

# COMMUNITY CONNECTIONS

Spring/Summer  
2016

**Losers Complain,  
Winners Train!**

**Inside This Issue:**

**Fighting Scots  
Sports Camps  
2016**

**Spring and  
Summer  
Enrichment  
Classes for all  
Ages**

**New Travel  
Destinations  
for Your Dream  
Vacation**

**Caledonia Resource Center**

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

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### Caledonia Resource Center

9749 Duncan Lake Ave.

Caledonia, MI 49316

(616) 891-8117

Fax (616) 891-7014

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

## Welcome to the Caledonia Resource Center's Spring/Summer 2016 Brochure



Inner Picasso.....Pg 4

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### Early Bird Discounts!

Sign up for your favorite class or activities 1 week or more before it begins and save \$10! Signing up is easy! Go online any time day or night to register at [www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.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 convenience fee charged to each order when paying by credit card. If you wish to pay by check, please mail in your registration. You will not receive a receipt when paying with a check.



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

## Enchanted Ballet

A class designed around creative movement and basic ballet introducing young dancers to the different elements of movement and dance. Your child will also learn about space and how we relate to it, loco motor movements, musical rhythm, beat and time, and opposites and directions. This class is taught by a licensed Leap 'N Learn instructor from Caledonia Dance and Music Center. Leap 'N Learn provides dance teachers with products and information that are sensitive to children's physical, emotional, and cognitive development. Ages 3-5

Dance wear such as leotard and tights for girls, black sweatpants and white shirts for boys and dance shoes are recommended.



Mon 5/2-6/6 (Omit 5/30) 10:30-11:15 a.m \$79 (\$69 early bird) Resource Center Room 302

## 6th grade Tennis Club

A co-ed tennis club is available for 6th grade beginner to intermediate players. Participants will learn correct technique, scoring, strategy, and improving their skills. Sixth graders will play matches versus other sixth graders, as they are not allowed to compete in the middle school matches due to MHSAA rules. This will be run by a high school coach, and assisted by high school players.

**Players must have a current physical card on file with their middle school athletic office.**

If you have any questions, please feel free to contact Coach Scott Bont at [bonts@calschools.org](mailto:bonts@calschools.org).

Everyday 4/11 - 5/13 3:00 - 4:30 p.m. (a specific schedule will be handed out as there will be a few days that will be shorter) \$75 (\$65 early bird)  
DLMS Tennis Courts



## 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 4th degree black belt in Okinawan Shorin Ryu Karate.

Ages 13 & under 6 - 7 p.m.

**Winter Session** 2/29 - 4/13 (omit 4/4 & 4/6)

**Spring Session** M & W 4/18 - 5/25

\$89 (\$79 early bird)

KMMS Gymnasium



## AIM High Youth Volleyball

This exciting program is designed to introduce the fundamentals plus more advanced skills of volleyball to young athletes. They will learn the proper skills and techniques to be successful volleyball players.

Learn from motivated, enthusiastic and experienced instructors, who encourage and teach the skills of volleyball!



Advanced skills for middle school teams included! We don't aim low, we AIM HIGH!

Wed 4/13 - 6/8

\$89 (\$79 early bird)

Class I 5:30 - 6:30 p.m. 4th & 5th grade

Class II 6:30 - 7:30 p.m. 6th & 7th grade

DLMS Aux. Gym

## Tumbling & Floor Gymnastics

This fun and exciting program is designed to enhance self-confidence and improve coordination, physical fitness and flexibility. Your child will learn from experienced instructors who teach the skills of floor gymnastics and tumbling! Beginning students will learn fundamentals and returning students will learn advanced skills.



**Spring Session** Tue 4/12 - 6/7

\$89 (\$79 early bird)

Class I 5:30 - 6:15 p.m. 4 & 5 yrs

Class II 6:15-7:00 p.m. 6 & 7 yrs

Class III 7:00-7:45 p.m. 8 - 12 yrs

Caledonia Dance Center - 131 E Main Street SE

## Beginning Fencing

Youth ages 7-13

Ironically, a sport that features a weapon is also among the safest sports for its participants. (Read more: [www.livestrong.com](http://www.livestrong.com).) 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!



Session I Mon 4/25 - 6/6  
 Session II Thu 4/28 - 6/2  
 5:30 - 6:30 p.m. \$89 (\$79 early bird)  
 @ West Michigan Fencing Academy.

## Young Squires

Fencing for 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.

Spring Session Wed 4/27 - 6/1  
 4:30 - 5:15 pm \$89 (\$79 early bird) @ West Michigan Fencing Academy

## Peaceful Dragons Self Defense & Safety Awareness

This fun course is designed for self defense purposes, emphasizing on child safety awareness. Your child will practice martial arts techniques to help them get out of dangerous situations. We show them how to walk away from a fight and, when necessary, defend themselves. The students learn confidence and how to become young men and women of integrity.



Students will have the opportunity to spar (light contact) and to progress to higher belts. (Additional fees apply.) Participants can also earn certificates and medals.

Mon 4/11 - 5/23 \$89 (\$79 early bird)  
 DLMS Aux. Gym  
 Class I 6 - 7 p.m. All Beginning Students  
 Class II 7- 8 p.m. Returning Students Ages 5 - 8  
 Class III 8 - 9 p.m. Returning Students Ages 9 - 15

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

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

## Rocket Cheerleading

Come be a part of the Caledonia Cheer excitement - join the Rocket Cheer Team! First through sixth graders - learn all the latest chants, jumps, gymnastics, and stunts from your CHS Cheer Team and coaches!



- \*The season will run September 12 through October 15.
- \*Practice dates are Mondays, Sept. 12th through Oct 10th, from 6:00 - 7:30 p.m., in the CHS Mat Room.
- \*Games will be on Saturday mornings or afternoons at the Caledonia football stadium for all participants (Saturday September 24th thru October 15th).
- \*Teams will be split by age groups.
- \*Cheerleaders will cheer for the first quarter of a Varsity football game for Youth Cheer Night on October 21!

\$60 (\$50 early bird) includes a T-Shirt (for an additional \$20 your child can get poms to use at the games!) T-Shirts and Poms will only be guaranteed if you register before September 1, 2016. For more information please contact Rocket Cheer Coordinator, Stacy Smith at [caledoniacheer@gmail.com](mailto:caledoniacheer@gmail.com)

## Unleash Your Inner Picasso! (Grades 6-8th)

Let your young artist express their creativity with an Arts & Carafes paint session. Our artist will guide your child step-by-step through an acrylic painting while they learn some painting techniques. They'll complete a full painting each session.

Session I Wed 3/16 April Showers

Session II Wed 4/20 Daisy

2:40 - 4:40 p.m. \$30 per session. (\$20 early bird) All materials included. Resource Center Rm @ DLMS #302



## Kitchen Chemistry

This camp is part cooking class and part science lab! Come learn the chemistry behind some of your favorite snacks! Students create their own cake mix using just enough of the right substances that react to create a fluffy cake. This may be the only camp where chewing gum is allowed, IF it is made in the lab. And trust us, a root beer float is much more fun to eat when you make the ice cream and the root beer yourself. Students also get a chance to spend a little time on cooking themed math activities and games. Chemistry is all around the kitchen and it is fun for everyone! Grades 1 - 4.



Thu 4/14 - 5/5 3:40 - 5:00 p.m. \$89 (\$79 early bird)  
Emmons Lake Art Room

## 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. You will also learn CPR and how to use an AED. Our instructor, Patti Ross, is a Certified Instructor for The American Safety and Health Institute.

Session I 3/14 & 3/21  
Session II 4/18 & 4/25  
Session III 5/16 & 5/23  
5:30 - 8:00 p.m.  
\$85 (Early bird \$75)  
book included  
DLMS Rm #TBA



## 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.



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

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

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

### Create with Clay (Ages 6-9)

Use clay and glazes to create ceramic art straight out of your imagination. You will explore pinching, carving, rolling, stamping, and creative paint and glazing techniques. This class is taught by a KCAD instructor.



Session II Sat 3/5 - 4/23 (omit 3/26 & 4/2)  
9:30 a.m. - noon \$149 (includes supply fee)

### Intro to Manga (ages 10 - 12)

Learn how to draw characters in the distinctive style of Japanese animation and Manga. This class is taught by a KCAD instructor.



Session II Sat 3/5 - 4/23 (omit 3/26 & 4/2)  
9:30 a.m. - 12 p.m. \$149  
- Includes supply fee.  
Supply packet can be picked up in the lobby on the first day of class.

### Video Game Design (ages 13-17)

Develop your own video game design using some of today's best software. Class is suitable for beginners or those with some experience designing games. This class is taught by a KCAD instructor.



