

# Prime Time *Exclusive*

Summer 2019  
Volume 3 Issue 2



***It's Your Time!***

***All NEW! Grandparent /  
Grandchild Travel pg 8***

***Yahtzee Tournament pg 5***

***Fitness Classes pg 4***

***Recreational Programs Designed  
Exclusively For You!***

Caledonia Resource Center  
Caledonia Community Schools  
[www.inspiremenow.org](http://www.inspiremenow.org)

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### Summer Activities

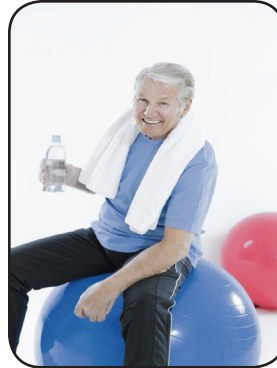
**Our offices will be closed for July due to fire alarm updates being done throughout the building. Please call us at 891-8117, after August 5, to find out the start dates for our weekly programs.**

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

Have a wonderful summer!



### AWOL Adventures



### Free Fitness Classes

### Travel The World



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

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

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



### 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](mailto:nemecekb@calschools.org).

### 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 May 2019 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316.

Caledonia Resource Center  
Caledonia Community Schools  
9749 Duncan Lake Ave.  
Caledonia, MI 49316  
Phone: 891-8117 Fax: 891-7014  
Office Hours:  
Mon - Fri 8 a.m. - 4 p.m.  
Summer Hours  
Mon - Thu 8 a.m. - 4 p.m.  
[www.inspiremenow.org](http://www.inspiremenow.org)

**Walking Tours**

**Architecture of Downtown Grand Rapids...  
 Parts Two and Three**

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 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 is an attempt to fill in the cracks...to connect the dots in our mind's streetscape.



Fri 5/24 12 p.m. Part Two  
 Fri 6/21 12 p.m. Part Three

Please allow 90 minutes for walks. \$15 per participant

All tours meet in the front lobby of the JW Marriott. Reasonable parking is available at the cities Louis Campau lot, right around the corner from the JW Marriott.

**Trail Blazers**

Join us for a beautiful hike through the many trails of West Michigan. Each month we will hike a different trail. Following our hike we will enjoy lunch at a restaurant near the trail.



**Fri 5/31 - 10 a.m. Paul Henry Trail - Middleville**

We will meet at the stagecoach off of Main Street. Lunch on your own at Champs.

**Tue 6/25 10 a.m. Provin Trail - Grand Rapids**

Provin Trail is a largely undeveloped park featuring a network of natural surfaced trails just outside the city limits of Grand Rapids. Visitors can explore a mix of dense pine stands and open sand barrens along interconnected trails that wind through scenic hills and valleys. The trail is accessed from a parking lot off 4 Mile Rd. 2900 4 Mile Rd NE Grand Rapids. Lunch on your own at Anna's House.

**Tue 8/20 10 a.m. Millennium Park- Grand Rapids**

There are approx. 3 miles of natural surface trails located within the park at 1415 Maynard Ave SW, Walker. We will meet at the parking lot off Butterworth Dr., at the Hansen Nature Trail. Ice cream on your own at Dairy Queen at 956 Fulton Street.

If you would like to participate in one of these walks, please email Barb at: [nemecekb@calschools.org](mailto:nemecekb@calschools.org)

**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. Its 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 6/4 - Middleville, Paul Henry Trail** (meet at the trail head at East Main & Stagecoach park, downtown Middleville)


**Tue 8/13 - 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](mailto:nemecekb@calschools.org)



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

**Snyder Monuments**



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 PROFESSIONAL,  
 LOCAL  
 SERVICE  
 25+ years**

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- Laser etched portraits
- Free state wide delivery
- Granite and Bronze
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- Mention this ad and get a 10% discount.

