

COMMUNITY CONNECTIONS



Be Inspired

Winter 2018
Volume 2 Issue 1



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inspiremenow.org

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

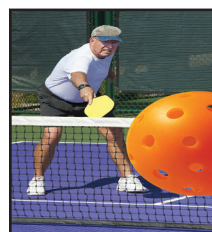
Community Connections is published three times per year; March, August and December. This issue was published December 2017 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316



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Early Bird Discounts!

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

Credit Card Policy

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



We Respect Your Privacy!

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

Youth Sports

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 1/17 - 2/21

Session II Wed 3/7 - 4/18 (omit 4/4)

Spring Session Wed 4/25 - 5/30

4:30 - 5:15 p.m. \$95 (\$85 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 1/18 - 2/22

Session II Mon 3/5 - 4/16 (omit 4/2)

Spring Session Thu 4/26 - 5/31

5:30 - 6:30 p.m. \$95 (\$85 early bird)

West Michigan Fencing Academy

Continuing Fencing

Youth ages 7 - 13

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

Session I Mon 1/15 - 2/19

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

Spring Session Mon 4/23 - 6/4 (omit 5/28)

5:30 - 6:30 p.m. \$95 (\$85 early bird)

West Michigan Fencing Academy

Champion Force Cheerleading

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



Mon 2/5 - 6/4 (omit 4/2 & 5/28)

Division 1 ages 4 - 6 6:00 - 6:45 p.m.

Division 2 ages 7 - 9 6:45 - 7:30 p.m.

Division 3 ages 10 + 7:30 - 8:15 p.m.

\$139 (\$129 early bird)

Division 4 try-out team - returning students

8:15 - 9 p.m. \$169 (\$159 early bird)

Caledonia Elementary Cafe.

Karate

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



Ages 13 & under 6 - 7 p.m.

Session I M & W 1/15 - 2/26 (omit 1/24)

Session II M & W 3/5 - 4/18 (omit 4/2 & 4/4)

\$89 (\$79 early bird)

KMMS Gymnasium

Register online at:

www.inspiremenow.org

Youth Sports

Tumble Tykes **3 - 4 Year Olds**

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

Fri 1/19 - 2/23 9:30 - 10 a.m. \$89 (\$79 early bird)
Caledonia Resource Rm #302

So You Think You Can Hip Hop?

1st - 5th 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 indoor gym shoes are recommended.

Wed 3/7 - 4/18 (omit 4/4) 6 - 6:30 p.m.
\$89 (\$79 early bird)
Caledonia Dance & Music Center 131 E. Main St.

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

Guys Only Hip Hop **K - 5th Grade**

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

Thu 3/8 - 4/19 (omit 4/5) 4:45 - 5:15 p.m.
\$89 (\$79 early bird)
Caledonia Dance & Music Center (Studio D)
131 E. Main Street

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

Register online at:
www.inspiremenow.org

Enchanted Ballet

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

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

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

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



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

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

Wed 1/17 - 2/21 9:30 - 10 a.m. \$89 (\$79 early bird)
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: Safety equipment and all practice equipment needed for class training and application of skills.

Mon 1/22 - 3/19 \$89 (\$79 early bird)
Class size limited. Please pre-register.

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 (1/22 & 2/5 will be in Rm #302)
*A uniform is highly recommended. Uniforms available for purchase at the 1st class. Please arrive 20 min. early.



Caledonia Boys and Girls Basketball K - 4th Grade Winter League

Caledonia Youth Basketball is looking to teach your son and daughters 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 of basketball, and want to continue on with basketball in the future. Basic skills will be taught to every child and equal playing time will be given to each kid.

Boys and Girls leagues will be separate for 1 - 4th grades, with 1st and 2nd playing together and 3rd and 4th playing together. Kindergarten kids will play together.

Volunteers will be needed, so if you are interested please email Andy Backus at acb42@msn.com with any questions or offers of volunteering. Also, the boys program is running a skills session starting two weeks prior running for five Saturdays you can sign up for as well.

Practices will begin the week of January 15th and will be one hour long between 6 - 8 p.m. and could be Monday, Tuesday or Wednesday. Practices will be held at Emmons Lake, Paris Ridge, or Dutton Elementary.

Games will start February 10th running through March 17th and be held at either Kraft Meadows Middle School, Emmons Lake, or Dutton Elementary.

\$65 per child - includes jersey.



Register online at:
www.inspiremenow.org

Youth Sports

CAL BOYS 2ND - 4TH GRADE 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.

Our 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 and includes interaction with high school freshmen and junior varsity basketball players, who will serve as mentors and coaches. These coaches will work with your son to improve his fundamental skill set, confidence, and love for the game.

Sat 1/13 - 2/10 9 - 10:30 a.m. \$55 (fee includes a t-shirt) Duncan Lake Middle School Gym

If you have any questions, please email them to Eric Tuori at: calyouthbball@gmail.com
Sign up online at www.caledoniaresourcecenter.org

*THIS PROGRAM IS SUPPORTED BY
CALEDONIA BOYS BASKETBALL*



Kids Yoga

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

- Better concentration
- Increased confidence
- Stress management

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

Thu 1/18 - 3/15 (omit 2/22) 3:45 - 4:45 \$55 (\$45 early bird) Emmons Lake Elem. Rm #TBA



Register online at:
www.inspiremenow.org

Youth Enrichment

American Safety & Health Institute Babysitter's Training

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

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



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

Session I Mon 1/8 & 1/15
Session II Mon 2/5 & 2/12
Session III Mon 3/5 & 3/12
5:30 - 8:00 p.m. \$85 (\$75 early bird) - book included
DLMS Rm #522

Thyme to Turnip the Beet on What Kids Eat

Cooking with your kids has major benefits. It encourages healthy eating, lifelong habits, it's a great bonding activity and there's a good chance even your pickiest eater will try some new foods because of it.