Session II 3/5 - 4/23 (omit 3/26 & 4/2) 12:30 p.m. - 3:00 p.m. \$149  
Includes lab fee. Additional supplies may be required.

## Spring Break Day Camps at KCAD:

### Start a Ripple Effect with Watercolor Day Camp (Ages 6-9)

Spring is the perfect time to play with water and color. Use a variety of unique tools with watercolor paint to create beautiful works of art. Explore projects such as marbled paper, Rorschach inkblots, watercolor with wax, bubble painting, and water marker color.

Mon - Fri 4/4 - 4/8 9 a.m. - noon \$149 (includes supply fee)

### Drawing Across the Universe Day Camp (Ages 10-12)

Jump aboard our exploration of the universe through drawing! This exciting day camp features a different theme each day, teaching you the techniques to achieve your own masterpieces. Topics include drawing realism, fashions, action characters, architecture, drawing online, and more.



Mon - Fri 4/4 - 4/8 1 - 4 p.m. \$149 (includes supply fee)

## KCAD Youth Class in Caledonia

### Ready Set Draw (Grades 2-5)

Make up your mind to draw! See how you can draw objects, people, and animals that are both real and imagined. Develop realistic detail using pencils, pens, and charcoal.

This class is taught by a KCAD instructor.

Tue 3/15 - 4/12 (omit 4/5) 3:40-4:40 p.m. \$95 (\$85 early bird) Supplies will be provided. Kettle Lake

### Picasso's Animals in Clay (Grades 1-4)

Look at works by Pablo Picasso, including his clay animal sculptures, and learn to make some of your own using air dry clay, Sculpey and Model Magic. Create animals such as chickens, cows, goats, owls, doves along with decorative ware with animal motifs. Add detail to your sculptures with paint, glitter, and decorative objects.

This class is taught by a KCAD instructor.

Thu 3/17 - 4/21 (omit 3/31 & 4/7) 3:40-4:40 p.m. \$95 (\$85 early bird) Supplies will be provided. Paris Ridge

## Caledonia Summer Theatre Camp

Join other students in the community to exploring and learning 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 6/27 - 6/30 9-11:30 a.m.  
\$35 per child (\$25 per child early bird)  
DLMS PAC

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

## **CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS**



**FRIDAY, APRIL 22 @ 7 P.M.**  
**SATURDAY, APRIL 23 @ 3 P.M. AND 7 P.M.**  
**DLMS PERFORMING ARTS CENTER**

Tickets available online: [caledoniaresourcecenter.org](http://caledoniaresourcecenter.org) or [caledoniatheatre.org](http://caledoniatheatre.org)

**For more information call 891-8117.**



Alissa Hofstee- Preschool Principal

## PRESCHOOL

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 / Friday	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.

### 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: \$1305  
 M-W-F 9 a.m. - 1:30 p.m. \$2025 T-Th 9 a.m. - 3 p.m. \$2115  
 Duncan Lake Early Childhood Center  
 9751 Duncan Lake Ave.  
 Caledonia, MI 49316  
 (616) 891-6220

### CALEDONIA COMMUNITY SCHOOLS FREE DEVELOPMENTAL INVENTORY (For Children Birth-4 ½ Years Of Age)

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 the growth of your child? 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 26, 2016, at the Duncan Lake Early Childhood Center, 9751 Duncan Lake Ave. There is no fee for this service.





# 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, and advanced players will develop skills to help them at the next level. Above all, we will have fun and enjoy the gift of lacrosse.

June 14 - 16 Tue - Thu 6:00 - 9:00 p.m. \$75

Incoming grades 3rd - 8th student/athletes

Location: Duncan Lake Soccer / LAX Stadium

Coach: Gevorkyan - Coach Gevorkyan is the Varsity Boy's Lacrosse Coach at Caledonia and a member of the 2014 Russian Men's National Team. He will be assisted by current and former college players.

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



## Girls Lacrosse

The Girls Lacrosse Camp is for those girls who want to learn more about the game and develop their skills for next season. T-shirts will be included as well as many fun prizes. If you have questions, please e-mail Coach Crete at creter@calschools.org.

June 14- 16 Tue - Thu 4:00 - 6:00 p.m. \$70

Incoming grades 3rd - 9th student/athletes

Location: Duncan Lake Soccer / LAX Stadium

Coach: Crete - Coach Crete is in his 2nd year as the Varsity Girls Head Coach at Caledonia.

Participants will be required to bring their own stick and mouth guard.

## 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 players. Some inclement weather time has been built into this camp.



June 13-15 Mon - Wed

4:30 - 8:30 p.m. \$65 (\$55 early bird if paid by 6/1)

Incoming grades 9th - 12th student/athletes

Location: Caledonia High School Tennis Courts

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

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.

June 20 - 23 Mon - Thu

9:00 - 11:30 a.m. \$65 (\$55 if paid by 6/8)

Incoming grades 3rd - 8th student/athletes

Location: Caledonia High School Tennis Courts

Coach: 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.

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

# Fighting Scots Summer Sports Camps



## Youth Cheer Camp

Themed days, t-shirts, tumbling, jumps, chants, dance, & stunts  
Aug 2-4 Tue-Thu 4:00 - 6 :00p.m. \$55 (\$45 if paid by 7/26) Incoming grades K - 6th student/athletes  
Location: CHS Mat Room  
Coach: Smith



## Girls Volleyball

June 20 - 23 Mon - Thu  
Incoming grades 4th - 7th  
5:00 - 6:30 p.m.  
Incoming grades 8th - 9th  
6:30 - 8:30 p.m.  
\$70 (\$60 early bird)  
Late registrations will not be guaranteed a camp T-shirt.  
Location: Caledonia High School Gym  
Coach: Ritz

## Middle School 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. Our coaches are the Caledonia Middle School Football Coaching Staff and some former players. We are looking forward to having you participate. This is a NON-contact camp. Campers will need shorts, shirt, and football shoes.

Aug 1 & 2 Mon - Tue 6 - 9 p.m. \$40  
Incoming grades 7th - 8th student/athletes  
Location: Caledonia High School Practice Field  
Coach: Burrill



## Quarterback & Receiver Camp

June 20 - 23 Mon - Thu 9:00 -11:00 a.m. \$50  
Incoming grades 6th - 12th student/athletes  
Location: Caledonia High School Practice Field  
Camp limit 25 Quarterbacks & 25 Receivers  
Coach: Burrill

## Youth Football

July 19 - 21 Tue - Thu 9:00 -11:00 a.m. \$60  
Incoming grades 2nd - 6th student/athletes  
Location: Caledonia High School Practice Field  
Coach: Burrill

## West Michigan Fencing Academy Beginning OLYMPIC & Epic Lightsaber Fencing Camps

These camps are designed 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. Come and learn this exciting Olympic sport! All equipment is provided.



### Beg. Olympic (ages 8-16)

June 20 - 23 Mon - Thu  
9- 10:30 a.m. \$79 Location: Duncan Lake M.S.  
or 6 - 7:30 p.m. Location: WMFA

### Epic Lightsaber (ages 5-7)

Make your own Lightsaber and learn some cool fencing moves. All supplies included.  
August 17-20 Mon - Thu  
10- 11 a.m. \$79 Location: Duncan Lake M.S.

### Beg. Olympic (ages 8-16)

August 17-20 Mon - Thu  
1 - 2:30pm OR 6-7:30pm \$79 Location: WMFA

Coach: Mike Nemecek, Head coach of the West Michigan Fencing Academy.  
Directions can be found online at [www.wmfa.org](http://www.wmfa.org)

# Fighting Scots Summer Sports Camps



## Boys High School Basketball

*Four-day session designed to improve individual skills and promote teamwork.*

June 20 - 23 Mon - Thu 9 - 11:30 a.m. \$65  
Incoming grades 9th - 12th student/athletes  
Location: Caledonia High School  
Coach: Visser



## Boys High School Basketball Shooting Camp

*Four-day session designed focus specifically on improving shooting skills and ball-handling.*

June 27 - 30 Mon - Thu 8:00 - 9:30 a.m. \$50  
Incoming grades 9th - 12th student/athletes

Location: Caledonia High School  
Coach: Visser

*Students may register for both camps for \$100 (a \$15 discount)*

## Boys Middle School Basketball

*Four-day session designed to improve individual skills and promote teamwork.*

June 20 - 23 Mon - Thu 12:30 - 2:30 p.m. \$65  
Incoming grades 6th - 8th  
Location: Caledonia High School  
Coach: Visser

## Boys Middle School Basketball Shooting Camp

*Four-day session designed focus specifically on improving shooting skills and ball-handling.*

June 27 - 30 Mon - Thu 9:30 - 11:00 a.m. \$50  
Incoming grades 6th- 8th student/athletes  
Location: Caledonia High School  
Coach: Visser

