

COMMUNITY CONNECTIONS

Winter
2019
Volume 3 Issue 1

Be Inspired!

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Youth Basketball PG 6

Guitar, Piano & Voice PG 19

55 and Better Travel PG 33



Caledonia Resource Center
Adult & Youth Enrichment - Theatre - 55 & Better- A.W.O.L
inspiremenow.org

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Caledonia, MI 49316
(616) 891-8117
Fax (616) 891-7014
www.inspiremenow.org

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Generation POUND®
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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 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 1/16 - 2/20

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

4:30 - 5:15 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids



Beginning Fencing

Youth ages 7 - 13

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

Session I Thu 1/17 - 2/21

Session II Mon 3/4 - 4/15 (omit 4/1)

5:30 - 6:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids

Continuing Fencing

Youth ages 7 - 13

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

Session I Mon 1/14 - 2/18

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

5:30 - 6:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave.
SW, Grand Rapids

Champion Force Cheerleading

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



Mon 2/4 - 6/3 (omit 4/1 & 5/27)

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.

\$129 Early Bird Fee / \$139 Regular Fee

Division 4 (try-out team) - returning students 8 - 9 p.m.

\$159 Early Bird Fee / \$169 Regular Fee

Caledonia Elem. Cafe.

Karate

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



Ages 13 & under 6 - 7 p.m.

M & W 1/14 - 2/20

\$79 Early Bird Fee / \$89 Regular Fee

KMMS Gymnatorium

Register online at:

www.inspiremenow.org

Youth Sports

At Caledonia Dance & Music Center

Enchanted Ballet

Ages 2-3



Enchanted Ballet (Ages 2 - 3)

A class built around creative movement and basic ballet introducing young dancers to the different elements of movement and dance. Class attire is a pink leotard, pink convertible tights, and Revolution pink full sole leather ballet shoes. Class attire is available for purchase at the studio.

Thu 3/7 - 4/18 (omit 4/4) 6:15 - 6:45 p.m.
Showcase 4/22 or 4/23
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

At Caledonia Dance & Music Center

Tumble Tykes

4-6 Year Old Tumbling



Tumble Tykes (Ages 4 - 6)

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.

Wed 3/6 - 4/17 (omit 4/3) 4:30 - 5 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

Guys Only Hip Hop

K-5th Graders

At
Caledonia Dance & Music Center



Guys Only Hip Hop (Grades K - 5)

Just for the boys, this funky, up-beat class is for the new or experienced student. All hip hop, all the time makes this a great fit for boys who love to move!

Thu 3/5 - 4/16 (omit 4/2) 7:15 - 7:45 p.m.
Showcase 4/22 or 4/23
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

So You Think You Can Hip Hop (Grades K - 5)

Inspired by the hit TV show "So You Think You Can Dance" this class introduces hip hop. Bounce along to the beat in this energetic fun-filled class!

Thu 3/7 - 4/18 (omit 4/4) 5:30 - 6 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
Showcase 4/22 or 4/23
Caledonia Dance & Music Center

At Caledonia Dance & Music Center

Tutus & Bowties

4-5 Year Old Ballet



Tutus & Bowties (Ages 4 - 5)

Explore the magic of ballet in a nurturing class atmosphere. Tutus & Bowties introduces the young dancer to beginning ballet positions, self-awareness, creative expression and imagination.

Sat 3/9 - 4/20 (omit 4/6) 10:30 - 11 a.m.
\$79 Early Bird Fee / \$89 Regular Fee
Showcase 4/22 or 4/23
Caledonia Dance & Music Center

Register online at:
www.inspiremenow.org

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.

All equipment for class use is provided.

Mon 1/28 - 3/25

\$79 Early Bird Fee / \$89 Regular Fee

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

*A uniform is highly recommended. Uniforms available for purchase at the 1st class.

Required items: Boys sparring package \$35 or girls package \$22 - includes soft shin guards, mouth guard and case and supporter/cup for boys.

Advanced students (yellow belt/green tip and above) are required to have their own sparring gloves and sparring helmet (\$69).

Please arrive 15 min. early on the first night.

Winter Sparring Clinic

Saturday, March 9, 2019 DLMS Aux. Gym

8:30 a.m. - 12:15 p.m.



GENERATION POUND®

Generation POUND® is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive activities, kids will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness.

AGES & STAGES: Perfect for "Rockstars in Training" ages 6-12.

Tue 1/8 - 3/26 3:45 - 4:30 p.m.

\$109 Early Bird Fee / \$119 Regular Fee

Emmons Lake 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.



Youth Sports

Caledonia Boys Youth Basketball 2nd - 4th Grades

This year's Caledonia Youth Basketball Clinic will offer grades 2nd - 4th, a five-week skills development course.

The first three weeks will be spent teaching the correct fundamentals of individual skills (i.e. proper shooting technique, dribbling, passing, footwork, etc). The final two weeks 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.

This program is focused on the development of individual skills and player confidence through the interaction with high school freshmen and junior varsity basketball players that serve as mentors and coaches who will work with your son to improve his fundamental skill set, confidence, and love for the game.



Sat 1/5 - 2/2 9 - 10:30 a.m. \$55 (fee includes a t-shirt)
Caledonia High School - South Campus
Register online at inspiremenow.org

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

This program is supported by the Caledonia Boys Program. Proceeds from the program will be used for improving the Caledonia Basketball program, including equipment, coaching clinics, and general needs.

Register online at:
www.inspiremenow.org

Caledonia Girls Basketball 5th & 6th Grade

This will be our first year offering this program and is a continuation of the K - 4th program. Caledonia Youth Basketball is looking forward to teaching your daughters the basic skills of basketball, and, at the same time, allow them to enjoy showing what they learn in practice during games. Our goal for this program is to teach each player to love the game of basketball, and want to continue playing in the future. Basic skills will be taught to every player and equal playing time given. Proper shooting, dribbling, passing and defensive techniques will be taught weekly during practice. They will also have the chance to play other teams in a six game season.

Practice will begin the week of January 14th with games starting February 9th running through March 16th. Practice days could be Monday, Tuesday or Wednesday.

\$65 Early bird Fee / \$75 Regular Fee (includes a jersey)

Volunteers will be needed, so if you are interested, please e-mail Andy Backus at: acb42@msn.com if you have questions or would like to volunteer.

