

Prime Time *Exclusive*

Winter 2019
Volume 3 Issue 1

It's Your Time!



**Recreational
Programs Designed
Exclusively For You!**

Walking Tours....pg 3

Euchre Tournament....pg 5

***Travel The World
With Us....pg 7***

Caledonia Resource Center
Caledonia Community Schools
www.inspiremenow.org

Inside

A.W.O.L. Programs.....	Pages 3-4
Prime Time Activities.....	Pages 5-6
Travel.....	Pages 7-11
Registration.....	Page 10

Weekly Activities

Mondays.....	Fit For Life & Open Weight Rm
Tuesdays.....	Open Weight Rm
Wednesdays.....	Open Weight Rm & Hand & Foot
Thursdays.....	Fit For Life
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



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

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.

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 a.m. - 4 p.m.

www.inspiremenow.org

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February, May, August and December. This issue was
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Caledonia, MI 49316.

CORNHOLE TOURNAMENT

Welcome to our first annual cornhole tournament! Register as a single or bring a friend and register for doubles. Will you be our first Corn Hole King?!



Wednesday, February 20, 9:30 a.m. start time
\$10 per person - includes a pizza lunch
Caledonia Resource Center Rm#302
Register online at
www.inspiremennow.org

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 1/7- 3/28 9:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym & Weight Rm



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 1/7 - 3/37
Mon 10:30 - 11:30 Wed & Fri 10 - 11 a.m.
Free (donations accepted) for 55 and over - \$2 per visit under 55 DLMS Weight Rm

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!

Tuesday, May 21 Paul Henry / Thornapple Trail - Middleville
(meet at the trail head off of Main Street in Middleville)

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



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

Twinklin' Holiday Lights Walking Tour

Are you feeling festive, fun, and frisky? Come dressed in your finest holiday running sweater or tutu or tights as we celebrate the holiday season together. Experience downtown Grand Rapids bejeweled and illuminated with both contemporary and nostalgic lighting displays. The group will stroll by uniquely special places, some of which will evoke warm feelings from Christmases past. And as a gesture of community kindness, we will give vouchers for meals at Dégagé Ministries for those we pass who may be in need.



Wed 12/13 6:30 p.m. walk

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

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



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



Pickleball - Open Play

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

Intermediate Players (3.0 or higher)

Tue 1/8 - 3/26

6:30 - 8:30 p.m. \$5 per night DLMS Aux Gym

All Players

Thu 1/10 - 3/28

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.

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 1/24, 2/28, 3/28, 4/25, 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!

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



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, January 24

Place: Railtown - Dutton

Date: Thursday, February 28

Place: Brann's - Caledonia

Date: Thursday, March 28

Place: Uccello's - Caledonia



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

Euchre Winners:

August: Marian LeRoux (2), Marcia Phelps, Nanxy Burke

Tournament Winner: Joan Irwin

September: Jan Beaudry, Joan Irwin, Linda Crumback

October: Eulan Tucker, Marian LeRoux, Joan Irwin, Larry Parker

November: Darwin, Joan Irwin (2)

Valentine's Party

The season of love is here and we invite you to celebrate with us! Join us for this very special luncheon Thursday, February 14 at 11:30 a.m. Let's celebrate the holiday of love!

Cost is just \$10 per person. Registrations with payment must be made by February 5. Call 891-8117.

St. Patrick's Day Euchre Tournament

Food~Prizes~Fun

When: Friday, March 15

Time: 12:00 p.m.

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

RSVP: You must pre-register by March 6 to reserve your space. Call 891-8117.



PrimeTime Activities

Caledonia Senior Center

It's Your Time

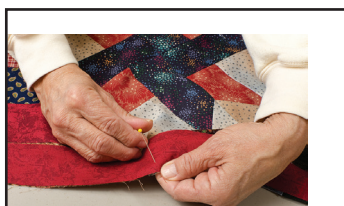


Prime Timers need YOU!

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.

Snyder Monuments



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PROFESSIONAL,
LOCAL
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25+ years**

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- Mention this ad and get a 10% discount.

