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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.

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.or

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

AWOL Adventures





Activities

Travel The World



It was a trip of a lifetime! We had the most amazing time. It was a dream come true!

~ Bob & Rhonda Bennett

I highly recommend GlobeTrotter Travel. Sherry was wonderful - very organized and accommodating. It was a great trip and a great value.

~Alan Stack

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

ADULTS WITH OUT LIMITS

Wednesday Winter Walks

Lapping the Landmarks

An absolute "must-do" for visitors, new residents and longtime citizens who want a new perspective on our fair city! We'll cruise by Campau Square, named after the founding father of Grand Rapids, on our way to explore some of the city's "first and finest" including historic sites, muse-



ums, colleges, Indian mounds, hotels, bridges, churches, the Medical Mile, the Grand River and more...all neatly contained in a downtown loop. Simply, fascinating!

Wed 1/15 10 a.m. Meet in the lobby of the JW Marriott. \$15 Early Bird Fee / \$25 Regular Fee

Art Dart

See why Grand Rapids is hailed as one of America's most creative cities! We'll move through the city center in hunt of significant artworks, including the 42-ton Alexander Calder sculpture that symbolizes the city's innovative spirit. Also on the tour: two art museums, an art & design school and the headquarters of ArtPrize, a revolutionary art competition ranked as one of the world's top five festivals by Time Magazine. You'll find the activity physically and artistically invigorating.

Wed 2/12 10 a.m. Meet in the lobby of the JW Marriott. \$15 Early Bird Fee / \$25 Regular Fee

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

Pickleball

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

Tues 1/14 12:30 - 2:30 p.m. Fri 2/14 12:30 - 2:30 p.m. Fri 3/6 12:30 - 2:30 p.m. \$5 DLMS Aux. Gym



Ice Skating At Rosa Parks Circle

Meet at Rosa Parks Circle for an afternoon of ice skating.

Tue 2/4 12:30 - 2:30 p.m. \$3 admission includes skate rental. Meet at the rink. Rosa Parks Circle

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 12/23-1/3) 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 (closed 12/23 - 1/3) 10:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 DLMS Weight Rm

Prime Time Activities Caledonia Senior Center

Virtual Reality Travelogues

New, Ancient, and Natural Wonders of the World

Experience the 7 New Wonders of the World with aerial views (Taj Mahal, Colosseum, etc.), see the Great Pyramids, and finally, visit the amazing the Great Barrier Reef - see it from space, see the fish, the types of coral, and the Barracuda.

Tue 1/7 1 - 2 p.m. \$25 Resource Center Rm #301

Animal Adventures

Go on an African safari and come face-to-face with giraffes, rhinos, spider monkeys, and more. Also, see some amazing insects like the ambush bug that camouflages itself while waiting for prey and the giant devil's flower mantis that is one of the most beautiful insects in the world.

Tue 1/14 1 - 2 p.m. \$25 Resource Center Rm #301

Saturn V, SPACEX, & International Space Station

Learn about the Apollo program and the Saturn V rocket and all of its stages, tour the high-tech SPACEX factory, and visit the International Space Station.

Tue 1/21 1 - 2 p.m. \$25 Resource Center Rm #301

Exploring Space with Rovers and Probes

Go to Mars with the rovers and go to Jupiter with the Juno Probe and tour the solar system before you go farther to see galaxies and a black hole.

Tue 1/28 1 - 2 p.m. \$25 Resource Center Rm #301

Buckingham Palace, Taj Mahal, & Other Amazing Buildings

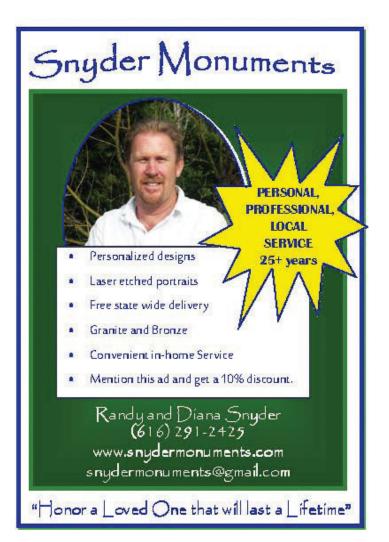
Visit Buckingham Palace (the Grand Entrance, Grand Staircase, Throne Room, Green Drawing Room, Picture Gallery, Ballroom, and White Drawing Room); the Taj Mahal (the Great Gateway, Mausoleum, and the surrounding landscape); the Palace of Versailles (Chateau de Versailles, Hall of Mirrors, King's Chamber, Orangerie and the Flower Parterre, Ballroom Grove, and the Hercules Salon); the Basilica of Notre Dame (the facade, Crypt of St. Joseph, central nave, and the choir); and, finally, London's Victorian pleasure palace: Alexandra Palace, a monument to entertainment and recreation. Originally conceived as a "people's palace," it was built as an escape from the demands of the heavily industrialized city.

Tues 2/11 1-2 p.m. \$25 Resource Center Rm 301

Battleship Missouri & Other Amazing Ships & Planes

Take a tour of the Mighty Mo, the USS Missouri. This Iowa-class battleship is known for valiant service in three wars and as the site where the Japanese surrendered, ending WWII. Also visit the Airlander 10, the world's largest aircraft which looks like an old-fashioned (albeit huge) airship. It combines lighter-than-air technology with modern aeronautical technology to form an innovative kind of aircraft that can fly for up to 5 days at a time and has a much lower carbon footprint than other types of air transport. Finally, we'll see the USS Silversides submarine, the most successful surviving American submarine from WWII. Learn about how submariners lived, worked, and survived on one of the most successful submarines in the Pacific Fleet, credited with sinking 23 ships.

