Winter 2017



Recreational Programs Designed Exclusively For You!

New Travel Destinations for 2017!

Snowshoeing Adventure! Pg 3

Fitness Classes for the New Year. Pg 5

Caledonia Resource Center

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Weekly Activities

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

Monthly Activities

Thursdays.....Lunch Bunch & Bingo

AWOL Adventures

Travel The World





Free Fitness Classes

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

www.caledoniaresourcecenter.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.



Caledonia Resource Center Caledonia Community Schools 9749 Duncan Lake Ave. Caledonia, MI 49316 Phone: 891-8117 Fax: 891-7014 Office Hours: Mon - Fri 8 am - 4 pm www.caledoniaresourcecenter.org

ADULTS WITH OUT LIMITS



Pin Pals

It's getting colder outside but we won't let that stop us! For our colder months we will move our activities indoors. Join us for bowling and a buffet lunch once a month at Spectrum Lanes on Clyde Park.

Mon 1/23, 2/20, and 3/20 11 a.m. - 1 p.m. \$19 per session (includes bowling, shoe rental and lunch.) Sign up for one or more sessions!

Cannonsburg 's Zipline Adventure

East: The Cannonsburg East Zip Line Tour is perfect for the first time zip liner! It includes five zip lines that welcome you to zip lining by offering an enjoyable tour complete with speeds that still top 30mph for an exciting experience. Ideal for families and strongly encouraged for those who have never tried zip lining before!

OR

West: The Cannonsburg West Zip Line Tour is for adventurous zip liners who are looking for a bit more height, speed, and a bigger adrenaline rush as part of their experience! With five total zip lines that boast higher and faster lines and platforms, the West Tour will meet the needs of anyone looking for a bit more advanced action.

Tue 5/23 10 a.m. -12 p.m. \$35

Transportation from the Resource Center is an additional \$20 per person. Limited seats available. Ride with us or meet us there!

Register online at www.caledoniaresourcecenter.org

Snowshoeing Adventure

When the snow piles up and the winter woods grow quiet, there is no better time to get out on snowshoes. Join us at the Muskegon Winter Sports Complex for snowshoeing! Their trails offer some of the most beautiful scenery in the region!

Tue 1/17 10 a.m. - 12 p.m. \$25 (includes shoe rental, admission and guided tour) Transportation from the Resource Center is an additional \$20 per person. Limited seats available. Ride with us or meet us there!





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

Tue Dec. 13 at 7:00 p.m. - Women's Basketball vs. Olivet Nazarene

Sat Jan 28, 1:00 p.m. - Women's and Men's Basketball double header vs Northwestern Ohio

Fri Feb 24, 7:00 p.m. - Men's Volleyball vs. Calvin College

Free food will be available in our hospitality room starting 1/2 hour before the game/match begins for the above dates.

Thu Mar 9 - Men's Volleyball Tournament starting at 3:00 (free food available from 4:30-6:00)

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

Get On The List

If you would like to receive information about our AWOL activities, please call us at 891-8117 or e-mail us at nemecekb@calschools.org. We will add you to our mailing list and our e-mail list so you can keep up with all the newest activities we have planned.



Fitness RX Fusion

Yoga, Pilates

Bring an amazing sense of awareness to your body, learn how to breathe properly, sculpt your muscles, and boost your flexibility, all in one hour. Yoga postures fused with pilates (and more) moves to help

you relax and reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor. THIS IS A BEGINNER LEVEL CLASS-PERFECT FOR OVER FIFTY OR DECONDITIONED ADULTS.



Session I Wed 1/18 - 2/22 Session II Wed 3/1 - 4/12 (omit4/5) \$99 (\$89 early bird) 6 - 7 p.m. DLMS Cafeteria

New Year, New You!

Hatha Vinyasa Yoga

Has yoga been on your mind? Do you really, really need to wash it all away and drink in a breath

of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose "right". Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize our bodies are designed



to heal. She will meet you right where you are to help you create a safe place to start you very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical body's manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches, acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.

Tue 1/17-3/21 10:30-11:30 a.m. or 4:15-5:15 p.m. Resource Center Rm #302 \$135 (\$125 early bird)

Do you want to build a Snowman?

Join us on Tuesday, January 31 from 12:30 to 2:30 p.m. for a good old fashion snowman building afternoon, complete with hot chocolate and cookies. We will be building the snowman in front of the Resource Center on Duncan Lake Ave provided we have enough snow! Please call 616-891-8117 to register.