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

"Honor a Loved One that will last a Lifetime"

Lunch & Learn

Grand Rapids Lady Legends

The number of organizations or causes that were founded or inspired by a woman or a group of women in Grand Rapids history, recent and long, is staggering. Most of these institutions continue to operate today and have touched the lives of countless citizens through the years. As a community, we are grateful for these women and their vision, leadership and incredible stamina. Grand Rapids is progressive in many ways, and the story of Lady Legends is just one more example. We celebrate with stories and slides, 20+ noteworthy sights that originated with women.

Thu 1/17 12:00 p.m. \$13 Pre-registration required. Lunch provided.

Dementia and the Law

What is dementia? How does someone's life change after dementia? How does dementia impact the person's family? How does dementia impact any planning they have done or have not done? What do you need to address if you have dementia? Attend this presentation to learn about important considerations in planning as it relates to someone who has dementia.

Thu 2/7 11:30 a.m. Free Pre-registration required. Lunch provided.

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 3/7 11:30 a.m. Free Pre-registration required. Lunch provided.

Did you know?
You can register online at:
www.inspiremenow.org

Travel With Us!!

Caledonia "GlobeTrotters"

Travel With Us!!



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. **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

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.



Soaring Eagle Casino

Join us for a day trip to Soaring Eagle Casino. Each participant will receive up to \$20 in free slot play plus a \$10 Bingo Buck voucher and a \$5 food coupon. In addition, once you have earned 600 points on slot machines, you will receive another \$10 Premium Play bonus. This trip will fill up fast! Call us at 891-8117 to make a reservation.

Thursday, May 16, 2019

Departs: 8:30 a.m. Returns: 5 p.m.

Cost: \$35 per person

Includes: Motorcoach transportation and driver gratuity.

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 and we will add you to our list.



The Book of Mormon

Join us on Thursday, March 21 for a 7:30 p.m. performance of The Book of Mormon, at DeVos Performance Hall. We have a limited number of **premium orchestra level seating** reserved for our group. We will meet at DeVos Hall. Transportation is on your own.

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

Thursday, March 21 @ 7:30 p.m. \$125 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

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

Caledonia GlobeTrotters

Present

Hawaii

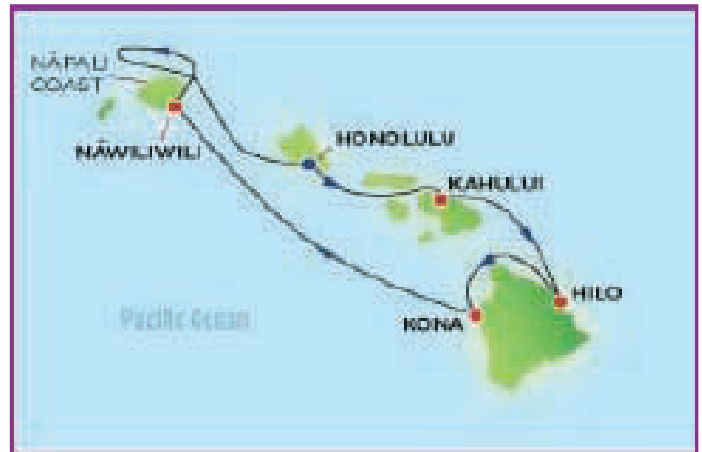


8 Days / 7 Nights

On Board the Beautiful

Pride of America

October 26 - November 2, 2019



Day 1	Sat	Honolulu (EMBARK) --- 7:00 pm
Day 2	Sun	Maui (Kahului) --8:00 am - Overnight
Day 3	Mon	Maui (Kahului) --6:00 pm Depart
Day 4	Tue	Hilo --8:00 am - 6:00 pm
Day 5	Wed	Kona --7:00 a.m.- 5:30 p.m.
Day 6	Thu	Kauai --8:00 am - Overnight
Day 7	Fri	Kauai --- 2:00 pm Depart
Day 8	Sat	Honolulu (DISEMBARK) 7:00 am

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

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.

