

Fall 2019
Volume 3 Issue 2

COMMUNITY CONNECTIONS

Be Inspired!

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Caledonia Resource Center
Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L
inspiremenow.org



Welcome to the Caledonia Resource Center's Fall 2019 Course Catalog

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

Please take a moment to browse through this catalog and find something that will inspire you! We have 17 brand new classes along with many of your favorites from the past. Join us and be inspired!

BATTLE
GRAND RAPIDS
TACTICAL GAMES

BattleGR Tactical Games Laser Tag

Pg. 6 Fun for the whole family, BattleGR Laser Tag will get you off your feet, away from the screen and into the game!

Musical Theatre Dance Classes Pg. 9

Get a "step" ahead for your next big musical performance!



Hatha Vinyasa Yoga... **Pg. 12**

Find a new sense of calm.



100% Satisfaction Guaranteed

Our classes come with a 100% satisfaction guarantee.

If after your first two classes you are not satisfied for any reason, please contact us at 891-8117 for a full refund.

Community Connections is published three times per year: March, August and December. This issue was published August 2019 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316

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.

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www.inspiremenow.org

17 Brand New Classes Waiting to INSPIRE You!

The Resource Center programs are always fun, well planned and at a good price. We really enjoy them.
- Linda Crumback & Elsie DeLeeuw

I took an art class with my girlfriends that was awesome! The instructor was informative and fun.
-Joan Barret

I love the Senior Center! The card tournaments and events are so much fun! They are great mixers. Good fun. Good friends. - Pauline Brower

I have been to many senior centers and the Caledonia Senior Center is the best! They keep up to date with their programs and truly care about people - Loretha Smith

Your Inspiration Team Leaders



Sherry Stehouwer



Barb Nemecek



Monique Brennan



Christine Howell

In The Spotlight



MagicBob Zoerman

MagicBob is the licensed presenter for the Discover Magic program in West Michigan. His credentials include almost 5,000 magic shows presented both domestically and internationally along with his wife SuZie, an accomplished performance chalk artist.

MagicBob has delivered countless lectures and training sessions for both children and adults. He holds a number of university degrees including degrees in engineering and business from Johns Hopkins University. He uses his education to enhance his programs, encouraging students in the value of getting a good education.

He joined his first magic club over 30 years ago and is a member of both the International Brotherhood of Magicians and the Fellowship of Christian Magicians. In addition to earning many awards, MagicBob earned the Doctor of Magic degree from the International Magician's Society.

Check out our new magic classes for kids on page 7!

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

Youth Sports

Fighting Scots Rocket Cheerleading

Be a part of the Caledonia Cheer excitement - join the Rocket Cheer Team!

First through sixth graders - learn all the latest chants, jumps, gymnastics, and stunts from your CHS Cheer Team and coaches!



Mon 8/26 6 - 7 p.m. parent meeting at CHS - pick up uniforms and poms and meet the coaches.

Mon 9/9 - 10/21 practice 6 - 7:30 p.m. CHS Mat Rm

Sat 9/21 - 10/5 games CHS Football Stadium

Mon 10/21 showcase competitive cheer routine CHS

\$115 Early Bird Fee / \$125 Regular Fee (includes a cheer shirt, cheer skort, bow and poms.)

\$95 Early Bird Fee / \$105 Regular Fee (includes a cheer shirt, cheer skort and bow - no poms.)

For more information please contact Rocket Cheer Coordinator, Stacy Smith at caledoniacheer@gmail.com

Introduction to Horses

Come join us in learning all about horses! Students will meet over 20 well-trained horses of all sizes at Legacy Stables where they will learn safety on and off the horse, how horses think, how to groom, various ways to ride horses, how to care for horses, and more! Experience the joy and FUN found in a human-horse connection. Ages 5 and up.



Tue 9/10 - 10/22 6:30 - 7:30 p.m. \$125 Early Bird Fee / \$135 Regular Fee Legacy Stables 8001 Patterson



Peaceful Dragons Self Defense & Safety Awareness

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

All sparring equipment for class use is provided.

Mon 9/23 - 11/25 (omit 10/28) \$79 Early Bird Fee / \$89 Regular Fee

Class I 6:00 - 6:45 p.m. Beginning Students Ages 5 - 8

Class II 6:45 - 7:30 p.m. Returning Students Ages 5 - 8

Class III 7:30 - 8:15 p.m. Beginning Students Ages 9 - 12

Class IV 8:15 - 9:00 p.m. Returning Students Ages 9 - 12

DLMS Aux. Gym

*A uniform is highly recommended. Uniforms available for purchase at the 1st class.

Required items: Boys sparring package \$35 or girls package \$22 - includes soft shin guards, mouth guard and case and supporter/cup for boys.

Advanced students (yellow belt/green tip and above) are required to have their own sparring gloves and sparring helmet (\$69).

Please arrive 15 min. early on the first night.

Additional Opportunities - Fall Sparring

Sat 11/16 Aux. Gym 8:30 a.m. - 12:15 p.m.

Additional fees apply

Register online at:
www.inspiremenow.org

Youth Sports

Fighting Scots Boys Basketball 5th & 6th Grades

This year's youth basketball teams will be determined based upon a coaches' draft. Prior to the draft, there will be two player showcases held on Saturday, October 26 and Saturday, November 2 at Caledonia High School. It is highly recommended that you attend BOTH showcases for your grade. Showcases will be from 8:30 - 9:30 a.m. for 5th graders and 9:45 - 10:45 a.m. for 6th graders.

Practices will begin during the week of November 18th. Practice times and dates will be assigned at the coaches' draft. Games will take place on Saturday mornings at Caledonia High School beginning on January 4, 2020. Game times will be between 9 - 11 a.m. Each team will play up to 12 games over a six-week session which will end with a double elimination tournament on February 15, 2020.

Players will be contacted by their assigned coach no later than November 16. Times and dates of practices will be provided at this time.

Key Dates

October 26	1st Player's Showcase - CHS
November 2	2nd Player's Showcase - CHS
November 18	Practices begin
January 4	Games begin - CHS

\$80 (includes league fee and reversible jersey)
Register online at www.inspiremenow.org
Varsity players will officiate and mentor for the games.

Coaches needed for the 2019/20 Season:

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

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



Fighting Scots Boys Basketball 2nd - 4th Grades

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

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

Sat 1/4 - 2/8 8 a.m. - 12 p.m. \$55 (fee includes a T-shirt) Caledonia High School - South Campus and DLMS Main & Aux. Gyms

If you have any questions, please e-mail them to Eric Tuori at: calyouthbball@gmail.com. *This program is supported by the Caledonia boys basketball program. Proceeds from the program will be used for improving the Caledonia Basketball program, including equipment, coaching clinics, and general needs.*

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

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

Clinic Sat 9/24 & 9/28 10 a.m. - 12 p.m.
Caledonia High School South Gym
10/12 - 11/23 Games will be held in various locations each Saturday. \$60 the first child, \$40 for a 2nd family member (Jersey is included).

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

Youth Sports

CYBL Skill Session Grades K - 2nd

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

Wed 11/6 - 11/20 6 - 7 p.m. \$30
Emmons Lake Elem. Gym

Volunteers needed! Contact Coach Backus at acb42@msn.com to volunteer.

