

A smiling woman with short brown hair, wearing a beige winter coat with a fur collar and a green knit scarf, is hugging a young girl from behind. The girl is wearing a red winter coat, a red and black patterned knit hat with a pom-pom, and colorful patterned mittens. They are both smiling and playing in a snowy field with falling snowflakes.

COMMUNITY CONNECTIONS

Winter 2017

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**Daddy / Daughter
Hair Styling**

**American Sign
Language**

**Fitness Classes
For Your New
Year's Resolution**

**Live, Laugh, &
Learn Together**

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

Welcome to the Caledonia Resource Center's Winter 2017 Brochure



Enchanted Ballet.....Pg 2

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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. 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 3.95% 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 receive a receipt when paying with a check only if an email is provided.



We Respect Your Privacy!

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

www.caledoniaresourcecenter.org

Youth Sports

Music FunTime (Ages 3-4)

In this class, children learn rhythm, pitch, music theory and the technique of playing instruments in a fun, nurturing, and up-beat classroom environment. In succession of studies from Johns-Hopkins Research Center about the magical connection between math and music, Music FunTime is teaching music to children as young as 18 months of age! Music FunTime is a licensed music program taught through Caledonia Dance & Music Center. Tuition includes a complete set of Music FunTime Level 1 instruments.

Student Showcase on 4/24 at 6:30pm at Duncan Lake Middle School PAC

Wed, 3/8 - 4/19 (Omit 4/5) 11:00-11:30 a.m.
Tuition and Instruments: \$134 (early bird \$124)
Resource Center Room 302



Enchanted Ballet

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

Student Showcase
on 4/24 at 6:30 pm
at Duncan Lake
Middle School PAC



Ages 2-3

Dancers must be at least two years old by Jan. 1, 2017.
Tue 3/7 - 4/18 (omit 4/4) 7:05 - 7:35 p.m.
\$89 (\$79 early bird) Caledonia Dance and Music Center (Studio D) 131 E Main Street

Ages 3 - 4

Dancers must be at least three years old by Jan. 1, 2017.
Mon. 3/6 - 4/17 (Omit 4/3) 11:00-11:30 a.m.
\$89 (\$79 early bird) Resource Center Rm 302

Boppin' Babies

(12-24 months-adult lap required)

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

Tues. 3/7 - 4/18 (Omit 4/4) 6:30-7:00 pm
\$89 (\$79 early bird)
Caledonia Dance and Music Center (Studio D)
131 E Main Street

Tumble Kids (K-3rd Grade)

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



Students must be the age of this class by January 1, 2017.

Mon 1/9 - 2/6 4:30-5:00 p.m.
\$89 (\$79 early bird)
Caledonia Dance & Music Center (Studio C)
131 E Main Street

So You Think You Can Lyrical (1st - 4th Grade)

Inspired by the hit TV show So You Think You Can Dance, this class introduces young dancers to lyrical dance – a beautiful blend of ballet and jazz. Dancewear such as leotard, tights or leggings, and ballet shoes is recommended.
Student Showcase on 4/24 at 6:30pm at Duncan Lake Middle School PAC

Weds. 3/8 - 4/19 (Omit 4/5) 4:15-4:45pm
\$89 (\$79 early bird)
Caledonia Dance and Music Center (Studio D)
131 E Main Street

Youth Sports

So You Think You Can Hip Hop (1st - 4th Grade)

Inspired by the hit TV show So You Think You Can Dance, this class introduces young dancers to hip hop Bounce along to the beat in this energetic fun-filled class! Dancewear such as black sweatpants, tank top or leotard, and clean gym shoes is recommended.

Student Showcase on 4/24 at 6:30pm at Duncan Lake Middle School PAC

Weds. 3/8 – 4/19 (Omit 4/5) 5:45-6:15pm
\$89 (\$79 early bird)
Caledonia Dance and Music Center (Studio D)
131 E Main Street



Guys Only Hip Hop (K-4th Grade)

Just for the boys! This funky, up-beat class is for the new or experienced make hip hop student. Dancewear such as black sweatpants and black t-shirt with clean gym shoes is recommended.

Student Showcase on 4/24 at 6:30pm at Duncan Lake Middle School PAC

Weds. 3/8 – 4/19 (Omit 4/5) 5:15-5:45pm
\$89 (\$79 early bird)
Caledonia Dance and Music Center (Studio D)
131 E Main Street

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.

Session I Wed 1/18 - 2/22

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

4:30 - 5:15 p.m. \$89 (\$79 early bird) @ West Michigan Fencing Academy

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.)

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 Thu 1/19 - 2/23

Session II Mon 3/6 - 4/17 (omit 4/3)

5:30 - 6:30 p.m. \$89 (\$79 early bird)
@ West Michigan Fencing Academy.

Kiddie Kickers Soccer

Get to know your soccer ball!! This class includes engaging drills and games where every player is active with a ball at their feet rather than waiting in lines, or on the field for a turn. A perfect way to introduce your child to the game of soccer. Every child will receive their own soccer ball. Ages 3-5.

Fri 1/27 - 2/17 11:40 a.m. - 12:20 p.m. \$55 (\$45 early bird) - Includes a soccer ball. Resource Center Rm #302



Youth Sports



Peaceful Dragons Self Defense & Safety Awareness

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

Equipment and materials provided include: Youth safety equipment and all practice equipment needed for class training and application of skills.