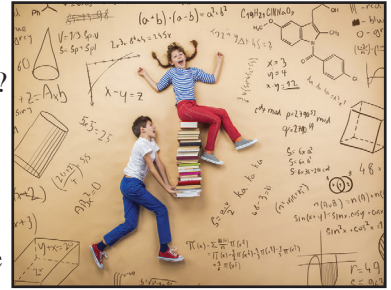
You will have the opportunity to prepare a meal together to take home and leave with ideas on how to implement what you learned in your everyday, busy life!

Tue 1/23 6 - 8pm \$29 per parent and up to two children. Ages 6 and up. DLMS Rm #301



Mathnasium of Kentwood Math Workouts (Ages 7 - 12)

Do you have a son or daughter who loves math? Do they want a math challenge? Do you have a son or daughter who "dislikes" math? Is the new school year challenging so far? Our math workouts are perfect for both!



Join us for 5 math workouts scheduled to fit your needs over a 3 week period. The initial visit will include an assessment to determine two math concepts that our excellent instructors will work with your child on during the next 4 visits. They will receive individual instruction in a group setting, with a chance to earn rewards just for having fun with math! Upon completion, we will review in detail your child's math assessment and progress made with you.

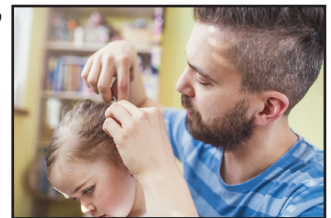
Math Workouts are 1 hour each, scheduled at your convenience during center instruction hours of Mon-Thu 3 - 7 p.m. and Sat 10 a.m - 1 p.m.

Session I 1/8 - 1/27 Session II 2/5 - 2/24
Session III 3/5 - 3/24 \$119 for a session (\$109 early bird)

All math workouts are held at the Mathnasium of Kentwood located at 6101 Kalamazoo Ave, Suite B1, Kentwood, MI 49508. North side of the Family Fare parking lot. Visit our website to meet our team of instructors: www.mathnasium.com/kentwood

Father/Daughter Hair Styling Valentine's Theme

Does your daughter give you a strange look when you offer to do her hair? Do you panic when it is time to help her get ready for school in the morning? Come to this class and learn techniques to style your daughter's hair. Three hairstyles will be taught while you spend this time bonding with your little girl. Ice cream bar and Valentine barrette decorating included. Please bring your daughter's favorite hairbrush. All other supplies will be provided.



Tue 2/13 6:15 - 7:15 p.m. \$10 a couple (\$8 for each additional daughter) Resource Center Rm #301

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.



Session I Sat 1/27 - 2/24
Session II Sat 3/10 - 4/21
9:30 a.m. - 12 p.m. \$ 179

Beginning Drawing (Ages 10 - 12)

Are you lacking confidence in your drawing skills, or would you just like a little more experience before launching into one of our more advanced courses? You will start with simple still life exercises and move at your own pace to more advanced subjects. You will study line, value, texture, composition, proportion, and more.

Session I Sat 1/27 - 2/24
Session II Sat 3/10 - 4/21
9:30 a.m. - 12 p.m. \$ 179

Architecture (Ages 13 - 17)

Come explore the ins and outs of architecture. This course will teach you the process of how a building is created from the design stage through the finished construction phase. We will look at many different ways to communicate design through models, computer based programs like AutoCAD, and SketchUp, and hand drawing. No experience is needed, only a love of architecture.

Session I Sat 1/27 - 2/24
Session II Sat 3/10 - 4/21
9:30 a.m. - 12 p.m. \$ 179

KCAD Youth Class in Caledonia

The 3P's: Pens, Paper, & Pencils (Grades 1 - 4)

Learn how to draw objects, animals, and people in proportion, working with shape, texture, and pattern. Develop your skills with both pen and pencil.

Wed 1/31 - 2/28 3:45 - 4:45 p.m. \$95 (\$85 early bird)
Supplies will be provided.
Kettle Lake Spanish Room



Dreaming with da Vinci (Grades 1 - 4)

Explore, create, and invent while being inspired by the creative genius of Leonardo da Vinci. You will draw, paint, and dream your way to your own creative genius.

Tue 1/23 - 3/6 (omit 2/13 & 2/21) 3:45 - 4:45 p.m.
\$95 (\$85 early bird) Supplies will be provided.
Emmons Lake Spanish Room

Underwater Sea Creatures (Grades 1 - 4)

Using paper, air fire clay, and Sculpey, construct 3D creatures that can be found in or near the ocean.

Wed 3/14 - 4/18 (omit 4/4) 3:45 - 4:45 p.m. \$95 (\$85 early bird) Supplies will be provided. Caledonia Elem. Spanish Room

Share Your Passion!

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



Register online at:
www.inspiremenow.org

Youth Enrichment

Christmas Holiday Painting Class

Paint a winter landscape of bare trees against soft colors using acrylic on matte board. We will use the ideas of Impressionism; where you paint carefully but freely without smoothing your brush strokes.

This will leave a texture to show your viewers it is a painting and not a photograph.

Thu 12/28 and 1/4 10 a.m. - 12 p.m. \$35 (\$25 early bird) Ages 5 - 15 Materials provided.

Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

Christmas Holiday Print Making Class

Using an etching press and linoleum blocks, learn methods from before we all had printers in our homes. I will explain how printing evolved in China thousands of years ago and later in Germany hundreds of years ago. Also you will be in a barn over a hundred years old. To avoid a bottleneck at the printing press there will be simultaneous printing with potatoes cut into patterns. End products will be greeting cards, a birthday sign or decorative banner for your home.

Thu 12/28 and 1/4 3 - 5 p.m. \$35 (\$25 early bird) Ages 5 - 15 Materials provided.

Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto



Spring Break Art Classes

Ideas of Impressionism

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

Tue - Thu 4/3 - 4/5 10 a.m. - 1 p.m. \$110 (\$100 early bird) Includes use of paint and brushes. Ages 8 - 16 You may purchase your own canvas to bring or buy one from Gretka for \$7.

Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

Register online at:
www.inspiremenow.org



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	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 growth? We may be able to help! Caledonia Community Schools will be conducting a developmental screening for children who may benefit from early educational intervention. If you are a Caledonia School District resident who has concerns and would like more information please call 891-6220. The next screening will take place January 23 at the Duncan Lake Early Childhood Center, 9751 Duncan Lake Ave. There is no fee for this service.

CALEDONIA KIDS THEATRE PRESENTS



**JANUARY 26
7 P.M.**

**JANUARY 27
12 P.M. & 4 P.M.**

DLMS PERFORMING ARTS CENTER

For reserved seat tickets visit
our website
caledoniatheatre.org

CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS

APRIL 20 & 21, 2018

DLMS PERFORMING ARTS CENTER

Audition Notice:

Wed. Jan 31, 6 - 8 p.m. and Thu. Feb 1, 3 - 6 p.m.

Duncan Lake Middle School PAC

Students will attend one audition session, will audition in groups, and can leave after they audition.

Students do not need to prepare a song.



To participate with the Caledonia Middle School Players, register online at www.inspiremenow.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 \$50. For more information call 891-8117.

COMING SOON TO...

CHS PLAYERS

WINTER MUSICAL

THE MUSIC MAN

"We've got trouble right here in River City as con-artist-turned-conductor "Professor" Harold Hill convinces the citizens of River City, IA that he can teach their children to play in a marching band. Only after Marian the Librarian discovers his secret does the plot thicken. The Music Man is sure to sing and dance its way into your heart."

Workshops: Dec. 5th & 6th 3-5:30pm @ CHS FAC
Auditions: Dec. 12th & 13th 3-6pm @ CHS Black Box Theatre
Callbacks: Dec. 15th 3-6pm @ CHS Black Box Theatre
Performances: March 2nd, 3rd, 9th, & 10th 2018

*Audition information to come!



SPRING BREAK

YOU'RE A GOODMAN CHARLIE BROWN

A Spring Break Musical Theatre Intensive! April 2nd-6th
An audition based week long workshop that will end with a full production of YAGMGB in our new Black Box Theatre.
Performances April 6th, 7th and one encore performance the next weekend.

*Cost and details to come!



FRIDAY NIGHT

APOLLO CAFE

Want to sing a cover, practice some poetry, read a scene from that play you're writing? This is the place to do it. Apollo Cafe in the black box will showcase different talents every month with delicious beverages.
1 Friday per month: 3-5pm!

*Day subject to change



AND MORE!

THEATRE FUN!

Improv and audition workshops and more! Stay tuned!

Any workshops/classes you want to see at CHS?
Let us know!
*See email below





Caledonia Community Players 2017/2018 Season

Gooney Bird Greene And her true life adventures

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

March 17, 2018

Gooney
Bird
Greene



June 22, 23, 29 & 30, 2018

Footloose *The Musical*

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



Order reserved tickets online at CaledoniaPlayers.org



Caledonia Community Players RUMMAGE SALE

Saturday, Feb. 3
9am - 2 pm
(set up 7am - 9am)
Duncan Lake
Middle School
\$25.00 per 10' x 6' space.
Sellers keep 100% profit of
items sold.

CCP FUNDRAISERS

SAVE THE DATE

Support Community Theatre!

Magical Princess Tea

Saturday, May 12th
Duncan Lake
Middle School
Tickets:
\$15.00 per person
*children must be
accompanied by an
adult with ticket. Paid
reservations required.
Seating is limited!

Theatre



CALEDONIA
THEATRE GUILD

SUPPORT WHAT YOU LOVE

Become a Theatre Guild member today!

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



CONTRIBUTION LEVELS

House Light (\$50-\$99)

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

Backlight (\$100 - \$249)

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

Floodlight (\$250 - \$499)

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

Footlight (\$500 - \$999)

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

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

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

Spot Light (\$2,500 +)

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

Make Your Contribution Today!

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

For More Information
Call Us at 891-8117

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

My check for \$ _____ is enclosed.

Charge \$ _____ to my MasterCard / Visa

Card Number _____

Exp. Date _____ Security Code _____

Signature _____

Date _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-Mail _____

Name to appear in programs: _____

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

Health & Fitness

Fitness RX Fusion

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 moves will help you relax, reduce stress, improve your posture and strengthen your core. Create a HEALTHY, long and lean body. Please bring a yoga mat. Fitness Rx Certified Instructor.



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

Session I Tue 1/16 - 2/20

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

Session III Tue 4/24 - 5/29

5:45 - 6:45 p.m. \$65 (\$55 early bird)
DLMS TBA

Session I Thu 1/18 - 2/22

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

Session III 4/26 - 5/31 5:45 - 6:45 p.m. \$65 (\$55 early bird)
Resource Center Rm #302

Beginning Fencing

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

Teens & Adults (14 and over)

Session I Thu 1/18 - 2/22

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

Spring Session Thu 4/26 - 5/31

6:30 - 7:30 p.m. \$95 (\$85 early bird)

West Michigan Fencing Academy



Beginning Adult Tap Class

Looking for something different to get moving this winter? Join us for a beginner level tap class! You will learn something new, have fun and get in some exercise. Please wear loose fitting clothes. Tap shoes required.



Mon 1/15 - 2/19 7:30 - 8 p.m. \$89 (\$79 early bird)
Caledonia Dance and Music Center (Studio D)
131 E. Main Street

Workout Wisdom

January is the month when everyone loves to hit the gym and focus on exercise! Positive body changes are best made with exercise as well as healthy eating. In this class you will learn about what and when to eat before, during and after exercise. Your body needs fuel in order to have a successful workout and be able to maintain and gain muscle from your workout. This class will teach you the types of food you should be eating and how they will fuel your workout.