Caledonia Boys and Girls Basketball K - 4th Grade

Caledonia Youth Basketball is looking forward to teaching your son or daughter the basic skills of basketball, and, at the same time, allow them to enjoy showing what they learn in practice during games. We are looking forward to our third year. Last year we had over 300 kids! Our goal for this program is to teach each child to love the game of basketball, and want to continue playing in the future. Basic skills will be taught to every child and equal playing time given. Proper shooting, dribbling, passing and defensive techniques will be taught weekly during practice. They will also have the chance to play other teams in a six game season. Boys and girls leagues will be separate for 1st - 4th grades with 1st and 2nd playing together and 3rd and 4th playing together. Kindergarten teams will be co-ed. Young 5's are welcome to register.

Practice will begin the week of January 14th with games starting February 9th running through March 16th. Practice days could be Monday, Tuesday or Wednesday.

\$65 Early bird Fee / \$75 Regular Fee (includes a jersey)

Volunteers will be needed, so if you are interested, please e-mail Andy Backus at: acb42@msn.com if you have questions or would like to volunteer.

The Varsity boys program is running a 5 week skills session for 2nd - 4th grade boys starting two weeks prior to this program.

Please feel free to register for this program as well.

Little Caledonia hoopsters grow up to be big Caledonia hoopsters.



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. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.

Session I Mon & Tue 2/4 & 2/5

Session II Mon & Tue 3/4 & 3/5

5:30 - 8:00 p.m.

\$79 Early Bird Fee / \$89 Regular Fee (book included)

DLMS Rm #522



Play date with Christine!

Join your friends for a morning of fun activities! This program is designed for children ages 3 - 5 years old. Each week has a new theme to explore through songs, books, games, crafts, and free play time. Children **MUST** be potty trained.

Session I Tue 1/15 - 2/5

Session II Tue 2/19 - 3/12

Tue 9:30 - 11:00 a.m.

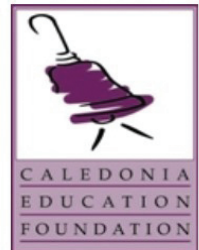
\$29 Early Bird Fee / \$39 Regular Fee

Resource Center Rm #302



Give a Gift that Counts.

A personalized brick makes a lasting memory for years to come and supports the Caledonia Education Foundation. Recognize your son, daughter, grandchildren, soon-to-be graduate, retiring relative, or Caledonia Alumni.



For \$100.00 you can purchase 3 lines of 14 characters that will be engraved on a Caledonia monument brick that will last forever. A meaningful and permanent gift this holiday season that will last a lifetime! Give a donation that will fund our **district grant program**. Students take part in CEF funded programs and projects that provide exceptional learning opportunities.



Give a gift that makes a **lasting difference** long after the holidays have passed. It's as simple as visiting our website www.caledoniacef.org for further details or contact our office at 891-0732.

Youth Enrichment

Gretka's Coldwater Studio



Christmas Break Art Class Ideas of Impressionism

Looking for a fun activity over Christmas break? Join Gretka Domer at her home art studio to create a masterpiece of your very own! Pieter Breughel the elder (1500's) and Grandma Moses (1900's), painted scenes from a high angle, (as seen from a tree top) which shows people at work or play outdoors in a chosen setting. Gretka's favorite is ice fishing at Campbell Lake. Students will use acrylic paint on canvas. They will plan, underpaint and complete their masterpiece in 6 hours. Class fee includes use of paint and brushes. You may purchase your own canvas to bring, or buy one from Gretka for \$7. Ages 8 - 16

Tue - Thu 1/2 - 1/4 12 - 2 p.m.
\$109 Early Bird Fee / \$119 Regular Fee
Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

Spring Break Art Class

Staying home this spring break? Looking for a fun activity for your student? Let your child show their artist talent with Gretka at her home studio. Students will learn how to paint a picture of the interior of a century barn. They will learn parallel lines, light and shadow, perspective, volume, color schemes, designing, preparing and completing acrylic on canvas. Ages 7 - 15.

Tue - Thu 4/2 - 4/4 12 - 2 p.m.
\$109 Early Bird Fee / \$119 Regular Fee
Classes are held at Gretka's Coldwater Studio
9508 Bergy Ave., Alto

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

CHS & CMS Enrichment

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 3/20 & 3/21 3 - 5:30 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
CHS Lower Forum Rm



Ultimate Frisbee

Ultimate Frisbee is an exciting, non-contact team sport played with a disc. It is the total "team" sport because as soon as you catch the disc you have to throw. Everyone is a quarterback! This sport is the first co-ed self-refereed sport to be officially recognized by the Olympic committee. There are no refs so players hold themselves accountable through the "spirit of the game", a rule and a mind-set that pushes players to play their best, but never at the expense of disrespecting others.

We will play on beautiful indoor turf field at Elite Baseball and Softball. Coaches will teach the fundamentals of ultimate frisbee including throwing and catching, offense and defense, and having fun while playing with good sportsmanship. Each player will receive a t-shirt and a disc. Grades 6th -12th.

Fri 1/11 - 2/22 4 - 6 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
Elite Baseball and Softball
5930 Clyde Park Ave. SW, Wyoming, MI

Intro to Theatre For Young Audiences

An introduction to the history and theory of theatre conceived for audiences of young people. Participants will read a variety of plays intended for young audiences and consider the social and artistic issues associated with various dramatic and theatrical techniques. Participants will also get the chance to write and perform adapted works with local elementary schools and get a sneak peak at "Miss Nelson Is Missing." For ages 12 and up.



Fri 1/18 - 2/15 3:00 - 5:30 p.m.
(Possible day time for school performance)
\$45 Early Bird Fee / \$55 Regular Fee
Resource Center Rm #302

Beginning Knitting for Teens

Come hang out at Henny's Yarn shop this winter and make something you will love to wear or give as a gift! 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 and purchase your materials.

Wed 1/23 - 2/13
3:00 - 4:30 p.m.
\$49 Early Bird Fee
/ \$59 Regular Fee
Henny's Yarn Shop - 133 E.
Main St., Caledonia



The Great Debate: Intro to Public Speaking and Debate

This exciting and interactive course will introduce students to debate and public speaking. It will train students on how to research, structure arguments, debate cases, and deliver effective speeches. It will assist students with organizing and presenting their ideas and thoughts in a safe and fun environment, helping to boost confidence and self-esteem. Ages 8 - 13.

Thu 2/7 - 2/21 6:30 - 8:00 p.m.
\$29 Early Bird Fee / \$39 Regular Fee

Our instructor, Allison Nash, is a licensed attorney specializing in general business matters. Her experience includes practicing law at a large Michigan law firm, working in-house at a Fortune 500 company and working as Director and Dean of Admissions and Financial Aid at a top tier Arizona law school.