Mon 1/23 - 3/20 \$89 (\$79 early bird)
Class I 6:00 - 6:45 p.m. Beginning Students Ages 5 - 8
Class II 6:45 - 7:30 p.m. Returning Students Ages 5 - 8
Class III 7:30 - 8:15 p.m. Beginning Students Ages 9-15
Class IV 8:15 - 9:00 p.m. Returning Students Ages 9-15
DLMS Aux. Gym

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

Champion Force Cheerleading

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

Mon 2/6- 6/5 (omit 4/3)
DLMS Aux. Gym North Balcony
Division 1 ages 4-6 5:45 - 6:30 p.m.
Division 2 ages 7-9 6:30 - 7:15 p.m.
Division 3 ages 10 and over 7:15 - 8:00 p.m.
\$122 (\$112 early bird)
Division 4- tryout team- returning students
8:00 - 8:45 p.m. \$154 (early bird \$144)



Karate

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

Ages 13 & under 6 - 7 p.m.
Session I M & W 1/16 - 2/27 (omit 1/25)
Session II M & W 3/6 - 4/19 (omit 4/3 & 4/5)
\$89 (\$79 early bird) KMMS Gymnasium



Register online at
www.caledoniaresourcecenter.org

Youth Sports

2017 Caledonia Boys 2nd - 4th Grade Youth Basketball

This year's Caledonia Youth Basketball Clinic will offer grades 2nd - 4th a five week skills development course. Three weeks will be spent teaching the correct fundamentals of individual skills (i.e. proper shooting technique, dribbling, passing, footwork, etc). The final two sessions will consist of the skill work listed above, along with game play, which will provide an opportunity for each player to apply what they have learned.

Philosophy Behind Promoting Skills Clinic VS Strictly Game Play:

Our High School basketball program, along with Head Coach Phil Visser, firmly believes that it is more beneficial for 2nd – 4th graders to properly learn fundamental skills as a base before being thrown into game play. This program is focused on the development of individual skills and player confidence. Interaction with high school freshmen and junior varsity basketball players, who will serve as mentors and coaches and work with your son to improve his fundamental skill set, confidence, and love for the game.



If you have any questions, please email them to Eric Tuori at calyouthbball@gmail.com

Dates: Saturday, January 7 through Saturday, February 4, 2017

Time: 9:00 a.m. – 10:30 a.m.

Location: Duncan Lake Middle School

Fee: \$55 (fee includes a t-shirt)

Sign up online at www.caledoniaresourcecenter.org or mail in the registration form.

THIS PROGRAM IS SUPPORTED BY
CALEDONIA BOYS BASKETBALL



Caledonia Boys and Girls Basketball 1st - 4th Grade

Caledonia Youth Basketball wants to teach your son and/or daughter the basic skills of basketball, and at the same time, allow them to enjoy showing what they learn in practice during games. Proper shooting, dribbling, passing and defensive techniques will be taught to each child weekly during practice. They will also have the chance to play other teams in a six game season. Our goal, for this program, is to teach each child to love the game and the desire to continue playing basketball in the future. Basic skills will be taught to every child and equal playing time will be given. This league is being started by Andy Backus, a Caledonia resident, who has two boys in the school system. Andy played four years of college basketball and is hoping to develop a strong youth program to help support the middle and high school programs. Volunteers will be needed. Please email Andy Backus at acb42@msn.com with any questions or offers of volunteering.

Practice will begin the week of January 23
Games will be February 11th through March 13th.

\$65 per child- includes jersey



Register online at
www.caledoniaresourcecenter.org

Youth Sports



Learn To Skate (Winter Jan 7-Mar 4)

\$150.00

- 10 week basic hockey skills
- Saturdays 9:00- 9:50AM
- Hockey helmet with face shield and skates required
- Jersey provided for all skaters
- Ages 3 to 8 years



Patterson Ice Center
2550 Patterson Avenue

Register at www.caledoniaresourcecenter.org TODAY!

The logo for the Meijer State Games of Michigan Winter Games features a stylized flame or snowflake icon to the left of the text "meijer STATE GAMES OF MICHIGAN Winter Games".

SPORTS

February 17-19, 2017
main weekend

2,000+ Athletes and 20+ Sports

Archery - Indoor	Luge
Basketball	Quad Rugby
BMX - Indoor	Racquetball
Bowling	Rowing - Virtual
Cross Country Skiing	Shooting Sports - Pistol
Darts	Ski/Snowboard
Disc Golf	Snowball Softball
Fatbike	Snowshoe Run/Walk
Fencing	Volleyball
Futsal	Wrestling
Karate	

For more information please visit
www.StateGamesofMichigan.com/WinterGames



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.



Youth Enrichment

American Safety & Health Institute Babysitter's Training

You can become a certified baby-sitter! In this class you will learn how to choose age-appropriate games and toys, perform child-care skills such as diapering and feeding, handle bedtime issues, identify safety hazards, care for common injuries, communicate effectively with parents, how to interview and find jobs, how to prevent choking, and what to do in case of a choking incident. You will also learn CPR and how to use an AED. Our instructor, Ashley Grullon-Perez, is a Certified Instructor for The American Safety and Health Institute. Must be 11 years old to participate.



Session I 1/9 & 1/16 **Session II** 2/6 & 2/13

Session III 3/6 & 3/13 5:30 - 8:00 p.m.

\$85 (Early bird \$75) book included DLMS Rm #TBA

Snowmobile Safety

A person, who is at least 12 but less than 17 years of age, may operate a snowmobile if they have a valid snowmobile safety certificate in their possession. The safety certificate allows them to cross roads, drive the snowmobile into a public parking area, including gas stations & motels. This also includes operating on the plowed edge of county roads that have been opened to snowmobiles by the county.



Persons that are 11 years of age are welcome to take the course if they will be turning 12 during the snowmobile season.; Noting that the safety certificate does not become valid until their 12th birthday.

You must attend BOTH classes to receive your certificate. Parents are strongly encouraged to attend. Classes taught by DNR Certified Instructor, Terry Barton.

Mon & Tue 1/9 & 1/10 6:00 - 8:30 p.m. DLMS Cafe

Register online for FREE at
www.caledoniaresourcecenter.org
Phone in registrations are not accepted.