CYBL Girls 5th & 6th Grade Winter Basketball

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

Practice will begin the week of January 13th with games starting February 8th running through March 14th. Practice days could be Monday, Tuesday or Wednesday.

Cost: \$65 per child (includes jersey).

Volunteers will be needed, so if you are interested please email Andy Backus at acb42@msn.com with any questions or offers of volunteering.

Register online at:
www.inspiremenow.org

CYBL Skill Session Grades 3rd & 4th

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

Wed 11/6 - 11/20 7 - 8 p.m. \$30
Emmons Lake Elem. Gym

CYBL Boys & Girls K - 4th Grade Winter Basketball

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

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

Practice will begin the week of January 13th with games starting February 8th running through March 14th. Practice days could be Monday, Tuesday, Wednesday, or Thursday.

Cost: \$65 per child (includes jersey).

Volunteers will be needed, so if you are interested please email Andy Backus at acb42@msn.com with any questions or offers of volunteering.

Youth Sports

Karate Kids

Build confidence, focus and self-esteem! Learn the art of karate for these benefits and much more. Join us for lessons in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, holds a 5th degree black belt in Okinawan Shorin Ryu Karate and is excited to share his love and knowledge of Karate with your family.



Ages 13 & under 6 - 7 p.m.
 Session I M & W 9/16 - 10/23
 Session II M & W 11/4 - 12/16 (omit 11/27)
 \$79 Early Bird Fee / \$89 Regular Fee
 KMMS Gymnasium

ENGARDE!

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



YOUNG SQUIRES FENCING - Ages 5 - 7
 Session I Wed 9/18 - 10/23
 Session II Wed 10/30 - 12/11 (omit 11/27)
 4:30 - 5:15 p.m.

BEGINNING FENCING - Ages 7 - 13
 Session I - Thu 9/19 - 1/24
 Session II - Mon 11/4 - 12/9
 5:30 - 6:30 p.m.

CONTINUING FENCING - Ages 7 - 13
 Prerequisite – must already have completed at least one six-week class or one of the camp sessions.
 Session I Mon 9/16 - 10/21
 Session II Thu 11/7 - 12/19 (omit 11/28)
 5:30 - 6:30 p.m.

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

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.



BattleGR Tactical Games Laser Tag

This program brings the fun of strategy to a long time favorite game of laser tag. With multiple strategic games to play your child will be begging you to sign them up again. Much like the video games that kids play today, we will be focusing on the importance of teamwork and how to work together as a team to achieve an objective. Wear athletic type clothes as this is an active game and bring a water bottle. 1st - 5th grade.

Dutton Elem. Thu 9/5 - 10/10
 Emmons Lake Wed 9/11 - 10/16
 Paris Ridge Thu 9/12 - 10/17
 Kettle Lake Wed 10/23 - 12/4 (omit 11/27)
 Caledonia Elem. Thu 10/24 - 12/19 (omit 10/31, 11/7, 11/28)
 3:45 - 5 p.m. 3rd - 5th grade
 \$115 Early Bird Fee / \$125 Regular Fee

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 9/9 - 1/20 (omit 12/20 & 12/23)
 Division 1 ages 4 - 6 6:00 - 6:45 p.m.
 Division 2 ages 7 - 9 6:45 - 7:30 p.m.
 Division 3 ages 10 + 7:30 - 8:15 p.m.
 \$145 Early Bird Fee / \$155 Regular Fee
 Division 4 (try-out team) - returning students 8 - 9 p.m.
 \$179 Early Bird Fee / \$189 Regular Fee
 Caledonia Elem. Cafe

Youth Sports & Enrichment

Ballet Babes (Age 2)

A class built around creative movement and basic ballet introducing young dancers to the different elements of movement and dance. Student must be the age of this class by September 1, 2019. Class attire is a pink leotard, pink convertible tights, and Revolution pink full sole leather ballet shoes. Class attire is available for purchase at the studio.

Tue 9/10 - 10/15 10:30 - 11 a.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center



Mermaid Tumbling (Ages 3 & 4)

Technique, flexibility, and coordination - discover your inner mermaid with this fun tumbling course! Includes your very own mermaid tail! Student must be the age of this class by September 1, 2019. Class attire is a pink leotard, pink convertible tights, and mermaid tail. No shoes worn for this class. Class attire is available for purchase at the studio.

Tue 9/10 - 10/15 11:30 a.m. - 12 p.m.
\$89 Early Bird Fee / \$99 Regular Fee
Caledonia Dance & Music Center

Grown-Up and Me (Ages 20 mo - 4 yrs)

Designed for young students and their caregivers to enhance gross motor coordination and listening skills through music, props, crafts, and dance. Students must be the age of this class by September 1, 2019.

Tue 9/10 - 10/15 11 - 11:30 a.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

Register online at:
www.inspiremenow.org

Introduction to Magic



This one session class stresses the importance of education in performing magic. This course draws on math, science, art, history, and theater. Ages 8 - 12.

Each student will receive:

- * A live performance driven and interactive instruction
- * A secret file folder summarizing and supplementing the in-class content

Emmons Lake - Thu 9/12 3:45 - 4:45 p.m.
Kettle Lake - Tue 9/24 3:45 - 4:45 p.m.
Dutton - Thu 10/3 3:45 - 4:45 p.m.
Caledonia Elem. - Tue 10/15 3:45 - 4:45 p.m.
Paris Ridge - Thu 10/24 3:45 - 4:45 p.m.
DLMS Thu 11/7, Tue 12/3 & Thu 12/12 6 - 7 p.m.
\$15 Early Bird Fee / \$20 Regular Fee
(Includes a magic trick to take home.)

Magic Words



This one session class focuses on "magical" words such as Please & Thank You, Hello, I'm Sorry, I Forgive You, I Understand, Great Job, and I Can. Ages 8 - 12.

Emmons Lake - Tue 9/17 3:45 - 4:45 p.m.
Kettle Lake - Thu 9/26 3:45 - 4:45 p.m.
Dutton - Tue 10/8 3:45 - 4:45 p.m.
Caledonia Elem. - Thu 10/17 3:45 - 4:45 p.m.
Paris Ridge - Tue 11/12 3:45 - 4:45 p.m.
DLMS - Thu 12/5 6 - 7 p.m.
\$15 Early Bird Fee / \$20 Regular Fee
(Includes a magic trick to take home.)

Secrets of Magic



This one session class focuses on confidence building. Students are taught to believe in themselves and know that everything is possible. Each child is taught: YOU are the magic! The biggest secret to making magic happen is you! Ages 8 - 12.

Each student will receive the following:

- Live, performance driven and interactive instruction
- A secret file folder supplementing the class content

Emmons Lake - Thu 9/19 3:45 - 4:45 p.m.
Kettle Lake - Tue 10/1 3:45 - 4:45 p.m.
Dutton - Thu 10/10 3:45 - 4:45 p.m.
Caledonia Elem. - Tue 11/5 3:45 - 4:45 p.m.
Paris Ridge - Thu 11/14 3:45 - 4:45 p.m.
DLMS - Tue 12/10 6 - 7 p.m.
\$15 Early Bird Fee / \$20 Regular Fee
(Includes a magic trick to take home.)

