simply reading a Spanish menu, beginning Spanish will introduce you to simple expressions and vocabulary as well as the Spanish culture.

Auri Cooper is a native Spanish speaker from Puerto Rico. She is a retired teacher who taught high school Spanish in Michigan and Virginia.

Session I Tue 9/19 - 10/24 Session II Tue 11/7 - 12/12
\$99 (\$89 early bird) 7 - 9 p.m. DLMS #TBD



Perfect Pork!

When chicken or beef just won't do, Sandra will show you how to make four recipes that are perfect for the cold months ahead. When you are finished you will get a chance to sample the creations and take home recipes that you will totally want to pig out on!

Tue 11/14 6:30 - 8:30 p.m.
\$35 (\$25 early bird)

Class will be held in the newly remodeled kitchen at Sandra Wanzer's Nighthawk Food & Spirits, 6950 Whitneyville Rd.

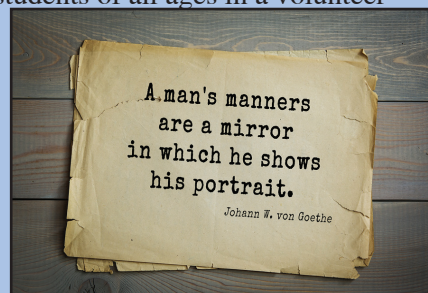


Etiquette for the Home - Good Manners Matter

This is a family-based class that begins with learning good manners at home. Lessons with visual aids will focus on the fundamental rules of table manners, everyday communication and the best way to engage visitors. We will practice honing these skills during each class so you will be comfortable using what you have learned right away.

Ruth Swartz is an image consultant focusing on social protocol in business and home settings. She has enjoyed teaching students of all ages in a volunteer setting for almost 20 years.

Wed 10/4 - 10/18
6:30 - 8:30 p.m.
\$45 (\$35 early bird)
Resource Center Rm #301



Etiquette for Professionals - What You Don't Know CAN Hurt You!

Have you ever wanted to learn the skills necessary to come across as more polished than other business associates in the workplace? This class will give you that edge as you perfect the art of making a good first impression, eating in and eating out, communicating electronically and speaking with others in everyday business encounters. We will practice honing these skills during each class so you will be comfortable using what you have learned right away.

Ruth Swartz is an image consultant with many years of experience working for large corporations, including automotive giant, General Motors and office furniture manufacturer, Herman Miller.

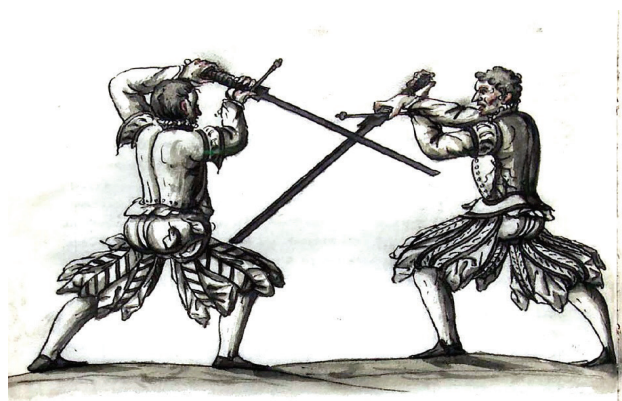
Tue 10/3 - 10/24 7 - 9 p.m. \$55 (\$45 early bird)
Resource Center Rm #301

Misc. Classes

Introduction to Longsword - Historical European Martial Arts

Using the surviving manuals from hundreds of years ago as a base, this class teaches participants how to properly wield the historical European longsword. In addition, this class serves as an introduction to the world of HEMA, Historical European Martial Arts! We will be covering the guards, stances, and attacks of historical longsword techniques, as well as practicing point and strength control for safety and sparring purposes. Welcome to all genders and all ages older than 16 (minors need adult permission). Training swords (shinai) will be provided. Students should wear athletic clothing. Bring your own eye-protection and protective full-fingered gloves. Drinking water or sports drinks are encouraged.

Wed 9/6 - 9/27 7 - 9 p.m. \$69 (\$59 early bird)
DLMS Aux. Gym Balcony



Medieval Longsword Skills

Using the surviving manuals from hundreds of years ago as a base, this class teaches participants how to properly wield the historical European longsword. In addition, this class serves as an introduction to the world of HEMA, Historical European Martial Arts! We will be covering the guards, stances, and attacks of historical longsword techniques, and some of the more advanced techniques and plays. Welcome to all genders and all ages older than 16 (minors need adult permission). Students should wear athletic clothing. Drinking water or sports drinks are encouraged.

Certain items are required. Contact Jerry Berg at bergjerrye@gmail.com for approval on required items.