Wed 1/24 6:30 - 7:30 p.m. \$19 (\$9 early bird)
DLMS Rm #301

Kung Fu for Health

Kung Fu - literally, "Noble Skill" - is any activity or ability done competently. This class will consist of exercises and techniques from a variety of martial arts. Aikido, TaiQi, Shaolin Kung Fu as well as stretching and Qigong. Belt ranking in Tai Chum Wu Yi is also possible.

Session I Thu 1/25 - 3/15

Session I Thu 4/12 - 5/31

7 - 8 p.m. \$95 (\$85 early bird)
Caledonia Elem. Cafe



Register online at:
www.inspiremenow.org

Health & Fitness

Hatha Vinyasa Yoga

Has yoga been on your mind? Do you really, really need to wash it all away and drink in a breath of fresh air? We feel the same way and are excited to bring back a down-to-Earth yoga class; where even just breathing deep cleansing breaths is doing the yoga pose "right". Our instructor, Sherry Lynn, has guided over 1,500 hours of yoga. With this experience she brings a passion to help people realize 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 bodies, manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches and acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Session I Tue 1/23 - 3/20 \$135 (\$125 early bird)
Session II Tue 4/10 - 5/29 \$125 (\$115 early bird)
4:15 - 5:15 p.m. Resource Center Rm #302

Zumba

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



Instructor Jami DeHaan

Session I Wed 1/24 - 3/28 6:30 - 7:30 p.m.
\$89 (early bird \$79) Caledonia Elem. Cafe.

Karate

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



Ages 14 - Adult 7 - 8 p.m.
Session I M & W 1/15 - 2/26 (omit 1/24)
Session II M & W 3/5 - 4/18 (omit 4/2 & 4/4)
\$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 1/25 - 3/15 Session II Thu 4/12 - 5/31
6 - 7 p.m. \$95 (\$85 early bird) Caledonia Elem. Cafe.



Health & Fitness



Pickleball - Open Play

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

Intermediate Players (3.0 or higher)

Tue 1/9 - 6/5 (omit 4/3)

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

All Players

Wed 1/10 - 3/28

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

All Players

Thu 1/11 - 6/7 (omit 4/5)

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

Christian Cardio Workout

If you are looking to start the year out right by exercising check out this brand new cardio workout. For an hour you will be working out to Christian music as heard on WCSG. The class is open to men and women ages 16 and over. It's one you will look forward to attending every week!

Tue 1/16 - 3/20 7 - 8 p.m.

\$55 (\$45 early bird)

KMMS Gymnasium



Barre

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

Mon 1/15- 3/19 (omit 2/19) 5:15 - 6:15 p.m.

\$130 (\$120 early bird)

Thu 1/18 - 3/22 (omit 2/22) 6:30 - 7:30 p.m.

\$130 (\$120 early bird)

Register for both classes \$230 (\$220 early bird)
Resource Center Rm #TBA.



Power 30

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

Tue 1/16 - 3/20 (omit 2/20) \$99 (\$89 early bird)

Thu 1/18 - 3/22 (omit 2/22) \$99 (\$89 early bird)

Register for both classes \$150 (\$140 early bird)

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

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.inspiremenow.org

Health & Fitness

Wellness From The Inside Out For You

Join us as we learn to become healthier! Each week we will cover a different topic.
Week 1: How to kick the sugar habit.
Week 2: The importance of better digestion
Week 3: How to improve brain & mood health
Week 4: Hormonal imbalance and what to do about it.
Week 5: Understanding emotional eating & tips to overcome it.
Week 6: How to keep your heart healthy?
Week 7: What is adrenal fatigue and simple steps to overcome it.

Our instructor/coach, Donna Tashjian is the founder of Vibrant Living. She is a transformational Life & Health Coach. She helps her clients get unstuck - to move forward with their life and health goals. She works with clients one-on-one and in groups in areas of work/life balance, stress management, health obstacles. Her goal is to help you live vibrantly.

Mon 1/15 - 2/26 6 - 7 p.m.
\$140 or \$20 per class (\$105 or \$15 per class early bird) Resource Center Rm #TBA.

Adult Martial Arts Exercise Seminar:

This fun course is a Martial Arts themed exercise seminar for adults designed to supplement your normal exercise routine. You will learn basic blocks, kicks and punches while getting a great cardio workout. You will be taught when and how to use these techniques. Adult safety awareness is also taught. This is for all skill levels. There will be no contact between students or students and instructor. This seminar is for adults ages 18 and up, lead by a qualified black belt instructor.

Mon 1/15 - 8:30 p.m. \$25
(\$15 early bird)
DLMS Aux. Gym



Introduction to Medieval Longsword

Using the surviving manuals from hundreds of years ago as a base, this class teaches participants how to properly wield the historical European longsword. Training swords (shinai) will be provided. Students should wear athletic clothing. Bring your own eye-protection and protective full-fingered gloves. Ages 16 and up (minors need adult permission). Enrolled students will receive a discount from the sword combat store, Purpleheart Armory.

Thu 1/11 - 2/1 7 - 9 p.m. \$69 (\$59 early bird) Kraft Meadows Gymnasium



Viking Combat and Warfare

Using archeological and documented evidence, as well as experimental archeology as a guide, students in this class will learn to properly fight and spar using quintessential Viking weapons: The shield, spear, and sword (possibly axes). Students should wear athletic clothing. Required equipment: fencing mask, high-impact or HEMA gloves, and elbow protection. Other equipment will be provided, but students who wish to bring their own, may do so with prior approval. Enrolled students will receive a discount from the sword combat store, Purpleheart Armory. e-mail bergjerrye@gmail.com for info or equipment suggestions.