Youth Enrichment

Mathnasium of Kentwood

*Many Math Workouts to Choose from for Ages 7-13!
We Make Math Make Sense!*

Do you notice your child finger counting? Sign them up for our numerical fluency workouts. Are your child's times tables rusty? Learn times tables the Mathnasium way! Is your child facing fraction fear? Sign them up for our fraction focused math workouts!



Join us for 6 math workouts scheduled over a 3-week period. Math Workouts are 1 hour each to be scheduled at your convenience during center instruction hours of Mon - Thurs 3:30 - 8 p.m., Sat 10 a.m. - 1 p.m.

Session I 9/9 - 9/28

Session II 10/7 - 10/26

\$99 Early Bird Fee / \$109 Regular Fee (per session)

All math workouts are held at the Mathnasium of Kentwood located at 6101 Kalamazoo Ave, Suite B1, Kentwood, MI 49508.

To learn more about Mathnasium and meet our instructors, visit our website www.mathnasium.com/kentwood

American Safety & Health Institute Babysitter's Training



You can become a certified baby-sitter! In this class you will learn the responsibilities of babysitting including diapering and feeding, safety hazards, preventing injuries, and communicating effectively with parents. We will

also touch base on CPR, first aid and AED training.

Our instructors, Patti & Steve Ross, are certified instructors for The American Safety and Health Institute with over 10 years of teaching experience. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.

Session I Mon & Tue 10/7 & 10/8

Session II Mon & Tue 11/4 & 11/5

Session III Mon & Tue 12/2 & 12/3

5:30 - 8 p.m. \$89 Early Bird Fee / \$89 Regular Fee (book included) DLMS TBA

Gretka's Coldwater Studio



Native Michigan Art Class

Before the French settled in Michigan in 1668 the land was inhabited by three tribes; Ojibwa, Potawatomi, and Odawa. We will learn about Native values and art while preparing and painting gourds, using native motifs.



Sat 9/28 - 10/19 3 - 5 p.m..

\$155 Early Bird Fee / \$165 Regular Fee per person

10% Family Discount

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

Ink Camp

We will forage for husks, vines, alder buckthorn, berries and metals to make ink. This class is built around Jason Logan's experiments. We'll finish with an original calligraphic design.



8/13 - 8/15 Tue - Thu 11 a.m. - 2 p.m.

\$179 per child, \$159 for each sibling Early Bird Fee / \$189 per child, \$169 for each sibling Regular Fee

Location: Gretka's Coldwater Studio
9508 Bergy Ave, Alto, MI 49302

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.



CHS & CMS Enrichment



Ultimate Frisbee

Ultimate Frisbee is an exciting, non-contact team sport played with a disc. It is the total "team" sport because as soon as you catch the disc you have to throw. Everyone is a quarterback! This sport is the first co-ed self-refereed sport to be officially recognized by the Olympic committee. There are no refs so players hold themselves accountable through the "spirit of the game", a rule and a mind-set that pushes players to play their best, but never at the expense of disrespecting others.

Coaches will teach the fundamentals of ultimate frisbee including throwing and catching, offense and defense, and having fun while playing with good sportsmanship. Each player will receive a T-shirt and a disc.

Entering grades 4th - 8th
Session I 9/8 - 10/24 \$55
Session II 11/1 - 12/20 \$65
Session III 1/8 - 2/27 \$65

Entering grades 9th - 12th
Session I 9/8 - 10/24 \$55
Session II 11/1 - 12/20 \$65
Session III 1/8 - 2/27 \$65

Session I practices (you pick which) Mon @ Ada Township Park Tue @ Gainey Athletic Complex 5:30 - 7:30 p.m. Games Thu @ rotating locations in G.R. 5 - 7:30 p.m. There will be 2 Saturday tournaments. Dates and locations will be announced at a later date.

Session II & III practices will be @ Elite Baseball & Softball once per week with one tournament on a Saturday TBD.

Register online at:
www.inspiremenow.org



First Step to a Triple Threat!

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



Thu 9/12 - 10/17 Grades 6 - 8 6 - 7 p.m. \$39 Early Bird Fee / \$49 Regular Fee Grades 9 - 12 7:15 - 8:30 p.m. \$49 Early Bird Fee / \$59 Regular Fee CHS Black Box Theatre Instructor: Hannah Hullinger



Musical Theatre Dance... Steppin up

This class will expand on skills introduced in First Step to a Triple Threat. Emphasis will be on learning choreography and different dance styles from shows such as Greatest Showman, Grease, and Beauty and the Beast.

Thu 11/7 - 12/19 (omit 11/28) Grades 6 - 8 6 - 7 p.m. \$39 Early Bird Fee/ \$49 Regular Fee Grades 9 - 12 7:15 - 8:30 p.m. \$49 Early Bird Fee / \$59 Regular Fee CHS Black Box Theatre Instructor: Hannah Hullinger



BattleGR Tactical Games Archery Tag

Archery meets dodge-ball in this fun program. Archery Tag® uses safe foam tipped arrows like Nerf and a recurve bow. You will learn the fundamentals of how to shoot and aim using a bow. You do not have to know how to shoot a bow to enroll, we will teach you. We will play several different games that will focus on working as a team and physical activity. Wear athletic type clothes and bring a water bottle. Grades 5 - 8.

Session I Thu 9/12 - 10/17
Session II Thu 11/7 - 12/19 (omit 11/28)
6 - 7 p.m. 6th - 8th grade
7 - 8 p.m. High School & Adults
\$115 Early Bird Fee / \$125 Regular Fee
DLMS Aux. Gym Check out a video of archery tag at:
<https://www.battlegr.com/archery-tag/>

Theatre

Caledonia Community Players Theatre For Young Audiences Present

Oct. 18th 7pm
\$6 at the door

Duncan Lake Middle School
Performing Arts Center
www.inspiremenow.org



Curious George *The Golden Meatball*

Music by
John Kavanaugh

Book and Lyrics by
Jeremy Desmon

Based on books by Margaret and H.A. Rey
and the Play Owned by Universal Stage Productions

CALEDONIA KIDS THEATRE



**Please check our website in
the Fall for the announcement
of the Musical selected.**
caledoniayouththeatre.org

JANUARY 24 & 25, 2020
DLMS PERFORMING ARTS CENTER

To participate in the Caledonia Kids Theatre program, register online at www.inspiremenow.org or complete the 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 \$50. **For more information call 891-8117.**

Health & Fitness



The Sport of Kings and Queens

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

Session I Thu 9/19 - 10/24

Session II Thu 11/7 - 12/19 (omit 11/28)

6:30 - 7:30 p.m.

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

Classes are held at the West Michigan Fencing Academy. A map is available at www.wmfa.org

Hatha Vinyasa Yoga

Have you been thinking about yoga? Come breathe, bend, and stretch during our down to earth yoga sessions. With eleven years of teaching experience our instructor, Sherry Lynn, shares the healing properties of yoga with gentleness, humor, and understanding. Our vinyasa class flows fluidly from one asana to the next, creating warmth, opening the breath, and strengthening the body; bringing balance, grounding and a new deeper calm.