Stepping Stones with the Kids

Make a craft with your kids that can last a lifetime. Few projects are as practical, useful and kid-friendly as handmade garden stepping stones. Give them a Mother's or Father's day gift that will be a perfect record of your kids' tiny hands and feet. (After all, they only stay small for a little while.)

Bring your own Creative Embellishments

- Use vintage game pieces and small toys such as dice, dominos, marbles, Army men, or old board game place markers to create a colorful playtime-themed stone.
- Collect a variety of colorful soda bottle caps, and use them to create a rainbow pattern in the concrete.
- Use Scrabble tiles to spell a name, short quote or other sentiment.
- Smash up a few colorful mismatched dishes or decorative tiles, then create an interesting mosaic from the pieces.
- Design flowers and dragonflies from pieces of colorful sea glass or glass beads.
- Create your own rock "footprints" within the concrete by placing five small round stones above a large oval stone.

Wed 5/3 6-8 p.m. - Mother's Day Gift

Wed 6/7 6-8 p.m. - Father's Day Gift

\$30 per stone (\$20 early bird) Resource Center #301

Father/Daughter Hair Styling

Does your daughter give you a strange look when you offer to do her hair? Do you panic when it is time to help get ready for school in the morning? Come to this class



and learn techniques to style your daughters hair. Three hairstyles will be taught while you spend this time bonding with your little girl. Ice cream sundae bar included. Please bring your daughter's favorite hairbrush! All other supplies will be provided.

Tue 2/7 6:15-7:15 p.m. \$10 a couple \$8 for each additional daughter. Resource Center Rm #302

Youth Enrichment

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.

Sat 1/14 - 2/11 12:30 – 3 p.m.
\$149 Supplies Included

Stop Motion Animation (Ages 10-12)

Teamwork helps you communicate your ideas more effectively in art. Building on the storyboarding process: brainstorming, sketching, and acting, you will create a clay project, which you will film and animate. You will learn set design, character design, directing, operating a camera, and editing film, using some of the latest software for your final production. Cameras will be provided for students who request one from our office prior to class.

Sat 1/14 - 2/11 9:30 a.m. - 12:00 p.m.
\$149 Supplies Included



KCAD Youth Class in Caledonia

Painting Nemo And Friends (Grades 1-4)

Make art about Nemo and his friends while learning to paint. You will create several paintings in each class using watercolor or acrylics. Learn how to make something appear as if it is under water. This class is taught by a KCAD instructor.



Tue 2/7 - 2/28 3:45 -4:45 p.m.
\$95 (\$85 early bird) Supplies will be provided.
Paris Ridge Art Room

Fun With Clay (Grades 1-4)

Squish, shape, and play with clay, creating objects from your imagination. See how much fun you can have! Learn pinching, rolling and stamping in Sculpey polymer clay and Model Magic. Finish pieces with paint and decorative objects. This class is taught by a KCAD instructor.



Wed 3/1 - 3/22 3:45-4:45 p.m.
\$95 (\$85 early bird) Supplies will be provided.
Emmons Lake Art Room

From Pencil to Paint (Grades 2-5)

Bring your drawings to life with paint. Create a portrait and landscape in pencil and finish your piece with tempera or acrylic paint. Practice shapes, line and color with a variety of artistic tools.. This class is taught by a KCAD instructor.



Tue 1/10 - 1/31 3:45-4:45 p.m.
\$95 (\$85 early bird) Supplies will be provided.
Emmons Lake Art Room

Register online at
www.caledoniaresourcecenter.org



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. \$2025
 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 January 17, 2017, at the Duncan Lake Early Childhood Center, 9751 Duncan Lake Ave. There is no fee for this service.

Theatre

CALEDONIA KIDS THEATRE PRESENTS



FRIDAY, JANUARY 27 @ 7 P.M.
SATURDAY, JANUARY 28 @ 12 P.M. & 4 P.M.
DLMS PERFORMING ARTS CENTER

Buy Tickets Online at
www.caledoniatheatre.org

CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS



FRIDAY, APRIL 21 @ 7 P.M.
SATURDAY, APRIL 22 @ 3 P.M. & 7 P.M.
DLMS PERFORMING ARTS CENTER

To participate with the Caledonia Middle School Players, register online at www.caledoniarresource-center.org or complete a class registration form in the back of this catalog and mail it to the Caledonia Resource Center. All students must be pre-registered to participate. Participation fee \$45. For more information call 891-8117. Auditions will be January 31, February 1 and 2. Times and location to be announced.

CHS PLAYERS

Present

LEGALLY BLONDE

The Musical

BOOK BY Heather Hach
MUSIC AND LYRICS BY
Laurence O'Keefe, Nell Benjamin



Caledonia Community Players
Present

Lyle, Lyle, Crocodile

March 18, 2017



Disney's THE LITTLE MERMAID

A BROADWAY MUSICAL

June 23, 24, 30 & July 1, 2017

Call 891-8117 for reserved tickets.

Order reserved tickets online at CaledoniaPlayers.org



Theatre



SUPPORT WHAT YOU LOVE

Become a Theatre Guild member today!

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



January 27 & 28



April 21 & 22



March 3, 4, 10 & 11



March 18
June 23, 24, 30 & July 1

CONTRIBUTION LEVELS

House Light (\$50-\$99)

- ★ 2 Tickets to any 16/17 season performance
- ★ Name in all programs

Backlight (\$100 - \$249)

- ★ 4 Tickets to any 16/17 season performance
- ★ Name in all Programs

Floodlight (\$250 - \$499)

- ★ 6 Tickets to any 16/17 season performance
- ★ Name in all Programs
- ★ 2 Free Concession Items
- ★ Invitation to Annual Reception for 2

Footlight (\$500 - \$999)

- ★ 8 Tickets to any 16/17 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 4

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

- ★ 10 Tickets to any 16/17 season performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Invitation to Annual Reception for 6
- ★ Title Recognition for 1 production

Spot Light (\$2,500 +)

- ★ 10 Tickets to any 16/17 season performance
- ★ Name in all programs
- ★ 6 Free Concession Items
- ★ Invitation to Annual Reception for 8
- ★ Title Recognition for 2 productions.