*Students may register for both camps for \$100 (a \$15 discount)*

## Boys Elementary Basketball

*Four-day session designed to improve individual skills and promote teamwork.*

June 20 - 23 Mon - Thu 3:00 - 4:30 p.m. \$65  
Incoming grades 2nd - 5th  
Location: Kraft Middle School  
Coach: Visser

## Girls High School Basketball

June 13 -16 Mon - Thu 1 - 3 p.m. \$50  
Incoming grades 10th - 12th student/athletes  
Location: Caledonia High School  
Coach: Glass

## Girls Freshman Basketball

June 20 - 23 Mon - Thu 3 - 5 p.m. \$50  
Incoming grade 9th student/athletes  
Location: Caledonia High School  
Coach: Glass



## Girls Middle School Basketball

June 13 - 16 Mon - Thu 9 - 11 a.m. \$50  
Incoming grades 6th - 8th student/athletes  
Location: Caledonia High School  
Coach: Glass

## Girls Elementary School Basketball

June 13 - 16 Mon - Thu 4 - 5:30 p.m. \$50  
Incoming grades 3rd - 5th student/athletes  
Location: Caledonia Elementary School  
Coach: Glass

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

# 2016 AP Exam Schedule

**Register Online at [www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)**

<b>Week 1</b>	<b>Time: 8 a.m.</b>	<b>Time: 12 p.m.</b>
Monday, May 2	Chemistry Environmental Science	Psychology
Tuesday, May 3	Computer Science A	Art History
Wednesday, May 4	English Literature and Composition	Japanese Language and Culture
Thursday, May 5	Calculus AB	Chinese Language and Culture
Friday, May 6	German Language and Culture United States History	European History

Studio Art — Last day for Coordinators to submit digital portfolios (by 8 p.m. EDT) and to gather 2-D Design and Drawing students for physical portfolio assembly. Teachers should have forwarded students' completed digital portfolios to Coordinators before this date.

<b>Week 2</b>	<b>Time: 8 a.m.</b>	<b>Time: 12 p.m.</b>	<b>Time: 2 p.m.</b>
Monday, May 9	Biology  Music Theory	Physics C; Mechanics	Physics C; Electricity and Magnetism
Tuesday, May 10	United States Government and Politics	French Language and Culture Spanish Literature and Culture	
Wednesday, May 11	English Language and Composition	Italian Language and Culture Macroeconomics	
Thursday, May 12	Comparative Government and Politics World History	Statistics	
Friday, May 13	Human Geography Microeconomics	Latin	

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



## Fitness RX Fusion

Yoga, Pilates

Bring an amazing sense of awareness to your body, learn how to breathe properly, sculpt your muscles, and boost your flexibility, all in one hour. Yoga postures fused with pilates (and more) moves to help you relax and reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor.

**THIS IS A BEGINNER LEVEL CLASS- PERFECT FOR OVER FIFTY OR DECONDITIONED ADULTS.**

Wed 4/20 - 6/8 \$85 (\$75 early bird)  
6 - 7 p.m. DLMS Cafeteria

## Fencing – Safe?? YES!

Ironically, a sport that features a weapon is also among the safest sports for its participants. (Read more: <http://www.livestrong.com>.) 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!



Teen & Adult 14 and over  
Thu 4/28 - 6/2 6:30 - 7:30 p.m. \$89 (\$79 early bird)  
@ West Michigan Fencing Academy

## Men's Basketball - 25 & over

On Thursday nights, the Duncan Lake auxiliary gym will be open for men ages 25 and over to play basketball. No registration necessary. Bring your own basketball. **Please do not bring unsupervised children.**

Thu 3/3 - 6/2 (omit 4/7) 7-9 p.m. \$5 per visit. Limited to the first 25 players. DLMS Aux. Gym



## 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 5 years and teaching for 4. 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

**Spring Session** Wed 4/13 - 6/1 6:30 - 7:30 p.m.  
Dutton Elem. Cafe. or Tue 4/12 - 5/31 6:30 - 7:30 p.m. Caledonia Elem. Cafe. \$69 (early bird \$59)

## Adult Ballroom Dance

Looking for something different to do on date night?! Planning the perfect wedding?! No matter the reason, grab a partner and join us for an hour of dancing fun! In this four-week course, you will learn Swing, Salsa, and Waltz from an award winning dance couple who are dance instructors and choreographers at the Caledonia Dance & Music Center. Yes, guys, you'll learn your steps from a guy! Ladies, you'll learn your steps from a girl! Don't miss this chance to do something different and new with your partner! No experience needed!



Mon 4/11 - 5/2 8 p.m. - 9 p.m. \$99 (\$89 early bird)  
Caledonia Dance Center - 131 E Main Street SE, Suite E

### Pickleball - Lessons or Open Play

Love to play racquet sports? Pickleball is the newest and fastest growing sport in the U.S. It is a great game and very easy for beginners to learn! It is played with a perforated plastic baseball (similar to a whiffle ball) and wood or composite paddles. A quick, fast-paced, competitive game that can be easily learned. 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. If you already know how to play you can still join us, we will have some courts designated for open play.

Wed 4/20 - 5/11  
7-8:30 p.m. \$49 (\$39 early bird) DLMS Aux. Gym



### Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxillary gym on Tuesday 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.

Tue 3/1 - 5/24 (omit 4/5) 6:30 - 8:30 p.m. \$5 per night  
DLMS Aux Gym

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

### 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 4th degree black belt. He will be able to teach you wherever you currently are with karate instruction, from beginner to advanced.



M & W 4/18 - 5/25 \$89 (\$79 early bird)  
Ages 14 - Adult 7 - 8 p.m. KMMS Gymnatorium

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

Tue 3/29 - 5/17 (omit 4/5) 6-7 p.m. DLMS Cafe. \$95 (\$85 early bird)

### 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 3/31 - 5/19 (omit 4/7)  
\$95 (\$85 early bird) 6 - 7 p.m. Caledonia Elem. Cafe.



## Turbo Kick ~ The Evolution of Kickboxing

Forget everything you know about traditional kickboxing and get ready to find your new, favorite workout. A high intensity, body sculpting, fast paced alternative has taken its place and you'll never think of working out the same again. Yes... kickboxing has evolved and it's new name is Turbo Kick! Turbo Kick is the combination of cardio kickboxing mixed with precise dance moves and fused with fast-paced choreography to today's music, brought to you by Beachbody! But this isn't just any cardio kickboxing class. Turbo Kick is an intense cardiovascular blend of strength intervals and endurance training. Even if you've never tried kickboxing before, Catrina will coach you through the moves, teaching you correct form and movements. So what are you waiting for? Add some POWER, FUN and ENERGY into your next workout. Try Turbo Kick today!



Mon 4/18 - 6/13 (omit 5/30) \$89 (\$79 early bird)  
6 - 7 p.m. DLMS Cafeteria

## Pilates ~ Strengthen Mind & Body

Pilates is a great, low impact solution for those who are looking to develop strength, endurance and flexibility. With an emphasis on developing core strength, Pilates elongates and strengthens muscles throughout the entire body without creating bulk, and enhances breathing techniques as well as overall alignment. Pilates improves strength, coordination, flexibility and circulation through controlled movements that encourage both muscular and mental fitness. Pilates teaches balance and control, offering a variety of modifications for those with limited mobility and back problems, while still accommodating both beginners and advanced individuals. If you're looking for an exercise to connect mind and body together, enhancing both as one unit, then Pilates is for you!

Mon 4/18 - 6/13 or Thu 4/14 - 6/9 (omit 5/30) \$89  
(\$79 early bird)  
7 - 8 p.m. DLMS Cafeteria



## CIZE LIVE

Are you ready to shake up your old workout routine by putting some choreography into your cardio? Then CIZE is for YOU!! A Fun alternative to traditional workouts, CIZE puts the movement of dance into your cardiovascular conditioning and body strengthening fitness goals. Don't worry! CIZE is a Beachbody Workout designed for both beginners and advanced dancers. With step-by-step instructions from Coach Catrina, this workout will teach you each new move before incorporating it into full dance sequences, so you can have fun AND work up a sweat all at the same time! Give it a try and find out how dancers get those lean, muscular bodies.

Thu 4/14 - 6/9 \$89 (\$79 early bird) 6 - 7 p.m.  
DLMS TBA

Your instructor for these classes is Catrina Schnurstein, an AFAA Certified group fitness instructor, a Certified Beachbody, CIZE and Turbo Kick coach and a Certified Personal Trainer.

**Register  
online at  
[www.aledonia  
resourcecenter.org](http://www.aledoniaresourcecenter.org)**

## WERQ®

Want to get fit? Then let's go to WERQ®! WERQ® is the fiercely fun dance fitness class based on pop, rock, and hip hop music taught by our Certified Fitness Professional, Christy Sanchez. Join us and have fun getting fit.