Required Equipment:

- *Longsword: Must be made of synthetic plastic (usually white or silver in color) and have a crossguard. Must have straight blade (not curved). Must be two-handed, at least 40" in length.
- *Helmet: Fencing or HEMA masks. At least 350N. Also, neck protection, if helmet does not have a solid bib that covers the larynx. (Also recommended: back-of-the-head protection or mask-overlay.)
- *Gloves: Full-fingered gloves with solid or cushioned padding (i.e. Lacrosse, hockey, or HEMA gloves)
- *Elbow and knee pads: Solid knee and elbow coverings. (i.e. skating pads)

Discounted costs offered by Purpleheart Armory exclusively for this class. Contact bergjerrye@gmail.com for discount code.

Session I Wed 10/4 - 10/25
Session II Wed 11/1 - 11/29 (omit 11/22)
7 - 9 p.m. \$69 (\$59 early bird) DLMS Aux. Gym Balcony



**Register
online at:**
www.inspiremenow.org

Misc. Classes



Igniting the Spark to Madness: A Jump Start into Improv

Do you think you're funny and quick-witted? Can you make suggestions come to life off the top of your head? Do you want to step outside of your comfort zone and learn skills that will help you on and offstage? Do you want to learn something new? Are you human? Then this is the class for you! This course will take you into the fast, fun-fueled world of improvisational comedy. Here you will learn and develop your comedic and theatrical skills, play games, and learn the answer to that burning question of *Whose Line is it Anyway?* So, come out and play as this is guaranteed to be fun time!

Mon 9/11 - 12/4 (omit 10/16) 6:30 - 9 p.m. \$95 (\$85 earlybird) Resource Center Rm #302

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.



"Tomorrow I'll teach you how to land."

Wills and Trusts For The Family

Have you been putting off writing your will? Our instructor, Dennis Cooper, 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. Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.

Session I Thu 9/21 - 10/12

Session II Thu 10/26 - 11/16

7 - 9 p.m. \$55 per person - spouse free (\$45 early bird)

DLMS Rm #TBA



Getting Paid to Talk

An Introduction to Professional Voice-Overs

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics,

including how to prepare the all-important demo, how to be successful, and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early. To find out more information on this course visit www.voicecoaches.com/gptt

Tue 10/24 6:30 - 9 p.m. \$35 (\$25 early bird)

DLMS Rm #TBA



Misc. Classes

Essential Oils Make & Take Wellness

This class will give you a sneak peek into the world of essential oils; what they are, how to use them and what to use them for. You will leave this class with practical ways to improve your overall wellness and make four products to take home and use! We will be making 4 roller balls and you will be able to choose from the following recipes:

1. Sneeze
2. Sleep
3. Ache
4. Energy
5. Tummy
6. Breathe



Mon 9/11 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

Succulent Mini Desk Diffusers

Let's get our hands dirty and make succulent diffusers together. Must bring your own container (get creative and look around the house for a cool coffee mug, old tin, wine glass, etc. All other supplies will be included, including 2 succulents of your choice. If you want additional succulents in your planter they will be available while supplies last for an additional \$4 each.

Mon 9/25 6:30 - 8 p.m. \$35.00 (\$25 early bird)
Resource Center Rm #301

Household Products - Make & Take

Let's learn how to live healthier by DETOXIFYING our homes and revamping our cleaning supplies to use some more natural and cost-effective methods of cleaning! We will be making the following products during this class:

1. Fizzy Toilet Bombs
2. Mold & Mildew Spray
3. Thieves Spray

Mon 10/9 6:30 - 8 p.m. \$30 (\$20 early bird) Bring (2) 8 oz. bottles, all other supplies will be provided. The instructor will have some 8 oz. bottles on hand for an additional \$5 fee while supplies last. Resource Center Rm #301

Personal Products - Make & Take

Our skin is the largest organ of the body. Twenty six seconds is all it takes for the chemicals in your personal care products to enter your bloodstream. Let's take care of our bodies and make some new products that are healthy for your skin!

1. Bath Bombs
2. Sugar Scrub
3. Make-Up Remover Pads

Mon 10/23 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

Dog Training

Kindergarten - Training for your 2-5 month old puppy.

Why wait until your adorable little puppy becomes a teenaged terror? Not only will your puppy learn to respond to basic commands, you can learn how to prevent problem behavior before it develops and correctly socialize your puppy while it is still young. Class size limited.

Tue 9/19 - 11/7
6 - 6:45 p.m. \$95 (\$85 early bird)
Resource Center Rm #302

Beginning Dog Obedience - Beginning obedience for all dogs 6 months and older. (No healthy dog is ever too old!)

Teach your dog to heel, sit, lie down, AND STAY, and most importantly, to come when called. Learn how to control unwanted jumping up, digging, barking, and more. Class size is limited.

Tue 9/19 - 10/24
7 - 8 p.m. \$95 (\$85 early bird)
Resource Center Rm #302



Instructor: Jan McLean is an experienced handler/trainer. She has owned and trained her own dogs for 30 years and has been teaching dog obedience classes for over 20 years. She is also involved in competitive obedience, dog assisted therapy, and as a 4-H leader.

Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. You will find information for these classes listed on pages 23 - 25 of this catalog. Please register for these class at least 10 days prior to the start of class on our website at www.caledoniaresourcecenter.org. All classes are held at the Kentwood Aquatic Center, on the East Kentwood High School Campus off Kalamazoo Ave., south of 60th and north of M-6.

Aquatic Fitness Classes

All classes run for the month beginning at the 1st available day within the month and always ending on the last available day of that month.

Low Impact Water Exercise

This is an exercise class that implements the 5 components of physical fitness: aerobic fitness, muscle strength, muscle endurance, flexibility, and body composition. This class is taught at a lower impacting level keeping in mind of the different joints and muscles that we are working on.

Mon, Wed, Fri 7:30 - 8:20 a.m.

Arthritis

Certified and highly recommended by the Arthritis Foundation, the Arthritis Class includes exercises to improve overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.



Mon, Wed, Fri 8:30 - 9:20 a.m.

Water Aerobics

This class will get your body moving and your pulse going! Water Aerobic workouts involve a variety of rhythmic body movements and dance steps performed in the water. This class will help to improve your cardiovascular conditioning, balance, strength and flexibility leading to a better muscular tone. This class is taught at a lower impacting level than the medium impact water aerobics class as we strengthen and improve our balance and range of motion with our own body.

Tue & Thu 8:30 - 9:20 a.m.

Mon, Wed, Fri 9:30 - 10:20 a.m.

Deep Water Aerobics

This class is done in our deep water pool. Participants are unable to touch the bottom of the pool which is a great way to keep your body moving. Float belts are there to assist in your flotation needs. This class is a great cardiovascular workout that also improves strength and flexibility.

Tue & Thu 10:30 - 11:20 a.m.



Water Exercise

This is an exercise class that implements the 5 components of physical fitness: aerobic fitness, muscle strength, muscle endurance, flexibility, and body composition.

Mon & Wed 4:50 - 5:40 p.m. \$36

Water Aerobics and Cardio

This class is designed so that you can get rid of the stress that you may have accumulated throughout the day. Not only will you benefit from the heart pounding, body moving, aerobic workout, but you also have an added cardio portion, which is a guarantee to make sure you get a hard effective workout in to finish your day!

Tue & Thu 7:50 - 8:35 p.m.

Monthly Class Fees

1 Class per week \$19
2 Classes per week \$38

Aquatics

American Red Cross Lifeguard Training

These classes teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

8/20 - 8/23 Tue - Fri 7:30 a.m. - 4:00 p.m.

\$250 includes pocket mask, materials and certification cards.



WSI or Water Safety Instructor Training

To train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics.

8/15 - 8/25 (Tuesday - Friday for 2 weeks)

Tues, Thurs, Fri - 4:30 p.m. - 8:15 p.m.
Wednesday - 12:00 p.m. - 4:30 p.m.

\$275 includes FIT training, certification card and all training materials (books/cd).

Swim lessons may be canceled due to emergency situations. There is no refund for emergency cancellation; however, a make-up lesson will be scheduled for the lost day. No make-ups will be available for absences. Parents will be asked to watch lessons from the bench area unless they are part of the Parent & Child class. Swimmers are encouraged to wear goggles during lessons. Each session is eight classes long. Classes are 45 minutes (30 minutes for Parent and Child). All classes are taught by certified American Red Cross Water Safety Instructors. Private Lessons are also available from any of our certified swim instructors. Inquire for prices and scheduling information. All levels open to youth through adult swimmers.

Learn-to-Swim - Adult & Teen

Students will learn the same skills taught at the youth levels 1 - 6. Please see descriptions on the following page for the level that meets your needs.

Days: Friday

Session Dates: 8/4 - 9/22, 9/29 - 11/17
6 - 6:45 p.m. \$85 (8 weeks)



Parent & Child Aquatics (ages 6 months to about 3 years)

American Red Cross Parent and Child Aquatics class helps infants and young children to become comfortable in the water so that they are willing and ready to learn to swim. Children will learn basic skills including adjusting to the water environment, maintaining a front or back position in the water comfortably, and demonstrating controlled breathing.



Days: Tuesdays

Session Dates:
8/1 - 9/19, 9/26 - 11/14
6 - 6:30 p.m. \$85 (8 weeks)

Days: Thursdays

Session Dates: 8/3 - 9/21, 9/28 - 11/16
6 - 6:30 p.m. \$85 (8 weeks)

Days: Saturdays

Session Dates: 8/5 - 9/23, 9/30 - 11/18
8:30 - 9 a.m. \$85 (8 weeks)

Please note: All students must pre-register. **Deadline to register is ten days before the start of class.** Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.

