

# COMMUNITY CONNECTIONS



*Be Inspired*

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Medieval Longsword Skills PG 17

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*Spring/Summer*  
**2018**

Volume 2 Issue 2

## Caledonia Resource Center

Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L

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

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**Caledonia Resource Center**  
9749 Duncan Lake Ave.  
Caledonia, MI 49316  
(616) 891-8117  
Fax (616) 891-7014  
www.inspiremenow.org



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## Early Bird Discounts!

Sign up for your favorite class or activities one week or more before it begins and save \$10! Signing up is easy! Go online any time day or night to register at [www.inspiremenow.org](http://www.inspiremenow.org). This offer applies to any class or activity with a listed early bird price.

## Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a 3.99% convenience fee charged to each order when paying by credit or debit card. If you wish to pay by check, please mail in your registration. You will receive a receipt when paying with a check only if an email is provided.



## We Respect Your Privacy!

When you provide us with an e-mail address, be assured that we do not share your information with anyone other than your instructor. We use your e-mail only to contact you about your class. Please check your e-mail often for class cancellation notices or updates.

Community Connections is published three times per year; March, August and December. This issue was published March 2018 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316

# Youth Sports

## Young Squires Fencing ages 5 - 7

These classes are designed for individuals with little or no fencing experience. Come and learn this exciting Olympic sport taught by head coach, Mike Nemecek. All equipment is provided. Plastic weapons will be used in this class. Class size will be limited.

Wed 4/25 - 5/30 4:30 - 5:15 p.m. \$95 (\$85 early bird)  
West Michigan Fencing Academy 1111 Godfrey Ave.  
SW, Grand Rapids

## Beginning Fencing Youth ages 7 - 13

Ironically, a sport that features a weapon is also among the safest sports for its participants. This class is designed for individuals with little or no fencing experience. All equipment is provided. Head Coach Nemecek has served as one of the US Women's National Foil Coaches and has produced the only fencer in West Michigan to ever represent the US on any World Championship team. Come learn this exciting Olympic sport!

Thu 4/26 - 5/31 5:30 - 6:30 p.m. \$95 (\$85 early bird)  
West Michigan Fencing Academy 1111 Godfrey Ave.  
SW, Grand Rapids



## Continuing Fencing Youth ages 7 - 13

This class is for students who have already completed at least one 6 week class or camp. All equipment is provided. Head Coach Nemecek has served as one of the US Women's National Foil Coaches and has produced the only fencer in West Michigan to ever represent the US on any World Championship team.

Mon 4/23 - 6/4 (omit 5/28) 5:30 - 6:30 p.m.  
\$95 (\$85 early bird)  
West Michigan Fencing Academy 1111 Godfrey Ave.  
SW, Grand Rapids

## Champion Force Cheerleading

Champion Force Cheer is a fun and exciting program for students ages 4 - 15 with or without previous experience. Students will learn jumps, kicks, arm motions, stunting, cheers and chants and learn a pom dance routine. Students will learn the necessary skills needed for school cheerleading try-outs. Our program works to build self confidence, poise, self esteem and physical fitness. Optional events may be offered. Optional merchandise may be purchased through the coach at class. Poms are available for purchase your first night for \$23 (optional purchase).



Mon 2/5 - 6/4 (omit 4/2 & 5/28)  
Division 1 ages 4 - 6 6:00 - 6:45 p.m.  
Division 2 ages 7 - 9 6:45 - 7:30 p.m.  
Division 3 ages 10 + 7:30 - 8:15 p.m.  
\$139 (\$129 early bird)  
Division 4 try-out team - returning students  
8:15 - 9 p.m. \$169 (\$159 early bird)  
Caledonia Elem. Cafe.

## Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, will be able to teach you wherever you currently are with karate instruction, from beginner to advanced. Steve holds a 5th degree black belt in Okinawan Shorin Ryu Karate.



Ages 13 & under 6 - 7 p.m.  
M & W 4/23 - 6/4 (omit 5/28)  
\$89 (\$79 early bird)  
KMMS Gymnasium

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

# Youth Sports

## **Tumble Tykes** **3 - 4 Year Olds**

This class is designed to enhance self-confidence, improve coordination, and develop physical fitness and flexibility. Your child will learn the fundamental skills of acrobatic floor work. Dancewear such as leotard and tights for girls, black sweatpants and white shirts for boys and dance shoes are recommended. Students must be 3 years old by January 1, 2018.

Fri 3/16 - 4/27 (omit 4/6) 9:30 - 10 a.m. \$89 (\$79 early bird)  
Resource Rm #302



## **Boppin' Babies** **(adult lap required) 12 - 24 months**

A fun, energetic class for parents and their young toddlers focusing on gross motor skills and musicality. Children will learn to participate in a group and take direction from a teacher. One parent participates in the class with the child. Children are encouraged to participate, but not forced to do so. Each child develops differently and will participate differently. Parents may need to be patient and flexible as child participation may vary from class to class. This class is the perfect introduction to our Ballet Babes class for 2 year olds the following year. Please wear comfortable clothing and socks or ballet shoes. Class size is limited.

Wed 4/25 - 5/30 9:30 - 10 a.m. \$89 (\$79 early bird)  
Resource Center Rm #302

## **Enchanted Ballet**

A class designed around creative movement and basic ballet introducing young dancers to the different elements of movement and dance. This class is taught by a certified Leap 'N Learn instructor from Caledonia Dance and Music Center. Dancewear such as leotard and pink tights for girls, black sweatpants and white shirts for boys and ballet shoes are recommended. Feel free to contact the studio for dancewear.

Ages 4 - 5 (Dancers must be 4 years old by 1/1/18)  
Sat 3/10 - 4/21 (omit 4/7) 9:30 - 10 a.m.  
\$89 (\$79 early bird)  
Caledonia Dance & Music Center 131 E. Main St.

Ages 2 - 3 (Dancers must be 2 years old by 1/1/18)  
Wed 3/7 - 4/18 (omit 4/4) 9:30 - 10 a.m.  
\$89 (\$79 early bird) Resource Center Rm #302

**Student Showcase on Tuesday, 4/24 at 6:30 p.m. at Duncan Lake Middle School PAC**



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

## **Indoor Junior Golf**

A fun and informative indoor golf class designed specifically for beginner students ages 6 - 11. This one-hour class is a great introduction to the basics of the game. The class meets once a week for four consecutive weeks. Sessions will cover the fundamentals of putting, chipping, and taking full swings as well as golfer safety and etiquette. Equipment is provided, but students are welcome to bring their own clubs.



Tue 4/10 - 5/1 3:45 - 4:45 p.m. \$109 (\$99 early bird)  
Ages 6-11 Emmons Lake Elem. Gym

Thu 4/12 - 5/3 3:45 - 4:45 p.m. \$109 (\$99 early bird)  
Ages 6-11 Kettle Lake Elem. Gym

# Youth Sports and Enrichment



## Peaceful Dragons Self Defense & Safety Awareness

This fun course is designed for self defense purposes, emphasizing child safety and awareness. Your child is taught skills which enable him/her to survive in this world. **Self discipline rather than aggressiveness is promoted.** We teach the children how to avoid dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. This program was designed specifically for children ages 5 - 15 and is taught by a black belt who has extensive training in dealing with children. Students are placed into classes according to age and ability. The students have the opportunity to do light contact sparring. New students progress to yellow belts and returning students earn higher belts. **Additional fees apply.** The students also earn certificates and medals.

*All equipment for class use is provided.*

Mon 4/9 - 5/21 \$89 (\$79 early bird)

Class size limited. Please pre-register.

Class I 6:00 - 7:00 p.m. All Beginning Students

Class II 7:00 - 8:00 p.m. Returning Students Ages 5 - 8

Class III 8:00 - 9:00 p.m. Returning Students Ages 9 - 15

DLMS Aux. Gym

\*A uniform is highly recommended. Uniforms available for purchase at the 1st class. Please arrive 20 min. early.

## Kids Yoga

This class, appropriate for elementary students, will offer participants the chance to move their bodies, pay attention to their breathing, and have fun with yoga! Students will learn different yoga poses, play yoga games, and start to practice mindfulness. The benefits of yoga for kids include:

- Better concentration
- Increased confidence
- Stress management

This is a great opportunity for your child to get out their jitters, connect with other kids, and learn more about movement. Our instructor, Catherine Schmidt, is a mom and Registered Yoga Teacher (RYT-200), trained in Kid's Yoga. She teaches several classes a week at Yoga Plus in Caledonia.

Thu 4/19 - 6/7 (omit 4/26) 3:45 - 4:45 \$55 (\$45 early bird) Emmons Lake Elem. Music Rm.



## Caledonia Summer Theatre Camp

Join other students in the community to explore and learn about the world of theatre. Through games and activities we will challenge your voices and bodies, practice audition skills and hone acting skills. Our camp will build confidence and allow you to meet new friends. Learn skills that will last a lifetime!

Mon - Thu 7/9 - 7/12 9 - 11:30 a.m.

Students entering 1st - 8th grades

\$35 per child (\$25 per child early bird)

DLMS PAC



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

# Youth Enrichment

## American Safety & Health Institute Babysitter's Training

You can become a certified baby-sitter! In this class you will learn:

- How to choose age-appropriate games and toys
- Perform child-care skills such as diapering and feeding
- Handle bedtime issues
- Identify safety hazards
- Care for common injuries
- Communicate effectively with parents
- How to interview and find jobs
- How to prevent choking, and what to do in case of a choking incident.
- Learn CPR and how to use an AED



Our instructor, Patti Ross, is a certified instructor for The American Safety and Health Institute. (Must be at least 11 years old to participate.)

Session I Mon & Tue 4/9 & 4/10

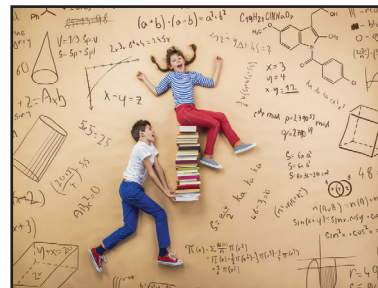
Session II Mon & Tue 5/7 & 5/8

5:30 - 8:00 p.m. \$85 (\$75 early bird) - book included

DLMS Rm #522

## Mathnasium of Kentwood Math Math Help & Enrichment (Ages 7 - 13)

We Make Math Make Sense! Join us for 5 math workouts scheduled to fit your needs over a 3-week period. The initial visit will include a comprehensive assessment to determine four math concepts that our excellent instructors will work on with your child during the next 4 visits. We will also set time aside to help them with their math homework if needed! They will receive individual instruction in a small group setting. They will also earn rewards just for doing math! We make math fun!