**Call 891-8117 or e-mail
 stehouwers@calschools.org
 for more information
 or to make reservations.**

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

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 1000 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.



British Isles

13 Days / 12 Nights
June 30, 2019

It's time to cross off another tour from your bucket list. "*Someday...*" begins on June 30, 2019! Join us on this amazing British Isles cruise onboard the beautiful Crown Princess.



Ports of Call:

- London (Southampton), England
- Guernsey (St. Peter Port)
- Cork, Ireland (Cobh - For Blarney Castle)
- Dublin, Ireland
- Belfast, Northern Ireland
- Glasgow (Greenock), Scotland
- Orkney Islands (Kirkwall), Scotland
- Invergordon, Scotland
- Edinburgh (South Queensferry), Scotland
- Paris/Normandy (Le Havre), France
- London (Southampton), England



Inside Cabin \$5,480
Ocean View Cabin \$6,160
Balcony Cabin \$6,480

Includes round trip airfare from Grand Rapids, cruise fare, taxes and port charges. A deposit of \$800 per person will secure your reservation. Deposit is refundable until final payment date. Final payment is due March 16.

**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 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



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 _____

Greece: In The Footsteps of Paul The Apostle

11 Days

April 3 - 13, 2019

featuring a 3-night Greek Islands & Turkey cruise



Retrace the missionary journey of the Apostle Paul, prolific writer of the New Testament letters. Travel through ancient cities and pastoral landscapes.



⇒ Stop at two monasteries in Meteora and learn about the resident monks.

⇒ See Mars Hill where Paul delivered his "Men of Athens" speech.

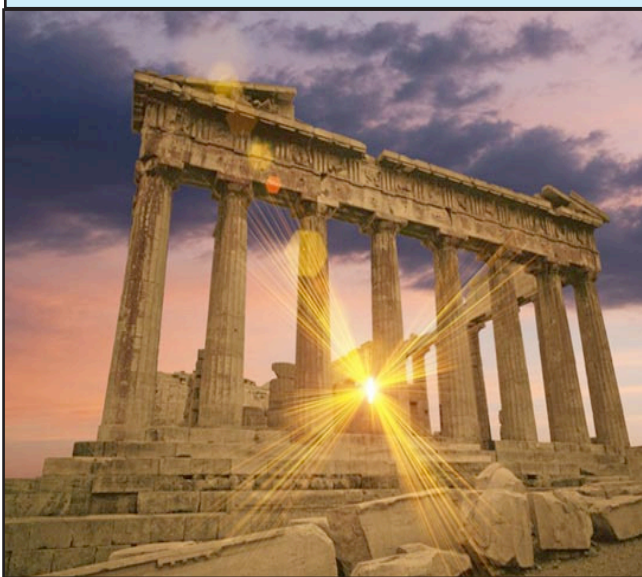
⇒ Visit the Museum of Byzantine Culture, one of the finest Museums of Byzantine art.

⇒ Explore ancient Corinth on a guided tour featuring the Agora.

⇒ Join a local expert exploring the monumets of ancient Athens.

⇒ See the Bema where Paul was brought before the tribunal, as recorded in Acts.

⇒ Feast on local Greek cuisine and fine wine in a traditional taverna.



Call for rates and availability.

Included in price: Cruise taxes and fees, port charges, round trip air from Grand Rapids, air taxes and fees, hotel transfers. Not included: Trip cancellation insurance \$385 per person

For more information or reservations call 891-8117

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

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Caledonia Community Players PRESENT



A *Silver Christmas* CABARET

December 21, 2018
7:00 pm



All Tickets \$10

(General Admission, Limited Seating Available)

Dessert Reception to Follow

Call (616) 891-8117 for tickets or more information.

CaledoniaCommunityPlayers.org

Performance at the Duncan Lake Performing Arts Center
9757 Duncan Lake Ave Caledonia MI 49316

In celebration of our 25th Anniversary, Caledonia Community Players present to you a night of Christmas music featuring more than 40 volunteers from the past 25 years!