

Prime Time *Exclusive*

Spring 2020
Volume 4 Issue 1



It's Your Time!

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**Recreational Programs Designed
Exclusively For You!**

Caledonia Resource Center
Caledonia Community Schools
www.inspiremenow.org

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Weekly Activities

Mondays.....	Fit For Life & Open Weight Rm
Tuesdays.....	Open Weight Rm
Wednesdays.....	Open Weight Rm & Hand & Foot
Thursdays.....	Fit For Life & Open Weight Rm
Fridays.....	Open Weight Rm, Quilting & Euchre

Monthly Activities

Fourth Thursday of each month:
Lunch Bunch & Bingo

Please check exact date and times
listed in this newsletter for each activity.

AWOL Adventures



Fitness Classes

Activities



Mailing List

If you would like to be removed from our mailing list, or if you know of someone that would like to receive this newsletter, please contact our office at 891-8117 or e-mail nemecekb@calschools.org.

Did you know you could register online? Our online webstore is available 24/7 - 365 days a year!

www.inspiremenow.org



On the main page,
click on the blue
"Register Now" button.

Weather Information

All Caledonia Resource Center activities will be cancelled if Caledonia Schools are closed. Please watch WOOD TV 8 for school closing information.

Primetime Exclusive is published four times per year: February, May, August and December. This issue was published February 2020 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316.



Travel The World

Caledonia Resource Center
Caledonia Community Schools
9749 Duncan Lake Ave.
Caledonia, MI 49316
Phone: 891-8117
Office Hours:
Mon - Fri 8 a.m. - 4 p.m.

www.inspiremenow.org

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

Wednesday Winter Walks

Grand Bridges

The city of Grand Rapids was born alongside a one mile stretch of spectacular rapids on our Grand River, the Owashtanong. The pure, rushing waterway was absolutely integral to GR's explosive growth in the 19th century. Today, eight bridges, not counting highway bridges, carry vehicle traffic between the Wealthy Street Bridge and the North Park Bridge. Enjoy criss-crossing some of these historic spans as we weave our way from south to north and back again on a section of the longest river in the state of Michigan. Breathtaking for its beauty and exercise, this route is a must-experience for urban bridge and river aficionados. Along the way, catch nostalgic glimpses of times gone by - the river of history - and appreciate its irrepressible flow into the future.



Wed 3/18 10 a.m. Meet in the lobby of the JW Marriott.
\$15 Early Bird Fee / \$25 Regular Fee

Growing Grand Rapids

Spring architectural walking tours.

We invent cities. We create streets and we construct buildings. Whether the structures are historic, brand new, a combination of both, or a glimpse into our future, they provide a creative portrayal of our collective story of our "place", our built environment. No one architectural style is more important than another...they are all invaluable pages in our city's scrapbook. Each building tells a story as we physically move through time. Part One includes buildings prior to Urban Renewal, and Part Two is the 1960's forward and into our architectural future. There are other architectural jewels somewhere in between super old and "not yet". Part Three and Four are an attempt to fill in the cracks...to connect the dots in our mind's streetscape.

4/8 Architecture Part 1
4/22 Architecture Part 2
5/6 Architecture Part 3
5/20 Architecture Part 4

Wed 12 - 1:30 p.m. Meet in the lobby of the JW Marriott.
\$15 Early Bird Fee / \$25 Regular Fee

Pickleball

Come join us for an afternoon of Pickleball. Bring your own racquet and pickleballs.

Fri 3/6 12:30 - 2:30 p.m.
\$5 DLMS Aux. Gym



Biking

Join us for a rail trail ride! We will ride a few of our local favorites for about an hour starting at 10 a.m. It's a great way to make new friends and rediscover the fun of bike riding. We are only riding on rail trails, so traffic is not a problem!



Tue 5/5 (weather permitting) We will meet at the trail head on Main Street in Caledonia

Tue 6/2 - Middleville, Paul Henry Trail (meet at the trail head at East Main & Stagecoach park, downtown Middleville)

Tue 8/11 - Byron Center, Kent Trail (meet at the trail head off of 84th street, west of Byron Center Ave.)

Email your name, phone number and trail choices, to nemecekb@calschools.org



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 (omit 4/6 & 4/9) 9:30 - 10:30 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 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 (omit 4/3 - 4/10) 10:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55
DLMS Weight Rm

PrimeTime Activities

Caledonia Senior Center

It's Your Time



Lunch & Learn

2020 Senior Survival Tips

In this presentation, attorney Bill Westerbeke, the host of Youtube channel "ElderTipZone," will discuss tips and provide demonstrations for seniors as they face "life" challenges associated with aging. He will start with the latest technology tips including apps, tech and gadgets. He will then move to lifestyle tips covering healthcare, medical devices, organization, safety, and fitness. Bill then finishes up with tax and financial, estate planning, and elder law tips.