Session I 4/9 - 4/28 Session II 5/1 - 5/19

Math workouts are 1 hour each to be scheduled at your convenience during center instruction hours of Mon - Thu 3 - 7 p.m. and Sat 10 a.m. - 1 p.m.  
\$99 per session (\$89 early bird)

All math workouts are held at the Mathnasium of Kentwood located at 6101 Kalamazoo Ave, Suite B1, Kentwood, MI 49508. North side of the Family Fare parking lot. Visit our website to meet our team of instructors: [www.mathnasium.com/kentwood](http://www.mathnasium.com/kentwood). View our "Customer Feedback" on our Facebook page.

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

## Spring Break Art Classes Ideas of Impressionism

Looking for a fun activity for spring break in Michigan? Join Greta Domer at her home art studio to create a masterpiece of your very own! On Tuesday you will draw your composition. On Wednesday, using your paint freely and showing your brush strokes, you will paint a still life of objects found around the farm using acrylic paint on canvas. Painting still life will give you a chance to study shapes, lights, shadows and colors up close. On Thursday, you will make corrections and finish your work. At noon each day we will eat together and explore the farm while your painting dries. Please bring a sack lunch.

Tue - Thu 4/3 - 4/5 10 a.m. - 1 p.m. \$110 (\$100 early bird)

Includes use of paint and brushes. Ages 8 - 16. You may purchase your own canvas to bring or buy one from Gretka for \$7.

Gretka's Coldwater Studio  
9508 Bergy Ave., Alto



# Youth Enrichment

## Classes offered by Kendall College of Art and Design, Ferris State University (KCAD)

The following classes will be offered at KCAD. Meet in the lobby at 17 Pearl Street, Woodbridge N. Ferris Building, Grand Rapids, prior to start of class.

### Spring Break Camps

Mon - Fri 4/2 - 4/6

#### Painting Earth's Panoramas Day Camp

Explore the earth and some of its most exciting and picturesque locations with your paintbrush.

Complete one large-scale panorama and several smaller color sketches each day of this adventure.

Ages 6 - 9 9 a.m. - 12 p.m.

\$179 - includes supplies



#### New! Pokemon Block Party II Day Camp

This one's bigger and better than the first Pokemon Block Party Day Camp! You will reach higher levels of complexity as you draw more detailed and larger Pokemon flames, water, sky, and more. Your backgrounds will have perspective and believable space. Anything you see you can draw. So bring your Pokemon cards, posters, even plush toys or figurines.

Ages 6 - 9 1 - 4 p.m.

\$149 - includes supplies

#### New! DIY: Simple Sewing Projects Day Camp

DIY means "do it yourself" and in this class you will learn how to make your own custom items, using new and recycled materials.

Learn sewing machine basics and how to draft simple patterns to create a notebook, tote bag, and hat—all totally custom and unique. You will finish professional-looking projects, while handsewing and embroidering embellishments that will add to the hand-made look. Once you know the basics, you can sew anything yourself!



Ages 10 - 14 9 a.m. - 12 p.m.

\$179 - sewing machine and supplies additional, supply lists at: [kcad.edu/cs/class-outlines](http://kcad.edu/cs/class-outlines)

#### New! Painting Acrylic Portraits Day Camp

Take the medium of acrylic painting into the social realm by learning to paint colorful and expressive portraits of yourself and your friends. You will want to share your finished works with those who inspired you!

Ages 10 - 14 1 - 4 p.m.

\$179 - includes supplies

#### Graphic Design Day Camp

Explore making graphic images, basic typography, and the integration of the two through a series of fun and fast-paced digital assignments and exercises. Projects will address form, composition, hierarchy, and creativity.



Ages 13 - 17 9 a.m. - 12 p.m.

\$199 - bring a flash drive

#### Master Studies: Sketching at the GRAM Day Camp

Investigate sketching with charcoal and pencils, spending some of your time inside the Grand Rapids Art Museum using the works inside as subjects. You will acquire skills and learn about the problems of translating and representing a master work within your sketchbook. There will be discussions on the work done. You will be expected to sketch in the museum during a portion of the class.

Ages 13 - 17 1 - 4 p.m.

\$199 - includes supplies

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

# Sports Camps

## Fighting Scots Summer Sports Camps

### Youth Cheer Camp

Your student will learn jumps, tumbling, chants, dance and stunts in this three day camp. The instructors will be your very own Caledonia Varsity Cheer Team! Our first day will be Purple and Gold Day! Please have each athlete wear their favorite Scot apparel t-shirts, headbands, hats, socks, etc.

7/31 - 8/2 Tue - Thu 4 - 6 p.m. \$70 (\$60 if registered by 6/30) - includes a t-shirt.

Incoming grades: 1st - 6th student/athletes

Location: CHS Mat Room Coach: Smith



### Youth Football

This football camp will focus on the fundamentals of our offense and the techniques and skills of our defense. This camp will also help players with footwork, agility and strength. The camp will be coached by the Caledonia Football Staff and current Caledonia Varsity Football Players. We are looking forward to having you participate!



This is a non-contact camp. Campers will need shorts, shirt, and football or tennis shoes.

7/16 - 7/18 Mon - Wed 10 a.m. - 12 p.m. \$50

Incoming grades: 2nd - 6th student/athletes

Location: CHS Practice Field

Coach: Tom Burrill

### Football Passing Camp

This camp will focus on all offensive positions. Quarterbacks will learn throwing mechanics, footwork drills, and throwing pass concepts. Running backs, tight ends and receivers will focus on ball catching drills, route running, and route concepts. Outside linemen will learn stance, pass protection, and blocking techniques.

This is a non-contact camp. Campers will need shorts, shirt, and football or tennis shoes.

6/18 - 6/19 Mon & Tue 9:30 a.m. - 12 p.m. \$35

Incoming grades: 8th - 12th student/athletes

Location: CHS Practice Field

Coach: Tom Burrill

### Football Offensive Skills Camp

This camp will focus on the Cal Spread offense along with the Wishbone. We will focus on the basic fundamentals of each offensive position along with learning new terminology that will be used this fall. We will also be teaching the blocking schemes and strategy behind each play we run.

This is a non-contact camp. Campers will need shorts, shirt, and football tennis shoes.

7/9 - 7/13 (omit 7/11) M, T, Th, F

9:30 a.m. - 12 p.m. \$50

Incoming grades: 8th - 12th student/athletes

Location: CHS Practice Field

Coach: Tom Burrill

### West Michigan Fencing Academy Beginning OLYMPIC Fencing Camps

Take your first step to becoming an Olympian! These camps are for individuals with little or no fencing experience. By participating in various games, campers will not only have fun but will become acquainted with fencing stance, movement, strategies and rules. This could be your first step to becoming an Olympic Fencer! All equipment is provided.



#### Ages 7 - 17

6/19 - 6/21 Tue - Thu

10 - 11:30 a.m. \$79 Location: DLMS Gym

or 3:30 - 5 p.m. \$79 Location: WMFA

8/14 - 8/16 Tue - Thu

1 - 2:30 p.m. or 6 - 7:30 p.m. \$79 Location: WFMA

Coach: Mike Nemecek, Head Coach of the West Michigan Fencing Academy.

Directions can be found online at [www.wmfa.org](http://www.wmfa.org)

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



# Sports Camps

## Fighting Scots Summer Sports Camps



### Boys Lacrosse

Our coaches will offer instructions to players of all levels. Beginners will learn solid fundamentals; intermediate players will learn to improve their lacrosse IQ; advanced players will develop skills to help them at the next level. Above all, we will have fun and enjoy the gift of lacrosse.



7/31 - 8/2 Tue - Thu \$75

Incoming grades: 3rd - 5th 6 - 7:30 p.m.

Incoming grades: 6th - 8th 7:30 - 9 p.m.

Location: DLMS Soccer / LAX Stadium

Coach: Alex Christiaans - Coach Christiaans is the Varsity Boys Lacrosse Coach at Caledonia. He played at Grand Valley State University and on the Grand Rapids Dragonfish box lacrosse team.

Lacrosse pads/equipment are required and will not be provided.



### Girls Volleyball

6/25 - 6/28 Mon - Thu

Incoming grades: 3rd - 7th

4:30 - 6 p.m.

Incoming grades: 8th - 9th

6:15 - 8:15 p.m.

\$70 (\$60 early bird)

Late registrations will not be guaranteed a camp T-shirt.

Location: CHS Gym

Coach: Missy Ritz

### Youth Track & Field

Participants will learn the basics of warming up/cooling down, hurdles, high jump, long jump, shot put, discus, sprinting events, and distance events. Participants will all receive a t-shirt

6/25 - 6/28 Mon - Thu 6 - 7:30 p.m. \$60

Incoming grades 2nd - 6th student/athletes

Location: CHS Track

Coach: Ben Howell



### High School Tennis

This camp is designed to work with the player at their current level. The focus will be on stroke development, strategy, fitness, and competitive play. This camp is for the Varsity, JV, or beginning level player. Some inclement weather time has been built into this camp.



6/11 - 6/13 Mon - Wed

4:30 - 8:30 p.m. \$65 (\$55 early bird

if paid by 6/1)

Incoming grades: 9th - 12th student/athletes

Location: CHS Tennis Courts

Coaches: Mike Wilson & Scott Bont (with help from other coaches and volunteers.)

Equipment required: Athletic shoes and a tennis racquet.

### Elementary/Middle School Tennis

This camp is designed to teach tennis fundamentals. By the end of camp, participants will know how to play a game at their level. The camp will also focus on stroke development, strategy, fitness, and competitive play for more advanced players. Some inclement weather time has been built into this camp.

6/18 - 6/21 Mon - Thu

9 a.m. - 11:30 a.m. \$65 (\$55 if paid by 6/8)

Incoming grades: 3rd - 8th student/athletes

Location: CHS Tennis Courts

Coach: Scott Bont - Coach Bont has been a tennis coach for over 20 years at the high school and middle school level. He will be assisted by other coaches and former players.

Equipment required: Athletic shoes and a tennis racquet.

Middle School Spring Tennis Team Note:  
Sixth graders may now register for spring tennis through the middle school athletic office.

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

# Sports Camps

## Fighting Scots Summer Sports Camps



### Boys High School Basketball

This camp is designed to improve individual skills and promote teamwork.