Aquatics

Preschool Aquatics

(about 4 & 5 years old)

Students will become oriented to the aquatic environment and gain basic aquatic skills at a beginner level. Beginner skills include water entry and exit, propulsive movements on both front and back, buoyancy, breath control, submerging and personal safety.

Learn-to-Swim Level 1: Introduction to Water Skills (about 6 years and up)

Students will learn elementary aquatic skills, personal water safety information and skills. Aquatic skills will include breath control, submerging, buoyancy on front and back, swim on front and back, changing directions and personal water safety.

Learn-to-Swim Level 2: Fundamental Aquatic Skills

Students will learn fundamental aquatic skills including floating without support, simultaneous and alternating leg and arm actions, breath control, submerging, and additional personal water safety skills.

Learn-to-Swim Level 3: Stroke Development

Students will build on previously learned skills. Skills taught include survival float, Front Crawl, Elementary Backstroke, Scissor and Dolphin Kicks, treading water, head first entries in deep water, and additional personal water safety skills.

Learn-to-Swim Level 4: Stroke Improvement

Students will develop confidence in their strokes they have learned so far and to improve on other aquatic skills. Breaststroke, Butterfly, Sidestroke, and Back Crawl will be introduced. Skills taught include headfirst entry from the compact and stride positions, front and back open turns, and water safety will be covered.

Learn-to-Swim Level 5: Stroke Refinement

Students will coordinate and refine their Front Crawl, Back Crawl, Breaststroke, Sidestroke, Butterfly and Elementary Backstroke. Skills taught include shallow angle dive, front and back flip turns, and personal water safety.

Learn-to-Swim Level 6: Swimming and Skill Proficiency

Three different options will be available for Level 6 – Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

Learn to Swim Sessions - Youth

Any of the Learn to Swim classes can be taken at any of the times and dates listed (with the exception of the Adult only and Parent/Child only classes.)

Class Fee: \$85 - 8 sessions

Days: Tuesdays & Thursdays

Session Dates:

8/1-8/24 4 - 4:45 p.m. \$85 4 weeks

8/1 - 8/24, 8/29 - 9/21, 9/26 - 10/19, 10/24 - 11/16, 11/28 - 12/21 5 - 5:45 p.m. \$85 (4 weeks)

Days: Tuesdays

Session Dates: 8/1 - 9/19, 9/26 - 11/14 6 - 6:45 p.m. or 7:00 - 7:45 p.m. \$85 (8 weeks)

Days: Thursdays

Session Dates: 8/3 - 9/21, 9/28 - 11/16 6 - 6:45 p.m. or 7 - 7:45 p.m. \$85 (8 weeks)

Days: Friday

Session Dates: 8/4 - 9/22, 9/29 - 11/17 5 - 5:45 p.m. \$85 (8 weeks)

Days: Saturdays

Session Dates: 8/5 - 9/23, 9/30 - 11/18 10 - 10:45 a.m. or 11 - 11:45 a.m. \$85 (8 weeks)



Please note: All students must pre-register. **Deadline to register is ten days before the start of class.** Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.

Online Classes

Caledonia Resource Center



Learn from
the comfort
of home!

24-Hour Access

Discussion Areas

6 Week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses
entirely from your home or office and
at any time of the day or night.

Prices start as low as: **\$89**

INSTRUCTOR LED ONLINE COURSES

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Enroll Now!

www.ed2go.com/CRC

(616) 891-8117

Over 300 online courses available

ed2go

Community Info

Downtown Chicago Shopping & 22nd Annual Christkindlmarket

Our annual shopping trip will be on Saturday, November 18, 2017. We have 2 fantastic shopping experiences for you!! First, you will be dropped off near the Magnificent Mile where you will have the entire morning 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 or granddaughter and visit the American Girl Place!



In the afternoon we will meet for a package pick up and give you the option of being dropped off at the Daley Center for the Christkindlmarket! Here you will find a wide range of articles including eclectic ornaments that are hand-blown and painted, and cannot be found anywhere else. You will be tempted by the aromas of typical German food such as sausages, potato pancakes, strudel, and many other delicacies throughout the market. Enjoy German drinks such as Glühwein, a traditional holiday market hot spiced wine that has been perfected to please the palate and warm the heart. Admission to the market is free!



Not a shopper? Spend the day sightseeing!

Saturday, November 18
Departs at 7 a.m. and returns at 11 p.m. \$65
Includes: Motorcoach transportation, juice and sweet rolls en route, and driver gratuity.
RSVP: Reservations must be made by 10/17/17.

The motorcoach will depart from the football field parking lot on the corner of Johnson and Main St.

Kiwanis Club of Caledonia

Kiwanis is a global organization of volunteers, dedicated to changing the world one child and one community at a time. We meet every Thursday for lunch at noon at the Nighthawk Food & Spirits, 6950 Whitneyville Rd. For more information please contact Jane Heiss at 616-891-7651.