Thu 4/14 -6/2 \$99 (\$89 early bird)  
6:30 - 7:20 p.m. DLMS Cafeteria

## Women's STREET Defense - RETALIATE-

Learn to be safe and protect yourself in this women's self defense class. Our instructor will teach fundamental releases and countermeasures from standing and sitting positions, as well as finding weapons from everyday objects. PLEASE BE ADVISED: This class will have FRANK discussions of assailants and their tactics.

Wed 3/9 - 3/30  
OR 5/4 - 5/25  
6:00 - 7:00 p.m.  
\$55 (\$45 early bird)  
Resource Center #302

Week 1 - Basic Escapes & Strikes  
Week 2 - Weapons from everyday items (Bring purse)  
Week 3 - Defenses from sitting & laying down  
Week 4 - Review & Retaliation



## Fast, Fresh and Fabulous

With every season, there are foods we love; recipes that capitalize on fresh ingredients and in-season flavors. Learn how to make delicious and healthy seasonal dishes in under 30 minutes.

Wed 4/13 5:30 - 7 p.m. \$29 (\$19 early bird) Resource Center Rm #301



## A Cut Above



Come learn all about the art of meat preparation!! Justin and his crew will introduce you to their special selection of quality fresh meats. In this two-week course, you will learn how to make sausage and jerky along with a few other surprises! You will even be given a sample of your creation to take home.

As an added bonus you will get to sample three of their Michigan beers from their Growler Station each week. You will also have an opportunity to purchase a growler to fill with your favorite beer to take home.

Mon 3/21 & 3/28  
6 - 7:30 pm \$59 (\$49 early bird)

This class will be held at the Campau Corner Meat Market and Growler Station, 6741 Whitneyville Ave., Alto, MI 49302

## Healthy You Series!

Join us for this 3-week series, OR choose the class(es) that interest you the most, and sign up for one or two!

**Label-reading and ingredient-decoding:** No more confusion over lengthy ingredient lists! Also learn which foods to be sure to purchase organic and non-GMO. April 14 or May 12

**Tips & Tricks for picky eaters:** Creative ideas and a family-friendly healthy-eating system, as well as recipes! April 21 or May 19

**The role of inflammation:** How food, lifestyle choices and mental well-being affect inflammation -the root of most diseases! April 28 or May 26

Thu 7:00 - 8:30pm. \$29 per session (\$19 early bird) or for all three sessions \$59 (\$49 early bird.)

DLMS TBA

**Instructor Bio:** Jen Belmonte is a Certified Health Coach, and specializes in helping busy people understand the role of lifestyle and food choices in their overall health and well-being.



## 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!

Winter Session II Tue 3/8 - 4/19 (omit 4/5)

Spring Session 4/26-5/31

\$59 (\$49 early bird) 3:30-5:00 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!

Winter Session II Thu 3/10 - 4/21 (omit 4/7) Spring Session Thu 4/28 - 6/2

\$59 (\$49 early bird) 3:30 - 5:00 p.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.

Winter Session II Thu 3/10 - 4/21 (omit 4/7)

Spring Session Thu 4/28 - 6/2

\$59 (\$49 early bird) 10:00-11:30 a.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.

Winter Session II Tue 3/8 - 4/19 (omit 4/5)

Spring Session 4/26-5/31

\$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 5 years she has been teaching knitting and crocheting in Kenya, Africa.*

## Sip and Paint

Arts & Carafes Studio is bringing their art studio to you. Sip and paint. Bring your favorite non-alcoholic beverage and join them for a fun acrylic painting series. Their Artist will walk you through a fun original painting each week. Step-by-step you will have a masterpiece. All supplies are included, even the apron. Join the fun and uncork your creativity today.

Spring Session I Wed 3/16 By The Waters Edge

Spring Session II Wed 4/20 Cityscape

6 - 9 p.m. \$45 per session. Choose one or more

sessions. (\$35 early bird) Resource Center Rm #302



## Beginning Zentangle & Basic Steps Beyond

In the first of our four sessions, we will explore the beginning steps of creating beautiful images from repetitive patterns. In the remaining classes, you will learn how to draw even more tangles, reverse the tangles, and create colorful tangles. No art training is necessary for this easy-to-learn and fun method of relaxation. "It increases focus and creativity, and provides artistic satisfaction along with an increased sense of personal well-being. ([www.zentangle.com](http://www.zentangle.com)) For the first class, you will need to bring your own #2 (or HB) pencil, a Sakura Pigma Micron 01 Black Pen, a 3 1/2" square, white Zentangle tile, and a small/medium tortillon (or blending stump). For your convenience, these materials will be available for you to purchase from me before class for \$5.00. A list for all additional supplies (\$10.00) will be handed out after the first class. Children 10 and up are welcome to attend (accompanied by an adult).



Mon 5/2 - 5/23 5:30 - 7:30 p.m. \$55 (\$45 early bird)  
Resource Center Rm #302 Instructor: Dawn Price, CZT (Certified Zentangle Teacher)

## Family Pallet Placard

Create and paint a personalized wood sign that will feature your family name using our all natural chalk type paint by Heirloom Traditions. All materials will be provided. All guests will receive a 10% discount on paint and materials for future projects! Participants are asked to wear appropriate painting clothes. Our instructor, Stephanie DeGraaf, owns Caledonia Vintage Marketplace. She has been professionally refinishing furniture for almost 9 years.

Tue 3/22 6 - 7 p.m. \$59 (\$49 early bird) All materials will be provided. Class is held at Caledonia Vintage Marketplace in Caledonia. Located at 9968 Cherry Valley Ave.

## Painting Your Kitchen Cupboards!

Bring one kitchen cabinet face and we will help you achieve a professional custom look with our all natural Heirloom Traditions chalk type paint. You don't have to replace your old cupboards! Your kitchen will have a whole new look and you could save hundreds of dollars! All materials will be provided for the class period. Guests will receive a 10% discount on their paint and supplies. Participants are asked to wear appropriate painting clothes. Paint color must be picked out ahead of time, when the class is booked. Please visit [www.heirloomtraditionspaint.com](http://www.heirloomtraditionspaint.com) to pick out your color, so we can make sure we have it in stock, just for you! Call or email Caledonia Vintage Marketplace with your color choice.

Sat 4/16 10:30 a.m. - 12 p.m. \$79 (\$69 early bird) Class is held at Caledonia Vintage Marketplace in Caledonia. Located at 9968 Cherry Valley Ave.



## Repurposed & Upcycled Home Décor!

Let me show you how to re-purpose or re-use items for use in your home décor! Easy and CHEAP ways to transform your home or garden. Learn to create personalized, handmade gifts for baby showers, weddings, new home owners & more!

Wednesday March 9th - Things for Spring

Thursday April 14th - Wall Art

Wednesday May 11th - Garden Goodies

\$25 per session (\$15 early bird) 6:30 - 7:30pm

DLMS: TBA

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

### Drawing 1-2-3 (Adult)

Intended for beginners, you will acquire basic drawing skills through step-by-step instruction, utilizing art principles like systems of proportion and the Golden Section. You'll explore a variety of subject matter with charcoal, pencils, ink, and other materials. This class is taught by a KCAD instructor.



Wed 3/16 - 4/27 (omit 4/6) 6:00-9:00 p.m. \$225 (\$215 early bird), supplies additional. Supply list will be sent to you. Resource Center Rm #302

### Abstract Painting (Adult)



Learn about the principles of composition and abstraction as well as how to achieve textural effects. View master abstract paintings and create several finished works in oil or acrylic. This course has the flexibility for both the beginner and more advanced painter. This class is taught by a KCAD instructor.

Thu 3/17 - 4/28 (omit 4/7) 6 - 9 p.m. \$225 (\$215 early bird) supplies additional. A supply list will be sent to you. Resource Center Rm #302.

### Digital Photography (Adult)

Ready to move past auto mode and explore your camera's program, manual, and priority capabilities? Produce creative photographs by controlling light, speed, and depth-of-field. Digital camera must have aperture priority, shutter priority, and manual shooting modes. Students must bring personal laptop with free photo editing software. (Download directions provided prior to course start date.) This class is taught by a KCAD instructor.



Wed 3/16 - 4/27 (omit 4/6) 6- 9 p.m. \$225 (\$215 early bird) Supplies additional. Resource Center Rm #301.

### 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 and if you can carry a tune, he can teach you to sing.

Tue 3/22 - 4/19 (omit 4/5) 5/3 - 5/24 1/2 hr private lessons 2:30 - 8 p.m. Guitar / Piano \$95 (\$85 early bird) Voice \$109 (\$99 early bird) DLMS Orchestra Rm

Your Instructor, Frank Eimer has been a professional musician for over 50 years. He has taught voice, guitar, bass and piano for over 30 years. He was inducted into the Michigan Rock & Roll Legends Hall of Fame in 2009.