Make Your Contribution Today!

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

For More Information
Call Us at 891-8117

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

☐ My check for \$_____ is enclosed.

☐ Charge \$_____ to my MasterCard / Visa

Card Number_____

Exp. Date_____ Security Code_____

Signature_____

Date_____

Name_____

Address_____

City_____ State_____ Zip_____

Phone_____

E-Mail_____

Name to appear in programs:_____

☐ I wish to remain anonymous

☐ I Would Like To Become A Volunteer!

Health & Fitness

Fitness RX Fusion

Yoga, Pilates

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



Session I Wed 1/18 - 2/22

Session II Wed 3/1 - 4/12 (omit 4/5)

\$99 (\$89 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

Session I Thu 1/19 - 2/23

Session II Thu 3/9 - 4/20 (omit 4/6)

6:30 - 7:30 p.m. \$89 (\$79 early bird)

@ West Michigan Fencing Academy

Adult Ballroom Dance

Looking for something different to do on date night? Planning a wedding? No matter the reason grab a partner and join us for an hour of dancing fun! Learn Swing, Salsa, and Waltz from an award winning dance couple. Please wear clean indoor shoes, ballroom shoes or socks and comfortable clothing.

Wed 2/1 - 2/22 7:15- 8 p.m.

\$99 per person (\$89 early bird)

Caledonia Dance and Music Center

131 E Main St. Suite E



New Year, New You!

Hatha Vinyasa Yoga

Has yoga been on your mind?

Do you really, really need to wash it all away and drink in a breath of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose "right". Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize our bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical body's manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches, acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Tue 1/17-3/21 10:30-11:30 a.m. or 4:15-5:15 p.m.
Resource Center Rm #302 or 5:30-6:30 p.m. Location
TBD \$135 (\$125 early bird)

Health & Fitness



Pickleball - Open Play

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

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

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 6 years and teaching for 5. 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.

Wed 1/18 - 3/22 6:30 - 7:30 p.m.
\$89 (early bird \$79) Caledonia Elem. Gym



Instructor Jami DeHaan

Karate

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

Ages 14 - Adult 7 - 8 p.m.
Session I M & W 1/16 - 2/27 (omit 1/25)
Session II M & W 3/6 - 4/19 (omit 4/3 & 4/5)
\$89 (\$79 early bird) KMMS Gymnasium



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.



Session I Thu 1/19 - 3/9
\$95 (\$85 early bird) 6 - 7 p.m. Caledonia Elem. Cafe.

Register online at
www.aledoniaresourcecenter.org

Health & Fitness

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 its 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!



Session I Thu 1/12 - 2/16

Session II Thu 2/23 - 3/30

\$89 (\$79 early bird) 6 - 7 p.m. DLMS Cafe.

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!



Session I Mon 1/9- 2/13 6 - 7 p.m..

Session II Mon 2/20 - 3/27 6 - 7 p.m.

Session I Thu 1/12 - 2/16 7 - 8 p.m.

Session II Thu 2/23 - 3/30 7 - 8 p.m.

\$89 (\$79 early bird) DLMS Cafe.

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.

Session I Mon 1/9- 2/13

Session II Mon 2/20 - 3/27

\$89 (\$79 early bird) 7 - 8 p.m. DLMS Cafe.

Power 30

Tone, tighten and sculpt in just 30 minutes! We will do everything from Cardio, upper/lower body and core training all in 30 minutes. Some days may focus on one or 2 areas and some days we will work them all. Bring a towel, water bottle, mat for core work, and a resistance band if you have it.

Session I Tue 1/8 - 2/14

Session II Tue 2/21 - 3/28

\$69 (early bird \$59) 5:45 - 6:15 p.m. DLMS Cafe.

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.caledonia
resourcecenter.org](http://www.caledoniaresourcecenter.org)**

Health & Fitness



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.

Session I Mon 1/9 - 2/13 Session II Mon 2/20 - 3/27
\$69 (\$59 early bird) 7 - 7:50 p.m. DLMS Cafeteria

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.

Session I Tue 1/17 - 3/7 6-7 p.m. DLMS Cafe. \$95 (\$85 early bird)



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 1/12 - 5/25 (omit 4/6) 7-9 p.m. \$5 per visit. Limited to the first 25 players. DLMS Aux. Gym



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."

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

Beginning Crochet

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

Session I Tue 1/17 - 2/7

Session II Tue 2/21 - 3/14

Session III Tue 3/21 - 4/18 (omit 4/4)

\$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!

Session I Thu 1/19 - 2/9

Session II Thu 2/23 - 3/16

Session III Thu 3/23 - 4/20 (omit 4/6)

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

Intermediate Knitting

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



Session I Thu 1/19 - 2/9

Session II Thu 2/23 - 3/16

Session III Thu 3/23 - 4/20 (omit 4/6)

\$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.

Session I Tue 1/17 - 2/7

Session II Tue 2/21 - 3/14

Session III Tue 3/21 - 4/18 (omit 4/4)

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

Henny's Yarn Shop - 133 E Main St., Caledonia

Make A Photo Book!

Learn how to turn the pictures sitting on your computer, into a photo book! After taking this 2-week workshop, you'll feel less intimidated and more organized. You too, can design a beautiful book. We will be use ZNO to create our book.

Topics Covered:

- Down loading your pictures & choosing a layout
- Organizing your photographs
- Determining how to select photographs for a book project
- Placing your pictures to tell your story
- Putting text in your book

What You Need:

You must bring your own laptop

Wed 1/18 & 1/25 4:30-6:30 p.m. OR 6:30-8:30 p.m.

