

Winter 2020

Volume 3 Issue 3

COMMUNITY CONNECTIONS



Be Inspired!

**Classes For Every Member
Of Your Family!**

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**Caledonia Community Schools
Caledonia Resource Center**

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

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Community Connections is published three times per year: March, August and December. This issue was published December 2020 by Caledonia Community Schools Resource Center, 9749 Duncan Lake Ave., Caledonia, MI 49316

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.

Welcome to the Caledonia Resource Center's Winter 2020 Course Catalog

The Caledonia Resource Center would like to invite you to get inspired! This catalog includes many opportunities for all ages to get fit, learn a new skill or just have fun! Our goal is to create classes and programs to enrich your life.

Please take a moment to browse through this catalog and find something that will inspire you! We have 20 brand new classes along with many of your favorites from the past. Join us and be inspired!

Your Inspiration Team Leaders



Sherry
Stehouwer



Barb
Nemecek



Monique
Brennan



Christine
Howell

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Youth Sports

Karate Kids

Build confidence, focus and self-esteem! Learn the art of karate for these benefits and much more. Join us for lessons in basic karate with an emphasis on self-defense. Progressive belt advancement will be available for all ages. Our instructor, Steve Mete, holds a 5th degree black belt in Okinawan Shorin Ryu Karate and is excited to share his love and knowledge of Karate with your family.



Ages 13 & under 6 - 7 p.m.
Session I Mon & Wed 1/6- 2/12
Session II Mon & Wed 2/24 - 4/1
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnasium

Ultimate Frisbee

Ultimate Frisbee is so fun! There are 14 middle school teams and 3 high school teams in Grand Rapids and a pro team is moving here for their 2020 season. Never played Ultimate Frisbee? That's ok! Our team of coaches will teach you. It's played on a football-like field and is a mix of soccer and football, however, you don't need to tackle because you can't run with the disc. You can throw the disc in any direction with the objective to score in a football like end zone. Players will be split up by age and skill level. Brand new players are encouraged to join! No experience required! Each player will receive a t-shirt and a disc.

Instructors: Mike Zaagman is a pro Ultimate Frisbee player with 8 years experience coaching and Zahra Franco has 8 years experience playing and 2 years coaching.

Entering grades 4th - 12th
Fri 1/10 - 2/28 5 - 7 pm.
Tournaments: 1/25 & 2/22
\$65 Early Bird / \$75 Regular fee
Elite Baseball and Softball
5930 Clyde Park Ave SW, Wyoming, MI 49509

Registering is easy!

online: www.inspiremenow.org
call : 616-891-8117



Peaceful Dragons Self Defense & Safety Awareness

Do you want your child to learn confidence, respect and self control? Have them join this fun course which emphasizes on child safety awareness and life lessons! Your child will be taught self defense with martial arts moves. The students have the opportunity to do light contact sparring to further their self defense skills. Additional safety equipment will be needed. The students can test each semester for their next belt rank (\$15 fee). Each student will receive a certificate and medal for their hard work. Welcome to a program that will prepare your child for life!

All sparring equipment for class use is provided.

Mon 1/27 - 3/23
\$79 Early Bird Fee / \$89 Regular Fee
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.

Additional Opportunities - Spring Sparring Clinic
Sat 3/21 Aux. Gym 9:30 a.m. - 12:15 p.m.
Additional fees apply

Youth Sports

Fighting Scots Boys Basketball 2nd - 4th Grades



This year's youth basketball clinic will offer 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. High school freshmen and junior varsity basketball players will serve as mentors and coaches who will work with your student to improve his fundamental skill set, confidence, and love for the game.

Sat 1/4 - 2/8 8 a.m. - 12 p.m. \$55 (fee includes a T-shirt) Caledonia High School - South Campus and DLMS Main & Aux. Gyms

If you have any questions, please e-mail Eric Tuori at: calyouthbball@gmail.com. This program is supported by the CHS boys basketball program. Proceeds will be used for improving the CHS program, including equipment, coaching clinics, and general needs.

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, stunts, cheers, 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 2/3 - 5/18 (omit 4/6)
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.
\$119 Early Bird Fee / \$129 Regular Fee
Division 4 (try-out team) - returning students 8 - 9 p.m.
\$149 Early Bird Fee / \$159 Regular Fee
Caledonia Elem. Cafe



ENGARDE!

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. Build confidence, focus, self-esteem and have fun! All equipment is provided.

YOUNG SQUIRES FENCING - Ages 5 - 7
Session I Wed 1/15 - 2/19
Session II Wed 3/4 - 4/15 (omit 4/8)
4:30 - 5:15 p.m.

BEGINNING FENCING - Ages 7 - 13
Session I - Thu 1/16 - 2/20
Session II - Mon 3/2 - 4/13 (omit 4/6)
5:30 - 6:30 p.m.

CONTINUING FENCING - Ages 7 - 13
Prerequisite - must already have completed at least one six-week class or one of the camp sessions.
Session I Mon 1/13 - 2/17
Session II Thu 3/5 - 4/16 (omit 4/9)
5:30 - 6:30 p.m

\$85 Early Bird Fee / \$95 Regular Fee
All classes are taught at the West Michigan Fencing Academy at 1111 Godfrey Ave SW, Grand Rapids. A map is available at www.wmfa.org.

Instructor: 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.

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

Youth Sports



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.

Tue 3/10 - 4/21 (omit 4/7) 11 - 11:30 a.m.
\$89 Early Bird Fee / \$99 Regular Fee
Showcase Fri 4/24
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! Class attire is indoor sneakers, black t-shirt & black sweatpants.