Thu 2/8 - 3/1 7 - 9 p.m. \$69 (\$59 early bird) Kraft Meadows Gymnasium

Medieval Longsword Skills (Intermediate class)

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

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

Register online at:
www.inspiremenow.org

Music & Language

Private Guitar Lessons

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



OR

Private Piano Lessons



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

OR

Love To Sing

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



Session I Tue 1/9 - 1/30
Session II Tue 2/6 - 2/27
Session III Tue 3/6 - 3/27
Guitar / Piano - \$95 (\$85 early bird) Voice \$109 (\$99 early bird) 2:30 - 8 p.m.
Resource Center Rm #302

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

Register online at:
www.inspiremenow.org

Basic American Sign Language

Whether you want to start learning a new language as a hobby, or you want to learn how to communicate with members of the deaf community, this class is a good place to start. In this beginning class you will learn the manual alphabet and many signs. You will also learn the difference between ASL grammar and English grammar. With sign language you can communicate through closed windows, underwater, and in loud environments. With a curriculum from Michigan's top Interpreter Training Program, you know you can't go wrong. Our instructor, Taryn Van Lopik is currently an Interpreter in Training in Lansing Community College's Interpreter Training Program.

Thu 1/18 - 3/1 7 pm - 8 pm \$45 (\$35 early bird)
Caledonia Resource Center Rm #301



FRIEND

Spanish

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

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

Session I Tue 1/16 - 2/20 Session II Tue 3/6 - 4/17
(omit 4/3) \$99 (\$89 early bird) 7 - 9 p.m.
DLMS Rm # TBD



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 1/16 - 2/6
Session II Tue 2/20 - 3/13
Session III Tue 3/20 - 4/17 (omit 4/2)
Session IV Tue 4/24 - 5/15
\$59 (\$49 early bird) 3:30 - 5 p.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Beginning Knitting

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

Session I Thu 1/18 - 2/8
Session II Thu 2/22 - 3/15
Session III Thu 3/22 - 4/19 (omit 4/5)
Session IV Thu 4/26 - 5/17
\$59 (\$49 early bird) 3:30 - 5 p.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Intermediate Crochet

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

Session I Tue 1/16 - 2/6
Session II Tue 2/20 - 3/13
Session III Tue 3/20 - 4/17 (omit 4/2)
Session IV Tue 4/24 - 5/15
\$59 (\$49 early bird) 10 - 11:30 a.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia

Intermediate Knitting

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

Session I Thu 1/18 - 2/8
Session II Thu 2/22 - 3/15
Session III Thu 3/22 - 4/19 (omit 4/5)
Session IV Thu 4/26 - 5/17
\$59 (\$49 early bird) 10 - 11:30 a.m.
Henny's Yarn Shop - 133 E. Main St., Caledonia



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

Fairy / Gnome Garden Home

Carve your very own Fairy/ Gnome House for your Garden! It might be cold outside right now but soon the warm weather will be back and this will look adorable in your garden!! It is carved out of wood and no two houses will turn out the same as each piece of bark is unique as the person carving it. Class is limited to 8 students, so don't delay signing up on this one! Tools will be provided.

Mon 1/22 - 3/12 6:30 - 9 p.m. \$65 (\$55 early bird)
DLMS Rm # 302



Register online at:
www.inspiremenow.org

Misc. Classes

Doorway to College SAT Test Prep

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

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



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

RC Club

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

Sun 1/21, 2/18, 3/18 and 4/15 1 - 4 p.m. \$29 (\$19 early bird) DLMS Aux. Gym



Register online at:
www.inspiremenow.org

Caledonia Area
2018 COMMUNITY EXPO!
DUNCAN LAKE MIDDLE SCHOOL
Saturday February 24
10 AM - 2 PM
FREE Admission!
9757 Duncan Lake Ave SE
www.caledoniachamber.com • 1-616-690-2719

Misc. Classes

Wills and Trusts For The Family

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

Session I Thu 1/25 - 2/15

Session II Thu 3/1 - 3/22

7 - 9 p.m. \$55 per person - spouse free (\$45 early bird)
DLMS Rm #TBA



Register online at:
www.inspiremenow.org

Share Your Passion!

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



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

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



Tue 2/27 6:30 - 9 p.m. \$35 (\$25 early bird)
DLMS Rm # TBA



Igniting the Spark to Madness: A Jump Start into Improv

Do you think you're funny and quick-witted? Can you make suggestions come to life off the top of your head? Do you want to step outside of your comfort zone and learn skills that will help you on and offstage? Do you want to learn something new? Are you human? Then this is the class for you! This course will take you into the fast, fun-fueled world of improvisational comedy. Here you will learn and develop your comedic and theatrical skills, play games, and learn the answer to that burning question of *Whose Line is it Anyway?* So, come out and play as this is guaranteed to be fun time!

Tue 1/23 - 4/17 (omit 4/3) 5:30 - 8 p.m. \$95 (\$85 earlybird) DLMS Rm # 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 four products to take home and use! We will be making 4 roller balls and you will be able to choose from the following recipes:

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

Mon 1/22 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

Personal Products - Make & Take

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

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

Mon 2/5 6:30 - 8 p.m. \$30 (\$20 early bird) All supplies will be provided. Resource Center Rm #301

Register online at:
www.inspiremenow.org

Dog Training

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

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

Tue 1/16 - 3/6
6 - 6:45 p.m. \$95 (\$85 early bird)
Resource Center Rm #302

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

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

Tue 1/16 - 2/20
7 - 8 p.m. \$95 (\$85 early bird)
Resource Center Rm #302



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

Aquatics

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

Aquatic Fitness Classes

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

Low Impact Water Exercise

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

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

Arthritis

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



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

Water Aerobics

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

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

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

Deep Water Aerobics

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

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



Water Exercise

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

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

Water Aerobics and Cardio

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

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

Monthly Class Fees

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

Register online at:
www.inspiremenow.org

Aquatics



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

Learn-to-Swim - Adult & Teen

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

Days: Friday

Session Dates: 2/9 - 3/30, 4/13 - 6/1 6 - 6:45 p.m.
\$85 (8 weeks)

Days: Saturdays

Session Dates: 2/10 - 3/31, 4/14 - 6/2 8:30 - 9:15 a.m.
\$85 (8 weeks)

Days: Friday 6 p.m. & Saturday 9 a.m.