\$29 (\$19 early bird) Resource Center #301



Register online at
www.caledoniaresourcecenter.org

Canvas Painting

Join Arts & Carafes Studio for an evening painting at the Caledonia Resource Center! Not an artist? No worries! Our artist will lead you step-by-step through this acrylic painting while you sip on your favorite non-alcoholic beverage. Create your own masterpiece to take home with you at the end of the session! It's so much fun!

Thu 1/19 6:30 - 9:30 p.m.
\$45 (\$35 early bird) Resource Center Rm #302



Wood Board Painting

Join Arts & Carafes studio to paint wood boards! Our artist will lead you step-by-step through how to paint Live, Love, Home on wood! We make it simple and fun to achieve your masterpiece! Customize the colors to fit in your home. We supply everything you need to paint! Come with an open mind, leave with a rustic masterpiece!

Thu 3/23 6:30 - 9:30 p.m.
\$60 (\$50 early bird)
Resource Center Rm #302



Wine Glass Painting

Join Arts & Carafes Studio for an evening of fun painting wine glasses! We provide the paint, wine glasses and instruction; you provide the fun! Our artist will show you tips and tricks for creating the perfect glass every time! Receive 2 wine glasses to customize. Make a set or create two different designs. The choice is yours!

Thu 2/23 7 - 9 p.m. \$45 (\$35 early bird)
Resource Center Rm #302



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

Intermediate Digital Photography

Are you ready to move past auto mode and explore your camera's program, manual, and priority capabilities? Learn how you can produce creative photographs by controlling light, speed, and depth-of-field. You will also learn how color management, digital workflow and image enhancement methods will lead to higher quality prints. Participants should know how to shoot photos in auto mode and transfer to their computer. Your digital camera must have aperture priority, shutter priority, and manual shooting modes. Bring your own camera and laptop. This class is taught by a KCAD instructor.

Thu 1/26 -2/23 6 - 9 p.m. \$205 (\$195 early bird)
Resource Center Rm #302



Music & Language

Private Guitar Lessons

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

OR

Private Piano Lessons

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

OR

Love To Sing

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

Tue Session I: 1/10 - 1/31 Session II: 2/7 - 2/28
Session III: 3/7-3/28

Guitar / Piano - \$95 (\$85 early bird) Voice \$109 (\$99 early bird) 2:30 - 8 p.m. Rm #302

Your Instructor, Frank Eimer has been a professional musician for over 56 years. He has taught voice, guitar, bass and piano to over 1000 students, many of whom are now professional musicians and singers. He was inducted into the Michigan Rock & Roll Legends Hall of Fame in 2009.



Spanish

It's never too late to learn a foreign language. It can be both easy and fun and it will definitely enrich your life, whether it be planning your next vacation, business, or simply reading a Spanish menu. Beginning Spanish will introduce you to simple expressions and 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.



Session I Tue 1/17 - 2/21 Session II Tue 3/7 - 4/18
(omit 4/4) \$99 (\$89 early bird) 7 - 9 p.m.
DLMS #TBD

American Sign Language

Who takes ASL classes? Parents, neighbors, employees, employers, or friends of a deaf individual, and people who are simply interested in American Sign Language! Our courses runs for 8 weeks. We are primarily a voice-off class, and students will be immersed in American Sign Language. In ASL 1, students will learn fingerspelling, numbers, names, family, sentence structures, and deaf culture basics.

Mon 1/30 - 3/20 6 -8 pm. \$149 (\$139 early bird)
books can be purchased from the instructor at the first class for \$55. Resource Center Rm #301

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

FRIEND



Misc Classes

nighthawk *Food & Spirits*



Chicken - 4 Ways!

In this hands-on class you will learn how to prepare 4 different chicken dishes. Sandra Wanzer from the Nighthawk Food & Spirits, will teach you how to make a delicious entree, soup, pasta and a surprise dish. Join us for a fun night of cooking and tasting!

Tue 2/28 6:30 - 8:30 p.m. \$25

Class will be held at the newly remodeled kitchen at Sandra Wanzer's Nighthawk Food & Spirits, 6950 Whitneyville Rd.

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.

Session I Thu 1/19- 2/9

Session II Thu 2/23 - 3/16

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

Mon 2/27 6:30 - 9:00 p.m. \$35 (\$25 early bird)

DLMS Rm #TBA



Planning the Garden of your Dreams for 2017

Learn how to plan the garden of your dreams for 2017 so that you will be ready for spring as soon as the weather breaks! Learn techniques that will produce great soil and companion planting techniques. Gerianne Schuler, from Schuler Farms and the Caledonia Community Garden, will teach you how to plan for a garden of your dreams that produces healthy food for your family. Thu 3/23 7- 8:30 p.m. \$35 (\$25 early bird) DLMS Room #TBA



Misc. Classes

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. Pain Cream
2. Sweet Dreams Cream
3. Energy Roll On
4. Hand Sanitizer

Wed 1/18 6:30 - 8:00 p.m. \$30 (\$20 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. Relaxing Bath Salts
2. Lip Scrub
3. Make-Up Remover
4. Sugar Scrub

Wed 1/25 6:30 - 8:00 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

Detox Your Home - Household Products

Let's learn how to live healthier by DETOXIFYING 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 cleaner
2. Carpet Deodorizer/Freshener
3. Air & Furniture Spray
4. Better than soft scrub

Wed 2/1 6:30 - 8:00 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301



Dog Training

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

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

Tue 1/17 - 3/7
6:00 - 6:45 p.m. \$95 (\$85 early bird)
Resource Center Rm #302

Beginning Dog Obedience - Beginning

obedience for all dogs 6 months and older. (No healthy dog is ever too old!)