Mon 3/9 - 4/20 (omit 4/6) 4:30 - 5 p.m.
\$89 Early Bird Fee / \$99 Regular Fee
Showcase Fri 4/24
Caledonia Dance & Music Center

So You Think You Can Hip Hop (Grades 1 - 6)

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! Class attire is indoor sneakers, black t-shirt & black sweatpants.

Thu 3/12 - 4/23 (omit 4/9) 4:45 - 5:15 p.m.
\$89 Early Bird Fee / \$99 Regular Fee
Showcase Fri 4/24
Caledonia Dance & Music Center

Beginning Ballet (Grades 1 - 6)

A class that introduces the young dancer to ballet technique and combinations in a formal setting. Class attire is a black leotard, pink convertible tights, and Revolution pink full sole leather ballet shoes. Class attire is available for purchase at the studio.

Mon 3/9 - 4/20 (omit 4/6) 5 - 5:30 p.m.
\$89 Early Bird Fee / \$99 Regular Fee
Showcase Fri 4/24
Caledonia Dance & Music Center



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.

Mon 3/9 - 4/20 (omit 4/6) 5 - 5:30 p.m.
\$89 Early Bird Fee / \$99 Regular Fee
Showcase Fri 4/24
Caledonia Dance & Music Center

Kids Yoga

Elementary aged kids will move, learn yoga poses, and practice mindfulness in this fun, low-key class. The benefits of yoga for kids includes better concentration, more confidence and reductions in stress or anxiety.

Join us for some fun movement and mindfulness! Bring a mat if you have one (mats available to use) and a water bottle.



Thu 3/5 - 3/26 3:45 - 4:45 p.m.
\$49 Early Bird Fee / \$59 Regular Fee
Emmons Lake Elementary
Siblings discount -\$10 for 2nd child in same household

Youth Enrichment



NEW Virtual Reality: Building a Robot

Ages 5-9 Enjoy building your own robot, decorating it, and playing with it while you learn about how robots work! This class is designed for younger children to build a robot with a parent or grandparent.

Thu 1/16 7 - 8 p.m.

Fri 1/17 7 - 8 p.m.

Sat 1/18 10:30 - 11:30 a.m.

\$39 Early Bird Fee \$49 Regular Fee

Amped Reality 2923 28th St SE

NEW Use Virtual Reality to Explore Space

Ages 8+ Use the best virtual reality programs to explore space in a fun way! You can re-live mankind's greatest journey to the moon (Apollo 11) or just explore space or space related topics like SPACEX. At the end of the class you can battle space pirates for a little fun.

Thu 1/23 7 - 8 p.m.

Fri 1/24 7 - 8 p.m.

Sat 1/25 10:30 - 11:30 a.m.

\$25 Early Bird Fee \$35 Regular Fee

Amped Reality 2923 28th St SE

NEW Virtual Reality: Help, I've Shrunk!

Ages 8+. Take your virtual reality experience to the next level with the advanced equipment at Amped Reality. This is an educational virtual reality experience that takes the user inside the human body. Travel through the bloodstream and discover how blood cells work to spread oxygen throughout the body. Enter one of the billions of living cells inside our body and learn how the organelles work together to fight deadly viruses. Have fun by shrinking down to go inside the human body and help defend it against a virus.

Thu 2/6 7 p.m.

Sat 2/8 10:30 a.m.

\$25 Early Bird Fee \$35 Regular Fee

Amped Reality 2923 28th St SE

NEW Chess for Kids

Learn to play chess! Our instructor will teach you how to play and enjoy this awesome game. We will explore the strategies and tactics of the game together. Learn the the rules, how the pieces move, basic checkmates, and how to keep score so that you may replay the game anytime. After a brief period of instruction, students will play chess against each other and the instructor.

Wed 1/15 - 3/4 3:45 - 4:45

\$39 Early Bird Fee \$49 Regular Fee

Kettle Lake Elementary

Instructor: Henry Rankin, certified tournament director Us Chess Federation, chess writer "West Michigan Chess", vice president and director of education Spencer Street Chess Club, 40 + years experience as tournament player and chess lecturer.



BattleGR Tactical Games Laser Tag

This program brings the fun of strategy to a long time favorite game of laser tag. With multiple strategic games to play your child will be begging you to sign them up again. Much like the video games that kids play today, we will be focusing on the importance of teamwork and how to work together as a team to achieve an objective. Wear athletic type clothes as this is an active game and bring a water bottle. 1st - 5th grade.

Dutton Elem Wed 1/8 - 2/12

Emmons Lake Thu 1/9 - 2/13

Paris Ridge Thu 2/20 - 4/2 (omit Mar 12)

Kettle Lake Wed 2/26 - 4/1

Caledonia Elem. Wed 4/15 - 5/20

3:45 - 5 p.m.

\$115 Early Bird Fee / \$125 Regular Fee

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 the responsibilities of babysitting including diapering and feeding, safety hazards, preventing injuries, and communicating effectively with parents. We will also touch base on CPR, first aid and AED training.

Our instructors, Patti & Steve Ross, are certified instructors for The American Safety and Health Institute with over 10 years of teaching experience. Participants must be at least 11 years old to register. Students may bring a snack and a drink to class.

Session I Mon & Tue 1/6 & 1/7

Session II Mon & Tue 2/3 & 2/4

Session III Mon & Tue 3/2 & 3/3

5:30 - 8 p.m. \$89 Early Bird Fee / \$99 Regular Fee (book included) DLMS TBD



Christmas Break Art Class

In the 1930's Diego Rivera painted major murals in Detroit. We are going to study his style and subject ideas; men at work and machinery. We will translate these ideas into scenes from road crews at work. Paint, brushes and canvas provided by Coldwater Studio. Ages 8 - 17

Mon, Tue, Thu 12/30, 12/31, 1/2 10 a.m. - 12p.m.