Session I Tue 9/10 - 10/22

Session II Tue 10/29 - 12/10

4:15 - 5:15 p.m. \$99 Early Bird Fee / \$109 Regular Fee
Resource Center Rm #302

Register online at:
www.inspiremenow.org

Yoga Fusion: Yoga Plus Core Work

Bring an amazing sense of awareness to your body; learn how to breathe properly, sculpt your muscles, and boost your flexibility - all in one hour! Yoga postures fused with core moves will help you relax, reduce stress, improve your posture and strengthen your core.

Create a **HEALTHY**, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor.



Session I Tue 9/17 - 10/22

Session II Tue 10/29 - 12/3

5:45 - 6:45 p.m. \$55 Early Bird Fee / \$65 Regular Fee
DLMS TBA



Taiji-Chuan

A Way of Ultimate Energy Collection

Taiji-Chuan - essentially, moving Qigong - is stress free exercise which alleviates stiff muscles, aching joints, and tight tendons unlike high impact exercise regimes such as running, weight training, or even yoga. Qigong / Chi Gung is a path which incorporates focusing internal breathing with stationary and moving exercises that energize specific organs. Over a period of time, Qigong will strengthen the immune system, purify the body, facilitate balance, assist your mind to focus more clearly and diminish arthritic pain. This healing art is for anyone of any age.

Thu 9/19 - 11/14 6 - 7 p.m.

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

Resource Center Rm #302

Health & Fitness

Karate

Burn fat, build muscle & release stress! 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 to Adult 7 - 8 p.m.

Session I M & W 9/16 - 10/23

Session II M & W 11/4 - 12/16 (omit 11/27)

\$79 Early Bird Fee / \$89 Regular Fee

KMMS Gymnatorium

Zumba

Zumba is an exercise fitness program, combining dance and aerobic movements performed to energizing music. The choreography incorporates multiple styles including hip-hop, Soca, samba, merengue, mambo, cumbia, reggaeton, and belly dance, along with squats and lunges. Zumba is an amazing workout! Dance to great music with great people and burn a ton of calories without realizing it. Please wear comfortable workout clothing and gym shoes, and bring a water bottle to class.



Instructor Jami DeHaan

Wed 9/11 - 12/4 (omit 11/27) 6:30 - 7:30 p.m.

\$105 Early Bird Fee / \$115 Regular Fee

Caledonia Elem. Cafe.

Jami DeHaan had been a certified Zumba instructor for 8 years. She loves teaching and meeting new people.

Register online at:
www.inspiremenow.org



POUND®

ROCKOUT. WORKOUT.

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripped fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out! Please bring a yoga mat to class.

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

Session I Mon 9/23 - 10/28 7 - 7:45 p.m.

\$55 Early Bird Fee / \$65 Regular Fee

Session II Mon &/or Wed 10/30 - 12/11 - 7:45 p.m.

One class per week: \$55 Early Bird Fee / \$65

Regular Fee. Two classes per week: \$89 Early Bird

Fee / \$99 Regular Fee

Drop-in Fee \$10 CHS Black Box Theatre

Health & Fitness



Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxillary gym on Tuesday 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 and be willing to help put up and take down nets.

All Players

Tue 9/3 - 12/17

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! Pickleball 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 9/4 - 9/25

Session II Wed 10/2 - 10/23

Session III Wed 11/6 - 12/4 (omit 11/27)

5:30 - 7 p.m. \$39 Early Bird Fee / \$49 Regular Fee
DLMS Aux. Gym

WERQ®

Who says working out can't be fun? WERQ® is the fiercely fun dance fitness class based on top charting pop and hip hop music taught by our Certified Fitness Professional, Becca Workman! For everybody and every body! No previous dance experience needed. Join us and have fun getting fit! Our instructor, Becca, is an energetic fitness instructor with a lifelong passion for inspiring motivation in others to achieve their goals.



Session I Thu 9/12 - 10/17 7 - 7:50 p.m.
Session II Thu 10/24 - 12/12 (omit 11/7 & 11/28)
\$39 Early Bird Fee / \$49 Regular Fee
Caledonia Elem. Cafe.



Personalized Circuit Training

"How do I find time to strength train when I barely have enough time to get my cardio?" The answer is simple: Circuit training. Join our circuit training classes and get your "personal best" workout yet in only an hour! There will be exercise modifications so everyone will be able to participate, regardless of your fitness level. We will help you to become the best version of yourself!

Session I Mon 9/9 - 10/21

Session II Mon, 10/28 - 12/9

3:00 - 4 p.m., 4:15 - 5:15 p.m. OR 5:30 - 6:30 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
DLMS Weight Rm

Sam Schwartz is a certified personal trainer with a BS in PE & Sports Management from GVSU and a dedicated advocate for health & wellness

Register online at:
www.inspiremenow.org

Health & Fitness



Essential Oils 101

This is a basic introductory class for those curious about or just beginning to use essential oils. Come learn why you want essential oils at the forefront of your medicine cabinet! We will be making these products for you to take home:

1. Tummy Tamer Roll On
2. Liquid Calm Roll On
3. Immune Booster Roll On

Thu 9/19 7 - 8:15 p.m.

\$19 Early Bird Fee / \$29 Regular Fee

All supplies will be provided.

Resource Center Rm #301

Wellness Workshop

Feeling like your immune system could use a boost this winter? Find out how essential oils can help! You will leave this class with practical ways to improve your overall wellness and make the following products to take home and use:

1. Immune System Booster Roll On
2. Sweet Dreams Mist
3. Hand Sanitizer

Thu 11/7 7 - 8:15 p.m.

\$19 Early Bird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Essential Oils for Pregnancy, Birth, and Beyond

Many medications are off limits during pregnancy, but essential oils open up a whole new world of RELIEF to pregnant mamas. They can also open up a world of relief for your new little one. Come learn which essential oils are helpful for pregnancy, birth, and babies. This class is open to anyone who would like to learn more about this topic. We will also make a few products for you to take home:

1. Tiny Tummy Roll On (for baby) or Calm Mama Roll On (your choice)
2. Happy Mama Roll On
3. Tushy Spray for baby (optional)

Thu 10/10 6:30 - 8 p.m.

\$19 Early Bird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

Mommy/Daddy and Me Make & Take

Let's have some fun with the kids and make some chemical free crafts with essential oils for the kids to play with. We will be making the following products during this class:

1. Aromatherapy Play Dough
2. Polka Dot Slime
3. Kids' Clothespin Car "Diffusers"

Thu 12/5 6:30 - 7:30 p.m.

\$19 Early Bird Fee / \$29 Regular Fee.

All supplies will be provided.

Resource Center Rm #301

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

Register online at:
www.inspiremenow.org

Music

Don't Stop The Music

According to Parent Magazine, learning to play a musical instrument improves academic skills, develops physical skills, cultivates social skills, develops discipline, patience and boosts self-esteem.



Piano

Piano is the best foundation for all musical instruments and having good technique will not only produce good songs, but also maintain endurance and good body posture. Learn how to read music and understand theory to help you play your best.