6/18 - 6/21 Mon - Thu 9 - 11:30 a.m.  
\$65

Incoming grades: 9th - 12th student/athletes

Location: CHS Gym - North

Coach: Phil Visser



### Boys Middle School Basketball

This camp is designed to improve individual skills and promote teamwork.

6/18 - 6/21 Mon - Thu 12:30 - 2:30 p.m.  
\$55

Incoming grades: 6th - 8th student/athletes

Location: CHS Gym - North

Coach: Phil Visser

### Boys High School Basketball Shooting Camp

This four-day session is designed to focus specifically on improving shooting skills and ball-handling.

6/25 - 6/28 Mon - Thu 9:30 - 10:45 a.m. \$45

Incoming grades: 9th - 12th student/athletes

Location: CHS Gym - North

Coach: Phil Visser

### Boys Middle School Basketball Shooting Camp

This four-day session is designed to focus specifically on improving shooting skills and ball-handling.

6/25 - 6/28 Mon - Thu 8:00 - 9:15 a.m. \$45

Incoming grades: 6th - 8th student/athletes

Location: CHS Gym - North

Coach: Phil Visser

Students who register for both camps at the same time will receive a \$10 discount.

Students who register for both camps at the same time will receive a \$10 discount.

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

### Boys Elementary Basketball

This four-day session is designed to focus specifically on improving individual skills and promoting teamwork.

6/18 - 6/21 Mon - Thu 3 - 4:30 p.m. \$45

Incoming grades: 2nd - 5th student/athletes

Location: Caledonia High School Gym - South

Coach: Phil Visser

### Girls Freshman Basketball

Improve your skills and help promote teamwork in this four day camp.

6/18 - 6/21 Mon - Thu 3 - 5 p.m. \$55

Incoming grade: 9th student/athletes

Location: CHS Gym - North

Coach: Mike Glass

### Girls Middle School Basketball

This four day camp is designed to improve your athlete's skills and focus on teamwork.

6/11 - 6/14 Mon - Thu 10 a.m. - 12 p.m. \$55

Incoming grades: 6th - 8th student/athletes

Location: CHS Gym - North

Coach: Mike Glass

### Girls High School Basketball

Athletes will continue to work on their basketball skills while learning to work as a team.

6/11 - 6/14 Mon - Thu 1 - 3 p.m. \$55

Incoming grades: 10th - 12th student/athletes

Location: CHS Gym - North

Coach: Mike Glass



### Girls Elementary School Basketball

In this camp your daughter will improve her basketball skills and learn the value of teamwork.

6/11 - 6/14 Mon - Thu

4:30 - 6 p.m. \$55

Incoming grades: 3rd - 5th student/athletes

Location: Emmons Lake Elem. Gym

Coach: Mike Glass



## PRE-SCHOOL

Our preschool program provides a positive first school experience for young children. The curriculum includes teaching basic readiness skills in language, literacy, math and motor skills and is aligned to the Caledonia Community School's K-12 curriculum. We also provide opportunities for children to develop peer relationships through play, while nurturing children's creativity, problem solving and curiosity. Monthly newsletters and twice a year conferences/progress reports help to foster communication between parents and staff.

### 3 Year Old Preschool

Monday / Wednesday / Friday	9:15 - 11:45 a.m.
Monday / Wednesday	12:45 - 3:15 p.m.
Tuesday / Thursday	9:15 - 11:45 a.m.
Tuesday / Thursday	12:45 - 3:15 p.m.

### 4 Year Old Preschool

Monday / Wednesday / Friday	9:00 - 11:30 a.m.
Monday / Wednesday / Friday	12:30 - 3:00 p.m.
Tuesday / Thursday	9:00 - 11:30 a.m.
Tuesday / Thursday	12:30 - 3:00 p.m.
M-W-F	9:00 a.m. - 1:30 p.m.
T/Th	9:00 a.m. - 3:00 p.m.
T/Th	9:00 a.m. - 1:30 p.m.

### Registration Information

A \$60 non-refundable registration fee is due upon enrollment.

Tuition Rates (per year): 2 days per week: \$945; 3 days per week or T/Th 9 a.m. - 1:30 p.m.: \$1305; M-W-F 9 a.m. - 1:30 p.m.: \$2025; T-Th 9 a.m. - 3 p.m.: \$2025

Duncan Lake Early Childhood Center  
 9751 Duncan Lake Ave.  
 Caledonia, MI 49316  
 (616) 891-6220



### CALEDONIA COMMUNITY SCHOOLS FREE DEVELOPMENTAL INVENTORY (For Infant - 4 ½ Years Old)

Do you have concerns about the development of your child in the areas of: speech, language, hearing, vision, large or small motor skills, socialization, or growth? We may be able to help! Caledonia Community Schools will be conducting a developmental screening for children who may benefit from early educational intervention. If you are a Caledonia School District resident who has concerns and would like more information please call 891-6220. The next screening will take place April 24, 2018, at the Duncan Lake Early Childhood Center, 9751 Duncan Lake Ave. There is no fee for this service.

## CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS

**APRIL 20 & 21, 2018**

**DLMS PERFORMING ARTS CENTER**

**TICKETS AVAILABLE ONLINE AT:  
WWW.CALEDONIATHEATRE.ORG**



## Caledonia Community Players 2017/2018 Season

### Gooney Bird Greene And her true life adventures

By Kent R. Brown  
Based on the book Gooney Bird Greene  
by Lois Lowry

March 17, 2018

Gooney  
Bird  
Greene



June 22, 23, 29 & 30, 2018

## Footloose *The Musical*

Stage Adaptation by DEAN PITCHFORD and WALTER BOBBIE  
Based on the Original Screenplay by Dean Pitchford  
Music by TOM SNOW Lyrics by DEAN PITCHFORD



Order reserved tickets online at [caledoniacommunityplayers.org](http://caledoniacommunityplayers.org)



Caledonia Community Players Presents

## Magical Princess Tea

**YOU ARE INVITED TO A ROYAL FUNDRAISER**



Princesses Provided By



**Saturday, May 12th**

**10:30 - 12:00 or 1:00 - 2:30**

**Duncan Lake Middle School**

**Tickets:**

**\$15.00 per person**

*\*children must be accompanied by an adult with ticket  
Paid reservations required. Seating is limited!*

**COME DRESSED AS YOUR FAVORITE PRINCESS!!**

*Your Princess and her special guests are invited to a special celebratory tea!*

*Ticket includes visit, entertainment and photo opportunities with live princesses, finger foods, beverages, desserts and goodie bag for child.*

**Fundraiser to benefit Caledonia Community Players**  
**Tickets available at Caledonia Resource Center 891-8117**  
*or [www.inspiremenow.org](http://www.inspiremenow.org) (select register now then youth enrichment)*

# Theatre



**CALEDONIA**  
THEATRE GUILD

## SUPPORT WHAT YOU LOVE

*Become a Theatre Guild member today!*

*The purpose of the Theatre Guild is to provide support to the students and community members enrolled or participating in the various theatre programs of the Caledonia Community School District. The Guild is committed to promoting education, participation, enjoyment, and appreciation of the theatric arts.*



### CONTRIBUTION LEVELS

#### House Light (\$50-\$99)

- ★ 2 Tickets to any 17/18 season performance
- ★ Name in all programs

#### Backlight (\$100 - \$249)

- ★ 4 Tickets to any 17/18 season performance
- ★ Name in all Programs

#### Floodlight (\$250 - \$499)

- ★ 6 Tickets to any 17/18 season performance
- ★ Name in all Programs
- ★ 2 Free Concession Items
- ★ Invitation to Annual Reception for 2

#### Footlight (\$500 - \$999)

- ★ 8 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 4

#### Stage Light (\$1,000 - \$2,499)

- ★ 10 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 6
- ★ Title Recognition for 1 production

#### Spot Light (\$2,500 +)

- ★ 10 Tickets to any 17/18 season performance
- ★ Name in all programs
- ★ 6 Free Concession Items
- ★ Invitation to Annual Reception for 8
- ★ Title Recognition for 2 productions.

*Make Your Contribution Today!*

Make Checks Payable To:  
**Caledonia Theatre Guild**  
9749 Duncan Lake Ave.  
Caledonia, MI 49316

For More Information  
Call Us at 891-8117

*Yes!* I Want To Become A Member Of The Caledonia Theatre Guild

My check for \$ \_\_\_\_\_ is enclosed.

Charge \$ \_\_\_\_\_ to my MasterCard / Visa

Card Number \_\_\_\_\_

Exp. Date \_\_\_\_\_ Security Code \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

Name to appear in programs: \_\_\_\_\_

- I wish to remain anonymous
- I Would Like To Become A Volunteer!

# Health & Fitness

## Fitness RX Fusion

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 core moves will help you relax, 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 Tue 3/6 - 4/17 (omit 4/3)  
Session II Tue 4/24 - 5/29  
5:45 - 6:45 p.m. \$65 (\$55 early bird)  
DLMS Library

Session I Thu 3/8 - 4/19 (omit 4/5)  
Session II Thu 4/26 - 5/31  
5:45 - 6:45 p.m. \$65 (\$55 early bird)  
Resource Center Rm #302

## WERQ®

Who says working out can't be fun? WERQ® is the fiercely fun dance fitness class based on top charting pop and hip hop music taught by our Certified Fitness Professional, Becca Workman. For everybody and every body! No previous dance experience needed. Join us and have fun getting fit!



Session I Thu 3/22 - 4/26 (omit 4/5)  
Session II Thu 5/3 - 5/31  
7 - 7:50 p.m. \$49 (\$39 early bird)  
Caledonia Elem.Cafe.

## Kung Fu for Health

Kung Fu - literally, "Noble Skill" - is any activity or ability done competently. This class will consist of exercises and techniques from a variety of martial arts.

Aikido, TaiQi, Shaolin Kung Fu as well as stretching and Qigong. Belt ranking in Tai Chum Wu Yi is also possible.



Thu 4/12 - 5/31  
7 - 8 p.m. \$95 (\$85 early bird)  
Caledonia Elem. Library

## Beginning Fencing

Ironically, a sport that features a weapon is also among the safest sports for its participants. This class is designed for individuals with little or no fencing experience. All equipment is provided. Our instructor, Coach Nemecek, has served as one of the US Women's National Foil Coaches and has produced the only fencer in West Michigan to ever represent the US on four US World Championship teams. Come learn this exciting Olympic sport!



Thu 4/26 - 5/31  
6:30 - 7:30 p.m. \$95 (\$85 early bird)  
West Michigan Fencing Academy 1111 Godfrey Ave SW, Grand Rapids

## Tai-Chi - Qigong A Way of Ultimate Energy Collection

Tai-Chi - essentially, moving Qigong - is stress free exercise which alleviates stiff muscles, aching joints, and tight tendons unlike high impact exercise regimes such as running, weight training, or even yoga.