Thu 3/19 11 a.m. Includes Lunch FREE

Elder Law Primer

What if you or a loved one suddenly needs to be cared for in a nursing home? Can you pay for nursing home expenses which can approach \$9,000 per month? Why couldn't you just give everything to the kids? Would you be 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 aging seniors.

Thu 4/16 11 a.m. Includes Lunch FREE

Better Balance and Stability

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


Thu 4/30 11 a.m. Includes Lunch FREE

Making Alzheimer's Disease a "Memory"

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

Thu 5/21 11 a.m. No Lunch Served FREE

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

"Honor a Loved One that will last a Lifetime"

PrimeTime Activities

Caledonia Senior Center

It's Your Time



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 (omit 4/8)
Resource Center Rm #301



Euchre

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

Fri 1 - 3 p.m. FREE (omit 4/3 & 4/10)
Resource Center Rm #301

Euchre Winners:

December: Larry Parker

January: Jan Beaudry, Marian LeRoux, Jim Herrick and Jan beaudry

February: Tom Burke and Denise



ST. PATRICK'S DAY! EUCHRE TOURNAMENT

 **Food - Prizes - Fun** 

Friday March 13th 12:30 pm
\$10 includes pizza lunch and prizes

You must pre-register by
March 4 to reserve your space. 891-8117



Prime Timers need YOU!

Join us on Fridays. We meet from 9 a.m. - 12 p.m. in the Senior Center. Drop-ins welcome!! You don't have to commit to specific days. Come whenever you are able. (Closed 4/3 & 4/10) We make:

- Quilts for Veterans
- Pillows for 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.

PrimeTime Activities

Caledonia Senior Center

It's Your Time



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 3/26, 4/23 & 5/28
1 - 3 p.m. 25¢ per card donation
Resource Center Rm #301
Sponsored by Moving Angels



Lunch Bunch

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

Date: Thursday, March 26
Place: The Real Arriero - Caledonia

Date: Thursday, April 23
Place: The Cheesecake Factory - Woodland Mall

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

Date: Thursday, June 25
Place: First Wok - 44th St.



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

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

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 3 & 4, 2020 \$185 per person dbl. **SIGN UP BY JUNE 1, 2020 AND PAY ONLY \$175!!** Only a \$75 deposit to hold your space!

Final payment is due 45 days prior to the departure date. No refunds after final payment.

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, driver gratuity and luggage service.

We will need the following information when you register:

- Roommate's name
- Birthdate
- Address and phone number
- Northern Rewards and Odawa Club card numbers if you have them
- Smoking or Non-smoking preference (requested but not guaranteed)
- Handicap or special needs

Bus Departure Location

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



Mackinac Island Lilac Festival

June 6 - 8, 2020

Enjoy three days and two nights on this enchanting island. Wake to a beautiful morning with the sound of horse's hooves clip clopping on the pavement. Enjoy the beautiful sights and smells of the lilacs scattered across the island and all the festivities celebrating this beautiful flower. Take a leisurely stroll through main street and smell the freshly made famous Mackinac Island fudge. Don't forget to stop in and pick up some of this tasty treat to take home to your family!

The fun continues as we depart Mackinac Island and head to Petoskey where you will enjoy lunch at the Petoskey Brewing Company (on your own), take a chocolate tour at Kilwin's, and visit Petoskey Farms Vineyards for some wine tasting. Get away from it all on this amazing weekend escape!



SOLD OUT!!
Waiting List Only

Your trip includes:

- Two nights accommodations at the Lake View Hotel on Mackinac Island
- Deluxe motor coach transportation plus driver's gratuity.
- Round trip ferry transportation
- Luggage service to and from the dock.
- Carriage tour of the island
- Continental breakfast each morning
- 1 dinner on the island
- Visit to Petoskey Farms Vineyard with tasting included
- Visit to Kilwin's in Petoskey

Departs 8 a.m. June 6 - Returns 6 p.m. June 8

\$489 per person double occupancy **Final Payment Due May 1st.**

To reserve your space please call us at 891-8117, email Sherry at stehouwers@calschools.org or register online at www.inspiremenow.org

**CALL 891-8117 TO RESERVE YOUR SPACE ON ANY OF OUR TRIPS
OR REGISTER ONLINE AT WWW.INSPIREMENOW.ORG**

Greek Isles

Onboard Royal Caribbean's Explorer Of The Seas

11 Days / 10 Nights
October 6 - 16, 2020



Ports of call:

Rome (Civitavecchia), Italy ~ Sicily (Messina), Italy ~ Valletta, Malta ~ Mykonos, Greece ~ Ephesus (Kusadasi), Turkey ~ Santorini, Greece ~ Athens (Piraeus), Greece ~ Naples, Italy



Inside Cabin Category	4V	\$3,344
Outside Cabin Category	2N	\$3,874
Balcony Cabin Category	4D	\$4,354
Balcony Cabin Category	2D	\$4,384

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

Deposit Policy: An initial deposit of \$550 per person double occupancy or \$1,100 per person single occupancy is required in order to secure reservation and assign cabins. Final payment is due by June 8, 2020.