Register online at:
www.inspiremenow.org

Theatre

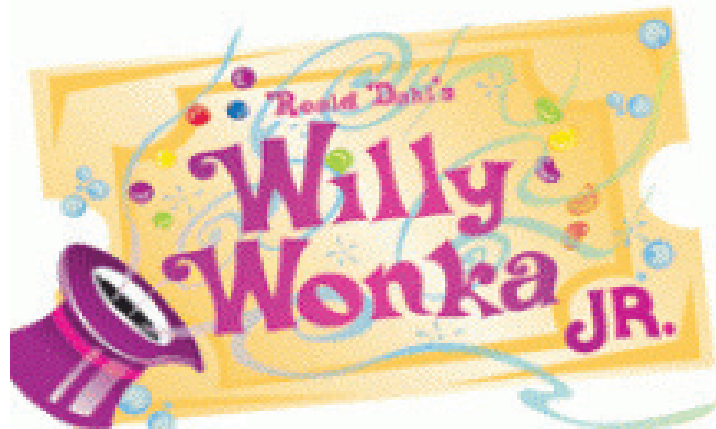
CALEDONIA KIDS THEATRE PRESENTS



JANUARY 25 & 26, 2019
DLMS PERFORMING ARTS CENTER

Tickets available online. Visit our website at CaledoniaYouthTheatre.org
or call 891-8117 for more information.

CALEDONIA MIDDLE SCHOOL PLAYERS PRESENTS



APRIL 20 & 21, 2019
DLMS PERFORMING ARTS CENTER

To participate with the Caledonia Middle School Players, register online at www.inspiremenow.org or complete the 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.

25TH

Caledonia Community Players

2018/2019 Spectacular Silver Season

Aa Bb Cc Dd Ee Ff Gg Hh

MISS NELSON
IS MISSING!

A play by: Jeffrey Hatcher



March 16. 2019



June 21, 22, 28, 29 2019

Disney
BEAUTY AND THE BEAST
THE BROADWAY MUSICAL

Music by Ian Menken Lyrics by Howard Ashman & Tim Rice Book by Linda Wolverton

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.



CONTRIBUTION LEVELS

Cue Light (\$20-\$49)

- ★ Name in all programs

House Light (\$50-\$99)

- ★ 2 Tickets to any 18/19 performance
- ★ Name in all programs

Backlight (\$100 - \$249)

- ★ 4 Tickets to any 18/19 performance
- ★ Name in all programs

Floodlight (\$250 - \$499)

- ★ 6 Tickets to any 18/19 performance
- ★ Name in all programs
- ★ 2 Free Concession Items

● Footlight (\$500 - \$999)

- ★ 8 Tickets to any 18/19 performance
- ★ Name in all programs
- ★ 4 Free Concession Items

● Stage Light (\$1,000 - \$2,499)

- ★ 10 Tickets to any 18/19 performance
- ★ Name in all programs
- ★ 4 Free Concession Items
- ★ Title Recognition for 1 production

● Spot Light (\$2,500 +)

- ★ 10 Tickets to any 18/19 performance
- ★ Name in all programs
- ★ 6 Free Concession Items
- ★ 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

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!



Session I Thu 1/17 - 2/21
Session II Thu 3/7 - 4/18 (omit 4/4)
6:30 - 7:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave SW, Grand Rapids

Beginning Epee & Sabre

This class is designed for teens and adults who have completed Beginning Foil class. 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!

Session I Thu 1/17 - 2/21
Session II Thu 3/7 - 4/18 (omit 4/4)
7:30 - 8:30 p.m. \$85 Early Bird Fee / \$95 Regular Fee
West Michigan Fencing Academy 1111 Godfrey Ave SW, Grand Rapids

Kung Fu for Health

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

Thu 1/24 - 3/14
7 - 8 p.m. \$85 Early Bird Fee / \$95 Regular Fee
Caledonia Elem. Library

Yoga Fusion: Yoga Plus Core Work

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



Session I Tue 1/15 - 2/19
Session II Thu 1/17 - 2/21
Session III Tue 3/5 - 4/16 (omit 4/2)
Session IV Thu 3/7 - 4/18 (omit 4/4)
5:45 - 6:45 p.m. \$55 Early Bird Fee / \$65 Regular Fee
DLMS Library



Tai-Chi - Qigong A Way of Ultimate Energy Collection

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

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

Thu 1/24 - 3/14
6 - 7 p.m. \$85 Early Bird Fee / \$95 Regular Fee
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 their bodies are designed to heal. She will meet you right where you are to help you create a safe place to start your very first class or to return again to the mat. Also, understanding that often yoga appears complicated and mysterious, she gives many options and the permission to grow at your own pace. Humor, gentleness and laughter are her signature ways to share the knowledge of how the many daily stressors of modern living deeply affect our physical bodies, manifesting as pain and illness. The ancient wisdom of Hatha Vinyasa yoga can relieve mild daily aches and acute and chronic pain through calm focus, deep breathing and the physical asana poses to exercise, assuage and realign our bodies. It is with this physical relief that our hearts and minds often find the room to relax. Tap into the rebirth of you by taking the first steps to embrace wellness.



Session I Tue 1/15 - 3/12
Session II Tue 3/26 - 5/28 (4/2)
4:15 - 5:15 p.m.
\$125 Early Bird Fee / \$135 Regular Fee
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 8 years and teaching for 7. You will have a great time while dancing to Latin and Pop music! Come on out and shrink everything but your smile! Please bring a water bottle and wear a comfortable fitness shoe to class.



Instructor Jami DeHaan

Wed 1/16 - 3/20 6:30 - 7:30 p.m.
\$95 Early Bird Fee / \$105 Regular Fee
Caledonia Elem. Cafe.

Karate

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



Ages 14 - Adult 7 - 8 p.m.
M & W 1/14 - 2/20
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnasium

POUND®

ROCKOUT. WORKOUT.

POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat dripped fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rocking out!

Mon 1/14 - 3/25 7 - 7:45 p.m.
Wed 1/16 - 3/27 7 - 7:45 p.m.
One class per week: \$89 Early Bird Fee / \$99 Regular Fee.
Two classes per week: \$135 Early Bird Fee / \$145 Regular Fee. Drop-in Fee \$10 Resource Center Rm #302



Health & Fitness

Pickleball - Open Play

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

Intermediate Players (3.0 or higher)

Tue 1/8 - 3/26
6:30 - 8:30 p.m. \$5 per night
DLMS Aux Gym

All Players

Thu 1/10 - 3/28
6:30 - 8:30 p.m. \$5 per night
DLMS Aux Gym



Calling all Ladies for Jazz / Funk!