Qigong / Chi Gung is a path which incorporates focusing internal breathing with stationary and moving exercises that energize specific organs. Over a period of time, Qigong will strengthen the immune system, purify the body, facilitate balance, assist your mind to focus more clearly and diminish arthritic pain. This healing art is for anyone of any age.

Thu 4/12 - 5/31 6 - 7 p.m. \$95 (\$85 early bird)  
Caledonia Elem. Cafe



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

# Health & Fitness

## 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 their bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your 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 bodies, manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches and 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 4/10 - 5/29 4:15 - 5:15 p.m.  
\$125 (\$115 early bird)  
Resource Center Rm #302

## Zumba

Zumba Fitness is a Latin based fitness dance class guaranteed to make you sweat! We will cover a lot of different dance styles like salsa, merengue, cumbia, reggaeton, belly dance and Bollywood. Your instructor Jami DeHaan has been doing Zumba for 7 years and teaching for 6. You will have a great time while dancing to Latin and Pop music! Come on out and shrink everything but your smile! Please bring a water bottle and wear a comfortable fitness shoe to class.



Instructor Jami DeHaan

Wed 4/18 - 6/6 6:30 - 7:30 p.m.  
\$75 (early bird \$65) Caledonia Elem. Cafe.

## Karate

Would you like to learn the art of karate? Would you like to be able to defend yourself? Then join us for this class in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, is a 5th degree black belt. He will be able to teach you wherever you currently are with karate instruction, from beginner to advanced.



Ages 14 - Adult 7 - 8 p.m.  
M & W 4/23 - 6/4 (omit 5/28)  
\$89 (\$79 early bird) KMMS Gymnasium

## Wedding Line Dancing

Are you looking forward to the wedding season? Don't be a wallflower! Get out on the dance floor! Come dance with us and learn some of the most popular line dances done at weddings! We will learn the moves to The Wobble, Electric Slide, Cupid Shuffle, Cotton Eyed Joe and maybe 1 or 2 more!! Bring your family and friends and prepare for a rockin' wedding season!

Wed 5/9 & 5/16 6:30 - 8 p.m. \$25 (\$15 early bird)  
Caledonia Elem. Gym





# Health & Fitness



## 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.

### Intermediate Players (3.0 or higher)

Tue 3/6 - 6/5 (omit 4/3)

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

### All Players

Wed 3/7 - 3/28

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

### All Players

Thu 3/8 - 6/7 (omit 4/5)

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

## Pickleball - Lessons

Love to play racquet sports? Pickleball is the newest and fastest growing sport in the U.S. It is a great fast-paced, competitive game that is very easy for beginners to learn! Pickleball is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. Our instructor, Linda Jirous, is a teacher and an avid pickleball player. She is passionate about teaching you this new sport. All equipment will be provided or you may purchase new equipment from the instructor.

Session I Wed 4/11 - 5/2

Session II Wed 5/9 - 5/30

5:30 - 7 p.m. \$49 (\$39 early bird) DLMS Aux. Gym



## Barre

American Barre Technique® is a 50-55 minute ballet inspired, low impact, aerobic class that fuses fluid balletic movements with small staccato actions to trigger hard-to-work muscles. ABT tones and sculpts the outer physique into a lean dancer's shape. This fitness class is perfect for women and men of all ages and strength levels. It can be taken at your own pace with an increase in difficulty or at a modified level. Increase flexibility, tone and tighten physique, increase endurance, improve balance and find a deeper sense of inner strength with ABT. Participants should bring a water bottle, mat and a set of light weights (2-3 lbs) to class.

Mon 4/9 - 6/4 (omit 5/28) 5:30 - 6:30 p.m.

\$120 (\$110 early bird)

Thu 4/12 - 6/7 5:30 - 6:30 p.m.

\$130 (\$120 early bird)

Register for both classes \$220 (\$210 early bird)

Resource Center Rm #TBA.



## Power 30

Tone, tighten and sculpt in just 30 minutes! We will do everything from cardio, upper/lower body and core training all in 30 minutes. Some days may focus on one or two areas and some days we will work them all. Bring a towel, water bottle, mat for core work, a light set of weights (2 - 3 lbs) and a resistance band if you have one.

Tue 4/10 - 6/5 \$99 (\$89 early bird)

5:45 - 6:15 p.m. DLMS Aux. Gym

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

# Health & Fitness

## Introduction to Medieval Longsword

Using the surviving manuals from hundreds of years ago as a base, this class teaches participants how to properly wield the historical European longsword - popular through the Medieval and Renaissance eras. Students should wear athletic clothing. Students should purchase/bring a fencing mask, full-fingered protective gloves, and groin protection. Training swords (shinai) will be provided. Ages 16 and up (minors need adult permission.)

Tue 4/10 - 5/1 7 - 9 p.m. \$69 (\$59 early bird)  
Kraft Meadows Gymnasium

## Medieval Longsword Skills (Intermediate class)

This class will cover more advanced techniques and plays. Equipment required: synthetic longsword, fencing or HEMA mask, elbow and knee pads, high-impact, protective, or HEMA gloves. (approval required for items.) Enrolled students will receive a discount from the sword combat store, Purpleheart Armory. Feel free to email Jerry at: [bergjerrye@gmail.com](mailto:bergjerrye@gmail.com) for questions about equipment.



Session I Thu 3/8 - 3/29  
Session II Tue 5/8 - 5/29  
7 - 9 p.m. \$69 (\$59 early bird)  
Kraft Meadows Gymnasium

## Introduction to Medieval Long Spear

Using the surviving manuals from hundreds of years ago as a base, this class teaches participants how to properly wield the pike and long-spear popular throughout the Medieval and Renaissance eras. Students should wear athletic clothing. Students should purchase/bring a fencing mask, high-impact or HEMA gloves, neck protection, and groin protection. Simple wooden or foam spears are provided, but students may purchase materials for making their own by messaging the instructor beforehand. Other protection, such as chest protection, is optional. Message [bergjerrye@gmail.com](mailto:bergjerrye@gmail.com) for info or equipment suggestions.

Mon 4/9 - 4/30 7 - 9 p.m. \$69 (\$59 early bird)  
DLMS Aux Gym Balcony

## Couples Massage

Re-energize and relax yourself and a partner by learning basic massage techniques, trigger points and application of pressure. Massage can be used to ease away mental fatigue and physical tension. You will learn to soothe away stress and tension all while having fun! This is a fully clothed, seated message presentation. Presented by Teresa Jensen, Professional Massage Therapist

Tue 4/17 6:30 - 8 p.m. \$35 per couple (\$25 early bird)  
Bring a pillow and blanket or sleeping bag  
DLMS Rm # TBA

## Essential Oils - Make & Take Wellness

This class will give you a sneak peek into the world of essential oils; what they are, how to use them and what to use them for. You will leave this class with practical ways to improve your overall wellness and make four products to take home and use! We will be making 4 roller balls and you will be able to choose from the following recipes:

1. Sneeze
2. Sleep
3. Ache
4. Energy
5. Tummy
6. Breathe

Mon 4/9 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301



## Personal Products - Make & Take

Our skin is the largest organ of our body. Twenty six seconds is all it takes for the chemicals in your personal care products to enter your bloodstream. Let's take care of our bodies and make some new products that are healthy for your skin!

1. Bath Bombs
2. Sugar Scrub
3. Make-Up Remover Pads

Mon 5/7 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

# Music & Language

## Private Guitar Lessons

Would you like to play guitar? Have you begun playing but need further instruction? Our instructor will help you with your physical capabilities, music theory, and emphasize on the mental aspect of playing music. Half-hour private lessons will be available for adults and students.



OR

## Private Piano Lessons



Learning to play the piano is the best foundation for all musical instruments. Our instructor will not only teach you to play, but he will also teach you the music theory to help you understand what you're playing.

OR

## Love To Sing

If you love to sing, let our instructor help you reach your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing - if you can carry a tune, he can teach you to sing!



Session I Tue 3/6 - 3/27  
Session II Tue 4/10 - 5/1  
Session III Tue 5/8 - 5/29  
Guitar / Piano - \$95 (\$85 early bird)  
Voice \$109 (\$99 early bird) 2:30 - 8 p.m.  
(scheduled in 1/2 hour private lessons)  
Resource Center Rm #302

Instructor, Frank Eimer has been a professional musician for over 56 years. He has taught voice, guitar, bass and piano to over 1,000 students, many of whom are now professional musicians and singers. He was inducted into the Michigan Rock & Roll Legends Hall of Fame in 2009.

## Spanish

It's never too late to learn a foreign language! It can be both easy and fun and it will definitely enrich your life. Whether it be planning your next vacation, business, or simply reading a Spanish menu, beginning Spanish will introduce you to simple expressions and vocabulary as well as the Spanish culture.



Auri Cooper is a native Spanish speaker from Puerto Rico. She is a retired teacher who taught high school Spanish in Michigan and Virginia.

Tue 4/24 - 5/29 \$99 (\$89 early bird) 7 - 9 p.m.  
DLMS Rm # TBD

## Ukulele For Beginners

Learn the origin of the Ukulele, basic tuning chords, and strumming techniques. Instruction includes traditional island songs, and other types of music. Grab your uke and take up this enjoyable, relaxing and highly addictive instrument! Please bring your own ukulele.

Session I Tue 3/6 - 3/27  
Session II Tue 4/10 - 5/1  
Session III Tue 5/8 - 5/29  
\$95 (\$85 early bird) 2:30 - 8 p.m.  
(scheduled in 1/2 hour private lessons)  
Resource Center Rm #302



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

## Beginning Crochet

Learn how to crochet in this five week class. You will be able to make various stitches and follow basic patterns. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages welcome!

Session I Tue 3/20 - 4/17 (omit 4/2)  
Session II Tue 4/24 - 5/15  
\$59 (\$49 early bird) 3:30 - 5 p.m.  
Henny's Yarn Shop - 133 E. Main St., Caledonia

## Beginning Knitting

In this beginning knitting class, you will learn about yarn and gauge. You'll learn to knit, purl, cast on and bind off, and even complete a project. Prior to class, stop by Henny's Yarn Shop to choose from several projects you will be able to complete. All ages are welcome!