Caledonia Women's Club

GFWC Caledonia Women's Club will meet at the Caledonia Resource Center in room #301. New members are welcome to join this non-profit volunteer organization at any time. For more information, please contact the president, Jane Heiss at 891-7651 for dates and times.



KDL

Kent District Library
www.kdl.org

KDL offers 45-minute personal technology help sessions by appointment at the Caledonia Township branch. During these sessions, our friendly staff members will help with eBooks, email, Facebook, or other technology related topics. You are welcome to bring your own laptop or other device, or use ours. Stop by the branch or call 616-784-2007 to make an appointment.

A poster for an Arts & Crafts Show. It features a decorative border of holly leaves and berries. The text inside the border reads: 'Arts & Crafts Show' in red, 'Duncan Lake M.S. November 4, 2017 10:00 a.m. - 3:00 p.m.' in blue, 'FREE Admission FREE parking Concessions Available' in green, and 'For more information call 891-8117 www.caledoniarresourcecenter.org' in green at the bottom.

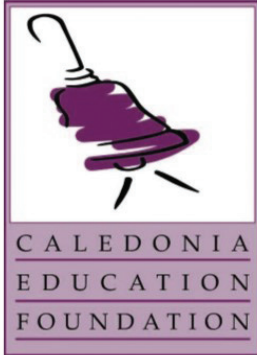
Arts & Crafts Show

Duncan Lake M.S.
November 4, 2017
10:00 a.m. - 3:00 p.m.

FREE Admission
FREE parking
Concessions Available

For more information call 891-8117
www.caledoniarresourcecenter.org

Community Info



Some recent Grants Awarded by CEF:

- A Saxophone and Orchestra Bases
- Caledonia Robotics
- TV Production Technology Upgrade
- Soundboard and microphones
- CHS Language Arts Books
- iPads for LINKS & Special Ed Classes
- Unmanned Automated Vehicle (Drone)
- Human Anatomy Models
- Outdoor Classroom /Learning Garden

The Caledonia Education Foundation strives to help students open many doors to education by funding exceptional opportunities through district wide grants and scholarships. This past school year \$45,000 was given out in grants and \$15,000 was awarded in scholarships. Parents, alumni, property owners and businesses all have a stake in the overall quality of life and investment in public education in Caledonia. The quality of our schools is one of the main reasons that people move here and stay here. The quality of our schools helps maintain property values and fuels our local economy.

Consider giving a gift today to help us bridge the gaps and continue to support excellence in the Caledonia district and community.

www.caledoniacef.org



Supporting educational excellence by: **C**reating opportunities, **E**mpowering our community, and **F**unding our future at **every** level of Caledonia Community Schools.



Online learning
anytime, anywhere...
just a click away!

Register for online classes at: www.ed2go.com/crc

AWOL Adventures

A.W.O.L. ADULTS WITHOUT LIMITS



Golf Outing

Enjoy the day with us as we play a round of golf at a local West Michigan course. You must know how to play and have your own clubs or rent them from the golf course. All levels of playing ability are welcome. We will meet at the course where we will collect fees to play. You can choose to walk or take a cart. Please pre-register through the Caledonia Resource Center so we know how many golfers will be attending. **Call 891-8117.**

Mon 8/7 Tee off time 9 a.m. \$19 (with cart)
Saskatoon Golf Club 9038 92nd St. SE, Alto

Biking

Our biking group began their season rides in May. We would love to have you join us! Here is our end of summer schedule:

August - Starting August 8 - White Pines trail. Start at 5/3rd ball park area for a longer ride. For those that want a shorter ride, start a Rouge River Park. Lunch or ice cream in Rockford.
September - Caledonia Trail - Start time: 10am - lunch after at Uccello's.



If you would like to join us, please e-mail nemecekb@calschools.org and ask to be added to our e-mail list. An e-mail will be sent out the day before the ride to confirm the location or to cancel due to inclement weather. We welcome new riders and hope to have you join us!



Trail Blazers

Join us for our final hike of the season on Wednesday, August 9 at 10 a.m. at Millennium Park in Grand Rapids. There are approximately 3 miles of natural surface trails located within the park at 1415 Maynard Ave SW, Walker. We will meet at the parking lot off Butterworth Dr., at the Hansen Nature Trail.

Ice cream on your own at Dairy Queen at 956 Fulton Street.

Please e-mail Barb at: nemecekb@calschools.org to be put on our e-mail list. An e-mail will be sent out the day before the hike to confirm the location or to cancel due to inclement weather.

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 nemecekb@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.

**Register
online at:
www.inspiremenow.org**

Caledonia Senior Center

It's Your Time



**Thank You to Our
Senior Center Sponsor**



Thanksgiving Dinner

The Caledonia School Board and the Caledonia Resource Center would like to invite you to attend our annual Senior Citizen Thanksgiving Dinner. This event is for seniors 60 years old and older that reside in the Caledonia School district. Please call 891-8117 to make your reservations.