Looking for something different to do to get moving this winter? Ladies, join us for jazz/funk! Learn something new, have fun, and get some exercise during the cold winter months. Please wear athletic clothing such as yoga pants or leggings with a tank or t-shirt. Clean indoor sneakers or jazz shoes recommended. No showcase.

Mon 3/4 - 4/15 (omit 4/1) 7:30 - 8 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

WERQ®

Who says working out can't be fun? WERQ® is the fiercely fun dance fitness class based on top charting pop and hip hop music taught by our Certified Fitness Professional, Becca Workman. For everybody and every body! No previous dance experience needed. Join us and have fun getting fit! Our instructor, Becca, is an energetic fitness instructor with a lifelong passion for inspiring motivation in others to achieve their goals.



Thu 1/17 - 2/28 7 - 7:50 p.m. \$39 Early Bird Fee / \$49 Regular Fee Caledonia Elem.Cafe.

TIS' THE SEASON TO SWEAT



POUND Mini-Session

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements.

This mini-session is the perfect way to try POUND and get a fun workout during the holiday season. We will use a combination of Rock, Pop, and Holiday inspired music to keep you in the Holiday spirit.

Wed 12/5 - 12/19 (3 classes) 7 - 7:45 p.m. \$25
\$10 drop-in DLMS TBA

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. You will make and take a post workout snack.

Wed 1/23 6:30 - 7:30 p.m. \$9 Early Bird Fee / \$19 Regular Fee DLMS Rm #301

Health & Fitness

Historical Swordsmanship



Longsword Level 1

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, but students must provide the following:

- Protective full-fingered gloves (or HEMA gloves)
- Neck protection (aka gorget)
- Fencing mask (350n)
- Athletic cup (for male students)

Thu 1/10 - 1/31 7 - 9 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadow Aux. Gym

Longsword Level 2

This class is a continuation of Longsword Level 1 and requires better gear in order to practice advanced techniques and plays of the historical European longsword. Students must provide the following:

- Synthetic nylon longsword (order at least 3 weeks before the class if possible)
- Protective HEMA gloves (e-mail for details)
- Neck protection (aka gorget)
- Fencing mask (350n)
- Elbow & knee protection
- Athletic cup (for male students)
- Recommended (but not required) gear includes: forearm protection, shin protection, mask overlay, and a HEMA gambeson.

Thu 2/7 - 2/28 7 - 9 p.m.
\$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadows Aux. Gym

Longsword Level 3

The final class of the longsword trilogy is only open for graduates of the Level 2 class. This class teaches students advanced techniques for longsword combat, and coaches students to be the best swordsmen they can be by focusing on successful techniques while removing improper habits. The goal of this class, in addition to being familiar with a wide variety of historical German techniques and terms, is for the students to be confident and competent in their own abilities when entering a tournament or sparring scenario.

Equipment: (Please e-mail Jerry at bergjerrye@gmail.com to confirm if equipment is acceptable)

Required:

- Synthetic nylon longsword (ex. Purpleheart Pentii Longsword, Blackfencer Nylon Longswords)
- 350n fencing mask (appropriate fit)
- Protective or HEMA gloves and wrist protection
- Rigid or double-layered neck protection
- Elbow-guards and knee-guards
- Athletic or training shoes
- Other protection as needed (ex. Athletic cup)

Optional: (Required for steel sparring)

- Approved steel longsword
- Approved HEMA gloves
- Gambeson / Padded jacket
- Mask overlay or appropriate back-of-the-head protection
- Full leg protection (ex. full catcher's leg guards)

Tue 1/8 - 1/29
7 - 9 p.m. \$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadow Aux. Gym

Contact the instructor, Jerry, at bergjerrye@gmail.com for gear information and value. Students should wear athletic clothing. Ages 16 and up (Students under 18 need adult permission).

Register online at:
www.inspiremenow.org

Health & Fitness

Military Sabre: Combat and Techniques

The British Officer of the King's Dragoon Guards, Alfred Hutton, is often considered to be among the greatest military sabre wielders of the Victorian Era and the manuals that he authored are the quintessential tomes for modern HEMA sabre practitioners. This class acts both as an introduction to military sabre combat and an exploration through some of Hutton's guidelines and techniques for proper use of the military sabre.

Required:

- Synthetic Nylon sabre (order at least 3 weeks before the class if possible)
 - Protective HEMA gloves (e-mail for details)
 - Neck protection (aka Gorget)
 - Fencing mask (350n)
 - Elbow & knee protection
 - Athletic cup (for male students)
- (Contact the instructor, Jerry, at bergjerrye@gmail.com for gear information and value)
Students should wear athletic clothing.
Ages older than 16 (Students under 18 need adult permission).

Optional: (Required for Steel Sparring)

- Approved steel sabre
- Approved HEMA gloves
- Gambeson / chest padding
- Mask overlay or appropriate back-of-the-head protection
- Full leg protection (ex. full catcher's leg guards)

Thu 3/7 - 3/28

7 - 9 p.m. \$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadows Aux. Gym

Viking Warfare: Combat and Techniques

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.

Students should purchase/bring the following equipment:

- Fencing mask
- High-impact or HEMA gloves
- Elbow protection.
- Knee protection
- Athletic cup (as needed)

Other equipment will be provided, but students who may wish bring or make their own Viking equipment may do so by messaging the instructor. Message bergjerrye@gmail.com for info or equipment suggestions

Tue 3/5 - 3/26 7 - 9 p.m. \$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadow Aux. Gym

Claymores and Zweihanders: Greatsword Combat and Techniques

A sword that falls into the category of "greatsword" would have been one of the largest swords used throughout the history of Europe. This class teaches students how to properly wield these giants through recorded historical techniques and manuals, as well as an exploration through the variety of giant swords used in Europe and their unique niche in warfare and defense. Students have the option of using approved replica steel swords for techniques practice, but foam swords will be required through approved purchase or construction and will be used for sparring.

Students must bring the following required equipment:

- Foam greatsword of approved purchase or construction (contact Jerry at bergjerrye@gmail.com)
- 350n fencing mask (appropriate fit)
- Protective or HEMA gloves and wrist protection
- Rigid or double-layered neck protection
- Elbow-guards and knee-guards
- Athletic or training shoes
- Other protection as needed (ex. Athletic cup)

Optional:

- Approved steel or nylon replica great sword (dull)
- Weight lifting gloves

Contact the instructor, Jerry, at bergjerrye@gmail.com for gear information and value. Students should wear athletic clothing. Ages 16 and up (Students under 18 need adult permission).

Tue 2/5 - 2/26 7 - 9 p.m.