\$125 per student, family discount 10%

Location: Gretka's Coldwater Studio
9508 Bergy Ave, Alto, MI 49302



Discover Magic

Empowering kids by teaching them the art of magic! Michigan Magic Academy uses the licensed Discover Magic curriculum, a program specifically tailored for 8 to 12 year-old students.



This curriculum is unlike any other. It is a life skills course disguised as a magic course! Students learn invaluable life skills that will be with them for a lifetime while learning some excellent magic tricks using props and materials customized for the curriculum with kids in mind!

This course emphasizes the 8 traits of a true magician: respect, preparation, enthusiasm, confidence, humility, creativity, authenticity, and generosity.

Our first class will be orientation and our final class will be a graduation ceremony/show with family and friends invited to attend

Each student will receive the following:

- Live, performance driven and interactive instruction
- 8 secret file folders, summarizing and supplementing the class content.
- 8 custom props with full-color instructions.
- 8 in-class videos, one for each of the traits of a true magician.
- Bonus magic tricks that can be unlocked from a secret on-line video vault.
- A special Discover Magic graduation certificate and custom-made magic wand.
- And MUCH MORE!

Ages 8-12

Session I Purple Wand Course

Tue & Thu 1/16 - 2/18 6 - 7:30 p.m.

Session II Green Wand Course

Tue & Thu 4/16 - 5/19 6 - 7:30 p.m.

\$195 Early Bird Fee / \$205 Regular Fee.

Includes all materials.

Location: DLMS TBD

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

CHS & CMS Enrichment



WWI: The Full Story

This four part lecture series, geared toward college bound high school students, will start at the build-up to the First World War and go into details about its major themes as well as its complexities. We will go through the various battles, governmental problems and struggles, the morale of each nation. We will also learn how certain revolutions or uprisings happened, how nationalism played a part in the downfall of old empires, and how the war directly affected the geopolitical climate going into the prelude of the Second World War.

Tue 3/10 - 3/31 3:30 - 4:30 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
CHS Room #TBD

Instructor Josh Bauer is currently working towards his undergraduate degree in history. He has a passion for the forgotten details that make history interesting.

Ultimate Frisbee

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Instructors: Mike Zaagman is a pro Ultimate Frisbee player with 8 years experience coaching and Zahra Franco has 8 years experience playing and 2 years coaching.

Entering grades 4th - 12th
Fri 1/10 - 2/28 5 - 7 p.m.
Tournaments: 1/25 & 2/22
\$65 Early Bird / \$75 Regular fee
Elite Baseball and Softball
5930 Clyde Park Ave SW, Wyoming, MI 49509



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 3/18 & 3/19 3 - 5:30 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
CHS Lower Forum Rm

Chess for Beginners to Intermediate Ages 9 & up



Do you want to sharpen your critical thinking skills? Increase your mental concentration and lengthen your attention span? Learn to play Chess! If you have never played or you want to improve this class is for you. You will learn the moves and rules, how to record games and progress through the basic checkmate patterns, tactics, basic endgames and beginning open theory. Each class will include time to practice with your fellow class mates.

Session I Thu 1/16 - 2/27 7 - 8:30 p.m.
Session II Thu 4/16 - 5/21 7 - 8:30 p.m.
\$49 Early Bird Fee / \$59 Regular Fee
CHS Room #TBD

Instructor Henry Rankin, certified tournament director Us Chess Federation, chess writer "West Michigan Chess", vice president and director of education Spencer Street Chess Club, 40 + years experience as tournament player and chess lecturer.

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

CHS & CMS Enrichment



Acting for the High School Stage

Come work to improve your acting skills. In this three-class course, we will focus on basic acting techniques, making yourself understood from the stage, how to use the face and body to communicate, and other acting skills. Students will need to memorize a 30-second monologue for this class. Grades 9th - 12th

Session I Mon 3/16 - 3/30 3:30 - 5 p.m.
Session II Mon 4/27 - 5/11 3:30 - 5 p.m.
\$39 Early Bird Fee \$49 Regular Fee
CHS South Black Box Theatre

First Step to a Triple Threat!

Put some pep-in-your-step with this musical theatre dance class! Box step, chasse, step ball change, jazz hands. Come learn these basic dance steps and further your understanding of musical choreography in this lively course. Join us for this perfect opportunity to work on performance skills in a low-pressure environment and to get prepared for your next musical production!

Thu 1/16 - 2/20
Grades 6th - 8th 6 - 7 p.m.
Grades 9th - 12th 7:15 - 8:30 p.m.
\$39 Early Bird Fee / \$49 Regular Fee
CHS Black Box Theatre
Instructor: Hannah Hullinger

Musical Theatre Dance... Steppin up

This class will expand on skills introduced in First Step to a Triple Threat. Emphasis will be on learning choreography and different dance styles from shows such as Greatest Showman, Grease, and Beauty and the Beast.

Thu 3/12 - 4/23 (omit 4/9)
Grades 6th - 8th 6 - 7 p.m.
Grades 9th - 12th 7:15 - 8:30 p.m.
\$39 Early Bird Fee / \$49 Regular Fee
CHS Black Box Theatre
Instructor: Hannah Hullinger



Shakespeare for the High School Stage

Come learn how to perform the works of William Shakespeare at the high school level. Students will be broken into groups and will work with a scene from a Shakespeare play for five weeks with a showcase at the end. We will work on proper technique, general acting skills, memorizing verse lines, and the specific style of Shakespeare. Students will be expected to memorize lines of their scene and are encouraged to work with their scene team both in and out of class time.