Thursday, November 16, 12:30 p.m.
Duncan Lake M.S. Cafeteria Free Event
Reservations must be made before
November 9. Call 891-8117



Become a Sponsor!

The Caledonia Resource Center provides opportunities for all senior citizens in the Caledonia School district. Our programs include fitness classes, travel, awareness classes and social activities. If you would like to donate to help support our senior center please contact our office at 891-8117.

Halloween Party

Join us for our Annual
Halloween
Spooktacular Party!

Come as you are, or in
your favorite costume.

Tuesday, October 31, 2017 12 p.m.
Cost: \$10 Resource Center Rm #301
Reservations must be made no later
than October 17. Call 891-8117

AARP Smart Driver Course - The Latest From AARP Driver Safety

AARP Driver Safety just got smarter. The AARP Initiative that has helped older drivers stay safe, educated and confident behind the wheel since 1979 has debuted its new, research-based AARP Smart Driver Course. After taking this course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) Be one of the first to experience the new AARP Smart Driver Course. Space is limited so register now by calling 891-8117.



Wed & Thu 10/25 & 10/26 8 a.m. - 12 p.m. Bring your Michigan Driver's License. \$15 members - (\$20 non-members) Resource Center Rm #301

Caledonia Senior Center

It's Your Time



Fit For Life

Join us twice a week for an hour and a half of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing, stretching, and working out in our weight/cardio facility. Each participant will be able to exercise according to his or her own ability. Be prepared to feel better as you become stronger and physically fit. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Mon & Thu 9/7 - 12/21 (omit 11/23)
8:45 - 11 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym

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 9/6 - 12/20 (omit 11/22 &

11/24) 10 - 11 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55
DLMS Weight Rm

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.

Wednesdays 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!

Fridays 1 - 3 p.m. FREE
Resource Center Rm #301

Eldercare Primer

What if you (or a loved one) suddenly needs to be cared for in a nursing home? How will you pay for nursing home cost which can approach \$8,000 per month? Why can't you just give everything to the kids? Are you prepared to deal with physical and/or mental challenges associated with aging? Attend this presentation to learn more about Elder law and how it impacts seniors during the aging process.

Thu 9/21 12:00 p.m. Resource Center Rm #301 Lunch will be served. FREE Please call our office at 891-8117 to reserve your space.

Presented by : WESTERBEKE
LAW FIRM, PLLC

Fall Euchre Tournament

Food~Prizes~Fun



When: Friday, September 15

Time: 11:30 a.m.

Cost: \$10, includes pizza lunch and prizes.

RSVP: You must pre-register by September 5 to reserve your space. Call 891-8117.

Prime Timers need YOU!

We meet on Fridays from 9 a.m. - 12 p.m. 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.

Lunch Bunch

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

Date: Thursday, August 24

Place: Cabaña Tres Amigos- 60th & Kalamazoo

Time: 11:30 a.m.

Date: Thursday, September 28

Place: Logan's Roadhouse - Gaines Township

Time: 11:30 a.m.

Date: Thursday, October 27

Place: Sundance Grille - 5755 28th Street SE Cascade

Time: 11:30 a.m.



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 9/28, 10/27, 1/25, 2/22, 3/22, 4/26, 5/24

1 - 3 p.m. 25¢ per card donation

Resource Center #301

Don't forget to join us for Lunch Bunch before Bingo!



Davenport University invites you to join them for the following sports event:

Thursday 8/31 Football vs Concordia @ 7 p.m.

Friday 9/22 Women's Volleyball vs GVSU @7 p.m.

Sunday 10/1 Women's Soccer vs Tiffin @12 p.m.

Friday 10/20 Men's Soccer vs Saginaw Valley @7pm

These events are free to Caledonia Seniors. Just stop by the Resource Center office at least one week before the event to request your ticket.

Snyder Monuments



**PERSONAL,
PROFESSIONAL,
LOCAL
SERVICE
25+ years**

- Personalized designs
- Laser etched portraits
- Free state wide delivery
- Granite and Bronze
- Convenient in-home Service
- Mention this ad and get a 10% discount.

Randy and Diana Snyder
(616) 291-2425
www.snydermonuments.com
snydermonuments@gmail.com

"Honor a Loved One that will last a Lifetime"

Travel

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.



October 7 & 8, 2017. \$175 per person dbl. **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, \$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

Call 891-8117 to make your reservations.

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.



Wicked

Join us on Thursday, October 19 for a 2 p.m. matinee performance of Wicked at DeVos Performance Hall. We have a limited number of **premium orchestra level seating** reserved for our group. We will meet at DeVos Hall. Transportation is on your own.

Don't delay!!! These seats will sell out fast!!