\$59 Early Bird Fee / \$69 Regular Fee
Kraft Meadows Aux. Gym



Nutrition & Wellness

Design Your Dream Life

In this 3 hour experience you'll be equipped with the tools to reach your full potential and live out your best life. Designed to assess every facet of your life—mind, body and spirit, you'll be healed from past hurts, crippling mind-sets and be introduced to the successful habits that will propel you to living with more meaning, a defined purpose, and emotional and financial abundance!

What to Expect:

- *Clarity about your true self
- *Unlock your life's purpose
- *Healing from past hurts and emotional limitations
- *Create a detailed action plan that will move you closer towards your goal—immediately
- *Live experiential exercises and more

Each session will have 30 - 45 minutes of equipping and an experiential exercise component. We often know what to do, but we simply don't do it. We are going to take action and make progress together!

The "2024 Come As You Will Be Party" will end the night as we "act as if" our dreams have already been accomplished. You will leave this event filled with passion and personal vision, with the skills to execute and see physical changes in your life.

Wed 1/23 6 - 9 p.m.
\$45 Early Bird Fee / \$55 Regular Fee
Resource Center Rm # TBA

Denise Walsh is a proud wife and mother, former clinical psychologist, motivational speaker, and multi-million dollar earning entrepreneur.

10 Simple Steps to Getting Your Child's Cooperation Without Yelling, Really!

Tired of yelling and feeling like an ogre just to get a little cooperation? In this 60-minute discussion our instructor will listen to your experiences and challenges, coach you toward solutions and share with you 10 easy, doable steps to get your child's attention and cooperation in any situation. Leonard Paauwe is a Certified Professional Coach and a Love & Logic independent facilitator on Parenting the Love and Logic Way™

Wed 1/30 \$35 Early Bird Fee / \$45 Regular Fee single
\$49 Early Bird Fee / \$59 Regular Fee per couple
7 - 8 p.m. Resource Center Rm # TBA

Problem Solving with Your Child

In this 60 minutes of Problem Solving with Your Child, you will learn the importance of teaching problem solving to your kids and how to do so in a way that works for your child. Raising and Nurturing Problem Solvers, a 2010 study published in Behaviour Research and Therapy, found that kids who lack problem-solving skills are at a higher risk of depression and suicidality. Additionally, the researchers found that teaching a child problem-solving skills can improve mental health. Learn how to empower your child and how to help your child learn by setting an example. Learn from the Painless (well almost) Parenting Made Simple program, by Leonard Paauwe M.S. CPC ELI Master Practitioner and founder of the Family Coaches.

Wed 2/6 \$35 Early Bird Fee / \$45 Regular Fee single
\$49 Early Bird Fee / \$59 Regular Fee per couple
7 - 8 p.m. Resource Center Rm # TBA

nighthawk
Food & Spirits

Family Food To Make Together

All generations will enjoy coming to the Nighthawk to prepare an amazing meal together! Sandra will start with an appetizer, move into the entrée and finish with a delightful desert. Experience the joy of cooking together and all our little cooks will receive their very own chefs hat to take home! Ages 7 and up.

Tue 2/12 6 - 8 p.m. \$15 Early Bird Fee / \$25 Regular Fee per person
This class will be held at Nighthawk Food & Spirits, 6950 Whitneyville Rd.

Language

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 1/15 - 2/19

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

\$89 Early Bird Fee / \$99 Regular Fee 7 - 9 p.m.

DLMS Rm # TBD



German

Would you like to learn a new language? How about German! We will cover the German alphabet, numbers, pronunciation, some simple sentences, not to mention some German culture. This class is led by Claudia Wrogg, a native German instructor with over 20 years of experience in teaching and translating German. You set the pace how far we'll go! Auf wiedersehen!

Wed 2/6 - 3/27 6:30 - 8:30 p.m.

\$89 Early Bird Fee / \$99 Regular Fee

DLMS Rm# TBD

A woman with brown hair, wearing a green jacket over a white shirt, is sitting at a desk with a laptop. She is smiling and looking towards the camera. The background is a light blue gradient with colorful wavy lines at the bottom. The text "Online learning anytime, anywhere... just a click away!" is written in black and blue fonts on the right side of the image.

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

Music



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.



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.

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.



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!



Ukulele For Beginners

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

Session I Tue 1/8 - 1/29

Session II Tue 2/5 - 2/26

Session III Tue 3/5 - 3/26

Guitar / Piano / Ukulele

\$85 Early Bird Fee / \$95 Regular Fee

Voice

\$99 Early Bird Fee / \$109 Regular Fee

2:30 - 8 p.m. (scheduled in 1/2 hour private lessons)

Resource Center Rm #301

Register online at:
www.inspiremenow.org

Beginning Crochet

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

Session I Tue 1/15 - 2/5
 Session II Tue 2/19 - 3/12
 Session III 3/19 - 4/16 (omit 4/2)
 \$49 Early Bird Fee / \$59 Regular Fee 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 1/17 - 2/5
 Session II Thu 2/21 - 3/14
 Session III Thu 3/21 - 4/18 (omit 4/4)
 \$49 Early Bird Fee / \$59 Regular Fee 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 1/15 - 2/5
 Session II Tue 2/19 - 3/12
 Session III 3/19 - 4/16 (omit 4/2)
 \$49 Early Bird Fee / \$59 Regular Fee 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 1/17 - 2/5
 Session II Thu 2/21 - 3/14
 Session III Thu 3/21 - 4/18 (omit 4/4)
 \$49 Early Bird Fee / \$59 Regular Fee 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.

Piece Quilting Projects

Come learn a new quilting technique called paper piecing. In this class you will use this new technique to make a hot pad, table runner, pillows or a wall hanging. Choose your project and learn this amazing technique! You will need to bring a sewing machine that you already know how to operate. A supply list will be provided upon registration.