Fri 1/10 - 2/14 3:30 - 5:30 p.m.
\$69 Early Bird Fee \$79 Regular Fee
CHS South Black Box Theatre

Instructor Kate Lane holds a bachelor's degree in Theatre from Valparaiso University. Her passion is helping young grow as artists and people.

Registering is easy!

online: www.inspiremenow.org
call : 616-891-8117

Caledonia Kids Theatre



January 24th & 25th, 2020
DLMS Performing Arts Center

Tickets available online. Visit our website at
CaledoniaYouthTheatre.org

Caledonia Middle School Players



April 24th & 25th, 2020
DLMS Performing Arts Center

To participate with the CMSP, register online at www.inspiremenow.org.
All students must be registered to participate.

Health & Fitness



The Sport of Kings and Queens

If learning to fence is on your bucket list, come on in and try it. Beginning teen and adult classes - no prior experience required. No additional equipment required.

Session I Thu 1/16 - 2/20

Session II Thu 3/5 - 4/16 (omit 4/9)

6:30 - 7:30 p.m.

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

Classes are held at the West Michigan Fencing Academy. A map is available at www.wmfa.org



Pickleball - Open Play

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

All Players

Tue & Thu 1/7 - 3/26

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

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

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.

Session I Tue 1/14 - 2/11

Session II Tue 2/25 - 3/31 (omit 3/17)

5:45 - 6:45 p.m. \$49 Early Bird Fee / \$59 Regular Fee
DLMS TBD



WERQ

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

Session I Thu 1/9 - 2/20

(omit 1/30) 7 - 7:50 p.m.

\$39 Early Bird Fee / \$49 Regular Fee

Session II Thu 3/5 - 4/2 (omit 3/19)

Session III Thu 4/16 - 5/7

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

Caledonia Elem. Cafe.



Instructor: Becca, is an energetic fitness instructor with a lifelong passion for inspiring motivation in others to achieve their goals.

Health & Fitness

Karate

Burn fat, build muscle & release stress! 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 to Adult 7 - 8 p.m.
Session I Mon & Wed 1/6- 2/12
Session II Mon & Wed 2/24 - 4/1
\$79 Early Bird Fee / \$89 Regular Fee
KMMS Gymnatorium



Zumba

Zumba is an exercise fitness program, combining dance and aerobic movements performed to energizing music. The choreography incorporates multiple styles including hip-hop, soca, samba, merengue, mambo, cumbia, reggaeton, and belly dance, along with squats and lunges. Zumba is an amazing workout! Dance to great music with great people and burn a ton of calories without realizing it. Please wear comfortable workout clothing and gym shoes, and bring a water bottle to class.

Wed 1/15 - 3/25 6:30 - 7:30 p.m.
\$75 Early Bird Fee / \$85 Regular Fee
Caledonia Elem. Cafe.

Instructor: Jami DeHaan has been a certified Zumba instructor for 8 years. She loves teaching and meeting new people.

Registering is easy!

online: www.inspiremenow.org

Call: 616- 891-8117



POUND®

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! Please bring a yoga mat to class.

Session I Mon 1/6 - 2/10 7 - 7:45 p.m.
Wed 1/8 - 2/12 7 - 7:45 p.m.
Session II Mon 2/17 - 3/23 7 - 7:45 p.m.
Wed 2/19 - 3/25 7 - 7:45 p.m.

One class per week:
\$49 Early Bird Fee / \$59 Regular Fee
Two classes per week:
\$85 Early Bird Fee / \$95 Regular Fee
Drop-in Fee \$10 CHS Black Box Theatre

Kelly Shepherd is an ACE Certified Group Fitness Instructor who specializes in POUND®. She enjoys helping people of all shapes, sizes, ages, and abilities to become stronger and healthier versions of themselves.

POUND® Mini session

COME TRY OUT POUND!

Come check out what all the hype is about!

12/16 & 12/18 7 - 7:45 p.m.

Drop-in fee \$10 per class

www.inspiremenow.org



Pirate and Naval Swordsmanship

Pirate Combat of the Golden Age of Piracy. E-mail jberg@swordsmanshipacademy.org for gear and equipment requirements

Wed 1/8, 1/17 (Fri), 1/22, 1/29 7-9 p.m.
KMMS Cafeteria

Medieval Longsword Level 1

An introduction to Medieval German Longsword Combat.

Thu 1/9, 1/16, 1/23, 1/30 7-9 p.m.
KMMS Aux Gym

Messer (German Slashing Sword)

An introduction to the Messer, a German one-handed sword of the Renaissance.

Wed 2/5, 2/12, 2/19, 2/26 7-9 p.m.
KMMS Cafeteria

Medieval Longsword Level 2

The second level of Medieval German Longsword Combat.

Thu 2/6, 2/13, 2/20, 2/27 7-9 p.m.
KMMS Aux Gym

Farmer Martial Arts (Sickle, Scythe)

Studying some of the more unusual weapons used for combat in the 1500's.

Wed 3/4, 3/11, 3/18, 3/25 7 -9 p.m.
KMMS Cafeteria

Medieval Longsword Level 3

The third level of Medieval German Longsword Combat.

Thu 3/5, 3/12, 3/19, 3/26 7 -9 p.m.
KMMS Aux Gym

E-mail jberg@swordsmanshipacademy.org for gear and equipment requirements
\$79 Early Bird Fee \$89 Regular Fee



Face Yoga for your Health!

Do you have sinus trouble? Jaw pain? Join us and learn about Face Yoga! Classes focus on improving sinus issues, easing jaw pain, improving circulation in the face and neck and feeling and looking our best. We use face exercises, stretching, self massage, acupressure and relaxation to feel refreshed and revived.