Session Dates: 1/12 - 2/3 \$85

Register online at:
www.inspiremenow.org

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

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

Days: Tuesdays

Session Dates:
2/6 - 3/27, 4/10 - 5/29
6 - 6:30 p.m. or 7 - 7:30 p.m. \$85 (8 weeks)

Days: Thursdays

Session Dates: 2/8 - 3/29, 4/12 - 5/31
6 - 6:30 p.m. or 7 - 7:30 p.m. \$85 (8 weeks)

Days: Tuesdays & Thursdays

Session Dates: 1/9 - 2/1
6 - 6:30 p.m. \$85

Days: Saturdays

Session Dates: 2/10 - 3/31, 4/14 - 6/2
8:30 - 9 a.m. \$85 (8 weeks)



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

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:

1/9 - 2/1, 2/6 - 3/1, 3/6 - 3/29, 4/10 - 5/3 5 - 5:45 p.m.

1/9 - 2/1 6 - 6:45 p.m.

1/9 - 2/1 7 - 7:45 p.m. \$85 (4 weeks)

Days: Tuesdays

Session Dates: 2/6 - 3/27, 4/10 - 5/29 6 - 6:45 p.m. or

7:00 - 7:45 p.m. \$85 (8 weeks)

Days: Thursdays

Session Dates: 2/8 - 3/29, 4/12 - 5/31 6 - 6:45 p.m. or

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

Days: Friday

Session Dates: 2/9 - 3/30-, 4/13 - 6/1 5 - 5:45 p.m. \$85

(8 weeks)

Days: Saturdays

Session Dates: 2/10 - 3/31, 4/14 - 6/2 10 - 10:45 a.m. or

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



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

Caledonia Resource Center



Learn from
the comfort
of home!

24-Hour Access

Discussion Areas

6 Week Format

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

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

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

INSTRUCTOR LED ONLINE COURSES

Introduction to Google Analytics

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

Performing Payroll in QuickBooks

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

Accounting Fundamentals

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

Beginning Writer's Workshop

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

Computer Skills for the Workplace

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

A to Z Grant Writing

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

Grammar Refresher

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

Creating Web Pages

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

Introduction to SQL

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

Introduction to Final Cut Pro X

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

Introduction to Microsoft Excel

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

Intermediate Microsoft Excel

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

Introduction to CSS3 and HTML5

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

Leadership

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

Writing Essentials

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

Effective Business Writing

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

Fundamentals of Supervision and Management

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

Enroll Now!

www.ed2go.com/CRC

(616) 891-8117

Over 300 online courses available



Community Info

KDL

Kent District Library
www.kdl.org

One-on-One Technology Tutoring

KDL offers 45-minute personal technology help sessions by appointment at the Caledonia Township branch. During these sessions, our friendly staff members will help with eBooks, email, Facebook or other technology related topics. You are welcome to bring your own laptop or other device, or use ours.

The Art of Papermaking

Back by popular demand! Create unique handcrafted paper with artistic flair and style. Learn techniques to create decorative sheets of paper using various fibers and pulp, a mold, and a deckle. Pre-registration required.

Tuesday, January 16, 6 p.m.

Ready for Reindeer

Traveling all the way from the North Pole (via Rooftop Landing Reindeer Farms), live reindeer will be visiting the library. Dress warmly and don't forget the camera!

Thursday, December 21, 6:30 p.m.



92nd Street Book Club

Join us for an engaging book discussion. Tuesdays at 6:30 p.m.

December 12 - "The Hotel on the Corner of Bitter and Sweet" by Jamie Ford

January 9 - "Boy Snow Bird" by Helen Oyeyemi

February 13 - "The Fishermen" by Chigozie Obioma

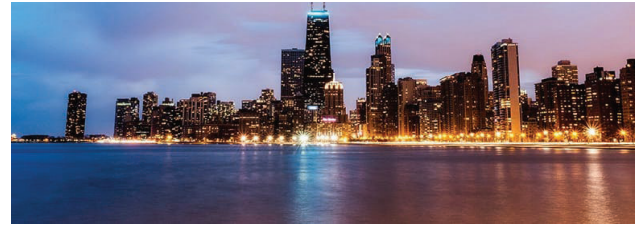
Kiwanis Club of Caledonia

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



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.



Downtown Chicago Sighting

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

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

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

Saturday, June 16

Departs at 7 a.m. and returns at 11 p.m. \$65

Includes: Motorcoach transportation, juice and sweet rolls en route, and driver gratuity.

RSVP: Reservations must be made by May 16.

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

Community Info

Rummage
Sale



NEED MORE SPACE?

Bring your items to

**Caledonia Community Players
RUMMAGE SALE**

Feb. 3 9am - 2 pm (set up 7am - 9am)

Duncan Lake Middle School

\$25.00 per 10' x 6' space.

Sellers keep 100% profit of items sold.

Nothing to sell?

Be sure to mark your calendars to come shop!

Questions? Contact Caledonia Resource Center 616-891-8117



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

Register for online classes at: www.ed2go.com/crc

AWOL Adventures

A.W.O.L. ADULTS WITHOUT LIMITS

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!