Tues 2/25 1- 2 p.m. \$25 Resource Center Rm #301



Prime Time Activities Caledonia Senior Center



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 12/25 & 1/1) 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 12/27 & 1/3) Resource Center Rm #301

Euchre Winners:

August: Joan Irwin and Colleen McKeown September: Larry Parker, Dave Quada, and

Sharon Mortenson

October: Larry Parker, Linda Crumback, Ellen

Raschke, and Jim VanHouten

November: Tom Burke, Larry Parker

Congratulations to our Fall Euchre **Tournament Winners!**

> 1st Place: **Dorothy Cowen**

2nd Place: Deanna Garrett

Most Lone Hands: Sharon Mortensen

VALENTINE'S

Join us for a luncheon to celebrate Valentine's day, Thursday, February 13 at 11:30am

> Cost is \$10 per person. Registration with payment must be made by February 4. Call 891-8117 to reserve your spot.





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 12/27 & 1/3) 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



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 1/23, 2/27, 3/26, 4/23 & 5/28 1 - 3 p.m. 25¢ per card donation Resource Center Rm #301 **Sponsored by Moving Angels**

Lunch & Learn

Seniors Helping Seniors will be here to talk about their need for caregivers in our neighborhood.

SHS offers paid part-time employment for seniors who are looking for meaningful work. They will also answer questions you may have on their services.

Tue 1/14 11:30 a.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 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, December 12 Place: Cheesecake Factory -

Woodland Mall

Date: Thursday, January 23 Place: Uccello's - Caledonia

Date: Thursday, February 27 Place: Brann's - Caledonia

Place:: The Real Arriero - Caledonia



Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's righthand man during the Revolutionary



War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, Hamilton is the story of America then, as told by America now.

We have a limited number of tickets to this amazing show! Call us today to reserve your seats! 891-8117.

Thursday, January 30 7:30 p.m. Zone 1 seating \$209 per person



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

Donate-Discard-Clean-out Floor planning

> How we can help YOU today! www.mumovingangel.com Phone: 616-512-6149

Mention this ad and receive 10% off select services

JOIN US FOR A CHRISTMAS LUNCHEON THURSDAY, DECEMBER 19 11:30 A.M. \$10



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 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 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!

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

To reserve your space please call us at 891-8117, email Sherry at stehouwers@calschools.org 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 ~Valtetta, Malta ~ Mykonos, Greece ~ Ephesus (Kusadasi), Turkey ~ Santorini, Greece ~ Athens (Piraeus), Greece ~ Naples, Italy



Inside Cabin Catagory 4V \$3,344 Outside Cabin Catagory 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 \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservation and assign cabins. Final payment is due by June 8, 2020.

Ring In The New Year 2021

onboard the Norweigan Escape!

Norweigan Escape!
December 26, 2020 - January 2, 2021



Departing from Port Canaveral with stops in Puerto Plata, St. Thomas, Tortola and Great Stirrup Cay

Rates per person double occupancy - includes taxes. Inside Cabin \$1,325.42

Ocean View Cabin \$1,445.47

Balcony Cabin \$1,652.47

*Rates are subject to change until deposit is made.

DEPOSIT: \$250 pp

Studios and Insides - Pick 2 amenities from Group A or B + 1 Bonus Amenity

Ocean View and Above - Receive ALL 4 from Group A or B + 1 Bonus Amenity

Group A - Amenities:

*Beverage Package (pay gratuity of \$138.80pp) *3 Night Specialty Dining Package (pay gratuity of \$19.80pp) *\$50 Shore Excursion Credit *250 Minute WiFi Packag

Group B - Amenities

*\$50 Shore Excursion Credit *250 Minute WiFi Package *10 Photograph Package \$100 On Board Credit

BONUS Amenity

*\$100 On Board Credit
*Vow Renewal
*10 Photograph Package
*Inter-Ship Calling/Texting

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

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.



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. Summer hours, Monday - Thursday 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.

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 newletter. Click the REGISTER NOW button and you will be redirected to our webstore. A convience fee of 3.99% per credit card transaction will apply.

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

Bu 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

Cla	ass Registration		
Name	Sex M	F Birt	hdate
Address	State	Zip Code	
Phonee-ma	ail address		
Class or Activity	Code #	Date	Fee
Class or Activity	Code #	Date	Fee
Visa or MC #		_ Total Amount D	ue \$
Expiration Date Signature			
Tr	rip Registration		
Name	Sex M	FBirth	idate
Address	State	Zip Code	
Phone #	Ггір Name		
(For Kewadin trip only) Northern Rewards #	O	lawa #	
Roommate	D	eposit Amount \$	
SmokingNon-SmokingSpecial Need	s		
Visa or MC #	A	amount \$	
Expiration Date Signature			

Caledonia GlobeTrotters

Present

ALASKA CRUISETOUR

WITH PRINCESS CRUISES® ON THE GRAND PRINCESS®

11 DAYS / 10 NIGHTS MAY 13 - 23, 2020



Itinerary:

- 1. Anchorage
- 2. Mt. Mckinley Princess Wilderness Lodge (Talketna). 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





Prices:

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. PASS-PORT REQUIRED

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

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.

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

Caledonia Resource Center 9749 Duncan Lake Ave. Caledonia, MI 49316 "Civing and Cearning Together" NON-PROFIT US POSTAGE PAID CALEDONIA MI PERMIT #20

Postal Customer

2020 Caledonia GlobeTrotter Travel



Let's Go Up North! Annual Kewadin Trip

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