Session I Thu 1/16 - 2/13
Session II Thu 4/16 - 5/14
10:45 - 11:45a.m. \$29 Early Bird Fee / \$39 Reg Fee
Resource Center Rm #301



Refresh with Face Yoga!

Join us for Face Yoga and learn why Meghan Markel loves it! Classes focus on improving sinus issues, TMJ, improving firmness and tone in the face and neck and feeling and looking our best. We use face exercises, stretching, self - massage, acupressure and relaxation to feel refreshed and revived. This is a great way to look and feel better. Get glowing!

Session I Thu 1/30 - 2/27
Session II Thu 3/5 - 4/2
6 - 7 p.m. \$29 Early Bird Fee / \$39 Reg Fee
Resource Center Rm #301

Instructor: Anne Von denMeer trained with the creator of the Danielle Collins Face Yoga Method. She began teaching after suffering with terrible sinus issues and finding significant improvement.

Ladies Hip Hop

Looking for something different to do to get moving this winter? Ladies, come join us for some hip hop. Learn something new, have fun, and get some exercise during the colds months. Please wear athletic clothing such as yoga pants or leggings with a tank or t-shirt. Clean indoor sneakers or jazz shoes recommended.



Mon 3/9 - 4/20 (omit 4/6) 8 - 8:30 p.m.
\$79 Early Bird Fee / \$89 Regular Fee
Caledonia Dance & Music Center

Health & Fitness



Essential Oils 101

This is a basic introductory class for those curious about or just beginning to use essential oils. Come learn why you want essential oils at the forefront of your medicine cabinet! We will be making these products for you to take home:

1. Tummy Tamer Roll On
2. Liquid Calm Roll On
3. Immune System Booster Roll On

Thu 1/23 7 - 8:15 p.m.
\$19 Early Bird Fee / \$29 Regular Fee
All supplies will be provided.
Resource Center Rm #301

Wellness Workshop

Feeling like your immune system could use a boost this winter? Find out how essential oils can help! You will leave this class with practical ways to improve your overall wellness and make the following products to take home and use:

1. Immune System Booster Roll On
2. Sweet Dreams Mist
3. Hand Sanitizer

Thu 2/20 7 - 8:15 p.m.
\$19 Early Bird Fee / \$29 Regular Fee.
All supplies will be provided.
Resource Center Rm #301

Cooking with Essential Oils Make & Take

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

1. Italian Oregano Bread Dip
2. Wild Energy Bites
3. Immune Boosting Apple Slices

Thu 3/19 7:00 - 8:30 p.m.
\$19 Early Bird Fee / \$29 Regular Fee.
All supplies will be provided.
Resource Center Rm #301

Green Cleaning Make & Take

Let's ditch the chemicals and start cleaning our home with natural solutions. We will be making the following green cleaning products during our class for you to take home and use.

1. Multi-purpose Cleaning Spray
2. Natural Stainless Steel Polish
3. Soft Scrub Alternative

Wed 3/25 7 - 8:15 p.m.
\$19 Early Bird Fee / \$29 Regular Fee.
All supplies will be provided.
Resource Center Rm #301

Instructor: Kate Klamer is a hospital nurse and mother of 5. She went from being completely skeptical of anything outside of modern medicine to confidently using essential oils as her family's primary form of health care. She loves to tell about the experience that changed her mind. She is also passionate about the science behind essential oils. Feel free to bring your skepticism and your questions.

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

Don't Stop The Music

According to Parent Magazine, learning to play a musical instrument improves academic skills, develops physical skills, cultivates social skills, develops discipline, patience and boosts self-esteem.



Piano

Piano is the best foundation for all musical instruments and having good technique will not only produce good songs, but also maintain endurance and good body posture. Learn how to read music and understand theory to help you play your best.

Guitar

Hand position, sleeves, string plucking, rhythm and others in guitar learning are much more subtle than is believed and these bad habits are most often what prevents you from developing your full potential as a guitarist. Frank will help you with your physical capabilities while teaching you theory and how to read music to become the best guitarist you can be.

Ukulele

Learn origins 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.

Voice

Learn to sing to your potential. Whether you sing in a choir, karaoke, or just want to have fun with singing, if you can carry a tune, you can learn to sing!

30 minute, private lessons, for ages 8 and over. Beginning, intermediate and advanced levels welcome.

Session I Tue 1/7 - 1/28

Session II Tue 2/4 - 2/25

Session III Tue 3/3 - 3/24

Guitar/Piano/Ukulele - \$85 Early Bird Fee / \$95 Regular Fee

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

Resource Center Rm #301

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.



Community Choir

Calling ALL singers ages 18 - 103!! Be a part of the FIRST Caledonia Community Choir! Come experience the joy of making beautiful music together as friends and neighbors. Music reading is appreciated but not required. Please join Carol Gess, Jane Greenfield, Colleen Kalajainen, and Laura Witvoet in making this premiere opportunity happen. Current members do not need to register for this term.

Mon Jan 6 - April 27 (omit 4/6) 7 - 8:30 p.m.

\$39 Early Bird Fee / \$49 Regular Fee

CHS choir room



Inspire Us Now!

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.

Tips & Tricks To Improve Your Photos

Have you ever wondered what the grid is for on your camera or phone? Would you like to learn some easy tricks to improve how you take photos? Our instructor will teach you some simple tips and rules for photo composition as well as provide you with ways to easily edit your work. After this hands-on class, you will be able to feel confident about creating great photos!

*You must bring a digital camera or smartphone to use during class

Session I Wed 1/15 - 2/12 6:30 - 7:30 p.m.

Session II Wed 2/26 - 3/25 6:30 - 7:30 p.m.