Session III Thu 3/22 - 4/19 (omit 4/5)  
Session IV Thu 4/26 - 5/17  
\$59 (\$49 early bird) 3:30 - 5 p.m.  
Henny's Yarn Shop - 133 E. Main St., Caledonia

## Intermediate Crochet

This class is designed for those who know how to crochet. You will learn how to design your own shawl/wrap using various patterns and/or crochet a tunic top. Stop by Henny's Yarn Shop to check out the designs.

Session I Tue 3/20 - 4/17 (omit 4/2)  
Session II Tue 4/24 - 5/15  
\$59 (\$49 early bird) 10 - 11:30 a.m.  
Henny's Yarn Shop - 133 E. Main St., Caledonia

## Intermediate Knitting

This class is designed for those who already know how to knit. We will be teaching magic loop (knitting socks), continental knitting, lace knitting, and how to work with gauge. Prior to the class, stop by Henny's Yarn Shop to choose your yarn and patterns for this class.

Session I Thu 3/22 - 4/19 (omit 4/5)  
Session II Thu 4/26 - 5/17  
\$59 (\$49 early bird) 10 - 11:30 a.m.  
Henny's Yarn Shop - 133 E. Main St., Caledonia



*Henny Stauffer is a retired teacher from Caledonia Schools. She has been enjoying knitting and crocheting her entire life. She began knitting at age three in the Netherlands. For the past several years she has been teaching knitting and crocheting in Kenya, Africa.*

## Fairy/Gnome Garden Home

Carve your very own fairy/gnome house for your garden! It might be cold outside right now but soon the warm weather will be back and this will look adorable in your garden! It is carved out of wood and no two houses will turn out the same as each piece of bark is unique as the person carving it. Class is limited to 8 students, so don't delay signing up for this one! Tools will be provided or you may purchase a set from the instructor for \$10.



Mon 3/19 - 5/14 6:30 - 9 p.m. \$65 (\$55 early bird)  
Resource Rm # 302

## Chipped Carved Bird House

Spring time means the birds return to our area for the summer and one of the groups that we can help out are the cavity dwellers. These birds use a bird house for nesting rather than building a nest in a tree branch. If you are into birds or want to watch a bird family grow over the summer with your kids, than you'll love this class. We'll be making a chipped carved bird house using a gourd and U gouges to create the design around the opening. The handout in the this class will help you pick out the type of house you want to make to attract the birds you would like to see.



Tools are provided (or they can be purchased from the teacher for \$16 per gouge) Students will have their choice of color to dye the bird house.

Wed 3/21 - 5/16 6:30 - 9 p.m. \$65 (\$55 early bird)  
Resource Rm # 302

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

# Misc. Classes

## The Effective Parenting Workshop Series

In this series of three workshops parents will get three crucial elements of building a great relationship with their children: effective communication, trust building and problem solving. These three workshops build on each other and each one is a prerequisite for the next. You can take the first workshop, session 1 and 2 (split into two evening) without workshops 2 and 3. However workshop 1 is necessary for workshops 2 and 3.

### Workshop 1: How to Listen So Your Child Will Talk and How to Talk so Your Child Will Listen

Ever wondered “What were you thinking?” Do you just want to have a great conversation with your child? In this workshop, you will learn the basics establishing satisfying communication with your child (or anyone else for that matter).

Session I Wed 4/18 7 - 9 p.m.(prerequisite to Session 2)  
\$45 single / \$69 couple (early bird \$35 single / \$59 couple)

Session II Wed 4/25 7 - 9 p.m.(prerequisite to Building Trust with Your Child) \$45 single / \$69 couple (early bird \$35 single / \$59 couple)  
Resource Center Rm #301

### Workshop 2: Building Trust with Your Child (prerequisite to Problem Solving)

Trust is a two-way street. This workshop introduces parents to the basics of building trust within the family. Topics include helping your child understand what trustworthiness is, why it's important and how to establish trust with your child.

Wed 5/2 7 - 9 p.m. \$45 single / \$69 couple (early bird \$35 single / \$59 couple) Resource Center Rm #301

### Workshop 3: “If they had only come to me” Problem Solving with Your Child

The research is very clear on this. For many children, when faced with what feels like an overwhelming problem, avoiding by running away or with drugs or suicide, is their only solution. This workshop helps parents set the foundation for problem solving within the family. Through participating in family problem solving children learn there is a trusted and respectful way for solving the problems they face.

Wed 5/9 7 - 9 p.m. \$45 single / \$69 couple (early bird \$35 single / \$59 couple) Resource Center Rm #301

## RC Flying Club

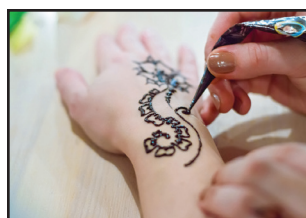
Do you enjoy flying RC planes or helicopters but don't have a place to fly during the long winter? Join us in the Duncan Lake Auxillary gym on Sundays for an afternoon of flying. This program is for adults. Children 12 and over may attend but must be accompanied by an adult. **YOU MUST PRE-REGISTER.**



Sun 3/18 & 4/15 1 - 4 p.m.  
\$19 (\$9 early bird) DLMS Aux. Gym

## Henna Design Workshop

Mendhi (also known as henna) designs are both beautiful and temporary. Learn about henna history, application, upkeep, and design techniques with



artist Baylee DeVos from Bayleaf Henna. You will sport a unique henna design at the end of class! A material fee of \$7 is due to instructor at beginning of class. You will receive practice materials, a small canvas for henna based

artwork, a DIY paint cone, and a commercial henna cone. Take both classes to learn two styles. All ages are welcome!

Thu 4/19 and/or 4/26 5:30 - 8:30 p.m.  
\$29 per class (\$19 early bird) \$7 material fee payable to the instructor. Resource Center TBA

## ZAPS SAT Test-Prep Seminar

**Doorway to College Foundation™ is the exclusive-provider of ZAP's Focused TestPrep.**

What will the Doorway to College test-prep seminar deliver to your students? In the five-hour Doorway seminar, students will:

- Learn strategies for using partial knowledge to eliminate wrong choices
- Gain tips for improving in all sub-tests
- Understand the most strategic ways to use limited testing time
- Take shortened practice tests that mirror the actual testing experience.
- Reduce test anxiety and gain confidence
- Get suggestions for individualized study in the days leading up to the test



Wed & Thu 3/21 & 3/22 3 - 5:30 p.m. \$109 (\$99 early bird) CHS Upper Forum Rm

# Misc. Classes

## Wills and Trusts For The Family

Have you been putting off writing your will? Our instructor, Dennis Cooper, will provide a simple explanation of a "last will and testament" and help you prepare a will. You will also be given an explanation of simple revocable trusts. Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.

Thu 4/12 - 5/3 7 - 9 p.m. \$55 per person - spouse free (\$45 early bird) DLMS Rm #TBA



## Making a Spring Garden

After a long winter, getting ready for a spring garden is a joy! Come and learn basic soil preparation techniques, how and where to plant, what to plant, and when to fertilize for a beautiful spring garden! We will talk about flowers, vegetables, summer bulbs, and garden pests (the winged kind and the four-legged kind!)

Mon 4/30 6 - 7:30 p.m. \$19 (\$9 early bird) DLMS Rm #TBA



## Getting Paid to Talk

### An Introduction to Professional Voice-Overs

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful, and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Space is limited, and registration closes one week prior to class, so register early. To find out more information on this course visit [www.voicecoaches.com/gptt](http://www.voicecoaches.com/gptt)



Wed 5/16 6:30 - 9 p.m. \$35 (\$25 early bird) DLMS Rm # TBA

## Connecting with Facebook!

Friends? Likes? Status updates? Notifications? Join technology guru Rich Plummer to set up your Facebook and utilize its unique ability to connect and share with the people you care about! From creating your Facebook page and account and privacy settings to sharing, chats, messaging, and news feeds; you will be connected with friends, family, and business! Must provide your own laptop or tablet.

Thu 5/17 5 - 7 p.m. \$19 (\$9 early bird) Resource Center Rm #301



# Misc. Classes

## French Bread

Making French Bread is easier than you think! You can start after lunch and have two wonderful fragrant loaves for dinner with friends. Please come and join us for wonderful smells, tastes, and a fun hour. You don't need to be an experienced baker to join this class.



Mon 4/16 6 - 7:30 p.m. \$19 (\$9 early bird)  
DLMS Rm #TBA

## Cinnamon Rolls

There is nothing like the smell of fresh cinnamon rolls, right? Come for a fun hour and learn to make homemade cinnamon rolls that will be the hit of any Sunday breakfast! You don't need to be an experienced baker to join this class.

Mon 5/7 6 - 7:30 p.m. \$19 (\$9 early bird)  
DLMS Rm #TBA



## White Bread

Are you tired of store-bought bread? Making bread is easier than you think and in just a few hours you can make enough for a whole week for your family. Homemade bread is one of the great pleasures in life. Come and join us for a fun hour of wonderful smells and tastes!

Mon 5/21 6 - 7:30 p.m. \$19 (\$9 early bird)  
DLMS Rm #TBA

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

## Dog Training

**Kindergarten** - Training for your 2-5 month old puppy.

Why wait until your adorable little puppy becomes a teenaged terror? Not only will your puppy learn to respond to basic commands, you can learn how to prevent problem behavior before it develops and correctly socialize your puppy while it is still young. Class size limited.

Tue 3/20 - 5/15 (omit 4/3)  
6 - 6:45 p.m. \$95 (\$85 early bird)  
Resource Center Rm #302

**Beginning Dog Obedience** - Beginning obedience for all dogs 6 months and older. (No healthy dog is ever too old!)

Teach your dog to heel, sit, lie down, AND STAY, and most importantly, to come when called. Learn how to control unwanted jumping up, digging, barking, and more. Class size is limited.

Tue 3/20 - 5/1 (omit 4/3)  
7 - 8 p.m. \$95 (\$85 early bird)  
Resource Center Rm #302



*Instructor: Jan McLean is an experienced handler/trainer. She has owned and trained her own dogs for 30 years and has been teaching dog obedience classes for over 20 years. She is also involved in competitive obedience, dog assisted therapy, and as a 4-H leader.*

# Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. You will find information for these classes listed on pages 23 - 25 of this catalog. Please register for these class at least 10 days prior to the start of class on our website at [www.inspiremenow.org](http://www.inspiremenow.org). All classes are held at the Kentwood Aquatic Center, on the East Kentwood High School Campus off Kalamazoo Ave., south of 60th and north of M-6.

## Aquatic Fitness Classes

All classes run for the month beginning at the 1st available day within the month and always ending on the last available day of that month.