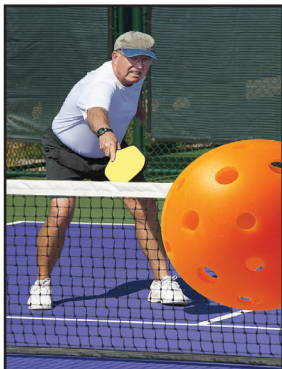


Tue 1/23 10 a.m. - 12 p.m.
\$30 Includes: Shoe rental, admission and guided tour Muskegon Winter Sports Complex
462 Scenic Drive
North Muskegon, MI 49445
Transportation is on your own. Must register by January 16.

Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxiliary gym on Tuesday afternoons for anyone 55 and over, that would like to play. You must have your own equipment and be willing to help set up and take down the nets. Pickleballs will be provided. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Tue 1/9 - 6/5 (omit 4/3) 12 - 1:30 p.m. 55+ Donations accepted (to replace pickleballs) Under 55 \$5 per visit. DLMS Aux Gym



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 1/22, 2/19, and 3/19 11 a.m. - 1 p.m. \$19 per session (includes bowling, shoe rental and lunch.) Sign up for one or more sessions!

**WATCH FOR OUR SPRING 2018
CATALOG FOR MORE A.W.O.L.
ACTIVITIES!**

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.inspiremenow.org**

Caledonia Senior Center

It's Your Time



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 1/8 - 6/4 (omit 4/2 & 4/5) 9:30 - 11 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym

Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room on Mondays, Wednesdays and Fridays. There will be a staff member in attendance during this time, however, use of the weight room is at your own risk. A completed emergency/health form will be required of all participants. Pre-registration is not required.

Mon, Wed, & Fri 1/8 - 6/4 (omit 4/2 - 4/6) 10 - 11 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55
DLMS Weight Rm

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 1/25, 2/22, 3/22, 4/26, 5/24
1 - 3 p.m. 25¢ per card donation
Resource Center Rm #301

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



Hand & Foot

If you haven't had the opportunity to learn this popular card game, now is your chance. We would be very happy to show you how to play! It's easy and fun! Bring a friend! Everyone is welcome!



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

Euchre

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

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

Become a Sponsor!

The Caledonia Resource Center provides opportunities for all senior citizens in the Caledonia School district. Our programs include fitness classes, travel, awareness classes and social activities. If you would like to donate to help support our senior center please contact our office at 891-8117.

Caledonia Senior Center

It's Your Time



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 Wednesday, February 14 at 12:00 noon for lunch and fun as we celebrate the holiday of love!

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

Lunch Bunch

Bring your friends and join us for lunch! We will meet once a month at an area restaurant. If you wish to car pool, you may meet at the Resource Center at 11:00 a.m., or you can meet us at the restaurant at 11:30 a.m. Please call us at 891-8117 to make reservations (so we can let the restaurant know how many are coming).



Date: Thursday, January 25

Place: Uccello's - Caledonia

Date: Thursday, February 22

Place: Brann's - Caledonia

Date: Thursday, March 22

Place: Real Arriero - Caledonia



What is Senior Odyssey?
Based off the Odyssey of the Mind program typically found in schools for over 30 years, Senior Odyssey promotes cognitive health and vitality in older adults through mindful engagement in creative problem solving activities.

It allows older adults to use lifelong experiences, knowledge and skills in new and creative ways, and encourages them to be creative and have fun in a challenging way.

Senior Odyssey provides an opportunity for participants to maintain and improve their cognitive abilities, preventing the onset of cognitive diseases.

Join us on Friday, December 15 from 12:15 - 12:45 p.m. to learn more about this program. Please RSVP at 891-8117.

St. Patrick's Day Euchre Tournament

Food~Prizes~Fun

When: Friday, March 16

Time: 11:30 a.m.

Cost: \$10, includes lunch and prizes.

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

Call 891-8117.



Prime Timers need YOU!

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

- Quilts for Veterans
- Pillows for the hospitals
- Blankets for shelters
- Blankets for families of disasters



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

NEEDED: Donations of NEW unused cotton fabric, white or light colored sewing or surger thread, and quilt batting. Cash donations also appreciated.

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

Basketball

Thursday 1/11, vs. Northwood women's game at 5:30 p.m. with men's to follow
Saturday 2/17, vs. Saginaw Valley women's game at 1p.m. with men's to follow

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



Snyder Monuments



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

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

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

"Honor a Loved One that will last a Lifetime"

Lunch & A Movie?

Got the winter blahs? Join us here at the Resource Center for a movie and a potluck!

Thursday, January 17
Thursday, February 21
Potluck from 12 - 12:30 p.m.
Movie from 12:30 to 3 p.m.



Bring a dish to pass for the potluck or just come to the movie and we will provide the popcorn. Please RSVP by calling 891-8117.

**Did you know?
You can register online
at:**

www.inspiremenow.org

Travel With Us!! Caledonia "GlobeTrotters"



Everyone is welcome on any of our trips! You do not need to be a Caledonia resident to join us! Call to register for your favorite trip today at 891-8117. These trips are open to all adults. There are no age restrictions. The commission earned on these trips helps support our senior center. Don't see the vacation of your dreams? We can help! Call us today! Take a vacation with us and help support our program!

Let's Go Up North!

Ride the Kewadin bus with us! We will stop at 3 casinos; twice at Odawa in Petosky, twice at Kewadin in St. Ignace, and overnight at Kewadin in Sault Ste. Marie. Your trip includes overnight hotel accommodations at the Kewadin Casino Hotel, \$15 food voucher for dinner at Sault St. Marie, breakfast buffet, and \$60 back in free play (subject to change). This trip will fill up fast! Call us at 891-8117 to make a reservation.



FireKeepers Casino

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

Tuesday, May 15, 2018

Departs: 9 a.m. Returns: 3 p.m.

Cost: \$30 per person

Includes: Motorcoach transportation and driver gratuity.