Thursday, October 19, 2017 @ 2:00 p.m. \$85 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

Felt Estate Tour

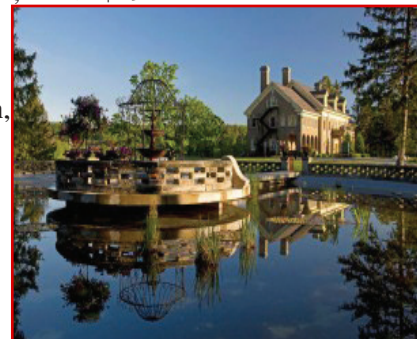
Join us for lunch and a guided tour at the beautiful Felt Estate in Saugatuck. This one to one-and-a-half hour tour includes a full history of the estate. The Felt Mansion is handicap accessible on the first floor only. Visitors must be able to navigate steps in order to view the upper levels. However, viewing the documentary "A Man and His Mansion" is an optional activity for those with mobility issues.

In lovely weather, lunch is served on the West Balcony overlooking the park. During inclement weather, lunch is served in the parlor. Our delicious lunch consists of a chicken wrap, chips, fruit, cookie and beverage and is provided by Spectators Bar & Grill. Special dietary needs will be honored given advanced notice.

Tuesday, September 5, 2017 \$59

Departs 10 a.m.
Returns approx. 2:30 p.m.

Includes: Tour, lunch, motorcoach transportation and driver gratuity.



Caledonia Senior Center Presents

SOUTH AMERICA

with Norwegian Cruise Line on the Norwegian Sun
32 Days / 31 Nights February 3 - March 6 2018

Start planning now for this
amazing vacation!

Highlights:

Buenos Aires, Argentina • Montevideo, Uruguay •
Puerto Madryn, Argentina • Stanley, Falkland Islands •
Cruise Cape Horn • Ushuaia, Argentina • Glacier Cruis-
ing-Beagle Channel • Punta Arenas, Chile • Cruise
Strait of Magellan • Cruise Chilean Fjords • Cruise
Canal Moraleda • Cruise Patagonic Channels • Puerto
Chacabuco, Chile • Puerto Montt Chile • Santiago, Chile
• Coquimbo, Chile • Arica, Chile • Lima, Peru • Tru-
jillo, Peru • Manta, Ecuador • Puntarenas, Costa Rica •
Transit Panama Canal • Cartagena, Columbia • Miami,
Florida

Inside Cabin BC \$6,128
Balcony Cabin BA \$8,048

Rates are per person double occupancy and include air-
fare from Grand Rapids to Buenos Aires, cruise, airfare
from Miami, port charges, government fees, taxes, and
transfers.

NORWEGIAN CRUISE LINE HAS ADVISED THAT
ALL AIR PRICES ARE SUBJECT TO CHANGE
AND ARE NOT GUARANTEED UNTIL FULL PAY-
MENT 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 balance is due by October 5, 2017.



Pick Two Perks!

Ultimate Beverage Package
Prepaid Service Charges
Internet Package
\$50 Per Port Shorex Credit
Dining Package
20 Photo Package
\$75 Onboard Credit

(Perks are per cabin and all guests in cabin must pick
the same perks. Offer applies to first two guests in a
cabin.)

32 Days too long for you?? You may
choose to take just one half of this trip.
Call us for details! 891-8117

**Call us at 891-8117 for reservations
or more information.**

American Queen Steamboat Company

Antebellum South
on the American Queen
9 Days / 8 Nights November 11 - 19, 2018

Ports of Call: Memphis, TN • Greenville, MS, • Vicksburg, MS • Natchez, MS • Francisville, LA • Baton Rouge, LA • Nottoway, LA • New Orleans, LA

Inside Cabin Category E	\$2,891
Balcony Cabin Category C	\$5,091
Balcony Cabin Category B	\$5,391
Balcony Cabin Category A	\$5,591

Rates are per person double occupancy and includes cruise, round trip airfare from Grand Rapids, 1 pre-night hotel stay, transfers, port charges, taxes, and government fees. PLEASE BE ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.



Deposit: \$600 per person double occupancy or \$1,200 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by July 12, 2018.

Call us at 891-8117 for reservations or more information.

South Pacific Wonders

with Optional 3- night Fiji Post Tour Extension

April 9 - 23, 2018

15 Days • 20 Meals 12 Breakfasts, 2 Lunches, 6 Dinners

Explore two great countries of the Southern Hemisphere – Australia and New Zealand. From the tropical splendor of the Great Barrier Reef on Australia's northeast coast, to the ethereal beauty of glacial fjords on New Zealand's South Island, this 15-day journey to the lands "Down Under" brings you the best of both countries at an enjoyable pace. Cruise Sydney Harbour and Milford Sound. Meet Australia's wildlife up close. Discover the wonders of Aboriginal culture. Indulge in regional flavors at a wine tasting and experience Queenstown, the adventure capital of the world.



Rates if booked before October 11, 2017:

Double \$5,949 per person Single \$6,999 per person

Triple \$5,899 per person

Included in price: Round trip air from Grand Rapids, air taxes and fees, hotel transfers.