### Low Impact Water Exercise

This is an exercise class that implements the 5 components of physical fitness: aerobic fitness, muscle strength, muscle endurance, flexibility, and body composition. This class is taught at a lower impacting level keeping in mind of the different joints and muscles that we are working on.

Mon, Wed, Fri 7:30 - 8:20 a.m.

### Arthritis

Certified and highly recommended by the Arthritis Foundation, the Arthritis Class includes exercises to improve overall function and performance of daily tasks, mobility, gait, independence, flexibility, balance and coordination.



Mon, Wed, Fri 8:30 - 9:20 a.m.

### Water Aerobics

This class will get your body moving and your pulse going! Water Aerobic workouts involve a variety of rhythmic body movements and dance steps performed in the water. This class will help to improve your cardiovascular conditioning, balance, strength and flexibility leading to a better muscular tone. This class is taught at a lower impacting level than the medium impact water aerobics class as we strengthen and improve our balance and range of motion with our own body.

Tue & Thu 8:30 - 9:20 a.m.

Mon, Wed, Fri 9:30 - 10:20 a.m.

### Deep Water Aerobics

This class is done in our deep water pool. Participants are unable to touch the bottom of the pool which is a great way to keep your body moving. Float belts are there to assist in your flotation needs. This class is a great cardiovascular workout that also improves strength and flexibility.

Tue & Thu 10:30 - 11:20 a.m.



### Water Exercise

This is an exercise class that implements the 5 components of physical fitness: aerobic fitness, muscle strength, muscle endurance, flexibility, and body composition.

Mon & Wed 4:50 - 5:40 p.m. \$36

### Water Aerobics and Cardio

This class is designed so that you can get rid of the stress that you may have accumulated throughout the day. Not only will you benefit from the heart pounding, body moving, aerobic workout, but you also have an added cardio portion, which is a guarantee to make sure you get a hard effective workout in to finish your day!

Tue & Thu 7:50 - 8:35 p.m.

### Monthly Class Fees

1 Class per week \$19  
2 Classes per week \$38

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



# Aquatics



Swim lessons may be canceled due to emergency situations. There is no refund for emergency cancellation; however, a make-up lesson will be scheduled for the lost day. No make-ups will be available for absences. Parents will be asked to watch lessons from the bench area unless they are part of the Parent & Child class. Swimmers are encouraged to wear goggles during lessons. Each session is eight classes long. Classes are 45 minutes (30 minutes for Parent and Child). All classes are taught by certified American Red Cross Water Safety Instructors. Private Lessons are also available from any of our certified swim instructors. Inquire for prices and scheduling information. All levels open to youth through adult swimmers.

## Learn-to-Swim - Adult & Teen

Students will learn the same skills taught at the youth levels 1 - 6. Please see descriptions on the following page for the level that meets your needs.

### Days: Friday

Session Dates: 4/13 - 6/1 or 8/31 - 10/19 6 - 6:45 p.m.  
\$85 (8 weeks)

### Days: Saturdays

Session Dates: 4/14 - 6/2 or 9/1 - 10/20 9 - 9:45 a.m.  
\$85 (8 weeks)

## Parent & Child Aquatics (ages 6 months to about 3 years)

American Red Cross Parent and Child Aquatics class helps infants and young children to become comfortable in the water so that they are willing and ready to learn to swim. Children will learn basic skills including adjusting to the water environment, maintaining a front or back position in the water comfortably, and demonstrating controlled breathing.

### Days: Tuesdays

Session Dates: 4/10 - 5/29 or 8/28 - 10/16  
6 - 6:30 p.m. or 7 - 7:30 p.m. \$85 (8 weeks)

### Days: Thursdays

Session Dates: 4/12 - 5/31 or 8/30 - 10/18  
6 - 6:30 p.m. or 7 - 7:30 p.m. \$85 (8 weeks)

### Days: Saturdays

Session Dates: 4/14 - 6/2 or 9/1 - 10/20  
8:30 - 9 a.m. \$85 (8 weeks)



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

Please note: All students must pre-register. **Deadline to register is ten days before the start of class.** Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.

# Aquatics

## Preschool Aquatics

### (about 4 & 5 years old)

Students will become oriented to the aquatic environment and gain basic aquatic skills at a beginner level. Beginner skills include water entry and exit, propulsive movements on both front and back, buoyancy, breath control, submerging and personal safety.

## Learn-to-Swim Level 1: Introduction to Water Skills (about 6 years and up)

Students will learn elementary aquatic skills, personal water safety information and skills. Aquatic skills will include breath control, submerging, buoyancy on front and back, swim on front and back, changing directions and personal water safety.

## Learn-to-Swim Level 2: Fundamental Aquatic Skills

Students will learn fundamental aquatic skills including floating without support, simultaneous and alternating leg and arm actions, breath control, submerging, and additional personal water safety skills.

## Learn-to-Swim Level 3: Stroke Development

Students will build on previously learned skills. Skills taught include survival float, Front Crawl, Elementary Backstroke, Scissor and Dolphin Kicks, treading water, head first entries in deep water, and additional personal water safety skills.

## Learn to Swim Sessions - Youth

*Any of the Learn to Swim classes can be taken at any of the times and dates listed (with the exception of the Adult only and Parent/Child only classes.)*

**Class Fee: \$85 - 8 sessions**

### Days: Tuesdays & Thursdays

Session Dates:

3/6 - 3/29, 4/10 - 5/3, 5/8 - 5/31, 8/28 - 9/20  
5 - 5:45 p.m. \$85 (4 weeks)

### Days: Tuesdays

Session Dates: 4/10 - 5/29 or 8/28 - 10/16

6 - 6:45 p.m. or 7 - 7:45 p.m. \$85 (8 weeks)

### Days: Thursdays

Session Dates: 4/12 - 5/31 or 8/30 - 10/18

6 - 6:45 p.m. or 7 - 7:45 p.m. \$85 (8 weeks)

### Days: Friday

Session Dates: 4/13 - 6/1 or 8/31 - 10/19

5 - 5:45 p.m. \$85 (8 weeks)

### Days: Saturdays

Session Dates: 4/14 - 6/2 or 9/1 - 10/20

10 - 10:45 a.m. or 11 - 11:45 a.m. \$85 (8 weeks)

Please note: All students must pre-register. **Deadline to register is ten days before the start of class.** Class availability cannot be guaranteed unless student is pre-registered. Payment is due at time of registration.



## Caledonia Resource Center



Learn from  
the comfort  
of home!

24-Hour Access

Discussion Areas

6 Week Format

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: **\$89**

### INSTRUCTOR LED ONLINE COURSES

#### Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

#### Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

#### Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

#### Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

#### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

#### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

#### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

#### Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

#### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

#### Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

#### Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

#### Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

#### Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

#### Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

#### Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

#### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

#### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Enroll Now!

[www.ed2go.com/CRC](http://www.ed2go.com/CRC)

(616) 891-8117

Over 300 online courses available



# Community Info

## KDL

Kent District Library  
www.kdl.org

Be a part of Michigan's most popular  
summer reading program.

**JUNE 11 – AUGUST 4**  
Fun prizes for all ages.



### **Downtown Chicago Sighting Explore On Your Own**

Join us for a spring sightseeing trip to Chicago! Chicago is racking up world-class accolades, so we've put together a checklist of classic Chicago activities that include the best of the best.

Visit the second tallest building in North America at the Willis Tower and step out onto The Ledge, a suspended glass box at the Skydeck Chicago observatory that is more than 1,000 feet in the sky. Or brace yourself for the newest thrill experience TILT! at 360CHICAGO. The moving glass enclosure leans you over the edge of the John Hancock Center and is the first of its kind in the world. Take a stroll around Buckingham Fountain in Grant Park and enjoy the colorful light and music display as it glows against the backdrop of Chicago's skyline and lakefront. Enjoy a Chicago River boat tour and explore Chicago's architectural wonders on the only river in the world that flows backwards. Ride on the ferris wheel at Navy Pier. Or visit one of the many museums in the area.

While you are in Chicago, don't forget the amazing food! Try a deep-dish Chicago style pizza or a hot dog piled with a whopping seven toppings! Smell the wonders of the Chicago famous Chicago Mix at Garrett's Popcorn Shops. And of course there is always shopping for the avid shopper. The day is yours to spend as you wish. There are so many things to see and do in the Windy City!

Saturday, June 16

Departs at 7 a.m. and returns at 11 p.m. \$65  
Includes: Motorcoach transportation, juice and sweet rolls en route, and driver gratuity.  
RSVP: Reservations must be made by May 16.

The motorcoach will depart from the football field parking lot on the corner of Johnson and Main St.

### **Summer Reading Carnival**

Launch your best summer yet with an outdoor carnival! Start the summer reading program, play games for prizes and enjoy lots more carnival-style fun. Wed 6/13 10 a.m.

### **Magic with Tom Plunkard**

Tom Plunkard's entertaining and hilarious show includes animals, audience involvement and amazing magic. Thu 6/21 2 p.m.

### **Critter Barn Farm on the Go**

Visit friendly farm animals with the Critter Barn of Zeeland. Enjoy many hands-on experiences including milking a goat! Wed 6/27 10 a.m.

### **Kevin's Puppet Show**

Join Kevin Kammeraad and The Cooperfly Puppet Troupe for a highly interactive, all ages puppet event where YOU help create the show! Thu 6/28 2 p.m.

### **Friends of the Library Book Sale**

Great used books at bargain prices! Sale runs Friday, June 29 through Saturday, July 7 during open hours. Sponsored by the Friends of the Library. Library and sale closed on July 4th in observance of Independence Day.

### **A Bird's Eye View**

Meet the birds of prey from the Outdoor Discovery Center! Learn unique features, habitat preferences, preferred prey and how these amazing predators fit into the natural world. See live birds and cool artifacts. Thu 7/19 2 p.m.

### **Touch a Truck**

A close up look at big trucks! There will be an assortment of awesome vehicles on hand to explore, plus the pros who operate them. Decorate your own hard hat. Wed 7/25 10 a.m.

### **Welcome Bats**

Meet bats from across the world and learn why these wonderful animals are so important to ecosystems and to you! You will meet four bats, including the species that the book *Stellaluna* was based off of! Presented by the Organization for Bat Conservation. Thu 7/26 2 p.m.



# Community Info

## Caledonia Women's Club

GFWC Caledonia Women's Club will meet at the Caledonia Resource Center in room #301. New members are welcome to join this non-profit volunteer organization at any time. For more information, please contact the president, Jane Heiss at 891-7651 for dates and times.