Tues 4/23 - 5/7 5:30 - 8 p.m.
 Fee \$19
 Resource Center Rm #301



Cause a Scene! – Improv Games

A taste of improv where we play improv games! This meet-up is for beginners and improvisers of all skill levels and age. Improvisation skills help to increase confidence, improve public speaking, enhance acting skills, refine brainstorming and decision-making abilities and gain comfort in social settings. Every meet up is different and we have no idea what we'll do next! Presented by Caledonia Community Players' Kelsey McKay and Walter Hast. Walk-ins are welcome! Send any questions / RSVP to Caledoniasgt@gmail.com

Fri 1/25, 2/22, 3/29, 4/26, 5/31
 6:30 - 8:30 p.m. Free
 DLMS Resource Rm #302

Register online at:
www.inspiremenow.org

Misc. Classes



Winter Games
February 15-17, 2019 (main weekend)

Sports List:

- Archery
- Archery Tag
- Basketball
- Bowling
- Cross Country Skiing
- Darts
- Disc Golf
- Fatbike
- Fencing
- Karate
- Shooting Sports (Pistol)
- Ski & Snowboard
- Speed Skating
- Swimming (Postal)
- Try-Athlon (Luge, Cross Country Skiing, Speedskating)
- Wrestling



www.StateGamesofMichigan.com

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 3/12 6:30 - 9 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
DLMS Rm #TBA

RC Flying Club

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



Sun 12/16, 1/20, 2/17, 3/17 & 4/14 1 - 4 p.m.
\$29 Early Bird Fee / \$39 Regular Fee
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.inspiremenow.org

Misc. Classes

Can Lady Bird Deeds And Joint Ownership of Assets Avoid Probate?

Assets [Personal and Real Property] owned in joint tenancy automatically passes, without probate, to the surviving owner when one owner dies. Learn how a Lady Bird Deed can help you avoid probate so the real property you own will go directly to whomever you desire – without getting the Probate Court system involved. Our instructor, Dennis Cooper, is a retired Federal attorney and military veteran and is currently a sole practitioner.

Session I Wed 1/16 - 2/20
Session II Wed 3/6 - 4/17 (omit 4/3)
7 - 9 p.m. \$45 Early Bird Fee / \$55 Regular Fee
(spouse free) DLMS Rm #TBA



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 1/24 - 2/14
Session II Thu 2/21 - 3/21
7 - 9 p.m \$45 Early Bird Fee / \$55 Regular Fee
(spouse free) DLMS Rm #TBA

Register online at:
www.inspiremenow.org



Dog Training

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

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

Tue 1/15 - 2/19 7 - 8 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
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.

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 1/15 - 3/5 6 - 6:45 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

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 first 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 five 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 five 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: 1/1 - 3/1 or 4/12 - 5/31
6 - 6:45 p.m.
\$85 (8 classes)

Days: Saturdays

Session Dates: 1/12 - 3/2 or 4/13 - 6/1
9 - 9:45 a.m. \$85 (8 classes)

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: 1/8 - 1/31, 2/5 - 2/28, 3/5 - 3/28, 4/9 - 5/2, 5/7 - 5/30 6 - 6:30 p.m. \$85 (8 classes)

Days: Saturdays

Session Dates: 1/12 - 3/2 or 4/13 - 6/1
9:30 - 10 a.m. \$85 (8 classes)



Register online at:
www.inspiremenow.org

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

Aquatics

Preschool Aquatics

(about 4 & 5 years old)

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

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

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

Learn-to-Swim Level 2: Fundamental Aquatic Skills

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

Learn-to-Swim Level 3: Stroke Development

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

Learn to Swim Sessions - Youth

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

Class Fee: \$85 - 8 sessions

Days: Tuesdays & Thursdays

Session Dates:

1/8 - 1/31, 2/5 - 2/28, 3/5 - 3/28, 4/9 - 5/2, 5/7 - 5/30
5 - 5:45 p.m., 6 - 6:45 p.m., or 7 - 7:45 p.m.
\$85 (8 classes)

Days: Friday

Session Dates: 1/11 - 3/1 or 4/12 - 5/31
5 - 5:45 p.m. \$85 (8 classes)

Days: Saturdays

Session Dates: 1/12 - 3/2 or 4/13 - 6/1
10 - 10:45 a.m. or 11 - 11:45 a.m.
\$85 (8 classes)

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

FOR FAMILIES WITH CHILDREN

GINGERBREAD LANE

Thursday, December 13, 6:00 PM

Jump into the holiday spirit with some family-friendly festivities! Listen to seasonal music while each child builds their own simple gingerbread house. Pre-registration required.

COUNTDOWN TO HAPPY NOON YEAR!

Monday, December 31, 11:30 AM

We're giving kids an exciting way to ring in 2019 with a countdown, noisemakers, crafts and fun -- at an hour that won't keep them up way past their bedtimes.

HEART TO HEART CRAFT PARTY

Wednesday, February 13, 10:00 AM

Roses are red, violets are blue, join our Valentine event, just for you! Celebrate Valentine's Day with snacks and crafts.

FOR ALL AGES

READY FOR REINDEER!

Monday, December 10, 6:30 PM

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!

FOR YOUNG CHILDREN – AGES 6 AND YOUNGER

KATIE L.'S WORKSHOP

Mondays, Wednesdays, Fridays, 10:00 AM
December 3 - 21

Drop-in for holiday themed arts and crafts for children ages 0 - 6 in a festive atmosphere! Also featuring playtime, refreshments and other fun holiday activities.

RHYME TIME MUSIC AND MOVEMENT

Mondays and Fridays, 10:00 AM
January 7 - February 25

Move and groove together with action rhymes, songs, games and hands-on musical activities that will help children develop motor, listening and literacy skills.

TODDLER TIME

Mondays, 11:00 AM
January 7 - February 25

Nurture your toddler's love of books through music, movement and stories while helping to develop their language, motor and social skills. For children ages 3 and younger with an adult.

PRESCHOOL STORYTIME

Wednesdays, 10:00 AM

January 9 - February 25

Preschoolers enjoy stories, rhymes, music, movement and more as they build their early literacy skills and develop a love of reading.

FOR ADULTS

One-on-One Technology Tutoring

KDL offers 45-minute personal technology help sessions by appointment at 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.

CALEDONIA FRIENDS OF THE LIBRARY BOOK SALE

Great used books at bargain prices! Sale runs Friday, November 30 through Friday, December 7 during open hours. Sponsored by the Friends of the Library.

NOVEL CHARACTERS BOOK CLUB

Wednesdays, 1:00 PM

December 5, *Educated* by Tara Westover

January 2, *Still Alice* by Lisa Genova

February 6, *The Signature of All Things* by Elizabeth Gilbert

DECOUPAGE PERSONAL BARN QUILTS

Tuesday, January 15, 6:30 PM

Create your own personal barn quilt. It's easier than ever, no artistic or sewing ability necessary just personality! We will be putting together a 5" x 5" barn quilt using wooden pieces, scrapbook paper, paint and decoupage. We will learn some of the basic patterns and a short history of these beautiful masterpieces. Pre-registration required.

TEA & CREATIVITY

Tuesday, February 19, 6:30 PM

Unwind from the holidays and indulge in an artsy adventure. Sip a warm beverage and munch on a snack while you create your own masterpiece.

Programs, events, classes and library scenes are photographed or videotaped for library promotional purposes. Notify library staff if you prefer not to be photographed.