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

Resource Room # 301

Instructor: Vicki Harris is a retired high school photography teacher. She has enjoyed scrapbooking and taking photos for more than 20 years.



Hand Crochet

Learn how to hand crochet a chunky blanket using yarn bee eternal bliss yarn from Hobby Lobby. Ages 14 & over.

4 skeins for a baby throw

6 for a full throw

8 for a queen size

10 for a king size

Mon 1/27 6 - 8 p.m.

\$9 Early Bird Fee / \$19 Regular Fee

Resource Center Rm #301



Paint Break

Release your inner artist! Paint a 16 x 20 canvas in 2 hours to take home or give as a gift. A fun way to relax, meet

new friends and be creative. There will

be something different to paint each week or you can finish up a past project.



Jan 15 - The Bird Feeder

Jan 22 - Winter Glow (Moon on trees)

Jan 29 - Lock & Key (Valentine picture)

Feb 5 - Cardinal on the Pine Branch

Feb 12 - Snow Friends in a Basket

Feb 19 - Hot Chocolate

Feb 26 - Winter Chill

Mar 4 - Summer Blooms

Mar 11 - The Last Snowman of March

Mar 18 - Rabbit Hiding in Flowers

Mar 25 - New Beginnings

Wed 1/15 - 3/25 6:30 - 8:30 p.m.

\$29 per night for new project

\$10 per night to finish a past project

Canvas and paints supplied

Resource Room #302



Introduction to Art Journaling

Create an art journal and learn the practice of art journaling. We will decorate the journals and then in the following weeks, have guided classes to explore the practice. You don't need any art background or artistic skills, just an open mind and heart.

There is a \$20 materials fee for journals and supplies due to the instructor at the first class.

Thu 1/16 & 1/23 6 - 8 p.m.

Fri 2/21 & 2/28 11a.m. - 1 p.m.

\$25 Early Bird Fee / \$35 Regular Fee

Resource Center Rm #301

Instructor: Anne VondenMeer developed her art journaling practice while healing from a long-term illness. She found healing through this practice and loves to share with others.

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!

Session I Thu 1/16 - 2/6
 Session II Thu 2/20 - 3/12
 Session III Thu 3/26 - 4/23 (omit 4/9)
 3:30 - 5 p.m.

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.

Session I Thu 1/16 - 2/6
 Session II Thu 2/20 - 3/12
 Session III Thu 3/26 - 4/23 (omit 4/9)
 10 - 11:30 a.m.

Beginning Crochet

Learn how to crochet in this class. You will be able to make various stitches and follow basic patterns.

Session I Tue 1/14 - 2/4
 Session II Tue 2/18 - 3/10
 Session III Tue 3/24 - 4/21 (omit 4/7)
 3:30 - 5 p.m.

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.

Session I Tue 1/14 - 2/4
 Session II Tue 2/18 - 3/10
 Session III Tue 3/24 - 4/21 (omit 4/7)
 10 - 11:30 a.m.

Prior to class, stop by Henny's Yarn Shop, 133 E. Main in Caledonia, to choose from several projects you will be able to complete. All ages welcome!

\$49 Early Bird Fee / \$59 Regular Fee
 Henny's Yarn Shop

Stained Glass

Learn the basics of stained glass. The copper foil method will be used to create a beautiful suncatcher. Each project has a supply cost of \$10, payable to the instructor on the night of class.

Session I Wed 1/8 6:30 - 9 p.m. - Butterfly
 Session II Wed 2/5 6:30 - 9 p.m. - Heart
 Session III Wed 3/11 6:30 - 9 p.m. - Flower

\$19 Early Bird Fee / \$29 Regular Fee

Glass Fusing

Learn the basics of glass fusing. Assemble glass elements to create your own unique piece. Due to the length of time to fuse the glass in the kiln, projects will need to be picked up the following week, unless other arrangements are made. Supply cost for each project is \$15 payable to the instructor on the night of class.

Session I Mon 1/27 6:30 - 9 p.m. - Trivet tile
 Session II Mon 3/2 6:30 - 9 p.m. - Garden Stake

\$19 Early Bird Fee / \$29 Regular Fee

Glass Mosaics

Nip and break glass to create your own one of a kind piece of art. A large variety of glass and baubles will be available for you to use. Supply cost for each project is \$10 payable to the instructor on the night of class.

Session I Thu 2/27 6:30 - 9 p.m. - Candle holder
 Session II Thu 4/23 6:30 - 9 p.m. - Solar light

\$19 Early Bird Fee / \$29 Regular Fee

All classes are held at Jane's home studio in Caledonia. Address will be given upon registration. Closed toe shoes are required.

Instructor: Jane McGookey has over 12 years experience with glass art. She has taught workshops for the past 5 years. Workshops have included jewelry, ornaments, panels, and windows.

Registering is easy!

online: www.inspiremenow.org

call : 616-891-8117

Misc. Classes

Learn the Second Most Spoken Language in the World! Spanish!

Spanish is the 2nd most spoken language in the world today. And here is another fun fact, by 2050, the US will become the largest Spanish speaking country and don't forget, it is considered the most romantic language on earth, according to spanishlandschool.com. So what are you waiting for? Sign up today!



Session I Wed 1/15 - 2/19 7-9 p.m.
Session II Wed 3/4 - 4/15 (omit 4/8) 7-9 p.m.
\$99 Early Bird Fee / \$109 Regular Fee
DLMS Rm # TBD

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

Home Ownership - Real Estate from A-Z

Thinking of buying a home or selling property? Wish you had resources to help you with home maintenance? What would you do for disaster relief in a crisis reponse situation? Come learn from the experts: Realtors, Brokers, Market Experts, Lenders, Investors, Appraisers, Inspectors, Contractors, Public Safety & Crisis Reponse Experts. Learn how to best prepare and protect yourself and your most costly asset....your property. Dinner will be provided.