Guitar

Hand position, sleeves, string plucking, rhythm and others in guitar learning are much more subtle than is believed and these bad habits are most often what prevents you from developing your full potential as a guitarist. Frank will help you with your physical capabilities while teaching you theory and how to read music to become the best guitarist you can be.

Ukulele

Learn origins basic tuning chords and strumming techniques. Instruction includes traditional island songs and other types of music. Grab your uke and take up this enjoyable, relaxing and highly addictive instrument! Please bring your own ukulele.

Voice

Learn to sing to your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing. If you can carry a tune, you can learn to sing!

30 minute, private lessons, for ages 8 and over. Beginning, intermediate and advanced levels welcome.

Session I Tue 9/3 - 10/1

Session II Tue 11/5 - 12/3

Guitar/Piano/Ukulele - \$99 Early Bird Fee / \$109 Regular Fee

Voice - \$125 Early Bird Fee / \$135 Regular Fee

Resource Center Rm #301

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 Hall of Fame in 2009.



Community Choir

Calling ALL singers ages 18 - 103!! Be a part of the FIRST Caledonia Community Choir! Come experience the joy of making beautiful music together as friends and neighbors. Music reading is appreciated but not required. Please join Carol Gess, Jane Greenfield, Colleen Kalajainen, and Laura Witvoet in making this premiere opportunity happen.

Mon 9/9 - 12/9 7 - 8:30 p.m.

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

CHS choir room

Calling all Caledonia Alumni

Join the Caledonia Alumni Association and make a difference in our schools and our community.



We are looking to start a Caledonia Alumni Association and need you! If you are a former graduate of Caledonia Community Schools you are invited to join.

Please share this information with all your alumni friends and family. We will have our first meeting this fall to get the association established. Please e-mail Sherry Stehouwer at stehouwers@calschools.org for the time and date of our meeting.



Quilting UFO!

You are 90% complete with your last project and lost your will to finish it. Join our Unfinished Objects class! Our instructor will be on hand to inspire you to complete your unfinished treasures, just in time for Christmas. Bring your sewing machine and supplies. Ages 14 & over.

Mon 10/14 - 10/21 5:30 - 8 p.m.
\$9 Early Bird Fee / \$19 Regular Fee
Resource Center Rm #301



Bring a Buddy and Learn to Quilt!

Learn to make basic quilt blocks based on squares, rectangles and triangles. A Hot pad, table or bed runner, or a small quilt, are just a few of the projects you can choose from. This class is designed for those who sew. Bring your sewing machine and supplies. A supply list will be provided during class based upon your final project. Ages 14 & over.

Mon 9/16 - 9/30 5:30 - 8 p.m.
\$19 Early Bird Fee / \$29 Regular Fee (Your buddy comes free!) Resource Center Rm #301



Stained Glass Basics

Make and take a seasonal sun catcher. Learn all the basic steps for the art of stained glass. You will have first hand experience to transfer a design and safely cut glass, then using copper foil and solder to assemble a beautiful sun catcher or Christmas ornament. Choices of patterns and glass will be provided at this class!



Wed 10/9 6:30 - 9 p.m. - Pumpkin or leaf
supply cost payable to instructor \$10

Wed 11/13 6:30 - 9 p.m. - Cross
supply cost payable to instructor: \$15

Wed 12/11 6:30 - 9 p.m. - Star
supply cost payable to instructor: \$10

\$15 per class Early Bird Fee / \$25 per class Regular Fee Resource Center Rm #302



Tips & Tricks To Improve Your Photos

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

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

Session I Mon 9/9 - 9/30 7 - 9 p.m.
Session II Wed 9/11 - 10/2 7 - 9 p.m.
\$29 Early Bird Fee / \$39 Regular Fee

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

Register online at:
www.inspiremenow.org

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!

Session I Thu 9/19 - 10/10
Session II Thu 10/17 - 11/21
3:30 - 5 p.m.

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.

Session I Thu 9/19 - 10/10
Session II Thu 10/17 - 11/21
10 - 11:30 a.m.

Beginning Crochet

Learn how to crochet in this class. You will be able to make various stitches and follow basic patterns.

Session I Tue 9/17 - 10/8
Session II Tue 10/15 - 11/5
3:30 - 5 p.m.

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.

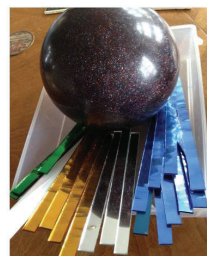
Session I Tue 9/17 - 10/8
Session II Tue 10/15 - 11/5
10 - 11:30 a.m.

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

\$49 Early Bird Fee / \$59 Regular Fee
Henny's Yarn Shop

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 several years she has been teaching knitting and crocheting in Kenya, Africa.

Featured Project!



Turn this into -----> This!



Mad About Mosaics - Gazing Ball

Cut and nip glass to create your one-of-a-kind piece of art. A large variety of glass and baubles will be available for you to use. All mosaic supplies are provided by the instructor. This two day workshop will turn a bowling ball into a gazing ball for your yard. Please bring a bowling ball or large Styrofoam ball. Supply cost of \$15 is payable to the instructor at the first class.

Wed & Thu 9/25 & 9/26 6:30 - 9 p.m.
Early Bird Fee \$29 / Regular Fee \$39
Resource Center Rm #302



Bottle Art

Bring your own bottle and learn the basics of mosaics. Great class for "girls night out." Cut and nip glass to create your one-of-a-kind piece of art. A large variety of glass and baubles will be available for you to use. All mosaic supplies are provided by the instructor. Please make sure your bottle is empty and clean prior to class. Supply cost payable to the instructor; \$10.



Session I Thu 10/10 6:30 - 9 p.m.
Session II Thu 11/14 6:30 - 9 p.m.
\$15 Early Bird Fee / \$25 Regular Fee
Resource Center Rm #302

Jane McGookey has over 10 years experience with glass art. She has taught workshops for the past 5 years. Workshops have included jewelry, ornaments, panels, and windows.

Misc. Classes

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

Yep, that's right, Spanish is the 2nd most spoken language in the world today. And here is another fun fact, by 2050, the US will become the largest Spanish speaking country and don't forget, it is considered the most romantic language on earth, according to spanishlandschool.com. So what are you waiting for? Sign up today!



Wed 10/2 - 11/20 7 - 9 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
DLMS Rm # TBD

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

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/gpvt

Tue 10/22 6:30 - 9 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
DLMS Rm #TBA

RC Flying Club

Do you enjoy flying RC planes or helicopters but don't have a place to fly during the long winter? Join us in the Duncan Lake Auxiliary Gym on Sundays for an afternoon of flying. This program is for adults. Children 12 and over may attend but must be accompanied by an adult. **YOU MUST PRE- REGISTER.**



Sun 11/17, 12/8, 1/19, 2/9, 3/15 & 4/19 1 - 4 p.m.
\$9 Early Bird Fee / \$19 Regular Fee
DLMS Aux. Gym



Create Your Own Dream Board

What is a dream board? It's a simple, yet powerful tool that helps you turn your dreams into reality. Come spend the evening with us in a fun and relaxing environment cultivating your dreams and connecting with others. Bring any magazines, markers, or poster board you would like to use. Additional materials will be provided. Taught by Transformational Trainer, Denise Walsh.