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

Tue 1/17 - 2/21
7-8 p.m. \$95 (\$85 early bird)
Resource Center Rm #302



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

AWOL Adventures

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



Pin Pals

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

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

Cannonsburg 's Zipline Adventure

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

OR

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

Tue 5/23 10 a.m. -12 p.m. \$35
Transportation from the Resource Center is an additional \$20 per person. Limited seats available. Ride with us or meet us there!

Snowshoeing Adventure

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

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



Get On The List

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

**Register
online at**
www.caledoniaresourcecenter.org

AWOL Adventures

Fitness RX Fusion

Yoga, Pilates

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



Session I Wed 1/18 - 2/22

Session II Wed 3/1 - 4/12 (omit 4/5)

\$99 (\$89 early bird)

6 - 7 p.m. DLMS Cafeteria

New Year, New You!

Hatha Vinyasa Yoga

Has yoga been on your mind? Do you really, really need to wash it all away and drink in a breath of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose "right". Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize our bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical body's manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches, acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Do you want to build a Snowman?

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



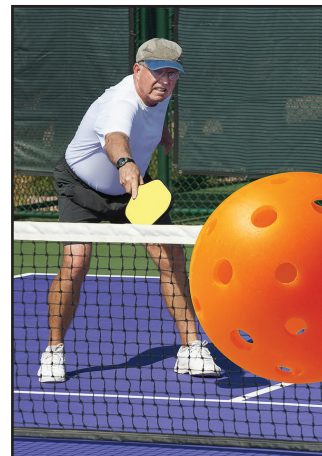
Pickleball - Open Play

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

Intermediate Players (3.0 or higher) Tue 1/10 - 3/28

Beginner Players Wed 1/11 - 3/29

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



Tue 1/17-3/21 10:30-11:30 a.m. or 4:15-5:15 p.m.

Resource Center Rm #302 \$135 (\$125 early bird)

Aquatics

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

Aquatic Fitness Classes

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

1/1 - 1/31, 2/1 - 2/28, 3/1 - 3/31, 4/1 - 4/30, 5/1 - 5/31, 6/1- 6/30

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

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.

\$250 includes pocket mask, materials and certification cards. Contact Kentwood Aquatic Center to register 616. 698. 6700 ext. 42336.

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.

\$300 includes both instructor card and basic certification card. Contact Kentwood Aquatic Center to register 616. 698. 6700 ext. 42336.



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.

\$275 includes FIT training, certification card and all training materials (books / cd). Contact Kentwood Aquatic Center to register 616. 698. 6700 ext. 42336.

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: 1/27 - 3/17, 3/24 - 5/12, 5/19 - 7/7
6:00 - 6:45 p.m. \$85

Days: Saturdays

Session Dates: 1/28 - 3/18, 3/25 - 5/13, 5/20 - 7/8
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: 1/24 - 2/16, 2/21 - 3/16, 3/21 - 4/13, 4/18 - 5/11, 5/16 - 6/8, 6/13 - 7/6
5:30 - 6:00 p.m. \$85

Days: Fridays

Session Dates: 1/27 - 3/17, 3/24 - 5/12, 5/19 - 7/7
4:30 - 5:00 p.m. \$85

Days: Saturdays

Session Dates: 1/28 - 3/18, 3/25 - 5/13, 5/20 - 7/8
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.

Aquatics

Preschool Aquatics

(about 4 & 5 years old)

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

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

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

Learn-to-Swim Level 2: Fundamental Aquatic Skills

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

Learn-to-Swim Level 3: Stroke Development

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

Learn-to-Swim 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: 1/24 - 2/16, 2/21 - 3/16, 3/21 - 4/13, 4/18 - 5/11, 5/16 - 6/8, 6/13 - 7/6
5:00 - 5:45 p.m. \$85

Days: Tuesdays

Session Dates: 1/24 - 3/14, 3/21 - 5/9, 5/16 - 7/4
6:00 - 6:45 p.m. or 7:00 - 7:45 p.m. \$85

Days: Thursdays

Session Dates: 1/26 - 3/16, 3/23 - 5/11, 5/18 - 7/6
6:00 - 6:45 p.m. or 7:00 - 7:45 p.m. \$85

Days: Friday

Session Dates: 1/27 - 3/17, 3/24 - 5/12, 5/19 - 7/7
5:00 - 5:45 p.m. \$85

Days: Saturdays

Session Dates: 1/28 - 3/18, 3/25 - 5/13, 5/20 - 7/8
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.

Online Classes

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

(616) 891-8117

Over 300 online courses available

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Community Info

Niagara Falls

May 9 - 10, 2017

Highlights

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

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

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

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



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

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



Art In Workshop Decorative Tiles

Create a beautiful tile using alcohol ink markers on travertine tiles. Come and learn this interesting technique and leave with a finished tile that can have many uses.



Monday, February 13 10 a.m. - 12 p.m.
Caledonia Resource Center Rm #301
\$20 for all materials Artist Instructor: Ceil Schaible

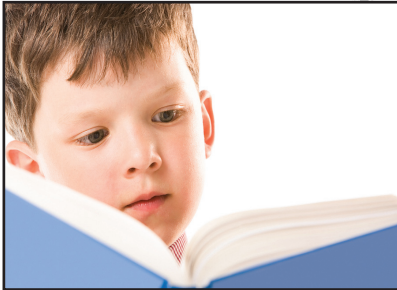
Kiwanis Club of Caledonia

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



Community Info

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.

Children's Programs

Drive-In Movie: "Don't Let the Pigeon Drive the Bus!"

What could be better than decorating your own "car" to sit in while eating popcorn and enjoying Mo Willem's "Don't Let the Pigeon Drive the Bus!" Please bring a sturdy box that your child can sit in. We'll have craft supplies on hand to rev-up your child's "car." Come early to decorate your car and reserve your "parking space" for the film.