SPECIAL PROGRAMS

KDL Gives Back: Toys for Tots

Community Info



**Premium Orchestra
Level Seating!**

The Book of Mormon

The Book of Mormon is a nine-time Tony Award winning musical comedy. First staged in 2011, the play makes light of various Mormon beliefs and practices, but ultimately endorses the positive power of love and service.

Don't miss this amazing performance! Join us on Thursday, March 21 for a 7:30 p.m. performance of The Book of Mormon, at DeVos Performance Hall. We have a limited number of **premium orchestra level seating** reserved for our group. We will meet at DeVos Hall. Transportation is on your own

Don't delay!!! These seats will sell out fast!!

Thursday, March 21 @ 7:30 p.m. \$125 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

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 Jane Heiss at 891-7651 for dates and times.



Kiwanis Club of Caledonia

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



Share Your Passion!

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



AWOL Adventures

A.W.O.L.

ADULTS WITHOUT LIMITS

Twinklin' Holiday Lights Walking Tour

Are you feeling festive, fun, and frisky? Come dressed in your finest holiday running sweater, tutu or tights as we celebrate the holiday season together. Experience downtown Grand Rapids bejeweled and illuminated with both contemporary and nostalgic lighting displays.

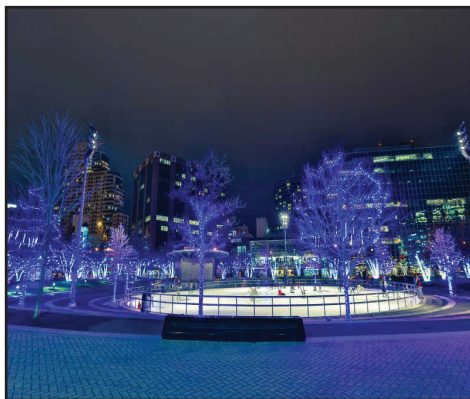


The group will stroll by uniquely special places, some of which will evoke warm feelings from Christmases past. And as a gesture of community kindness, we will give vouchers for meals at Dégagé Ministries for those we pass who may be in need.

Wed 12/13 6:30 p.m.

Please allow 90 minutes for this tour.
\$15 per participant

All tours meet in the front lobby of the JW Marriott. Reasonable parking is available at the city's Louis Campau lot, right around the corner from the JW Marriott.



**Register
online at:
www.inspiremenow.org**



Pickleball - Open Play

Love to play Pickleball? We will be opening the Duncan Lake Middle School auxillary gym on Tuesday and 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 and be willing to help put up and take down nets.

Intermediate Players (3.0 or higher)

Tue 1/8 - 3/26

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

All Players

Thu 1/10 - 3/28

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

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.

AWOL Adventures

A.W.O.L.

ADULTS WITHOUT LIMITS

CORNHOLE TOURNAMENT

Welcome to our first annual cornhole tournament! Register as a single or bring a friend and register for doubles. Will you be our first Corn Hole King?!



Wednesday, February 20, 9:30 a.m. start time
\$10 per person - includes a pizza lunch
Caledonia Resource Center Rm #302
Register online at
www.inspiremenow.org

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 1/7 - 3/28 9:30 - 11:30 a.m. Free (donations accepted) for 55 and over - \$2 per visit under 55
Resource Center Gym & Weight Rm

Open Weight Room

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



Mon, Wed, & Fri 1/7 - 3/27
Mon 10:30 - 11:30 Wed & Fri 10 - 11 a.m.
Free (donations accepted) for 55 and over - \$2 per visit under 55 DLMS Weight Rm

Biking

Join us for a rail trail ride! We will ride a few of our local favorites for about an hour starting at 10 a.m. Its a great way to make new friends and rediscover the fun of bike riding. We are only riding on rail trails, so traffic is not a problem!

Tuesday, May 21 Paul Henry / Thornapple Trail - Middleville
(meet at the trail head off of Main Street in Middleville)

Email your name, phone number and trail choices, to nemecekb@calschools.org



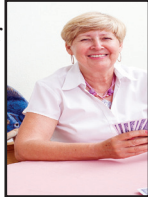
Caledonia Senior Center

It's Your Time



Hand & Foot

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



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

Euchre

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

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



Lunch Bunch

Bring your friends and join us for lunch! We will meet once a month at an area restaurant. If you wish to 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 24
Place: Railtown - Dutton

Date: Thursday, February 28
Place: Brann's - Caledonia

Date: Thursday, March 28
Place: Uccello's - Caledonia

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 1/24, 2/28, 3/28, 4/25, 5/23
1 - 3 p.m.
25¢ per card donation
Resource Center Rm #301
Don't forget to join us for Lunch Bunch before Bingo!



Valentine's Party

The season of love is here and we invite you to celebrate with us! Join us for this very special luncheon Thursday, February 14 at 11:30 a.m. Let's celebrate the holiday of love!

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

St. Patrick's Day Euchre Tournament

Food~Prizes~Fun

When: Friday, March 15
Time: 12:00 p.m.

Cost: \$10, includes pizza 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.

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 & Learn

Grand Rapids Lady Legends

The number of organizations or causes that were founded or inspired by a woman or a group of women in Grand Rapids history, recent and long, is staggering. Most of these institutions continue to operate today and have touched the lives of countless citizens through the years. As a community, we are grateful for these women and their vision, leadership and incredible stamina. Grand Rapids is progressive in many ways, and the story of Lady Legends is just one more example. We celebrate with stories and slides, 20+ noteworthy sights that originated with women.

Thu 1/17 12:00 p.m. \$13 Pre-registration required. Lunch provided.

Dementia and the Law

What is dementia? How does someone's life change after dementia? How does dementia impact the person's family? How does dementia impact any planning they have done or have not done? What do you need to address if you have dementia? Attend this presentation to learn about important considerations in planning as it relates to someone who has dementia.

Thu 2/7 11:30 a.m. Free - Pre-registration required. Lunch provided.

Estate Planning Basics

What happens to your assets if you become incapacitated or pass away? What is probate? What is a Living Trust and do I need one? Will a young relative, special needs child, or in-law have access to my estate? Attend this presentation to learn about the important components of planning your estate.

Thu 3/7 11:30 a.m. Free - Pre-registration required. Lunch provided.

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.



Soaring Eagle Casino

Join us for a day trip to Soaring Eagle Casino. Each participant will receive up to \$20 in free slot play plus a \$10 Bingo Buck voucher and a \$5 food coupon. In addition once you have earned 600 points on slot machines, you will receive another \$10 Premium Play bonus. This trip will fill up fast! Call us at 891-8117 to make a reservation.