Pickleball - Open Play

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

Intermediate Players (3.0 or higher) Tue 1/10 - 3/28 Beginner Players Wed 1/11 - 3/29 6:30 - 8:30 p.m. \$5 per night DLMS Aux Gym



Get On The List

If you would like to receive information about our AWOL activities, please call us at 891-8117 or e-mail us at nemecekb@calschools.org. We will add you to our mailing list and our e-mail list so you can keep up with all the newest activities we have planned.



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 partici-

pant 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 1/5 - 6/8 (omit 4/3, 4/6 & 5/29) 8:45 - 11:00 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym

Dinner & A Movie?

Got the Winter blahs? How about joining us here at the resource center for a movie and a potluck!

Thursday, January 12 & Thursday, February 9 Potluck from 12 to 12:30 and a Movie from 12:30 to 3pm

Bring a dish to pass for the Potluck or just come to the Movie and we will provide the popcorn.

Hand & Foot

We have a group of enthusiastic card players that are enjoying this game every Wednesday afternoon. If you haven't had the opportunity to learn this popular card game, now is your chance. We will be very happy to show you how to play! It's easy and fun! Bring a friend! Everyone is welcome.

Wednesday 12:30 - 3 p.m. FREE Resource Center Rm #301

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 1/4 - 6/9 (omit 4/3, 4/5, 4/7, 5/26 & 5/29) 10:00 - 11:00 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55.



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

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 1/26, 2/23, 3/23, 4/27, 5/25 1-3 p.m. 25¢ per card donation Resource Center #301 Don't forget to join us for Lunch Bunch before Bingo!

Prime Timers need YOU!

We meet on Fridays from 9 a.m. -12 p.m., at the Senior Activity Center. Drops in 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.



St. Patricks Day Euchre Tournament Food~Prizes~Fun

When: Friday, March 17Time: 11:30 a.m.Cost: \$10 includes pizza lunch and prizes.RSVP: You must pre-register byFebruary 18 to reserve your space. Call 891-8117.



Lunch Bunch

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

Date: Thursday, January 26 Place: Uccello's - Caledonia Time: 11:30 a.m.

Date: Thursday, February 23 Place: Brann's - Caledonia Time: 11:30 a.m.

Date: Thursday, March 23 Place: Pizza Ranch - 28th St., Kentwood Time: 11:30 a.m.

Snyder Monuments Red Hot Valentíne's Party Don your red dress, PERSONAL, shirt, sweater, etc. and **PROFESSIONAL.** get ready for our Red LOCAL Hot Valentine's Party! **SERVICE** Personalized designs Join us on Tuesday, 25+ years February 14 at 12:00 Laser etched portraits noon for lunch and fun as Free state wide delivery we celebrate the holiday of love! Cost is just \$5 Granite and Bronze per person. Registrations Convenient in-home Service with payment, must be made by February 5. Call Mention this ad and get a 10% discount. 891-8117. Randy and Diana Snyder (616) 291-2425 www.snydermonuments.com

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. The commission earned on these trips helps support our senior center. 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 St. Marie, breakfast buffet, and \$60 back in free play (subject to change). This trip will fill up fast! Call us at 891-8117 to make a reservation.



October 7 & 8, 2017. \$175

per person. 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

Soaring Casino

Join us for a day trip to Soaring Eagle on Thursday, March 23. The bus will depart from the football field parking lot at 8:00 a.m. and return at approximately 5:00 p.m. The cost per person is just \$30. You will receive \$10 Premium Play pre-loaded onto your Players Club Card, plus an additional \$10 once you reach 100 points on this visit, and a \$5 food coupon (Premium play is subject to change.)You must bring a photo ID to receive premium play.

Thursday, March 23 8:00 a.m. - 5:00 p.m. \$30. Reservations must be made by February 23.





Register online at www.caledoniaresourcecenter.org

Call 891-8117 to make your reservations.

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

Get Trip Information Fast!!

If you would like to recieve e-mail updates on our travel plans, please send us an e-mail at stehouwers@calschools.org and we will add you to our list.

Níagara Falls May 9 - 10, 2017

Highlights

***Fallsview Casino** - Test your luck tonight at the Fallsview Casino after you enjoy their delicious Grand Buffet. Once you collect all of your winnings, take a moment to step outside to view the nighttime illuminated falls. Take an easy walk back to your room from the casino on their covered walkway.