Thu 1/16 - 2/6 6 - 8 p.m. \$19
DLMS Rm 301

Vision 20/20

What is a dream board? It's a simple, yet powerful tool that helps you turn your dreams into reality. Come spend the evening with us in a fun and relaxing environment cultivating your dreams and connecting with others. Bring any magazines, markers, or poster board you would like to use. Additional materials will be provided. This class is taught by Transformational Trainer, Denise Walsh.

Wed 1/8 6:30 - 8:30 p.m.
\$19 Early Bird Fee / \$29 Regular Fee
Resource Center Rm #301

RC Flying Club

Do you enjoy flying RC planes or helicopters but don't have a place to fly during the long winter? Join us in the Duncan Lake Auxiliary 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 12/8, 1/19, 2/9, 3/15 & 4/19 1 - 4 p.m.
\$9 Early Bird Fee / \$19 Regular Fee
DLMS Aux. Gym

Public Speaking for the Workplace

Public speaking is one of the most common fears in America. But once you master it, the art of speech can open countless doors. In this 3-part class, we will learn how to write a speech for a workplace setting and how best to deliver it from laying out notes to getting over stage fright and the best resting posture. Students will also write a short speech proposing a new idea to "co-workers" and deliver it to the class.

Session I Mon 3/16 - 3/30 5:30 - 7 p.m.
Session II Mon 4/27 - 5/11 5:30 - 7 p.m.
\$29 Early Bird Fee / \$39 Regular Fee
CHS Black Box Theatre

Instructor: Kate Lane holds a bachelor's degree in Theatre and Communications with an emphasis in Public Relations. She teaches both theatre and speech.

French

Bonjour! Parlez-vous francais? Or would you like to learn?! We will learn some of the most useful French phrases for travel and conversation, as well as basic grammar, verbs, and vocabulary. Join us while we taste delicious French food and share our French experiences! A Bientot! (See you soon!)

Session I Mon 1/20 - 2/24 5:30 - 7 p.m.
Session II Mon 3/9 - 4/20 (omit 4/6) 5:30 - 7 p.m.
\$75 Early Bird Fee / \$85 Regular Fee
Resource Center Rm # TBD

Misc. Classes

Dog Training Kindergarten

Training for your 2 - 5 month old puppy.

Do you want a well trained puppy who is happy and can go places with you? If so, bring your puppy to this 8 week class to learn basic commands and good manners including, sit, down, stay, come and walking nicely on a leash. Bring treats to the class to help motivate your puppy to learn.

Session I Tue 1/14 - 3/3 6 - 6:45 p.m.
Session II Tue 3/24 - 5/19 6 - 6:45 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302



Beginning Dog Obedience

Would you like to be proud of your dog when you take him/her out in public? This class will help your dog learn the basic commands including sit, down, stay, come, walking on a loose leash, etc. Bring treats to the class to help motivate your dog to follow your commands.

Session I Tue 1/14 - 2/18 7 - 8 p.m.
Session II Tue 3/24 - 5/5 7 - 8 p.m.
\$85 Early Bird Fee / \$95 Regular Fee
Resource Center Rm #302

Instructor: Jan McLean has been teaching dog obedience classes for 25 years. She also trains her own dogs in competitive obedience, rally, agility and musical freestyle. She is very active in animal associated therapy.

Register online at:
www.inspiremenow.org



Stop Putting it Off!

Get your Will or Trust finished in no time! 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, Medical Powers of Attorney and other legal documents.

Session I Thu 1/23 - 2/13 7- 9 p.m.
Session II Thu 2/27 - 3/26 7- 9 p.m.
\$45 Early Bird Fee / \$55 Regular Fee (spouse free)
DLMS Rm #TBD

Instructor: Dennis is a retired Federal attorney and military veteran and is currently a sole practitioner.

Getting Paid to Talk

An Introduction to Professional Voice-Overs

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

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

Mon 5/4 6:30 - 9 p.m.
\$25 Early Bird Fee / \$35 Regular Fee
Resource Center Rm #TBD



Aquatics

We have partnered with Kentwood Aquatics Center to offer our community aquatic fitness and Learn to Swim classes. 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.

ARC Swim Lessons

Tuesday & Thursday
Twice a week, 4 weeks

Preschool & Learn-to-Swim

5:00 - 5:45 p.m.

6:00 - 6:45 p.m.

7:00 - 7:45 p.m.

Parent & Child

6:00 - 6:30 p.m.

Sessions

Jan 7 - 30

Feb 4 - 27

March 3 - 26

April 14 - May 7

Friday
Once a week, 8 weeks

Preschool & Learn-to-Swim

5:00 - 5:45 p.m.

Adult Swim

6:00 - 6:45 p.m.

Sessions

Feb 7 - March 27

April 17 - June 5

Saturday
Once a week, 8 weeks

Adult Swim

8:30 - 9:15 a.m.

Parent & Child

9:30 - 10:00 a.m.

Preschool & Learn-to-Swim

10:00 - 10:45 a.m.

11:00 - 11:45 a.m.

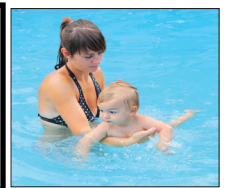
Sessions

Feb 8 - March 28

April 18 - June 6



Register at www.inspiremenow.org Swim Lessons \$85 per class / Fitness Classes \$19 per class one day per week & \$38 per class two days per week. You must register ten days before the start of class. Class availability cannot be guaranteed unless the student is pre-registered. Payment is due at the time of registration.