Thu 9/26 6 - 9 p.m.
\$19 Early Bird Fee / \$29 Regular Fee
Resource Center Rm #301



Practical Steps Toward Financial Freedom

Are you tired of feeling stressed about money, ready to be done arguing with your spouse about your finances, and/or are fed up with feeling confined and limited with money? Or, do you do pretty well, but would love to learn how to be even more efficient? If any of those are you, join us, as we cover how to take control of your money and get to financial freedom the fastest, with practical steps and tips that you can implement right away, and some of which may actually help you free up money on a monthly basis!



Thu 10/10 6:30 - 8 p.m.
\$9 Early Bird Fee \$19 Regular Fee
DLMS #TBA

Misc. Classes

nighthawk *Food & Spirits*

Cooking At The Nighthawk



Food/Beer Pairing Basics

Come in and have a "happy hour" pint of beer or glass of wine while we discuss "the menu" and then cook up and try little flights of beer with the food. We will cook up some beer battered onion rings, all day au gratin potatoes and braise some meat in beer! Of course there will be a few surprises too!

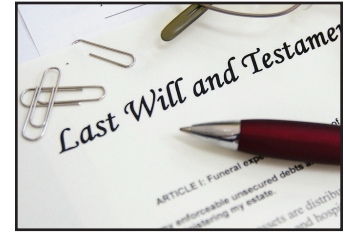
Tue 10/15 6 - 8 p.m.

\$25 Early Bird Fee / \$35 Regular Fee

This class will be held at Nighthawk Food & Spirits
6950 Whitneyville Rd. Alto

Stop Putting it Off!

Get your Will or Trust finished in no time! 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, Medical Powers of Attorney, Medical Powers of Attorney, and other legal documents.



Session I Mon 9/30 - 10/21 7- 9 p.m.

Session II Mon 10/28 - 11/18 7- 9 p.m.

Session III Mon 11/25 - 12/16 3 - 5 p.m.

\$45 Early Bird Fee / \$55 Regular Fee (spouse free)

DLMS Rm #TBA

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



Dog Training

Beginning Dog Obedience

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

Tue 9/17 - 10/22 7 - 8 p.m.

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

Resource Center Rm #302

Kindergarten

Training for your 2 - 5 month old puppy.

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

Tue 9/17 - 11/5 6 - 6:45 p.m.

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

Resource Center Rm #302

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

Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. Please register for these class at least 10 days prior to the start of class on our website at www.inspiremenow.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.

ARC Swim Lessons

Tuesday & Thursday
Twice a week, 4 weeks

Preschool & Learn-to-Swim
5:00 - 5:45 p.m.
6:00 - 6:45 p.m.
7:00 - 7:45 p.m.

Parent & Child
6:00 - 6:30 p.m.

Sessions
Aug 27 - Sept 19
Sept 24 - Oct 17
Oct 22 - Nov 19
Nov 19 - Dec 19*

Friday
Once a week, 8 weeks

Preschool & Learn-to-Swim
5:00 - 5:45 p.m.

Adult Swim
6:00 - 6:45 p.m.

Sessions
Aug 31 - Oct 19
Oct 25 - Dec 20*

Saturday
Once a week, 8 weeks

Adult Swim
8:30 - 9:15 a.m.

Parent & Child
9:30 - 10:00 a.m.

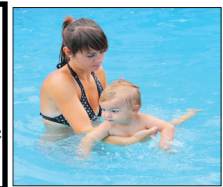
Preschool & Learn-to-Swim
10:00 - 10:45 a.m.
11:00 - 11:45 a.m.

Sessions
Sept 1 - Oct 20
Oct 26 - Dec 21*

No classes the week of Thanksgiving



Register at www.inspiremenow.org Swim Lessons \$85 per class / Fitness Classes \$19 per class one day per week & \$38 per class two days per week. You must register ten days before the start of class. Class availability cannot be guaranteed unless the student is pre-registered. Payment is due at the time of registration.



Aquatic Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 a.m.	Low Impact Water Exercise		Low Impact Water Exercise		Low Impact Water Exercise
8:30 a.m.	Arthritis	Water Aerobics	Arthritis	Water Aerobics	Arthritis
9:30 a.m.	Water Aerobics	Water Aerobics Plus	Water Aerobics	Water Aerobics Plus	Water Aerobics
10:30 a.m.	Deep Water Fitness	Deep Water Aerobics	Deep Water Fitness	Deep Water Aerobics	Deep Water Fitness
4:50 p.m.	Water Exercise		Water Exercise		
7:50 p.m.		Water Aerobics & Cardio		Water Aerobics & Cardio	

Community Info



KDL

Kent District Library
www.kdl.org

Novel Characters Book Club

Join us for an informal book discussion on the first Wednesday of every month.

September: The Readers of the Broken Wheel
Recommend by *Katarina Bivald*

October: Out of My Mind by *Sharon Draper*

November: The Glass Castle by *Jeanette Walls*

Wed 9/4, 10/2, and 11/ 6, 1 - 2 p.m.

Kids Program

Jammin' with Wendy & DB

Jam out to interactive and upbeat tunes with award-winning children's musicians Wendy & DB!

Fri 10/25 11 a.m. - 12 p.m.



Chicago Shopping

Enjoy a day in Chicago without the hassle of tolls, traffic and expensive parking! We will relax on the motor coach until we are dropped off near the Miracle Mile for a day of shopping or sightseeing. We will have a fast food stop on the return ride home. Join us for a day of fun!!

Sat 11/16 Departs 7 a.m. Returns 10 p.m. \$65
Motor coach will depart from the football field parking lot on the corner of Johnson and Main street
Includes: Motor coach transportation, juice, sweet rolls and driver gratuity. Reservations must be made by 10/15/19.



CALEDONIA ARTS AND CRAFT SHOW

FREE ADMISSION

NOVEMBER 2, 2019 10AM - 3PM
DUNCAN LAKE MIDDLE SCHOOL
9757 DUNCAN LAKE AVE, CALEDONIA, MI



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

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 Jane Heiss at 891-7651 for dates and times.



AWOL Adventures

A.W.O.L.

ADULTS WITHOUT LIMITS

“The Month of Scary!” Walking Tours

Heritage Hill Hauntings Walking Tour

Are you surprised that there are ghosts on Heritage Hill? Don't be. The stately homes of Heritage Hills may reflect the grace, dignity and formality of another era, but because most of these Victorian dwellings were built in the late 1800's and early 1900's, with ghost stories abound. Tenacious and playful spirits are still hanging around. Some of the accounts are scary, some silly, some believable and some not. Some are legends from long ago, some are recent. We will explore this beautiful neighborhood, day or night (if you dare), while your guide tells spooky tales that have been passed on to us by either present or once-occupants of the houses. Walkers meet at the first level of the parking ramp at the Masonic Temple on Fulton Street.