***Daytime Hornblower boat tours** - Experience the awesome power, thundering roar and amazing mist of the mighty Niagara Falls! On our 20-minute daytime boat ride into the heart of Niagara Falls, we will view the American, Bridal Veil and Canadian Horseshoe Falls up close & personal.

***Oh Canada Dinner Theatre** - Enjoy a delicious family style dinner while being entertained by singing Mounties, Lumberjacks, Anne of Green Gables and even a Hockey Player.

*Escape Canada - Visit London, Ontario where we will try to "Escape Canada! " You will be trapped in a room with your teammates with just one hour to escape! Find the hidden mystery to lead your group to safety!



Tour includes: Hotel Accommodations, Motorcoach Transportation, Grand Buffet Dinner, Oh Canada Dinner Theatre, Two Breakfasts, Falls Boat Tours, Escape Room Admission and driver gratuities.

\$555 pp dbl A deposit of \$75 will hold your space. Final Payment due March 24, 2017



Did you know... You can register online at www.caledoniaresourcecenter.org

Canadian Rockies June 23 - 29, 2017

7 Days - 9 Meals: 6 Breakfasts, 3 Dinners

Highlights: Calgary, Head-Smashed-In Buffalo Jump, Glacier National Park, "Going to the Sun Road", Banff, Columbia Icefield

Experience It! The Icefields Parkway

Your tour of the Canadian Rockies features a drive along the incredible Icefields Parkway. Paralleling the Great Divide, this special roadway is home to some of the most dramatic vistas in all of North America. Here, snowcapped mountains engulf the landscape, casting shadows on the adjacent glacial streams. During the 1800s, a similar route was used by the fur traders. The first roadway was built in the 1930s and the present parkway was completed by 1965. Highlighting your trip along the Icefields Parkway is a stop at the Columbia Icefield – a dramatic 200 square mile stretch of land filled with glaciers. Here you may have an opportunity to ride across a 1,000 foot thick glacier or walk on the Glacier Skywalk.



Ride aboard a historic Jammer, an open-air touring car, during your visit to Glacier National Park. Stop at the Columbia Icefield and choose a fun ride (weather permitting) across the glacial ice, which is over 1,000 feet thick, or take a walk on the Glacier Skywalk. Visit Head-Smashed-In Buffalo Jump, one of the world's oldest buffalo jumps.



Experience a luxurious 3-night stay at the Fairmont Banff Springs. Traverse the unforgettable Icefields Parkway. Bear witness to the incredible views of Glacier National Park as you drive along the "Going to the Sun Road."

Call 891-8117 for more information.



Double \$3,349; Single \$4,199; Triple \$3,319 For bookings made after Dec 23, 2016 call for rates.

Included in Price: Round Trip Air from Gerald R. Ford International Airport, Air Taxes and Fees/Surcharges, Hotel Transfers

Not included in price: Cancellation Waiver and Insurance of \$240 per person

* All Rates are Per Person and are subject to change, based on air inclusive package from GRR

Join us for a FREE travel presentation on January 25, 2017 at 10 am at the Resource Center. Please call 891-8117 to reserve your space.



CALEDONIA SENIOR CENTER PRESENTS EUROPEAN CAPITALS

WITH PRINCESS CRUISES® ON THE CARIBBEAN PRINCESS® 12 DAYS / 11 NIGHTS ~ APRIL 20 – MAY 1, 2017

Air to depart the US on April 19th in order to arrive in London on April 20th

DAY	PORT			ARRIVE	DEP	ART	
1	London (Southampton), England				5:00 PM		
2	Guernsey (St. Peter Port), England 6:00				2:00 PM		
3	Cork, Ireland (Cobh – For Blarney Castle)			7:30 AM	7:30 AM 6:00 PM		
4	Dublin, Ireland			8:00 AM	9:30	PM	
5	At Sea						
6	At Sea						
7	Hamburg, Germany (for Berlin) 7:00				10:00 PM		
8	At Sea						
9	Rotterdam, the Netherlands			7:00 AM	6:00 PM		
10	Brussels / Bruges (Zeebrugge), Belgium		7:00 AM	8:00 PM			
11	Paris / Normandy (Le Havre), France			7:00 AM	8:00 PM		
12	London (Southampton), England 5						
Inside	Cabin Category	ID	\$3,849	Balcony Cabin Category	BD	\$4,449	
	tside Cabin Category OF \$4,299		Balcony Cabin Category	BC	\$4,499		
	side Cabin Category OC \$4,349			- ,		* 2 - 2	