Thursday, May 16, 2019
Departs: 8:30 a.m. Returns: 5 p.m.
Cost: \$35 per person
Includes: Motorcoach transportation and driver gratuity.

September 28 - 29, 2019 \$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.



The Book of Mormon

Join us on Thursday, March 21 for a 7:30 p.m. performance of The Book of Mormon, at DeVos Performance Hall. We have a limited number of **premium orchestra level seating** reserved for our group. We will meet at DeVos Hall. Transportation is on your own.

Don't delay!!! Only a few seats left!

Thursday, March 21 @ 7:30 p.m. \$125 per ticket. Call 891-8117 to reserve your seat. We will contact you when your tickets are available to be picked up at the Resource Center.

Caledonia GlobeTrotters

Present

Hawaii



8 Days / 7 Nights

On Board the Beautiful

Pride of America

October 26 - November 2, 2019

Day 1	Sat	Honolulu (EMBARK) -----	7:00 pm
Day 2	Sun	Maui (Kahului) --	8:00 am - Overnight
Day 3	Mon	Maui (Kahului) -----	6:00 pm Depart
Day 4	Tue	Hilo -----	8:00 am - 6:00 pm
Day 5	Wed	Kona -----	7:00 am. - 5:30 pm
Day 6	Thu	Kauai -----	8:00 am - Overnight
Day 7	Fri	Kauai -----	2:00 pm Depart
Day 8	Sat	Honolulu (DISEMBARK)	7:00 am



\$3,512 inside cabin pp/dbl
 \$3,862 outside cabin pp/dbl
 \$4,162 balcony cabin pp/dbl

Includes: Round trip airfare from Grand Rapids, cruise, cruise taxes, port fees. \$250 per person deposit required to hold your space. Final balance is due by June 28, 2019. All prices are subject to change and not guaranteed until full payment has been received.

For just \$651 add a 2 night pre-stay in Oahu prior to your 7 day cruise . The pre-stay includes a tour of the Polynesian Cultural Center, a fabulous luau and two nights at the Hilton Hawaiian Village Waikiki Beach Resort. Call Sherry at 891-8117 to reserve your space!! This trip will sell out! To get best cabin choice and best pricing book early!

**Call 891-8117 or e-mail
 stehouwers@calschools.org
 for more information
 or to make reservations.**

Pick Two Perks!
Prepaid Service Charges
Internet Package
\$50 Per Port Shore Excursion Credit
Speciality Dining Package
20 Photo Package
\$75 Onboard Credit

Imperial Cities with Oberammergau Passion Play Featuring Budapest, Vienna & Prague May 23, - June 2, 2020

Highlights: Budapest, Matthias Church, Fisherman's Bastion, Bratislava, Vienna, Grinzing Evening, Schoenbrunn Palace, Cesky Krumlov, Prague, Hradcany Castle, Oberammergau Passion Play, Munich

Reservations being accepted NOW!
This trip will sell out quickly! Call us at 891-8117 for more information and reservations.

The Tour: Our city tour of Budapest features the Matthias Church, where many kings have had their coronations. Travel back in time with a visit to a 14th-century castle, where knights with colorful costumes and authentic weaponry recreate the days of chivalry. In the grand city of Vienna, the baroque marvels of Schoenbrunn Palace, the summer retreat of the Habsburg dynasty, are revealed. See Prague's Hradcany Castle and its famous Golden Lane.

Call for rates and availability.

About The Play: In 1633, the residents of Oberammergau, Bavaria, Germany, vowed that if God spared them from the bubonic plague ravaging the region, they would produce a play thereafter for all time every 10 years depicting the life and death of Jesus. The death rate among adults rose from one person per 1,000 per year in October 1632 to twenty in the month of March 1633. The adult death rate slowly subsided to one in the month of July 1633. The villagers believed they had been spared and they kept their part of the vow when the play was first performed in 1634.



British Isles

13 Days / 12 Nights
June 30 - July 12, 2019

It's time to cross off another tour from your bucket list. "Someday..." begins on August 5, 2019! Join us on this amazing British Isles cruise onboard the beautiful Crown Princess.



Ports of Call:

- London (Southampton), England
- Guernsey (St. Peter Port)
- Cork, Ireland (Cobh - For Blarney Castle)
- Dublin, Ireland
- Belfast, Northern Ireland
- Glasgow (Greenock), Scotland
- Orkney Islands (Kirkwall), Scotland
- Invergordon, Scotland
- Edinburgh (South Queensferry), Scotland
- Paris/Normandy (Le Havre), France
- London (Southampton), England



Inside Cabin \$3,035
Ocean View Cabin \$3,715
Balcony Cabin \$3,985

Cruise fare taxes and port charges are included. For rates, with airfare from Grand Rapids, please contact Sherry at stehouwers@calschools.org or call our office at 891-8117.

For more information or reservations call 891-8117

Greece: In The Footsteps of Paul The Apostle

11 Days

April 3 - 13, 2019

featuring a 3-night Greek Islands & Turkey cruise



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



- ⇒ Stop at two monasteries in Meteora and learn about the resident monks.
- ⇒ See Mars Hill where Paul delivered his "Men of Athens" speech.
- ⇒ Visit the Museum of Byzantine Culture, one of the finest Museums of Byzantine art.
- ⇒ Explore ancient Corinth on a guided tour featuring the Agora.
- ⇒ Join a local expert exploring the monumets of ancient Athens.
- ⇒ See the Bema where Paul was brought before the tribunal, as recorded in Acts.
- ⇒ Feast on local Greek cuisine and fine wine in a traditional taverna.



Call for rates and availability..

Included in price: Cruise taxes and fees, port charges, round trip air from Grand Rapids, air taxes and fees, hotel transfers. Not included: Trip cancellation insurance \$385 per person



For more information or reservations call 891-8117

Caledonia Community Schools
 Dr. Dedrick MartinSuperintendent
 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
 Tim Morris.....Treasurer
 Julie Asper.....Secretary
 Bill Donohue.....Trustee
 Kyle Clement.Trustee
 Jason Saidoo.....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 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.)



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.)



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

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Caledonia Community Players PRESENT



All Tickets \$10

(General Admission, Limited Seating Available)

Dessert Reception to Follow

Call (616) 891-8117 for tickets or more information.

CaledoniaCommunityPlayers.org

**Performance at the Duncan Lake Performing Arts Center
9757 Duncan Lake Ave Caledonia MI 49316**

In celebration of our 25th Anniversary, Caledonia Community Players present to you a night of Christmas music featuring more than 40 volunteers from the past 25 years!