### Spanish

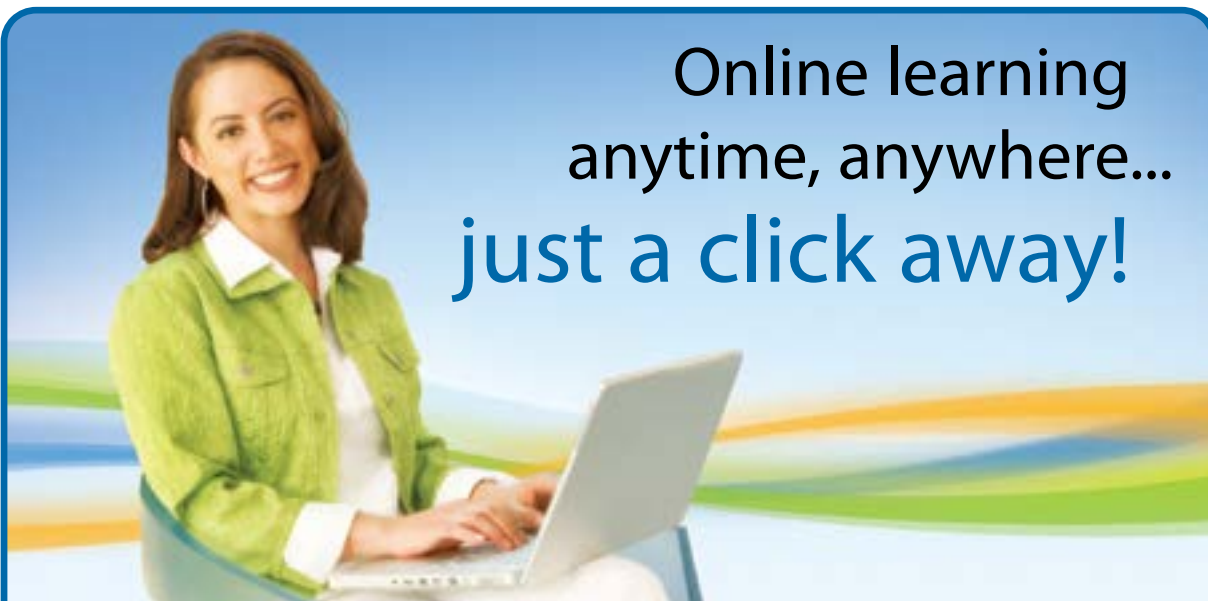
It's never too late to learn a foreign language. It can be both easy and fun and it will definitely enrich your life, whether it be planning your next vacation, business, or simply reading a Spanish menu. Beginning Spanish will introduce you to simple expressions and to vocabulary as well as the Spanish culture. We will be using the textbook Spanish The Fast and Fun Way. The cost for this book is \$18.95 plus tax and may be purchased from the instructor. This book is not required.

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 4/12 - 5/31 \$99 (\$89 early bird) 7 - 9 p.m. Resource Center Rm #301



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



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

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

**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 4/21 - 5/12 7-9 p.m. \$55 per person/spouse free (\$45 early bird) DLMS #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 5/25 6:30 - 9:00 p.m. \$35 (\$25 early bird) DLMS Rm #TBA



Caledonia Community Players PRESENT

**How I Became a Pirate**

Book, Music and Lyrics by Janet Tash Ugg and Mark Freedman  
 Based upon the book "How I Became a Pirate"  
 Written by Melinda Long and Illustrations by David Shannon  
 Performed in arrangement with Houghton Mifflin Harcourt and The Sandra Dilmore Library Agency

**Saturday, March 19 @ 7:00 pm**  
 Day performances for elementary schools will be March 16 & 17.  
 Performance at the Duncan Lake Performing Arts Center  
 9757 Duncan Lake Ave Caledonia MI 49316

**All tickets \$6.**  
 General Admission only. Pay online or at the door.

Call 891-8117 for tickets or more information.  
 Order tickets online at [CaledoniaPlayers.org](http://CaledoniaPlayers.org)

**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.



"Tomorrow I'll teach you how to land."

## 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 the following products to take home and use!

1. Immune System Booster Roll On
2. Sweet Dreams Cream
3. Seasonal Discomfort Roll On
4. Hand Sanitizer

Mon 3/28 6:30 - 8:00 p.m. \$40 (\$30 early bird) All supplies will be provided. Resource Center Rm #301

## Essential Oils Make & Take Personal Products

Our skin is the largest organ of the body. 26 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 oh so healthy for your skin!

1. Detox Bath Salts
2. Bubble Bath
3. Make-Up Remover
4. Sugar Scrub

Thu 4/14 6:30 - 8:00 p.m. \$40 (\$30 early bird) All supplies will be provided. Resource Center Rm #301

## Detox Your Home!

Let's learn how to live healthier by DETOXING our homes and revamping our cleaning supplies to use some more natural, and cost-effective methods of cleaning! We will be making the following products during this class:

1. Wood Furniture or Floor Cleaner
2. Carpet Deodorizer/Freshener
3. Air & Furniture Spray
4. Better Than Soft Scrub

Mon 4/25 6:30 - 8:00 p.m. \$40 (\$30 early bird) All supplies will be provided. Resource Center Rm #301

## Cooking with Essential Oils

Interested in enhancing the flavor of your favorite foods and receiving great health benefits along the way? Let's explore different ways to use essential oils in our every day cooking. Join me in making the following recipes during this class:

1. Energy Bites
2. Lemon-Basil Vinaigrette
3. Sea Salt Seasoning
4. Ninxgia Red Shots

Thu 5/12 6:30 - 8:00 p.m. \$40 (\$30 early bird) All supplies will be provided. Resource Center Rm #301

## Dog Training

**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 3/22 - 5/3 (omit 4/5)  
7-8 p.m. \$95 (\$85 early bird)  
Resource Center Rm #302

**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 3/22 - 5/17 (omit 4/5)  
6:00 - 6:45 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 almost 30 years and has been teaching dog obedience classes for 20 years. She is also involved in competitive obedience, dog assisted therapy, and as a 4-H leader.*

# GO A.W.O.L.

ADULTS WITH OUT LIMITS

## Pin Pals

Join us for our last bowling and a buffet lunch of the season, at Spectrum Lanes on Clyde Park.

Mon 3/14 11 a.m. - 1 p.m. \$19 per session (includes bowling, shoe rental and lunch.)



## Biking

Our biking group will begin their season rides on Tuesday, May 3 (weather permitting.) We will meet at the trailhead on Main Street in Caledonia at 10:00 a.m. Following our ride, we will meet at Uccello's for lunch, and to talk about our plans for the season. If you would like to join us, please e-mail Sherry at [stehouwers@calschools.org](mailto:stehouwers@calschools.org) and ask to be added to our e-mail list. An e-mail will be sent out the day before the ride to confirm the location or to cancel due to inclement weather. We welcome new riders and hope to have you join us!

## 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 [stehouwers@calschools.org](mailto:stehouwers@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.

## 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. We will meet at the designated trail at 11:00 a.m. Our first hike will be May 18. We will hike the North Country National Scenic Trail in Lowell.



Please e-mail Sherry at [stehouwers@calschools.org](mailto:stehouwers@calschools.org) to be put on our e-mail list. An e-mail will be sent out the day before the hike to confirm the location or to cancel due to inclement weather.

Wed 5/18 11 a.m. North Country National Scenic Trail - Lowell

## Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School Auxiliary gym on Tuesday 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.

Tue 3/1 - 5/24 (omit 4/5) 6:30 - 8:30 p.m. \$5 per night DLMS Aux. Gym



# Register online at

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

# Cape Cod & Martha's Vineyard Bike Tour

August 28 - September 2, 2016  
6 Days - 5 Nights

A cool ocean breeze wafts replenishing salty air while we pedal past the sun-kissed beaches of Cape Cod and "The Vineyard." Join Caledonia Resource Center and VBT, to experience authentic New England charm and cycle along the scenic and peaceful Cape Cod Rail Trail, dine on freshly caught seafood, and browse colorful boutiques and art galleries of sleepy coastal villages that burst with life in the summer months. A ferry to Martha's Vineyard whisks us away to an island getaway where we'll meet local artisans, enjoy a bike route dotted with 19th century gingerbread cottages, fishing villages, and dramatic beach-top cliffs before retiring to our relaxing harborside inn.