Randy and Diana Snyder  
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[www.snydermonuments.com](http://www.snydermonuments.com)  
[snydermonuments@gmail.com](mailto:snydermonuments@gmail.com)

"Honor a Loved One that will last a Lifetime"



**Open Weight Room**

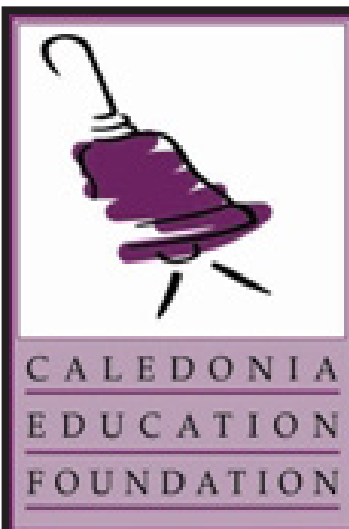
If you would like to get "Fit for Life," you are invited to join us in the weight room on Mondays, Wednesdays and Fridays. There will be a staff member in attendance during this time, however, use of the weight room is at your own risk. A completed emergency/health form will be required of all participants.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

Mon, Wed, & Fri Last class before summer 6/7.  
 10:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 DLMS Weight Rm

**Fit For Life**

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

Mon & Thu Last class before summer 6/6.  
 9:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym & Weight Rm



Thank you to the Caledonia Education Foundation for the generous grant that allowed us to update our weight room equipment.

Register online at  
[www.inspiremenow.org](http://www.inspiremenow.org)

# 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  
Resource Center Rm #301  
**No Hand & Foot in July. Please contact our office after August 5 for new start date.**

### 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 Resource Center Rm #301  
**No Euchre in July. Please contact our office after August 5 for new start date.**

### Euchre Winners:

**February** - Jay Becker, Alice Hesche

**March** - Nancy Burke, Marcia Phelps & Gayle Ott

**April** - Jay Becke, Darwin, Shirley

**Congratulations to our St. Patrick's Day Euchre Tournament Winners!**

**1st Place:  
Kathy Kuhn**

**2nd Place:  
Alex Deces**

**Most Lone Hands:  
Marian LeRoux**

## Yahtzee Tournament Pizza & Prizes!

**When: Thursday, May 30**

**Time: 1-3 p.m.**

**Cost: \$8**

**RSVP: You must pre-register by  
May 24 to reserve your space.  
Call 891-8117.**

### End of Year

## Euchre Tournament & Ice Cream Social

**Ice Cream~Prizes~Fun**

**When: Friday, June 7**

**Time: 12:30 p.m.**

**Cost: \$5**

**RSVP: You must pre-register by  
June 1 to reserve your space.  
Call 891-8117.**



# PrimeTime Activities

## Caledonia Senior Center

*It's Your Time*



### 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, May 23

Place: FireRock Grille - Caledonia

Date: Thursday, June 27

Place: Buddy's Pizza - 28th Street

Date: Thursday, August 22

Place: Nighthawk - Whitneyville Rd.

### 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 5/23 1 - 3 p.m.

25¢ per card donation

Resource Center Rm #301

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



### 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. 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.

### Lunch & Learn

#### Estate Planning Basics

What happens to your assets if you become incapacitated or pass away? What is probate? What is a Living Trust and do I need one? Will a young relative, special needs child, or in-law have access to my estate? Attend this presentation to learn about the important components of planning your estate.

Thu 6/7 11:30 a.m. Free  
Pre-registration required.  
Lunch provided.

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

by DailyHealthPost 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#](https://dailyhealthpost.com/traveling-happier-experiences-than-buying/?utm_source=facebook#)

# 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, 2019  
\$175 per person dbl. Only a \$75 deposit to hold your space! **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, 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.



### Spend the Day at Grand Haven

Take a stroll along the historic harbor - The boardwalk is a 3 mile round trip and runs along the harbor, which is lined with shops, restaurants, marinas and charter fishing boats. While it's a great place for a brisk walk, there are plenty of grassy knolls and benches for idlers who prefer people and boat watching. The boardwalk continues along the Grand River and travels out to Lake Michigan, where you can walk the pier, and take photos of the lighthouse.

Tour the town on the trolley. The trolley runs from 11 a.m. to 10 p.m. with many pickup locations. Enjoy a historic narrative tour that starts at Chinook Pier, travels the waterfront and downtown areas and provides a unique trip back in time. Fares are between .75 and \$1.50 each.

OR

Explore the Grand Haven area your own way. There is nothing like looking at a map of an unknown place and using it to discover the area all on your own. The Grand Haven area is full of adventures. There is a self-guided tour for everyone whether your interest is history, nature, food or just seeing the destination from a different perspective. Here are a few of examples.