## Kiwanis Club of Caledonia

Kiwanis is a global organization of volunteers, dedicated to changing the world one child and one community at a time. We meet every Thursday for lunch at noon at the Nighthawk Food & Spirits, 6950 Whitneyville Rd. For more information please contact Jane Heiss at 616-891-7651.



## Share Your Passion!

Do you have a hobby or skill you are passionate about? Become an enrichment instructor and share your knowledge with others! We are always looking for new class ideas and instructors. If you would like to find out more about how to teach a class with us, please call 891-8117.



Online learning  
anytime, anywhere...  
just a click away!



Register for online classes at: [www.ed2go.com/crc](http://www.ed2go.com/crc)

# AWOL Adventures

**A.W.O.L.**

**ADULTS WITHOUT LIMITS**

## Walking Tours

### 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, museums, colleges, restaurants, hotels, bridges, churches, the Medical Mile, the Grand River and more - all neatly contained in a downtown loop.



Thu 4/19 10 a.m. walking or 12 p.m. running

### 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 25 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.

Thu 5/17 10 a.m. or 12 p.m. running

### Every Building Tells a Story: The Architecture of Downtown Grand Rapids... Part One

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 intelligent or artistic or important than another, they are all invaluable pages in our city’s scrapbook. This IS Grand Rapids. The buildings belong to all of us...they are our common view, our Cityscape. Each one tells a story as we physically move through time. (Part One includes buildings prior to Urban Renewal.)

Thu 6/21 at 10 a.m. or 12 p.m. running

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.

## 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.

**Friday, May 25 10 a.m. Paul Henry Trail** - Middleville. We will meet at the stagecoach off of Main Street. Lunch on your own at Champs.

**Tuesday, June 26 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.

**Tuesday, August 14 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)



## 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](mailto: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.

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

# AWOL Adventures

## A.W.O.L.

### ADULTS WITHOUT LIMITS



#### Treetop Adventure Park

Join us for a Treetop Adventure! Rather than ski trails in the mountains, these are man-made treetop trails comprised of zip lines, swinging logs and even large fisherman nets of increasing difficulty and height, some as high as 42 feet in the air. These courses require participants to use a wide variety of skills such as strategic and creative thinking, balance, strength and patience. You'll be sure to use muscles and critical thinking skills you don't use on a daily basis. Our group will meet at the park. Pre-registration is required.

Wed 8/22 10 a.m. – 1 p.m. \$45  
Grand Rapids Treetop Adventure Park  
2121 Celebration Dr NE Grand Rapids  
Located right to Celebration! Cinema North

#### 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 3/5 - 6/4 (omit 4/2 & 4/5) 9:30 - 11 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 3/5 - 6/4 (omit 4/2 - 4/6) 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 8 - Caledonia, Paul Henry Trail**  
(meet at the trail head on East Main & Kinsey, downtown Caledonia)

**Tuesday, June 5 - Middleville, Paul Henry Trail**  
(meet at the trail head at East Main & Stagecoach park, downtown Middleville)

**Tuesday, August 14 - 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)



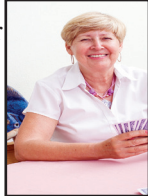
## Caledonia Senior Center

*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

### 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 - through 6/8 Thursdays  
6/14 - 8/30 1 - 3 p.m. FREE  
Resource Center Rm #301

### Gifts to Loved Ones

Many people consider making meaningful gifts to their children, grandchildren, or other loved ones. Should gifts be made during life? What about through a Will or Trust? What is the impact on Medicaid? What are the IRS rules governing gifts? What if I need to go into a Nursing Home? Attend this presentation to learn about important considerations in planning to make gifts to your loved ones.

Tue 4/24 12:00 p.m. Resource  
Center Rm #301 Lunch will be  
served. FREE Please call our  
office at 891-8117 to reserve your  
space.

Presented by :  
WESTERBEKE  
LAW FIRM,  
PLLC



### HealthBridge Post-Acute Rehabilitation Grand Rapids NEWEST short term post-acute rehabilitation facility opening February 2018!

Health Bridge is located at the Metro Health Village. This new building construction features 65 Private Suites, 10 immobility suites, a 3000 -square foot therapy gym, Beauty Salon, a Spa Suite and much more. Come to a free informational presentation on this brand new facility.

Monday, April 16, 2018 9 a.m.  
Please RSVP 891-8117

### Planning for Health Care Emergencies

What if you (or a loved one) has a health care emergency and becomes incapacitated? What if memory loss creates issues or risks for you or your family? Who will make decisions for you? What if you don't prepare in advance? Attend this presentation to find out how to address health care planning needs of seniors. Lunch will be provided.

Thu 5/17 12:00 p.m. Resource  
Center Rm #301 Lunch will be  
served. FREE Please call our  
office at 891-8117 to  
reserve your space.

Presented by :  
WESTERBEKE LAW  
FIRM, PLLC



### BINGO!

Join us on the fourth Thursday of each month for BIRTHDAY BINGO! If your birthday falls in that month, you will receive one free card. We will all share a birthday cake in honor of the birthday guests. Bring your friends! Prizes will be awarded to the winners.

Thu 3/22, 4/26, 5/24 1 - 3 p.m.  
25¢ per card donation  
Resource Center Rm #301  
Don't forget to join us for Lunch  
Bunch before Bingo!



### 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, March 22  
Place: Real Arriero - Caledonia

Date: Thursday, April 26  
Place: Pizza Ranch - Kentwood

Date: Thursday, May 24  
Place: Sundance Grill - Cascade



# 55 & Better

## 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



**PERSONAL,  
PROFESSIONAL,  
LOCAL  
SERVICE  
25+ years**

- Personalized designs
- Laser etched portraits
- Free state wide delivery
- Granite and Bronze
- Convenient in-home Service
- 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"

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

Men's Volleyball  
March 22 Matches are at 3 and 7 p.m.

Women's Softball  
April 21 Games are at 1 & 3 p.m.

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



## AARP Smart Driver Course - The Latest From AARP Driver Safety

AARP Driver Safety just got smarter. The AARP Initiative that has helped older drivers stay safe, educated and confident behind the wheel since 1979 has debuted its new, research-based AARP Smart Driver Course. After taking this course, you may be eligible for a multi-year discount on your car insurance! (Consult your auto insurance agent for details.) Be one of the first to experience the new AARP Smart Driver Course. Space is limited, so register now by calling 891-8117.

Tue & Thu 5/15 & 5/17 8 a.m. - 12 p.m.  
Bring your Michigan Driver's License.  
\$15 members - \$20 non-members.  
Resource Center Rm #301



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

## 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.



### FireKeepers Casino

Join us for a day trip to FireKeepers. Each participant will receive up to \$20 in free slot play plus \$5 in points which can be used on food, drink, merchandise or additional slot play. This trip will fill up fast! Call us at 891-8117 to make a reservation.

Tuesday, May 15, 2018

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

Cost: \$30 per person

Includes: Motorcoach transportation and driver gratuity.



### Grand Haven Art Festival

The Grand Haven Art Festival is held the last full weekend in June and transforms Washington Avenue into a chic, outdoor art gallery. The goal of the Grand Haven Art Festival is to provide the community and visitors with a unique opportunity to purchase one-of-a-kind art, directly from the artist; while upholding the community valued tradition of the Grand Haven Art Festival.

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 pick-up 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.

Saturday, June 23, 2018 \$35 Includes: Motorcoach transportation and driver gratuity. The motorcoach will leave from the football field parking lot at 10 a.m. and we will return at approx. 5 p.m.

September 22 & 23, 2018. \$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

**Call 891-8117 to make your reservations.**

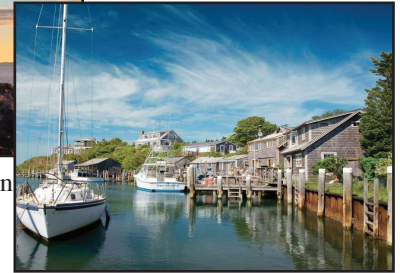
**Bus Departure Location**  
The bus will depart for all of our trips from the football field parking lot at the corner of Johnson and School St., and at the end of Main St.



## Cape Cod & The Islands 7 Days - 6 Nights September 9 - 15, 2018

### Package Inclusions:

- Round-trip motorcoach transportation
- 6 nights accommodations including:
  - 2 overnights en route (1 each way)
  - 4 nights in Cape Cod
- 6 breakfasts
- 4 dinners including 1 lobster dinner
- Welcome reception in Cape Cod
- Round-trip ferry & tour of Martha's Vineyard
- Round trip ferry & tour of Nantucket
- Tour of Hyannis
- Tour of outer Cape to Provincetown
- Visit to JFK Museum in Hyannis
- Visit to Chatham
- Hotel taxes and meal gratuities
- Serviced of a local tour guide in Cape Cod



**Rates:** \$1,591 per person  
- double occupancy.  
Deposit - \$100 due by  
June 3, 2018  
Final Payment due by July 3, 2018

**Refund Policy:** 61 days prior to departure - full refund.  
60-31 day prior to departure \$100 cancellation fee. 30-15  
days prior to departure \$50% non-refundable. No refunds if  
cancelled 14 days or less prior to departure.

**WE HIGHLY RECOMMEND TRIP  
CANCELLATION INSURANCE**

Please note: Baggage handling is not included on the first and last nights of the tour. Please pack and carry an overnight bag for these nights. Baggage handling is included for the remaining nights of the tour.

## BEACHES BY SANDALS ON BEAUTIFUL GRACE BAY IN THE TURKS AND CAICOS

5 STAR LUXURY ALL INCLUSIVE RESORT

8 DAYS / 7 NIGHTS ~ DECEMBER 1 - 8, 2018

### Your Trip Features:

- ~ All meals & premium alcohol included
- ~ 22 Specialty dining options with everything from Caribbean to Japanese, Italian to French, Seafood to Sushi. Experience Five Star Global Gourmet Dining at Beaches.
- ~ Late night weekly chocolate buffet extravaganza
- ~ BBQ beach party
- ~ Nightly entertainment: Creativiva, the production features unparalleled performances unlike anything seen in the Caribbean. Wonderland is brought to life creating a spectacle of acrobatic performances, singing, dancing and acting coupled with state of the art technology. \*There are four separately themed shows weekly.
- ~ A special group picnic
- ~ All rooms will have 2 double beds
- ~ Free fitness classes for all ages
- ~ Daily group activities
- ~ Casa Blanca Casino nearby with free shuttle
- ~ 10 Pools including a private adults only pool & whirlpools
- ~ Retail shops on property offering guests jewelry, fashion, candies & souvenirs.
- ~ Saunas & steam rooms
- ~ Watersports: Kayaks, windsurfing, snorkeling, aqua trikes, Hobie Cats, paddleboards, underwater vision boat

This will be one of the most fun, relaxing & exciting Caribbean vacations you will ever experience. It is safe, clean, beautiful and very luxurious. Treat yourself to a week of pampering. Enjoy fabulous food, entertainment, fun activities and the most beautiful beach you will ever see. Relax! Forget about money for the week! No tipping allowed at the resort! You deserve this!