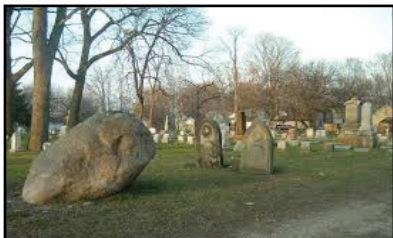


Wed 10/2 6 p.m.
\$15 Early Bird Fee / \$25 Regular Fee

Fulton Street Graveyard Walking Tour

181 years ago, in 1838, the new village of Grand Rapids opened their first public graveyard - just 12 years after the arrival of Louis Campau. As the first and the oldest graveyard in Grand Rapids history, these humble monuments and graves commemorate fascinating lives of first generation G-Rap colonists. Aren't you just dying to know WHO? Enjoy a dramatic narrative while we wander through this quiet place of remembrance. Hop aboard the time machine and see where original pioneer settlers of Grand Rapids lay in rest. Walkers meet at the Fulton Street Cemetery.

Wed 10/9 6 p.m.
\$15 Early Bird Fee / \$25 Regular Fee



Saints & Spirits Walking Tour

The bucolic grounds of Aquinas College abound with not only beauty, but historically intriguing stories of earlier lives who traversed the woods, gardens and streams. Learn about the property that was once a dairy farm, a proper estate, a business college and now a renowned Catholic academic institution. The tour will visit today's campus buildings that date from the original Lowe family era: the mansion, carriage house, stables, winery, and gatehouse. We will also investigate various landmarks on campus which foster superstitious traditions. And maybe, just maybe, we will witness a spirit of haunted Holmdene before we peek at Brookby, a "related" mansion just around the corner. Walkers meet at the front entrance of the college off Fulton, at the Saint Thomas Aquinas sculpture.

Wed 10/16 6 p.m.
\$15 Early Bird Fee / \$25 Regular Fee

Grand Rapids Most Haunted Walking Tour

Do you believe in ghosts, ghouls, poltergeists, apparitions, phantoms, spooks, psychic phenomena or things that go "bump" in the night? If one person sees a ghost, even if several times, you may blame it on an active imagination; but if two or more people see the same spirit in the same place several years apart, you may just reconsider. This tour takes you by iconic locations where there have been waaaaay MORE than just two sightings or unusual activity. There are two questions that we attempt to answer on this spooky journey...Who suffered a tragic death here and is still hanging around? And is this LEGEND or REAL? Walkers meet in the front lobby of the JW Marriott.

Wed 10/23 6 p.m.

55 & Better

It's Your Time Caledonia Senior Center



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

AARP Smart Driver Course

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.



Tue & Wed 10/1 & 10/2 8 a.m. - 12 p.m. Bring your Michigan driver's license. \$15 members - \$20 non-members
Resource Center Rm #301



Lunch Bunch

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

Date: Thursday, August 22
Place: Nighthawk - Whitneyville Rd.

Date: Thursday, September 26
Place: On The Border - Kentwood

Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room each day Monday through Friday. 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 - Fri 9/3 - 12/20 (omit 11/27-29) 10:30 - 11:30 a.m.
Free (donations accepted) for 55 and over - \$2 per visit under 55
DLMS Weight Rm



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 9/26, 10/24, 11/21, 1/23, 2/27, 3/26, 4/23 & 5/28 1 - 3 p.m.
25¢ per card donation
Resource Center Rm #301
Don't forget to join us for Lunch Bunch before Bingo!
Sponsored by Moving Angels



Fit For Life

Join us twice a week for an hour of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing and stretching. 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 9/5 - 9/19 (omit 11/28) 9:30 - 10:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym

55 & Better

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 & Learn

Yoga Zen - Chair Yoga

Join Yoga Zen for a lunch and learn on chair yoga. Yoga teacher, Sheila Lenhart, will share information about the benefits and background of yoga while participants enjoy a healthy, complimentary lunch. Afterwards, she'll guide the group through a gentle chair yoga class. Come learn more about yoga and experience some of its benefits for yourself!

Tuesday 9/10 11:30 a.m.

Downsizing Made Easy

Do you need to downsize, organize or just plain sick of your unruly closets? Join us for lunch and learn as we share tips and tricks to help guide you through this process.

Tuesday 11/12 11:30 a.m.

Halloween Party
Join us for our Annual Halloween Party!
Come as you are, or in your favorite costume.
Thursday 10/31
12 p.m. Cost: \$10
Rm #301
Reservations must be made no later than **October 17.**
Call 891-8117

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 11/21
12:30 p.m.
D.L.M.S. Cafeteria
Free Event.
Reservations must be made before 11/14.
Call 891-8117

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.



September 28 - 29 \$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.

Scientists Say That Traveling Makes Us Much Happier Than Any Material Wealth

by Daily Health Post Editorial
April 17, 2019



Why do many people go shopping the minute they have money in their wallets? Material wealth brings you happiness, albeit temporarily. Only a few days after a new purchase, the thrill, pleasure, and enjoyment you felt begins to fade.

According to a research conducted at Cornell University, there is a way to break that damaging cycle. Thomas Gilovich, a psychology professor at the university, has revealed that people experience the same amount of happiness when making a purchase they want and when they travel. And here's the important bit, while the happiness you derive from a purchase reduces over time, the memories of your traveling experience still supply you with happiness hormones for a long time.

Read the entire article at: https://dailyhealthpost.com/traveling-happier-experiences-than-buying/?utm_source=facebook#

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.



Caledonia GlobeTrotters

Present

Hawaii

8 Days / 7 Nights

On Board the Beautiful
Pride of America



October 26 - November 2, 2019

Includes: Round trip airfare from Grand Rapids, cruise, cruise taxes, port fees. Balance due at booking. All prices are subject to change and not guaranteed until full payment has been received.

\$3,512 inside cabin pp/dbl
\$3,862 outside cabin pp/dbl
\$4,162 balcony cabin pp/dbl

For just \$651 add a 2 night pre-stay in Oahu prior to your 7 day cruise . The pre-stay includes a tour of the Polynesian Cultural Center, a fabulous luau and two nights at the Hilton Hawaiian Village Waikiki Beach Resort.

Call Sherry at 891-8117 to reserve your space!! This trip will sell out! To get best cabin choice and best pricing book early!

Pick Two Perks!
Prepaid Service Charges
Internet Package
\$50 Per Port Shore Excursion Credit
Speciality Dining Package
20 Photo Package
\$75 Onboard Credit

Caledonia GlobeTrotters

Present

ALASKA CRUISE TOUR WITH PRINCESS CRUISES® ON THE GRAND PRINCESS®

11 DAYS / 10 NIGHTS MAY 13 - 23, 2020

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



Inside Cabin Category ID \$3,584
Inside Cabin Category IC \$3,600
Outside Cabin Category OE \$4,284
Outside Cabin Category OC \$4,314
Balcony Cabin Category BB \$4,604

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

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

DEPOSIT POLICY: An initial deposit of \$630 per person double occupancy or \$1,260 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by January 28, 2020. FOR RESERVATIONS OR MORE INFORMATION PLEASE CONTACT SHERRY STEHOUWER ~ 616-891-8117 or

Travel

Imperial Cities with Oberammergau Passion Play Featuring Budapest, Vienna & Prague May 23 - June 2, 2020

Highlights: Budapest, Matthias Church, Fisherman's Bastion, Bratislava, Vienna, Grinzing Evening, Schoenbrunn Palace, Cesky Krumlov, Prague, Hradcany Castle, Oberammergau Passion Play, Munich

Reservations being accepted NOW!
This trip will sell out quickly! Call us at 891-8117 for more information and reservations.