## Cultural Highlights:

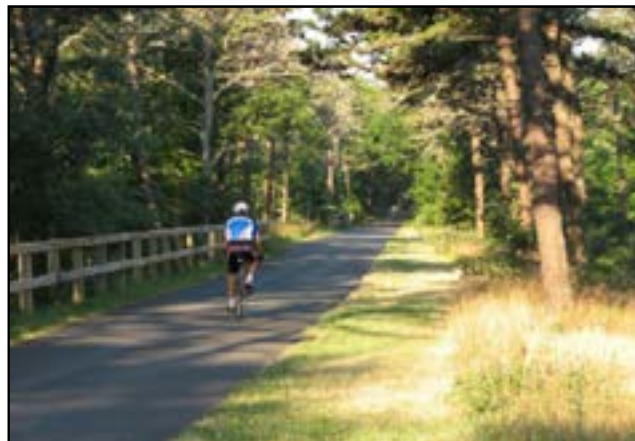
- Ride along the scenic Cape Cod National Seashore and learn about local ecology at the Salt Pond Visitor Center
- Board "Chappy"—the small ferry that services Chappaquiddick Island—and visit the island's infamous Dike Bridge and Mytoi Japanese Garden
- Explore the colorful, 19th century era gingerbread cottages and of Oak Bluffs, a historic summer community
  - Dine on classic New England fare like clam chowder and freshly caught fish
  - View the breathtaking Aquinnah Cliffs from the beach below or the iconic lighthouse that sits atop them

## What to Expect:

This tour offers mostly easy terrain with the occasional rolling hill and the opportunity for some longer rides. The VBT van support shuttle is always available throughout the trip.

Average Daily Mileage: 18 - 62 miles (mileage varies depending on your choice)  
Average Cycling Time: 2 - 4 1/2 hours

**Bikes and Helmets provided by VBT**



## **\$2545 per person / double occupancy**

*Land only tour, group travel arrangements to Boston will be made based on the number of participants. Cost is subject to change until final payment is received. A deposit of \$350 per person will secure your space. This deposit is partially refundable up to 90 days out from departure (\$150 per person nonrefundable).*

**To register for this amazing vacation, or for more information, call Sherry at 616-891-8117 or e-mail [stehouwers@calschools.org](mailto:stehouwers@calschools.org)**

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 24- 26 of this catalog. Please register for these class at least 10 days prior to the start of class on our website at [www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org). All classes are held at the Kentwood Aquatic Center, on the East Kentwood High School Campus, off Kalamazoo avenue, 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.

4/1-4-30, 5/2 - 5/51, 6/1 - 6/30, 8/1-8/31

### 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 7:30 - 8:20 a.m. \$36

### 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 8:30 - 9:20 a.m. \$36



### 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.

Mon & Wed 9:30 - 10:20 a.m. \$36

### Medium Impact Step Aerobics

Let your body follow the rhythm while focusing on cardio, core, back, and legs.

Tue 7:50 - 8:35 p.m. \$19

### 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.

Mon & Wed 10:30 - 11:20 a.m. \$36

Tue & Thu 10:30 - 11:20 a.m. \$36

### 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



### Medium Impact Water Fitness

This class is set up so that you can get a good heart beating fitness workout in the water. Help improve your cardiovascular conditioning, strength, balance and flexibility leading to better muscular tone.

Tue & Thu 8:30 - 9:20 a.m. \$36

### Water Fitness

This class is set up so that you can get a good fitness workout in the water. Come and meet new people, as we not only keep our bodies in shape and fit, but also our minds, getting the chance to socialize with many other people in the local community.

Tue & Thu 9:30 - 10:20 a.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!

Thu 7:50 - 8:35 p.m. \$19



## Aquatics Safety Classes

### American Red Cross Lifeguard Training

These classes teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Sat 3/5-3/26 7:30 a.m. - 4:00 p.m.  
Mon - Thu 4/4 - 4/7 7:30 a.m. - 4:00 p.m.  
Tue -Thu 5/10 - 5/19 4:00 - 9:00 p.m.  
Tue 5/31 - 6/3 7:30 a.m. - 4:00 p.m.  
Mon - Thu 6/13 - 6/16 7:30 a.m. - 4:00 p.m.  
Mon - Thu 8/22 - 8/25 7:30 a.m. - 4:00 p.m.  
\$250 Includes pocket mask, materials and certification cards.

### LGI or Lifeguard Instructor Training

These classes train instructor candidates to teach basic-level Lifeguarding, Waterfront Lifeguarding, Waterpark Lifeguarding and Shallow Water Attendant (all including first aid), Lifeguard Management, CPR/AED for the Professional Rescuer, and Administering Emergency Oxygen. This class also includes Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses.



Sat 3/5 - 3/26 7:30 a.m. - 4:00 p.m.  
Tue - Fri 5/31 - 6/3 7:30 a.m. - 4:00 p.m.  
Mon - Thu 6/13 - 6/16 7:30 a.m. - 4:00 p.m.  
Mon - Thu 8/22 - 8/25 7:30 a.m. - 4:00 p.m.  
\$300 includes both instructor card and basic certification card.

### WSI or Water Safety Instructor Training

To train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics.

Tue, Thu, Fri 4:30 - 8:15 p.m. & Sat 7:30 a.m. - 12:00 p.m. 4/12 - 4/23  
Tue, Thu, Fri 4:30 - 8:15 p.m. & Sat 7:30 a.m. - 12:00 p.m. 5/3 - 5/17  
Tue, Thu, Fri, 3:00 - 9:00 p.m. Wed & Sat 7:30 a.m. - 2:00 p.m. 6/14 - 6/18  
Tue, Thu, Fri, 3:00 - 9:00 p.m. Wed & Sat 7:30 a.m. - 2:00 p.m. 8/16 - 8/20  
\$275 includes FIT training, certification card and all training materials (books / cd).

### 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: 4/22 - 6/10 or 6/17 - 8/5  
6:00 - 6:45 p.m. \$85

#### Days: Saturdays

Session Dates: 4/23 - 6/11 or 6/18 - 8/6  
8:30 - 9:15 a.m. \$85

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.

### 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 & Thursdays

Session Dates: 3/22 - 4/14, 4/19 - 5/12, 5/17 - 6/9, 6/14 - 7/7, 7/12 - 8/4, 8/9 - 9/1  
5:30 - 6:00 p.m. \$85

#### Days: Fridays

Session Dates: 4/22 - 6/10, 6/17 - 8/5, 8/12 - 9/30  
4:30 - 5:00 p.m. \$85

#### Days: Saturdays

Session Dates: 4/23 - 6/11, 6/18 - 8/6 - 8/13 - 10/1  
9:30 - 10:00 a.m. \$85

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.

**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 Level 4: Stroke Improvement**

Students will develop confidence in their strokes they have learned so far and to improve on other aquatic skills. Breaststroke, Butterfly, Sidestroke, and Back crawl will be introduced. Skills taught include headfirst entry from the compact and stride positions, front and back open turns, and water safety will be covered.

**Learn-to-Swim Level 5: Stroke Refinement**

Students will coordinate and refine their Front crawl, Back crawl, Breaststroke, Sidestroke, Butterfly and Elementary backstroke. Skills taught include shallow angle dive, front and back flip turns, and personal water safety.

**Learn-to-Swim Level 6: Swimming and Skill Proficiency**

Three different options will be available for Level 6 – Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer.

**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: 3/22 - 4/14, 4/19 - 5/12, 5/17 - 6/9, 6/14 - 7/7, 7/12 - 8/4, 8/9 - 9/1  
5:00 - 5:45 p.m. \$85

**Days: Tuesdays**

Session Dates: 4/19 - 6/7, 6/14 - 8/2, 8/9 - 9/1  
6:00 - 6:45 p.m. or 7:00 - 7:45 p.m. \$85

**Days: Thursdays**

Session Dates: 4/21 - 6/9, 6/16 - 8/4, 8/11 - 9/29  
6:00 - 6:45 p.m. or 7:00 - 7:45 p.m. \$85

**Days: Friday**

Session Dates: 4/22 - 6/10, 6/17 - 8/5, 8/12 - 9/30  
5:00 - 5:45 p.m. \$85

**Days: Saturdays**

Session Dates: 4/23 - 6/11, 6/18 - 8/6, 8/13 - 10/1  
10:00 - 10:45 a.m. or 11:00 - 11:45 a.m. \$85



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



# Northern Michigan Adventures

## Mackinac Island ♦ Munising ♦

### Brimley

#### June 26-28, 2016

Join us for a step back in time as we travel to Mackinac Island. Our hotel for the evening will be the Lake View Inn which is conveniently located on Main Street so you will have easy access to all the activities. Shop for that special souvenir and, of course, the famous Mackinac Island fudge. You will also enjoy dinner at Goodfellows and a narrated carriage tour of the island. After dinner you can choose the optional narrated sunset boat tour onboard the Ugly Anne.