Saturday, January 28, 2:00 PM

Lyle, Lyle the Crocodile

Caledonia Community Players will be at family story time March 8 at 10am. Please join them as they share the story of Lyle, Lyle the Crocodile and lessons of being a good citizen, neighbor and hero.

The Caledonia Community Players will be performing Lyle the Crocodile Musical on March 18th at 7:00PM at DLMS PAC.

Adult Programs

One-on-one Technology Tutoring

KDL is now offering customers a 45-minute personal technology help session at select branches. Friendly staff members are available by appointment to help with eBooks, email, Facebook or other computer-related topics. You are welcome to bring your own laptop or other device, or use ours. Call or visit the Caledonia branch to schedule.

The Music of World War II

Michael Martin, former Social Studies Instructor for the Grand Rapids Catholic Secondary Schools, will present a generous sampling of the music of the World War II. Learn how Americans both at home and abroad were both sustained and empowered by Kate Smith, Frank Sinatra, the Andrews Sisters and a host of others during that scary time. This event will be taking place at Station Creek Retirement Community, 10010 Crossroad Ct SE, Caledonia on Tuesday, February 7 at 6:00 pm. This event is open to the public.

Creating Mandalas

For centuries, people of many cultures have created or drawn mandalas as meditative symbols with many different meanings. This group drawing class will explore a brief history and discover the benefits of drawing mandalas using simple line elements. No prior drawing experience is required and all supplies are provided. All students will take home a hand drawn Mandala drawing. This class is for adults only. Pre-registration required. Despite your registration confirmation message, a printed ticket is not required for admission. Pre-registration is required.

Tuesday, January 24, 6:00 PM

92nd St Book Club

Join us for an engaging book discussion. Tuesday nights at 6:30 pm.

December 13: The Readers of Broken Wheel
Recommend by Katarina Bivald

January 10: Beautiful Ruins by Jess Walter

February 14: Lila by Marilynne Robinson

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.



55 & Better

Fit For Life

Join us twice a week for an hour and a half of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing, stretching, and working out in our weight/cardio facility. Each participant will be able to exercise according to his or her own ability. Be prepared to feel better as you become stronger and physically fit. A completed emergency/health form will be required of all participants. Pre-registration is not required.

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

Dinner & A Movie?

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

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

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

Hand & Foot

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

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

Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room on Mondays, Wednesdays and Fridays. There will be a staff member in atten-

dance 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-registra-

tion is not required.

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



Euchre

We would love to have you join us each Friday for our weekly Euchre game. No pre-registration is necessary to join. Everyone is welcome!

Fridays 1 - 3 p.m. FREE
Resource Center Rm #301

Euchre Winners

9/1/16

1st Place: Pat Finlan
2nd Place: Milly Walsh
Most Lone Hands: John Dailey

9/8/16

1st Place: Judy Kruse
2nd Place: Pat Bevier
Most Lone Hands: Judy Kruse & Shirely Benner

9/16/16

1st Place: Audrey Carver
2nd Place: Larry Parker
Most Lone Hands: Joan Irwin

9/23/16

1st Place: Larry Parker
2nd Place: Tom Burke
Most Lone Hands: Keith Adams

9/30/16

1st Place: Joan Irwin
2nd Place: Jay Becker & Darlene
Most Lone Hands: Joan Irwin

10/7/16

1st Place: Jay Becker
2nd Place: Marcia Phelps
Most Lone Hands: Jay Becker & Betty Leppke

10/14/16

1st Place: Pat Finlan & Joan Irwin
2nd Place: Maggie Adams
Most Lone Hands: Maggie Adams

10/20/16

1st Place: Judy Kruse
2nd Place: Jan Beaudry & Jeanette Costello
Most Lone Hands: Tom Burke

10/27/16

1st Place: Jeanette Costello
2nd Place: Lois Shanahan
Most Lone Hands: John Dailey

11/3/16

1st Place: Marian LeRoux & Linda Crumback
2nd Place: Bette Leppke
Most Lone Hands: 4 way tie

55 & Better



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

St. Patrick's Day Euchre Tournament

Food~Prizes~Fun



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

Snyder Monuments



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

- Personalized designs
- Laser etched portraits
- Free state wide delivery
- Granite and Bronze
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- Mention this ad and get a 10% discount.

Randy and Diana Snyder
(616) 291-2425

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snydermonuments@gmail.com

"Honor a Loved One that will last a Lifetime"

Red Hot Valentine's Party

Don your red dress, shirt, sweater, etc. and get ready for our Red Hot Valentine's Party! Join us on Tuesday, February 14 at 12:00 noon for lunch and fun as we celebrate the holiday of love! Cost is just \$5 per person. Registrations with payment, must be made by February 5. Call 891-8117.

55 & Better

Prime Timers need YOU!

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

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

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

NEEDED: Donations of NEW unused cotton fabric.



BINGO!

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

Thu 1/26, 2/23, 3/23, 4/27, 5/25
1-3 p.m. 25¢ per card donation
Resource Center #301

Don't forget to join us for Lunch Bunch before Bingo!



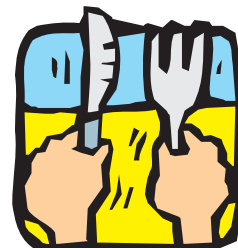
Lunch Bunch

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

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

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

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



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

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

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

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

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

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

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

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, \$15 food voucher for dinner at Sault Ste. Marie, breakfast buffet, and \$60 back in free play (subject to change). This trip will fill up fast! Call us at 891-8117 to make a reservation.



October 7 & 8, 2017. \$175 per person. **Final payment is due 45 days prior to the departure date.** Departs at 7:00 a.m. and returns the following day at approximately 9:00 p.m. Includes: Motorcoach transportation, hotel accommodations, \$15 dinner voucher, breakfast, refreshments on the bus, \$60 in free play, and luggage service.