The Tour: Our city tour of Budapest features the Matthias Church, where many kings have had their coronations. Travel back in time with a visit to a 14th-century castle, where knights with colorful costumes and authentic weaponry recreate the days of chivalry. In the grand city of Vienna, the baroque marvels of Schoenbrunn Palace, the summer retreat of the Habsburg dynasty, are revealed. See Prague's Hradcany Castle and its famous Golden Lane.

Call for rates and availability

About The Play: In 1633, the residents of Oberammergau, Bavaria, Germany, vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every 10 years depicting the life and death of Jesus. The death rate among adults rose from one person per 1,000 per year in October 1632 to twenty in the month of March 1633. The adult death rate slowly subsided to one in the month of July 1633. The villagers believed they had been spared and they kept their part of the vow when the play was first performed in 1634.



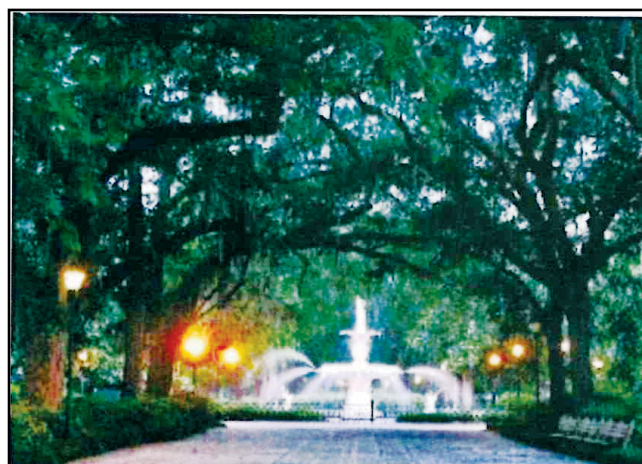
Southern Charm Featuring Jekyll Island, Savannah & Charleston April 18, 2020 7 Days / 6 Nights



Experience the history, charm and singular hospitality of the Low Country in Georgia and South Carolina. Overnight at the exclusive Jekyll Island Club, once described as "the richest, most exclusive club in the world." Discover the history of Savannah and antebellum Charleston with 2-night stays in each city. You will uncover a magic that you can only find in America's friendly South.

Activity Level - This tour includes moderate physical activity.

Price per person \$2,979 per person double occupancy / \$3,879 per person single occupancy. Price includes airfare from Grand Rapids.



For more information or reservations call 891-8117

Spotlight on New York City Holiday December 2, 2019 5 Days / 4 Nights

Experience the “Big Apple” alive with the holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, New York City shines even brighter during the holiday season. Spend four nights in the heart of Midtown close to Central Park’s skating rink and Times Square all dressed up for the holidays. Take your seat and watch the curtain rise for an exciting Broadway show. See the Christmas Spectacular at Radio City Music Hall, featuring the world famous Rockettes! Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and Memorial. Enjoy plenty of free time on your own to shop and see the elaborate 5th Avenue holiday window displays and the Christmas tree at Rockefeller Center. Get ready to “start spreading the news!”

Activity Level - This tour includes moderate physical activity.



Price per person \$2,999 per person double occupancy / \$3,999 per person single occupancy. Price includes airfare from Grand Rapids.



For more information or reservations call
891-8117

Introducing... Our Newest Travel Program! Grandparent - Grandchild Travel



Explore the Wizarding World of Harry Potter June 21 - 26, 2020

Are you brave enough to be a Gryffindor? Is your grandchild clever enough to be a Ravenclaw? Maybe you and your fellow wizards have the ambition it takes to be a Slytherin or the loyalty of a Hufflepuff? Take your turn under the sorting hat and meet the team of wizards you'll be competing with all week in Quidditch and Butterbeer-making competitions and Harry Potter trivia! Delve into the magical world of Harry Potter together as you explore Diagon Alley and Hogsmeade, and go behind-the-scenes at Universal Studios to learn how the park workers and special effects team make the magic happen. For children 8 - 18.

Highlights:

- * Pass through Platform 9 3/4™ and ride the Hogwarts™ Express to explore both Harry Potter parks during your free time with a three-day, two park pass.
- * Learn about owls like Hedwig and Pigwidgeon and meet four different types of raptors at the Audubon Center for Birds of Prey.
- * Enjoy a performance by the wacky and wonderful Blue Man Group.

Price:

- 1 Adult / 1 Child per room - \$2,099 per adult, \$1,499 per child
- 2 Adults / 1 Child per room - \$1,699 per adult, \$1,499 per child
- 2 Adults / 2 Children per room - \$1,699 per adult, \$1,499 per child

Includes:

- * 5 nights accommodations
- * 13 meals (5 Breakfasts, 4 Lunches, 4 Dinners)
- * 5 expert-led field trips
- * 2 hands-on experiences
- * 1 performance
- * An experienced group leader
- * Customary gratuities throughout the program
- * Taxes

Registration Information

Registration

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

General Policies

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

Refund Policies

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

Class Locations

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

No News Is Good News

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

Cancellation Notifications

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

We Respect Your Privacy!

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

Weather Information

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



How to Enroll

Online

Visit our website at: www.inspiremenow.org

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



By Mail

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

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

In Person

Come in to the Resource Center office during office hours, Monday - Friday, 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.



We're Going Green!

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



Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a 3.99% convenience fee charged to each order when paying by credit card. If you wish to pay by check you may mail in your registration to the above address.



AVOID
Cancellations
Enroll Early

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

Caledonia Resource Center Class Registration Form

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

Address _____ City _____

Zip Code _____ Phone #' _____

Emergency Contact _____ Phone # _____

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

Student Information: Grade _____ School _____

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

Class Title	Day/s	Time	Location	Fee
Total Fee				

Visa or MC # _____ Expiration Date _____

Signature _____

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



Caledonia Resource Center Class Registration Form

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

Address _____ City _____

Zip Code _____ Phone #' _____

Emergency Contact _____ Phone # _____

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

Student Information: Grade _____ School _____

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

Class Title	Day/s	Time	Location	Fee
Total Fee				

Visa or MC # _____ Expiration Date _____

Signature _____

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

www.inspiremenow.org



CALEDONIA RESOURCE CENTER

www.inspiremenow.org
9749 Duncan Lake Ave.
Caledonia, MI 49316

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Caledonia Community Players

Theatre For Young Audiences Present

Oct. 18th 7pm
\$6 at the door

Duncan Lake Middle School
Performing Arts Center
www.inspiremenow.org



Curious George[®]
The Golden Meatball

Music by
John Kavanaugh

Book and Lyrics by
Jeremy Desmon

Based on books by Margaret and H.A. Rey
and the Play Owned by Universal Stage Productions