Grand Haven Art Festival

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

Take a stroll along the historic harbor - The boardwalk is a 3 mile round trip and runs along the harbor, which is lined with shops, restaurants, marinas and charter fishing boats. While it's a great place for a brisk walk, there are plenty of grassy knolls and benches for idlers who prefer people and boat watching. The boardwalk continues along the Grand River and travels out to Lake Michigan, where you can walk the pier, and take photos of the lighthouse.

Tour the town on the trolley! The trolley runs from 11 a.m. to 10 p.m. with many pick-up locations. Enjoy a historic narrative tour that starts at Chinook Pier, travels the waterfront and downtown areas and provides a unique trip back in time. Fares are between .75¢ and \$1.50 each.

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

September 22 & 23, 2018. \$175 per person dbl. **Final payment is due 45 days prior to the departure date.** Departs at 7:00 a.m. and returns the following day at approximately 9:00 p.m.

Includes: Motorcoach transportation, hotel accommodations, \$15 dinner voucher, breakfast, refreshments on the bus, \$60 in free play, and luggage service.

We will need the following information when you register:

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

Call 891-8117 to make your reservations.

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



18-Day Panama Canal from Seattle Aboard the beautiful Norwegian Sun April 19 - May 7, 2018

Set sail down the rugged Pacific coastline and through the Panama Canal on board Norwegian Sun. San Francisco will capture your heart with iconic sites like the Golden Gate Bridge, vintage streetcars and amazingly steep streets. Watch the cliff divers of Acapulco plunge over 130 feet in the ocean below. Cruise by lush tropical scenery and through the famous locks of the Panama Canal, one of the most challenging engineering projects ever undertaken. Finally, people-watch in Miami while enjoying an authentic Cuban sandwich and plantanos maduros at a sidewalk café.



Day	Cruise Ports	Arrive	Depart
Thu	Seattle, Washington (EMBARK)	---	5:00 pm
Fri	Victoria, British Columbia	7:00 am	4:00 pm
Sat	At Sea	---	---
Sun	San Francisco, California	8:00 am	6:00 pm
Mon	At Sea	---	---
Tue	At Sea	---	---
Wed	Cabo San Lucas, Mexico	8:00 am	4:00 pm
Thu	At Sea	---	---
Fri	Acapulco, Mexico	9:00 am	6:00 pm
Sat	At Sea	---	---
Sun	At Sea	---	---
Mon	Puntarenas, Costa Rica	10:00 am	7:00 pm
Tue	At Sea	---	---
Wed	Daylight Transit Panama Canal	---	---
Thu	Cartagena, Colombia	9:00 am	6:00 pm
Fri	At Sea	---	---
Sat	At Sea	---	---
Sun	Miami, Florida	7:00 am	6:00 pm
Mon	Orlando & Beaches (Port Canaveral) (DISEMBARK)	---	---

PICK TWO FREE PERKS!

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

Category	Fare
Inside Cabin	\$2,374 per person dbl
Outside Cabin	\$2,729 per person dbl
Balcony	Limited Available per request.

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

Deposit \$400 per person - Final Payment Due 1/19/18

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



American Queen Steamboat Company

Antebellum South
on the American Queen
9 Days / 8 Nights November 11 - 19, 2018

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

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

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



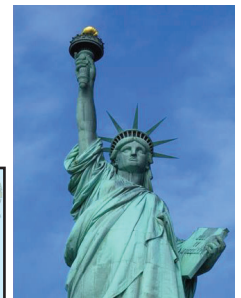
Deposit: \$600 per person double occupancy or \$1,200 per person single occupancy is required to secure reservations and assign cabins. Final payment is due by July 12, 2018.

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

Heritage of America

10 Days ~ June 15, 2018

Follow the epic story of American democracy. Join a local guide on a tour of New York City, featuring the Empire State Building, Greenwich Village and other time-honored landmarks. View the Liberty Bell and see Independence Hall in Philadelphia. Walk the hallowed battlefield at Gettysburg and tour the National Military Park & Museum. Travel along the famous Skyline Drive for amazing views of the Shenandoah Valley, and sample wines from a picturesque Virginia vineyard. Visit the presidential estates of Washington's Mount Vernon and Jefferson's Monticello. Tour some of Colonial Williamsburg's 88 restored historic buildings and dine in a traditional tavern. Learn about the American Revolution at Yorktown and explore the outdoor living history museum, including a re-created Continental Army encampment and Revolution-era farm. Explore the countless treasures of the Smithsonian Institution with your choice of visiting the National Air and Space Museum or the National Museum of American History. Tour Washington, D.C.'s National Mall and view the moving World War II Memorial, the Vietnam Veterans Memorial and the Korean War Memorial. Visit Arlington National Cemetery.



Double \$3,699; Single \$4,799; Triple \$3,649
For bookings made after Dec 15, 2017 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 \$250 per person

* All rates are per person and are subject to change, based on air inclusive package from GRR

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

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



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

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

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

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

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

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

PICK TWO FREE PERKS!

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

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



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

Registration

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

General Policies

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

Refund Policies

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

Class Locations

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

No News Is Good News

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

Cancellation Notifications

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

Weather Information

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



How to Enroll

Online

Visit our website at: www.inspiremenow.org

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



By Fax

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



By Mail

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

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



In Person

Come in to the Resource Center office during office hours, Monday - Friday, 8 a.m. - 4 p.m. We are located at 9749 Duncan Lake Ave.

We're Going Green!

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



Credit Card Policy

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



Caledonia Resource Center Class Registration Form

Participant's Name _____ M ___ F ___ Date of Birth _____

Address _____ City _____

Zip Code _____ Phone # _____

Emergency Contact _____ Phone # _____

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

Student Information: Grade _____ School _____

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

Class Title	Day/s	Time	Location	Fee
Total Fee				

Visa or MC # _____ Expiration Date _____

Signature _____

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



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

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And her true life adventures

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Based on the book Gooney Bird Greene
by Lois Lowry

March 17, 2018

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