*All rates are per person and are subject to change, based on air inclusive package from GRR

Attend our free travel presentation on August 29 at 10 a.m. for all the details. Call 891-8117 to reserve your space.

Call us at 891-8117 for reservations or more information.

Ireland, Iceland & Scotland

with Celebrity Cruises on the Celebrity Eclipse

11 Days / 10 Nights ~ April 30 - May 10, 2018

DAY	PORT	ARRIVE	DEPART
1	Dublin, Ireland (EMBARK)		10:15 PM
2	Belfast, Northern Ireland	11:00 AM	8:15 PM
3	At Sea		
4	Reykjavik, Iceland	1:00 PM	
5	Reykjavik, Iceland		3:00 PM
6	Akureyri, Iceland	10:30 AM	6:30 PM
7	At Sea		
8	Lerwick/Shetland, Scotland	10:00 AM	6:00 PM
9	At Sea		
10	Cork (Cobh), Ireland	10:00 AM	5:00 PM
11	Dublin, Ireland (DEBARK)	7:30 AM	

Inside Cabin Category 10 \$3,189
 Outside Cabin Category 8 \$3,479
 Balcony Cabin Category 2B \$3,989
 Balcony Cabin Category 1C \$4,039

Rates are per person, double occupancy, and include cruise, roundtrip airfare from Gerald R. Ford International Airport, transfers, port charges, taxes, and government fees. CELEBRITY CRUISES 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 \$550 per person double occupancy, or \$1,100 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by December 30, 2017. Those who book early get the best prices, the best cabin locations, and their preferred dining times.

FOR RESERVATIONS OR MORE INFORMATION
 PLEASE CALL 891-8117



More Trips Coming for 2018!

Heritage of America

10 Days ~ June 15, 2018

Follow the epic story of American democracy. Join a local guide on a tour of New York City, featuring the Empire State Building, Greenwich Village and other time honored landmarks. View the Liberty Bell and see Independence Hall in Philadelphia. Walk the hallowed battlefield at Gettysburg and tour the National Military Park & Museum. Travel along the famous Skyline drive for amazing views of the Shenandoah Valley, and sample wines from a picturesque Virginia vineyard. Visit the presidential estates of Washington's Mount Vernon and Jefferson's Monticello. Tour some of Colonial Williamsburg's 88 restored historic buildings and dine in a traditional tavern. Learn about the American Revolution at Yorktown and explore the outdoor living history museum, including a re-created Continental Army encampment and Revolution-era farm. Explore the countless treasures of the Smithsonian Institution with your choice of visiting the National Air and Space Museum or the National Museum of American History. Tour Washington, D.C.'s National Mall and view the moving World War II Memorial, the Vietnam Veterans Memorial and the Korean War Memorial. Visit Arlington National Cemetery.

Spotlight on Havana

6 Days ~ February
 25, 2018

Enjoy 5 nights in Havana in a beautiful 5 star hotel. Highlights include Old Havana, Revolution Museum, Salsa Dancing, Performing Arts School, Colon Cemetery, Casa Fuster, Buena Vista Social Club, Pinar del Rio, Viñales Valley, Tobacco Plantation, Cuban Fine Arts Museum, and Finca Vigia - Ernest Hemingway's Home.



Attend our free travel presentation on August 29 at 10 a.m. for all the details on these two wonderful vacations! Call 891-8117 to reserve your space.

Caledonia Community Schools

Randy Rodriguez.....Superintendent
Darrell Kingsbury.....Asst. Superintendent
Caledonia Resource Center
Sherry Stehouwer..... Supervisor
Barb Nemecek.....Secretary
Monique Brennan.....Secretary
Christine Howell.....Evening Receptionist

Caledonia Board of Education

Marcy White.....President
Chris Behm.....Vice President
Bill Donohue.....Secretary
Tim Morris.....Treasurer
Julie Asper.....Trustee
Kyle Clement.....Trustee
Michael LoMonaco.....Trustee

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. Refunds will be mailed to you as soon as possible.

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.

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 Fax

Fax your completed registration form to 891-7014 with your Visa / MasterCard number, expiration date, and signature. The line is available 24 hours.



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, Monday - Friday 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.



We're Going Green!

We will no longer be mailing confirmations. Please register online and you will automatically receive a receipt via e-mail. Mail in or faxed 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.



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
Total Fee				

Visa or MC # _____ Expiration Date _____

Signature _____

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



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www.inspiremenow.org

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Caledonia Community Players Present

The True Story of the 3 Little Pigs!

By Paul Gilvary, Robert Kauzlaric,
William Rush

Based on the book
The True Story of the 3 Little Pigs!
By Jon Scieszka & Lane Smith

October 21, 2017

7:00 p.m.

Duncan Lake Performing
Arts Center



Order reserved tickets online at CaledoniaPlayers.org