Spotlight on New York City Holiday

December 2, 2020
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

Canadian Rockies: Banff, Kelowna & Vancouver

Sep 19 - 27, 2020



Journey from majestic mountains to charming cities. Pristine national parks and glittering turquoise lakes often come to mind when you think of the idyllic provinces of Alberta and British Columbia. Travel throughout the region to find that classic scenery in places like Lake Louise while also uncovering some of the area's unexpected treasures, including the world-renowned Okanagan Valley wine region. From rugged Banff National Park to coastal Vancouver, discover the diversity of western Canada.

Your package includes:

- 8 nights in handpicked hotels
- 8 breakfasts
- 1 lunch
- 3 dinners with beer or wine
- 1 wine tasting
- Guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights:

Calgary Tower, Banff National Park, Moraine Lake, Lake Louise Gondola, Glacier National Park of Canada, Okanagan Valley wine tasting, Vancouver's waterfront.

Tour pace:

On this guided tour, you'll walk for about 1.5 hours daily across moderately uneven terrain, including paved roads and paths with some steep inclines. During certain seasons, there may be snow or ice on the paths. Some activities will take place at high altitudes.

Per person double occupancy \$3,709
Includes roundtrip airfare from Grand Rapids.

Register online at: <https://grouptoursite.com/tours/rockieswithsherry>



Real Indiana Housewives Tour of Amish Country

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

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

Cost: \$99

Date: Thursday, June 18

Departs: 8:00 a.m.

Returns: 5:00 p.m.

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



Firekeepers Casino

Leave the driving to us! We will transport you to Firekeepers so you can test your luck and have some fun. Each participant will receive \$20 in free slot play and \$5 in points for food, drink, merchandise, or more additional free slot play.

Cost: \$35

Date: Tuesday April 21

Departs: 9:00 a.m. Returns: 4:00 p.m.

Includes: Motorcoach transportation, driver gratuity and casino slot play incentive.

**CALL 891-8117 TO RESERVE YOUR SPACE ON ANY OF OUR TRIPS
OR REGISTER ONLINE AT WWW.INSPIREMENOW.ORG**

Class & Trip Registration Form

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.



By Phone

Call 891-8117. Office hours are Monday - Friday, 8 a.m. - 4:00 p.m. You can enroll by phone with Visa or Master Card. A convenience fee of 3.99% per credit card transaction will apply.



Online

Visit our website at:

www.inspiremenow.org



At the main page, you can download a pdf file of our brochure or click the 55 & better tab to download our latest newsletter. Click the REGISTER NOW button and you will be redirected to our webstore. A convenience fee of 3.99% per credit card transaction will apply.

By Mail

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

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



Class Registration

Name _____ Sex M _____ F _____ Birthdate _____

Address _____ State _____ Zip Code _____

Phone _____ e-mail address _____

Class or Activity _____ Code # _____ Date _____ Fee _____

Class or Activity _____ Code # _____ Date _____ Fee _____



Visa or MC # _____ Total Amount Due \$ _____

Expiration Date _____ Signature _____

Trip Registration

Name _____ Sex M _____ F _____ Birthdate _____

Address _____ State _____ Zip Code _____

Phone # _____ Trip Name _____

(For Kewadin trip only) Northern Rewards # _____ Odawa # _____

Roommate _____ Deposit Amount \$ _____

Smoking _____ Non-Smoking _____ Special Needs _____



Visa or MC # _____ Amount \$ _____

Expiration Date _____ Signature _____

Caledonia GlobeTrotters
Present

Panama Canal

WITH NORWEGIAN CRUISE LINE® ON THE NORWEGIAN ENCORE®

13 DAYS / 12 NIGHTS MARCH 1 - 13, 2021



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

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

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

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

DEPOSIT POLICY: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by October 1, 2020. Those who book early get the best prices and the best cabin locations.



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

Pick Two Perks!

Premium Beverage Package*
250 minute Internet Package
\$50 Per Port Shorex Credit
Dining Package*
20 Photo Package
\$75 Onboard Credit

PLUS

Every Cabin Recives the following
ON Board Credit:
Inside: \$50 (per cabin)
Ocean-view: \$60 (per cabin)
Balcony: \$100 (per cabin)
Mini Suite: \$140 (per cabin)

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

Caledonia Resource Center
9749 Duncan Lake Ave.
Caledonia, MI 49316
"Living and Learning Together"

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2020 Caledonia GlobeTrotter Travel



Let's Go Up North!
Annual Kewadin Trip

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