Rates are per person, double occupancy, and includes cruise, roundtrip airfare from Gerald R Ford International Airport, government fees, port charges, transfers to/from ship and taxes. PRINCESS CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

*****PASSPORT REQUIRED*****

DEPOSIT POLICY: An initial deposit of \$600 per person double occupancy or \$1200 per person single occupancy is required to secure reservations and assign cabins. <u>Final balance is due January 4, 2017.</u> **Those who book early get the best cabin locations and their preferred dining times.**

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

12/27/16ET/KO

Experience the grandeur of Europe with Princess®



SPECTACULAR SHIPS · UNIQUE ITINERARIES · MORE AFFORDABLE BALCONIES

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Alaska Cruisetour With Princess Cruises on the Island Princess 11 Days / 10 Nights May 14, 2017

Columbia

DAY PORT ARRIVE DEPART

1 Anchorage-Arrive in Anchorage and get settled in your hotel for an overnight stay.

your hotel for an overnight stay. 2 Anchorage/Mt. McKinley- Board a motorcoach for your journey along the dazzling George Parks Highway, an attraction in itself. You may catch your first views of incredible Denali along the way. Once you arrive at the Mt. McKinley Princess Wilderness Lodge, the mountain is visible for nearly anywhere on the property.

3 Mt. McKinley/Denali- This morning you depart on another scenic motorcoach ride to the Denali Princess Wilderness Lodge at the doorstep of Denali National Park. You're treated to an afternoon Natural History Tour to learn more about the flora and fauna of the area before returning to the lodge. Tonight, opt for the lively "Music of Denali" dinner theatre, a great introduction to the region's culture and history. 4 Denali/Whittier- Enjoy the scenic rail journey through some of the best wilderness in the Great Land onour exclusive Direct-to-the-Wilderness rail service. Once in Whittier, you'll step from the train onto your ship for the beginning of your unforgettable cruise. 4 Anchorage (Whittier), Alaska
5 Hubbard Glacier, Alaska (Scenic Cruising)
6 Glacier Bay National Park
7 Skagway, Alaska 7
8 Juneau, Alaska
9 Ketchikan, Alaska
10 At Sea
11 Vancouver, British

> Inside Cabin Category ID \$3,432 Outside Cabin Category OE \$3,982 Outside Cabin Category OC \$3,982 Balcony Cabin Category BD \$4,332 Balcony Cabin Category BC \$4,367 Mini Suite Cabin Category MD \$4,532

Norwegian Coastal Voyage & Scandinavian Capitals August 03 – August 17, 2017 • 15 Days • 27 Meals

Highlights

Stockholm, Vasa Ship Museum, Copenhagen, Oslo, Viking Ship Museum, "Norway in a Nutshell" Tour, Flåm Railway, Nærøyfjord Cruise, Bergen, 6-Night Norwegian Coastal Voyage - Northbound, Alesund, Trondheim, Arctic Circle, Tromso, Kirkenes





Book by 2/4/17 -Save \$200 per person After 2/4/17 Call for rates.

Inside Double.....\$8,499 pp Inside Single.....\$10,749pp Outside Double.....\$9,399pp

Join us for a FREE travel presentation on January 25, 2017 at 10 am at the Resource Center. Please call 891-8117 to reserve your space.

Call 891-8117 to book or for a detailed brochure on both of these amazing vacations!!

Class & Trip Registration Form



Come in to the Resource Center office during office hours, Monday - Friday 8 a.m. - 4:00 p.m. We are located at 9749 Duncan Lake Ave.

Online

Visit our website at:

www.caledoniaresourcecenter.org

At the main page, you can download a pdf file of our brochure or click the REGISTER NOW button and you will be redirected to our webstore. A convience fee of \$3 per credit card transaction will apply.

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 convience fee of \$3 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

Class Registration

Sex M_____ F___ Birthdate_____

State_____ Zip Code ______

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 Amoun	t Due \$	
Expiration Date Signa					
	Trip Registra				
Name		Sex M	FB	Birthdate	
Address		State	Zip Code		
Phone #	Trip Name				
(For Kewadin trip only) Northern Rewar	rthern Rewards # Odawa #				
Roommate		Deposit Amount \$			
SmokingNon-SmokingSpec	ial Needs				
Visa or MC #		<i>I</i>	Amount \$		



Signature_

Expiration Date