The second day of our trip will take us to Munising where you will have three options for the day. You can take a scenic Pictured Rocks boat tour, take the glass bottom Shipwreck boat tour, or visit the Kewadin Casino in Christmas, Michigan. Our day will end at the Bay Mills Casino where you will have plenty of time to test your luck. We will be staying at the casino hotel for this evening so you will be able to stay and play as long as you like. You will receive \$15 in slot play plus \$10 in dining credits.

On our last day we will visit Tahquamenon Falls before heading to Caledonia. Along the way we will stop in Petoskey for a tour of the Kilwin's Chocolate Shoppe. Enjoy some freshly made chocolates or a scoop of your favorite ice cream.

Call 891-8117 for More Information

### Optional Tours

- Ugly Anne Sunset Boat Tour -1 hour \$24 (Day 1)
- Pictured Rocks Boat Tour- 2.5 hours \$37 (Day 2)
- Glass Bottom Shipwreck Boat Tour - 2 hours \$32 (Day 2)
- Kewadin Casino - Christmas, Mi - 2 hours - no free gaming package offered. (Day 2)

Please let us know which tour(s) you would like when you make your reservations.



### Tour Includes:

- 2 Nights Accommodations
  - 1 night - Lake View Inn on Mackinac Island
  - 1 night - Bay Mills Casino Hotel
- 2 Breakfasts
- Narrated Carriage Tour of Mackinac Island
- Dinner at Goodfellows
- Round Trip Ferry Service
- Luggage Service
- \$15 in slot play and \$10 in Dining Credits
- Kilwin's Chocolate Tour
- Motorcoach Transportation
- Driver Gratuity



\$435 pp/dbl

\$565 single

Reserve your space online at  
[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)  
 or stop by the Resource Center at  
 9749 Duncan Lake Ave.

\$110 deposit required to hold your space.  
 (Refundable until April 24.)

Final Payment Due: May 11, 2016

Departs: June 26 approximately 7:30 a.m.  
 Returns: June 28 approximately 8:00 p.m.

# KDL

## Kent District Library

www.kdl.org

The Caledonia Library will be hosting the following classes. Registration is required and begins one month before the scheduled class on the first Monday of each month for KDL patrons and the second Monday for non-KDL patrons. To register, call 616-784-2007 or visit your local KDL branch. Please provide your library card number at time of registration.

### KDL Reads: Calligraphy

Students will learn basic modern calligraphy how to enhance their own handwriting with lettering techniques. Use this with journaling to truly find your voice and express yourself beautifully. Pre-registration is required. Arts & Crafts. For adults.

Tuesday, March 15 6:30 PM

### KDL Reads: Every Family Has a Story

Every family has a story, and KDL can help you discover yours. Learn the basics of researching your family's history through vital records, the census and other various documents. Discover online resources for accessing genealogical material as well as search strategies for navigating both print and digital records. Computers & Technology Instruction. For adults.

Tuesday, April 19 at 6:30 PM

### Art In: Needlework Samplers Revisited

Join us and share your needlework samplers. Share your stories and memories. Refreshments will be served. Sponsored by Art In Caledonia.

Thursday, April 28 at 6:30 PM.

### Babytime

Delight and stimulate your baby with songs, a story and playtime. Get to know other families and help your baby develop listening and language skills. For babies from birth to 18 months with a caregiver.

Mondays, March 7-May 9 at 11 AM.

### KDL Summer Programs

#### Families - Flying Aces

Check out this professional Frisbee team as they put on a highly athletic, entertaining and interactive show.

Monday, June 13 at 6:30 PM

#### Families - A Magic Show with Tom Plunkard

Tom Plunkard's entertaining and hilarious show includes animals, audience involvement and tons of amazing magic. For all ages.

Thursday, June 23 at 2:00 PM

#### School Age - John Ball Zoo visits KDL

John Ball Zoo brings their Traveling Zoo Program to the library. There will be a live animal presentation with some interesting facts.

Thursday, July 21 at 2:00 PM

#### Families - Village Puppeteers

It's a raucous comic romp, packed with silly antics and featuring a cavalcade of colorful puppets, Puss 'N Boots, the Three Little Pigs, Humpty Dumpty, Little Miss Muffet and Rumpelstiltskin joined by a host of others, including a dazzling dragon. For all ages.

Wednesday, July 13 at 10:00 AM

### 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 Parfetto's, 6450 100th Street. For more information please contact Jane Heiss at 891-7651.



### 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.

Tue & Thu 3/1 - 6/9 (omit 4/5 & 4/7) 9:15 - 11:00 a.m.  
Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym



### Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room 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 3/2 - 6/10 (omit 4/4 4/6, 4/8, 5/30) 10:00 - 11:00 a.m. Free (donations accepted) for 55 and over -\$2 per visit under 55.



### Hand & Foot

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

Wednesday 1 - 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!

Fri 1 - 3 p.m. FREE  
Resource Center Rm #301  
Will meet on Thursdays during the summer.

### Fitness RX Fusion

*Yoga, Pilates*

Bring an amazing sense of awareness to your body, learn how to breathe properly, sculpt your muscles, and boost your flexibility, all in one hour. Yoga postures fused with pilates (and more) moves to help you relax and reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor. THIS IS A BEGINNER LEVEL CLASS- PERFECT FOR OVER FIFTY OR DECONDITIONED ADULTS.

Wed 4/20 - 6/8 \$85 (\$75 early bird) 6 - 7 p.m. DLMS Cafeteria

### Senior Neighbors Presentation

Since its founding in 1972, Senior Neighbors has served seniors in Kent County, Michigan aged 60 and over. We are dedicated to helping approximately 4,000 seniors annually remain healthy and independent into their later years. The mission of Senior Neighbors is Enhancing the Lives of Seniors. Please join Medicare Medicaid Specialist Khue Dinh to hear about all the Senior Neighbors services you can take advantage of!

Mon March 29 10 am Free  
Resource Center Room 301

### Medicare Medicaid Presentation

Let's put your Medicare knowledge to the test! Join Senior Neighbors Medicare / Medicaid Specialist Khue Dinh for a game of Medicare BINGO. Prizes include a morning full of fun and laughs and a lots of useful insurance information!

Mon April 18 10 am Free  
Resource Center Room 301

# St. Patrick's Day Euchre Tournament



## Food~Prizes~Fun

When: Thursday, March 17  
 Time: 11:30 a.m.  
 Cost: \$10 includes pizza lunch and prizes.  
 RSVP: You must pre-register by March 7 to reserve your space. Call 891-8117.



## Navigating Social Services

When it comes to searching for help for families experiencing troubles due to unemployment, unstable housing, or financial issues, many people don't know where to turn. In the Caledonia area, families can contact Helping Hands Services at 536-4919.

There are a variety of community resources that can help families make things better. One of the services provided is helping people become employed. These services can include resume development, skill explorations, job search skill development, and job search coaching. For more information on community resources and services, contact Helping Hands Services at 536-4919.

# 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.

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[snydermonuments@gmail.com](mailto:snydermonuments@gmail.com)

"Honor a Loved One that will last a Lifetime"



**Watch for our  
 NEW PrimeTime  
 Exclusive Newsletter...  
 Coming soon!!**

## Prime Timers need YOU!

We meet on Fridays from 9 a.m. -12 p.m., at the Senior Activity Center. Drops in welcome!! You don't have to commit to specific days. Come whenever you are able.

- We make quilts for Veterans
- Pillows for the Hospitals
- Blankets for Shelters
- Blankets for Families of Disasters

You do NOT need to be able to sew to help. Chances are you know someone that one of our blankets have comforted.

NEEDED: Donations of NEW unused fabric.



## 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 3/24, 4/28 & 5/26  
1-3 p.m. 25¢ per card donation  
Resource Center #301  
Don't forget to join us for Lunch Bunch before Bingo!

## Potluck Luncheon

Join us on the first Wednesday of each month at 11:30 for a potluck lunch. Bring a dish to pass and your own drink. Plates, napkins, and silverware will be provided. Enjoy a game of Hand and Foot immediately following lunch. No need to pre-register. Everyone is welcome!



## 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, or you can meet us at the restaurant. Please call us at 891-8117 to make reservations (so we can let the restaurant know how many are coming.)



Date: Thursday, March 24  
Place: Logan's - Gaines  
Time: 11:30 a.m.

Date: Thursday, April 28  
Place: Anna's House - Kentwood  
Time: 11:30 a.m.

Date: Thursday, May 26  
Place: Olive Garden - Kentwood  
Time: 11:30 a.m.

Date: Thursday, June 23  
Place: On the Border - Kentwood  
Time: 11:30 a.m.