We will need the following information when you register:

- Roommate's name
- Birthdate
- Address and phone number
- Northern Rewards and Odawa Club card numbers if you have them
- Smoking or Non-smoking preference (requested but not guaranteed)
- Handicap or special needs

Call 891-8117 to make your reservations.

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

Soaring Casino

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



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

Bus Departure Location

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



Get Trip Information Fast!!

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

CALEDONIA SENIOR CENTER PRESENTS
EUROPEAN CAPITALS
WITH PRINCESS CRUISES® ON THE CARIBBEAN PRINCESS®
12 DAYS / 11 NIGHTS ~ APRIL 20 – MAY 1, 2017
Air to depart the US on April 19th in order to arrive in London on April 20th

DAY	PORT	ARRIVE	DEPART
1	London (Southampton), England		5:00 PM
2	Guernsey (St. Peter Port), England	6:00 AM	2:00 PM
3	Cork, Ireland (Cobh – For Blarney Castle)	7:30 AM	6:00 PM
4	Dublin, Ireland	8:00 AM	9:30 PM
5	At Sea		
6	At Sea		
7	Hamburg, Germany (for Berlin)	7:00 AM	10:00 PM
8	At Sea		
9	Rotterdam, the Netherlands	7:00 AM	6:00 PM
10	Brussels / Bruges (Zeebrugge), Belgium	7:00 AM	8:00 PM
11	Paris / Normandy (Le Havre), France	7:00 AM	8:00 PM
12	London (Southampton), England	5:00 AM	

Inside Cabin Category	ID	\$3,849	Balcony Cabin Category	BD	\$4,449
Outside Cabin Category	OF	\$4,299	Balcony Cabin Category	BC	\$4,499
Outside Cabin Category	OC	\$4,349			

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

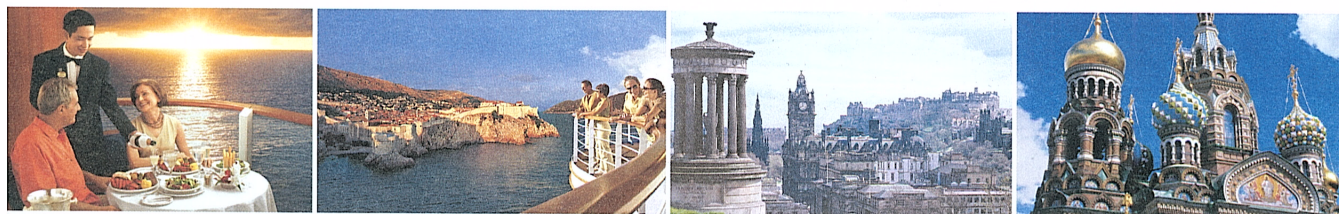
*****PASSPORT REQUIRED*****

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

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

12/27/16ET/KO

Experience the grandeur of Europe with Princess®



SPECTACULAR SHIPS • UNIQUE ITINERARIES • MORE AFFORDABLE BALCONIES

PEU8LH8236 • © Princess Cruises 2008. Ships of Bermudan registry. This promotional piece is created and distributed by an independent travel agency, not by Princess.

Canadian Rockies June 23 - 29, 2017

7 Days - 9 Meals: 6 Breakfasts, 3 Dinners

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

Experience It! The Icefields Parkway

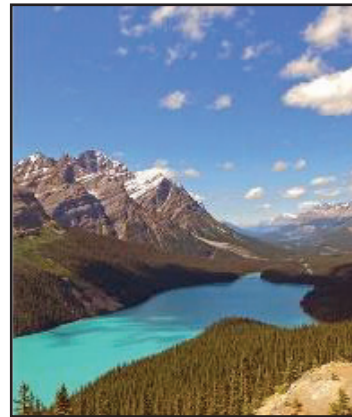
Your tour of the Canadian Rockies features a drive along the incredible Icefields Parkway. Paralleling the Great Divide, this special roadway is home to some of the most dramatic vistas in all of North America. Here, snowcapped mountains engulf the landscape, casting shadows on the adjacent glacial streams.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



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



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



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

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

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

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

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

Call 891-8117 for more information.

Alaska Cruisetour

With Princess Cruises on the Island Princess

11 Days / 10 Nights

May 14, 2017

DAY PORT ARRIVE DEPART

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

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

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

4 Denali/Whittier- Enjoy the scenic rail journey through some of the best wilderness in the Great Land on our exclusive Direct-to-the-Wilderness rail service.

4 Anchorage (Whittier), Alaska

5 Hubbard Glacier, Alaska (Scenic Cruising)

6 Glacier Bay National Park

7 Skagway, Alaska

8 Juneau, Alaska

9 Ketchikan, Alaska

10 At Sea

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

Norwegian Coastal Voyage & Scandinavian Capitals

August 03 — August 17, 2017 • 15 Days • 27 Meals

Highlights

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



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

Inside Double.....\$8,499 pp

Inside Single.....\$10,749pp

Outside Double.....\$9,399pp

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

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

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
Julie Asper.....Trustee
Kyle Clement.....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

At the main page, you can view a copy of our brochure by clicking on the icon, or click the REGISTER NOW button and you will be redirected to our webstore.



By Fax

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



By Mail

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

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



We're Going Green!

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



Credit Card Policy

We will gladly accept your credit/debit card payments, however, there will be a 3.95% 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
Total Fee				

Visa or MC # _____ Expiration Date _____

Signature _____

(Convenience fee of 3.95% for credit/debitcard will be applied.)



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

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Caledonia Community Players Presents



Created by Bernard Waber - Author
Kevin King - Playwright and Richard Gray - Composer
General Admission \$6 ~All Seats
Tickets available at the Caledonia Resource Center or at the door

Audition Notice: Auditions will be held for Lyle, Lyle on January 16 & 17 at 6:30 p.m. in the Room #302 at Duncan Lake Middle School. For more information please visit our website at www.caledoniaplayers.org.