- Historic Riverfront District
- Downtown Grand Haven - Walking Tours
- Ride the Rickshaw
- Tri-Cities Historical Museum

Thu 6/20 The motor coach will leave from the football field parking lot at 9:30 a.m. and we will return at approx. 4 p.m. Cost is \$35

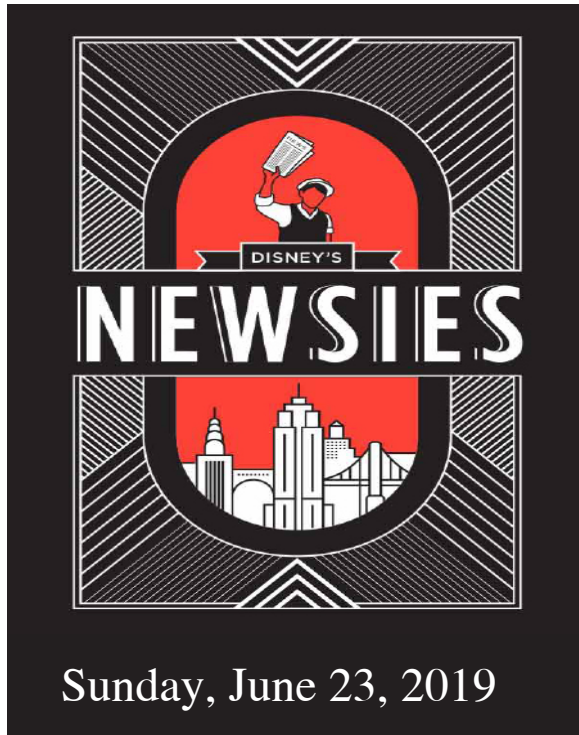
Register online at: [www.inspiremenow.org](http://www.inspiremenow.org)

### Get Trip Information Fast!!

If you would like to receive e-mail updates on our travel plans, please send us an e-mail at [stehouwers@calschools.org](mailto:stehouwers@calschools.org) and we will add you to our list.

**CALL 891-8117 TO RESERVE YOUR SPACE ON ANY OF OUR TRIPS  
OR REGISTER ONLINE AT [WWW.INSPIREMENOW.ORG](http://WWW.INSPIREMENOW.ORG)**

Join us for an afternoon  
at the Civic Theatre!



Sunday, June 23, 2019

Based on the 1992 motion picture and inspired by a true story, Newsies features a Tony Award-winning score by Alan Menken and Jack Feldman and a book by Tony Award winner Harvey Fierstein. Featuring the now classic songs "Carrying the Banner," "Seize the Day," and "Santa Fe," Newsies is packed with non-stop thrills and a timeless message, perfect for the whole family.

We will take a school bus downtown so you don't have to worry about the drive or parking! After the show we will stop for dinner at a local restaurant (TBD) (on your own).

We will depart at 1:15 p.m. and return approximately 6:30 p.m. Cost is just \$46 per person and includes transportation and your ticket! Call our office at 891-8117 and reserve your seat today!

**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 Hogsmead, 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 - \$1699 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

For more information or reservations call 891-8117



# 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.



# Spotlight on New York City Holiday

December 2, 2019  
5 Days / 4 Nights

Experience the “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.



**CALL 891-8117 TO RESERVE YOUR SPACE ON ANY OF OUR TRIPS  
OR REGISTER ONLINE AT [WWW.INSPIREMENOW.ORG](http://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. Summer hours, Monday - Thursday 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.



## By Phone

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



## Online

Visit our website at:

[www.inspiremenow.org](http://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



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## 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

## 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. \$250 per person deposit required to hold your space. Final balance is due by June 28, 2019. 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**

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

# 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.

IF YOU BOOK BY JUNE 4, 2019  
UP TO \$100 PER PERSON TO SPEND AT SEA PLUS GRATUITIES INCLUDED!  
Applies to 1st and 2nd guests in a cabin.

IF YOU BOOK BY JUNE 25, 2019  
ONLY \$100 pp DEPOSIT REQUIRED FOR DOUBLE OCCUPANCY  
After 6/25/19 deposit is at least \$630 pp

Final payment is due by January 28, 2020. Those who book early get the best prices, the best cabin locations and their preferred dining times.

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

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## 2019/2020 Caledonia GlobeTrotter Travel



**Let's Go Up North!**  
Annual Kewadin Trip

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**Hawaii**  
ON BOARD THE BEAUTIFUL  
NCL PRIDE OF AMERICA

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**New York Holiday**

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