## A.W.O.L

Check out the activities in our A.W.O.L. program. We have many fun adventures planned for any adult that enjoys a more active lifestyle. See pages 21 & 22 of this catalog.





# 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. 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, dinner buffet, breakfast buffet, and \$70 back in free play (subject to change). This trip will fill up fast! Call us at 891-8117 to make a reservation.



September 24 & 25, 2016, \$155 per person \$50 deposit due with registration. **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.

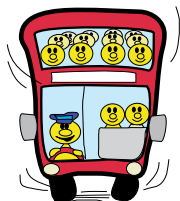
Includes: Motorcoach transportation, hotel accommodations, dinner, breakfast, refreshments on the bus, \$70 in free play, and luggage service.

## 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
- Handicap or special needs

## Bus Departure Location

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



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

## Little River Casino

Join us for a day trip to Little River on Wednesday, May 4. The bus will depart from the football field parking lot at 7:30 a.m. and return at 6:00 p.m. The cost per person is just \$30. You will receive \$20 Premium Play pre-loaded onto your Players Club Card, and a \$5 Food Coupon! (Premium play is subject to change.)

**You must bring a photo ID to receive premium play.**



Wednesday, May 4, 2016 7:30 a.m. - 6:00 p.m. \$30. Reservations must be made by March 31.

**Register Online at  
[www.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)**

## Get Trip Information Fast!!

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

# Shades of Ireland

November 7 - 16, 2016

10 Days • 13 Meals

**Highlights:** Dublin, Irish Evening, Kilkenny, Waterford Crystal, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Farm Visit, Limerick, Cliffs of Moher, Galway, Castle Stay



**BOOK NOW AND SAVE!**

Double \$2949

Single \$3349

Triple \$2919

If booked by May 9, 2016.

Call for pricing after May 9.



Join us for a travel presentation on Thursday, April 14, 2016 at 10:00 a.m.. Please RSVP 616-891-8117

Include Roundtrip Airfare from Grand Rapids, Air Taxes and Fees/Surcharges, Hotel Transfers

# Alaska Cruisetour

With Princess Cruises on the Island Princess

11 Days / 10 Nights

May 14, 2017

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

Day 2 - Anchorage/Mt. McKinley- Board a motorcoach for your journey along the dazzling George Parks

Highway, an attraction in itself. You may catch your first views of incredible Denali along the way. Once you arrive at the Mt. McKinley Princess Wilderness Lodge, the mountain is visible for nearly anywhere on the property.

Day 3 - Mt. McKinley/Denali- This morning you depart on another scenic motorcoach ride to the Denali Princess Wilderness Lodge at the doorstep of Denali National Park. You're treated to an afternoon Natural History Tour to learn more about the flora and fauna of the area before returning to the lodge. Tonight, opt for the lively "Music of Denali" dinner theatre, a great introduction to the region's culture and history.

Day 4 - Denali/Whittier- Enjoy the scenic rail journey through some of the best wilderness in the Great Land on our exclusive Direct-to-the-Wilderness rail service. Once in Whittier, you'll step from the train onto your ship for the beginning of your unforgettable cruise.

Day 5 - Hubbard Glacier, Alaska (Scenic Cruising)

Day 6 - Glacier Bay National Park

Day 7 - Skagway, Alaska 7

Day 8 - Juneau, Alaska

Day 9 - Ketchikan, Alaska

Day 10 - At Sea

Day 11 - Vancouver, British Columbia

Inside Cabin Category ID \$3,432

Outside Cabin Category OE \$3,982

Outside Cabin Category OC \$3,982

Balcony Cabin Category BD \$4,332

Balcony Cabin Category BC \$4,367

Mini Suite Cabin Category MD \$4,532



**Call 891-8117 for more information.**

# Spain's Classics & Portugal

Departing October 26, 2016 - 14 Day Tour

## Highlights....

Lisbon • Fatima • Nazare • Obidos • Madrid • Royal Palace • Toledo • Cordoba • Seville • Flamenco Show • Granada • The Alhambra • Valencia • City of Arts & Sciences • Lladro-City of Porcelain • Paella Experience • Barcelona • Gothic Quarter • La Sagrada Familia • Parc Guell

Experience Spain's colorful pageant of art, history and culture. Set against a backdrop that spans sunny Mediterranean shores and grand mountain ranges, this stunning destination is dotted with white pueblos, groves of oranges and olives. Explore the priceless treasures of the Royal Palace, Europe's 2nd largest palace. Visit the exotic and expansive Alhambra palace, resplendent with Moorish regal flair. See the Cathedral of Seville, the 3rd largest in the world. Enjoy reserved seating at a flamenco show and feel the passion of this famous dance. Explore Madrid, Valencia, Barcelona, Granada, Cordoba and Toledo. Become part of an authentic "paella experience," and learn how this rice dish is made and where it originated. Marvel at Valencia's "City of Arts & Sciences." See how precious Lladro figurines are made by hand. View Antonio Gaudi's architectural masterpieces, including La Sagrada Familia. Spain beckons.

- Behold the capital city of Portugal during your 3-night stay in downtown Lisbon.
- Tour Toledo, the former capital of the Spanish Empire.
- Feel the energy of Spain at a flamenco performance in Seville.
- Discover 13 UNESCO World Heritage sites.
- Enjoy two-night stays in captivating Madrid, Seville, Valencia and Barcelona.
- Explore the monumental Royal Palace, official residence of the royal family.
- Savor regional wine with every included dinner.

Priced at \$4,499 pp/double occupancy - including air from Grand Rapids



For More Information or to Reserve Your Space

Call 891-8117

# Magical Rhine and Moselle Rivers

Fall 2017

9 Days • 20 Meals

## The Enchanting Rivers of Europe

Set sail on a cruise along the Rhine and Moselle rivers that will take you to The Netherlands, Germany and France. Sit back and relax in your outside stateroom, and enjoy the luxury of unlimited wine or beer with every dinner and daily onboard musical performances. Join a local expert for a tour of Amsterdam, highlighting the city's centuries-old canal system and famous 16th-century row houses stacked side-by-side. This cruise will bring you by charming panoramas while you get to know the interesting culture and deep history of the region. Spend time in Speyer, one of Germany's oldest cities. Pause in Rudesheim, to explore the famous Siegfried's Mechanisches Musikkabinett (or Music Museum.) Tour the 2,000-year-old city of Koblenz. Your stop in Cologne features a guided walking tour of the city's old town and Cologne Cathedral. Spend the afternoon in Bernkasel and sip wine in one of the famous cellars. Enjoy a guided tour of the world famous Strasbourg old town.

This trip sells out 18 months in advance. Please call 891-8117 and let Sherry know if you are interested in our next available date.

**Highlights...Strasbourg, Speyer, Mannheim, Rudesheim, Siegfried's Mechanical Music Museum, Koblenz, Cochem, Moselle River, Wine Tasting, Cologne, Amsterdam**



## Southern Charm

March 18 - 24, 2017

7 Days - 6 Nights

Take a break from the Michigan winter and join us for this 7 day tour to the sunny south. Our tour will begin in Jacksonville, Florida then travel up the coast ending in Charleston, South Carolina. Call us for a complete travel brochure on this wonderful get-away.

**Tour Highlights:** St. Augustine, Jekyll Island, St. Simons Island, Savannah, Factors Walk, Historic Charleston, Boone Hall Plantation.

\$2749 Per Person Double - Includes round trip air from Grand Rapids. (For bookings made before September 19.)

Join us for a travel presentation on Thursday, April 14, 2016 at 10:00 a.m. Please RSVP 616-891-8117



Call 891-8117 for more information.



Caledonia Community Players **Next shows ...**



March 16, 17 & 19, 2016

# How I Became a Pirate

June 17, 18, 24 & 25, 2016



Disney and CAMERON MACKINTOSH'S

# MARY POPPINS

THE BROADWAY MUSICAL

©Disney/CML



Call 891-8117 for reserved tickets.

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

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Caledonia Community Schools  
 Randy Rodriguez.....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  
 Bill Donohue.....President  
 Marcy White.....Vice President  
 Michael LoMonaco.....Secretary  
 Mary Anne Timmer.....Treasurer  
 Mike Patterson .....Trustee  
 Tim Morris.....Trustee  
 Chris Behm.....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.caledoniaresourcecenter.org](http://www.caledoniaresourcecenter.org)

At the main page, you can 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



**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 not receive a receipt. 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 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 \$3 for credit/debitcard 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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Visa or MC # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_  
 (Convenience fee \$3 for credit/debitcard will be applied.)



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www.caledoniarresourcecenter.org  
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Caledonia Community Players **PRESENT ...**

June 17, 18, 24 & 25, 2016

Disney and CAMERON MACKINTOSH:



# MARY POPPINS

THE BROADWAY MUSICAL

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