Only \$3,816 per person, double occupancy with roundtrip airfare from Grand Rapids and transfers to and from the resort OR \$2,512 per person double occupancy with no airfare. An initial deposit of \$100 is due by March 30th, 2018. Final payment is due July 15, 2018. Deposits are fully refundable up until July 15, 2018.



## Iceland's Magical Northern Lights

September 30 - October 6, 2018  
7 Days

The "land of fire and ice" is a place of many wonders, including the rare opportunity to see the spectacular aurora borealis – or northern lights. Travel in Iceland will bring you on a search for that once-in-a-lifetime moment.

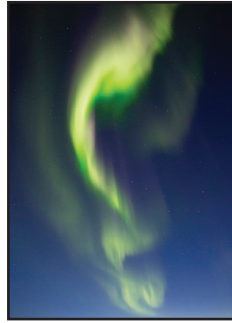
° Search for nature's dazzling display on a northern lights cruise.

° Experience the energy at the geothermal fields of Geysir and Strokkur.

° See Jökusárlón glacial lagoon, filled with floating iceberg.

° Travel the famous Golden Circle and take in Iceland's natural beauty.

° See the beautiful Seljalandsfoss, one of Iceland's most famous waterfalls.



\$4,299 pp dbl. (Includes airfare from Grand Rapids.)  
Call 891-8117 for a detailed brochure.

Join us, Tuesday, March 20 at 1:00 p.m., for a free travel presentation on these two amazing vacations. Call 891-8117 to reserve your space.

## Albuquerque Balloon Fiesta

October 12 - 17, 2018  
6 Days

Up, up and away! This is an experience not to be missed! The Albuquerque Balloon Fiesta has grown into one of the world's most photographed events.



° Embark on a bucket-list ride along the eclectic Route 66.

° Enjoy a docent-led tour of the National Museum of Nuclear Science & History.

° See the ever-changing art galleries at the Indian Pueblo Cultural Center.

Behold the dramatic Albuquerque International Balloon Fiesta. Delight in the scenery and history of Albuquerque and Santa Fe. Marvel at the twists and turns of the famed Turquoise Trail.

\$2,629 pp dbl. (Includes airfare from Grand Rapids.)  
Call 891-8117 for a detailed brochure.



## American Queen Steamboat Company

Antebellum South

on the American Queen

9 Days / 8 Nights November 11 - 19, 2018

Ports of Call: Memphis, TN • Greenville, MS, • Vicksburg, MS • Natchez, MS • Francisville, LA • Baton Rouge, LA • Nottoway, LA • New Orleans, LA

Inside Cabin Category E	\$2,891
Balcony Cabin Category C	\$5,091
Balcony Cabin Category B	\$5,391
Balcony Cabin Category A	\$5,591

Rates are per person double occupancy and includes cruise, round trip airfare from Grand Rapids, 1 pre-night hotel stay, transfers, port charges, taxes, and government fees. PLEASE BE ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Deposit: \$600 per person double occupancy or \$1,200 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by July 12, 2018.



## New for 2019!

## Greece: In The Footsteps of Paul The Apostle

11 Days ~ Spring 2019



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



Watch for more information in our Summer PrimeTime Exclusive newsletter or call us at 891-8117 to get a detailed brochure.

## 14-Day Transatlantic from Copenhagen Aboard the beautiful NCL Breakway October 2 - 16, 2018

Take your time crossing the Atlantic on this cruise from Copenhagen, stopping at fascinating destinations on your way to New York City. In Southampton, see where the Mayflower set sail for the New World in 1620, or take a train to London to see Big Ben. While in Cork, stop by the bustling English Market, a fixture in the town since 1788. And when you dock in Azores, take in Ponta Delgada's lush hills and valleys or even go whale or dolphin watching.



Day	Cruise Ports	Arrive	Depart
Tue	Copenhagen, Denmark (EMBARK)	---	5:00 pm
Wed	Gothenburg, Sweden	8:00 am	5:00 pm
Thu	At Sea --- ---		
Fri	Southampton (London), England	8:00 am	8:00 pm
Sat	At Sea --- ---		
Sun	Cork (Cobh), Ireland	8:00 am	5:00 pm
Mon	At Sea --- ---		
Tue	At Sea --- ---		
Wed	Ponta Delgada, Azores	8:00 am	5:00 pm
Thu	At Sea --- ---		
Fri	At Sea --- ---		
Sat	At Sea --- ---		
Sun	At Sea --- ---		
Mon	At Sea --- ---		
Tue	New York, New York (DISEMBARK)	8:00 am	

**Add a 1, 2 or 3 night pre-stay in Copenhagen and extend your vacation!**

1 Night - \$199 per person  
 2 Nights - \$379 per person  
 3 Nights - \$559 per person  
 Includes breakfast each day and transportation to the ship.

Catagory	Fare
ID Inside Cabin	\$1,399 per person dbl
OB Outside Cabin	\$1,719 per person dbl
BA Mid Ship Balcony	\$1,943 per person dbl

Includes cruise fare, taxes and trip insurance. Price does not include airfare. We can help you arrange airfare or you may choose to book your own. Transportation to/from the ship is not included but can be added.

**Deposit \$400 per person - Final Payment Due 7/4/18**

### PICK TWO FREE PERKS!

- \***Ultimate Beverage Package** - Unlimited beer, wine, premium liquor, soda, & juice for Guest 1 & 2
- \***Specialty Dining Package** - 5 free dinners for Cagney's, Le Bistro, La Cucina, Etc. for Guest 1 & 2
- \***Pre-Paid Service Charges** - On board gratuities pre-paid by Norwegian for Guest 1 & 2
- \***250 Min Wi-Fi Package** - Wireless internet package for on board use.
- \***20 Photo Package** - Photograph package to redeem on board
- \***\$75 On Board Credit** - Free money to spend on board.
- \***\$50 Per Port Shore Excursion Credit** - Good for up to 4 ports

**Call us at 891-8117 for reservations or more information.**



Caledonia Community Schools  
 Dirk Weeldreyer .....Interim Superintendent  
 Darrell Kingsbury.....Asst. Superintendent  
 Caledonia Resource Center  
 Sherry Stehouwer..... Supervisor  
 Barb Nemecek.....Secretary  
 Monique Brennan.....Secretary  
 Christine Howell.....Evening Receptionist

Caledonia Board of Education  
 Marcy White.....President  
 Chris Behm.....Vice President  
 Bill Donohue.....Secretary  
 Tim Morris.....Treasurer  
 Julie Asper.....Trustee  
 Kyle Clement.....Trustee  
 Michael LoMonaco.....Trustee

**Registration**

All registrations should be received in our office at least one week before class is scheduled to begin. Class fees are listed with each class.

**General Policies**

1. First-come, first-served.
2. Payment must accompany registration.
3. Receipts will be e-mailed for online registrations. You will be notified if a class is filled or cancelled.
4. Classes can be paid by cash, check, or credit card.

**Refund Policies**

1. If a class is cancelled.
2. If you cancel three business days prior to the first class a refund will be issued.
3. Refunds will be mailed to you as soon as possible.

**Class Locations**

Each class location is listed with the class description. If you have any questions regarding the location of any of our classes, please call us at 891-8117.

**No News Is Good News**

You will be contacted only if a class is cancelled. Plan to attend unless you hear from us.

**Cancellation Notifications**

You will be notified by e-mail if your class has been cancelled due to low enrollment. Please check your e-mail within 24 hours of your scheduled class time. If you do not use e-mail please call 891-8117 during our business hours the day before your class begins.

**Weather Information**

Enrichment classes will be cancelled when the regular school day has been cancelled. If students are dismissed early due to inclement weather, Resource Center classes will not be held. Watch for school cancellation information on the local news stations. Cancelled classes will be rescheduled.



**How to Enroll**

**Online**

Visit our website at: [www.inspiremenow.org](http://www.inspiremenow.org)  
 At the main page, you can view a copy of our brochure by clicking on the icon, or click the REGISTER NOW button and you will be redirected to our webstore.



**By Fax**

Fax your completed registration form to 891-7014 with your Visa / MasterCard number, expiration date, and signature. The line is available 24 hours.



**By Mail**

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

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



**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.

**We're Going Green!**

We will no longer be mailing confirmations. Please register online and you will automatically receive a receipt via e-mail. Mail in or faxed registrations will receive a receipt only if an email is provided. Please record date, time and location of your class for future reference.



**Credit Card Policy**

We will gladly accept your credit/debit card payments, however, there will be a 3.99% convenience fee charged to each order when paying by credit card. If you wish to pay by check you may mail in your registration to the above address.



## Caledonia Resource Center Class Registration Form

Participant's Name \_\_\_\_\_ M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone # \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

\*e-mail \_\_\_\_\_ (\*for our records only - will not be shared)

Student Information: Grade \_\_\_\_\_ School \_\_\_\_\_

T-Shirt Size (for Rocket Cheer, Theatre & Sports Camps) CS CM CL AS AM AL AXL AXXL

Class Title	Day/s	Time	Location	Fee
<b>Total Fee</b>				

Visa or MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

(Convenience fee of 3.99% for credit/debit card will be applied.)



## Caledonia Resource Center Class Registration Form

Participant's Name \_\_\_\_\_ M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

Zip Code \_\_\_\_\_ Phone # \_\_\_\_\_

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Class Title	Day/s	Time	Location	Fee
<b>Total Fee</b>				

Visa or MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

(Convenience fee of 3.99% for credit/debit card will be applied.)



CALEDONIA RESOURCE CENTER  
www.inspiremenow.org  
9749 Duncan Lake Ave.  
Caledonia, MI 49316

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**Caledonia Community Players  
Present**

June 22, 23, 29 & 30, 2018

**Footloose**  
*The Musical*

Stage Adaptation by DEAN PITCHFORD and WALTER BOBBIE

Based on the Original Screenplay by Dean Pitchford

Music by TOM SNOW Lyrics by DEAN PITCHFORD



Order reserved tickets online at [CaledoniaCommunityPlayers.org](http://CaledoniaCommunityPlayers.org)