Aquatic Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 a.m.	Low Impact Water Exercise		Low Impact Water Exercise		Low Impact Water Exercise
8:30 a.m.	Arthritis	Water Aerobics	Arthritis	Water Aerobics	Arthritis
9:30 a.m.	Water Aerobics	Water Aerobics Plus	Water Aerobics	Water Aerobics Plus	Water Aerobics
10:30 a.m.	Deep Water Fitness	Deep Water Aerobics	Deep Water Fitness	Deep Water Aerobics	Deep Water Fitness
4:50 p.m.	Water Exercise		Water Exercise		
7:50 p.m.		Water Aerobics & Cardio		Water Aerobics & Cardio	

KDL Kent District Library www.kdl.org

Co-op Craft Lab

Create together! Drop-in for an open craft session, featuring a new craft each month for you to create and take home! Children under 12 must be accompanied by an adult 18 or older. Family participation encouraged.

Thu 1/16, 2/13, 5 p.m.
Sat 1/25, 2/8 2 p.m.

Toddler Time

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.

Mon 1/6 - 2/24 10 a.m. and 11 a.m.

Preschool Storytime

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

Wed 1/8 - 2/26 10 a.m.

Rhyme Time Music & Movement

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

Fri 1/10 - 2/28 10 a.m. & 11 a.m.

Book Talk at EB

Join the staff of the Caledonia Twp. library for an evening of books at EB Coffee and Pub (located at 8980 N Rodgers Ct SE Suite D, Caledonia, 49316). Share a favorite book of yours, or listen to others share their favorites!

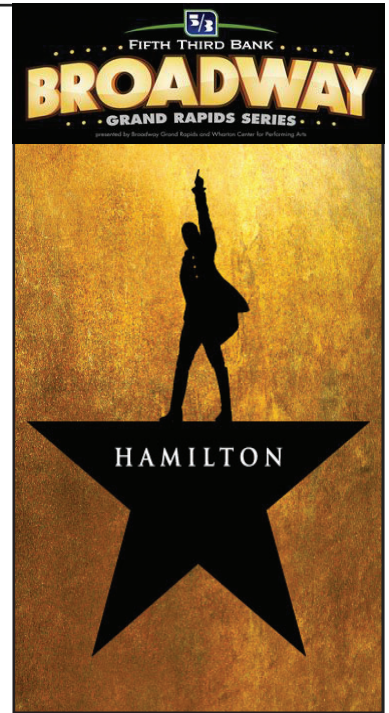
Tue 1/4 6 p.m.

Hamilton

Hamilton is the story of America's Founding Father Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and was the new nation's first Treasury Secretary. Featuring a score that blends hip-hop, jazz, blues, rap, R&B, and Broadway, Hamilton is the story of America then, as told by America now.

We have a limited number of tickets to this amazing show! Call us today to reserve your seats! 891-8117.

Thu Jan 30th 7:30 p.m.
Zone 1 seating \$209 per person.
We will meet at DeVos Hall



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 Jane Heiss at 891-7651 for dates and times.



AWOL Adventures

A.W.O.L. Adults Without Limits

Wednesday Winter Walks

Lapping the Landmarks

An absolute “must-do” for visitors, new residents and longtime citizens who want a new perspective on our fair city! We’ll cruise by Campau Square, named after the founding father of Grand Rapids, on our way to explore some of the city’s “first and finest” including historic sites, museums, colleges, Indian mounds, hotels, bridges, churches, the Medical Mile, the Grand River and more...all neatly contained in a downtown loop.



Wed 1/15 10 a.m. Meet in lobby of the JW Marriott.
\$15 Early Bird Fee / \$25 Regular Fee

Art Dart

See why Grand Rapids is hailed as one of America’s most creative cities! We’ll move through the city center in hunt of significant artworks, including the 42-ton Alexander Calder sculpture that symbolizes the city’s innovative spirit. Also on the tour: two art museums, an art & design school and the headquarters of ArtPrize, a revolutionary art competition ranked as one of the world’s top five festivals by Time Magazine. You’ll find the activity physically and artistically invigorating.

Wed 2/12 10 a.m. Meet in lobby of the JW Marriott.
\$15 Early Bird Fee / \$25 Regular Fee

Grand Bridges

The city of Grand Rapids was born alongside a one mile stretch of spectacular rapids on our Grand River, the Owashtanong. The pure, rushing waterway was absolutely integral to GR’s explosive growth in the 19th century. Today, eight bridges, not counting highway bridges, carry vehicle traffic between the Wealthy Street Bridge and the North Park Bridge. Enjoy criss-crossing some of these historic spans as we weave our way from the south to north and back again on a section of the longest river in the state of Michigan. Breathtaking for its beauty and exercise, this route is a must-experience for urban bridge and river aficionados. Along the way, catch nostalgic glimpses of times gone by - the river of history - and appreciate its irrepressible flow into the future.

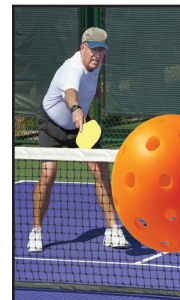
Wed 3/18 10 a.m. Meet in lobby of the JW Marriott.
\$15 Early Bird Fee / \$25 Regular Fee

Pickleball

Come join us for an afternoon of Pickleball.

Tue 1/14 12:30 - 2:30 p.m.
Fri 2/14 12:30 - 2:30 p.m.
Fri 3/6 12:30 - 2:30 p.m.
\$5 DLMS Gym

Bring your own paddles and balls.



Ice Skating At Rosa Parks Circle

Meet at Rosa Parks Circle for an afternoon of ice skating.

Tue 2/4 12:30 - 2:30 p.m.
\$3 admission includes skate rental.

Meet at the rink

Rosa Parks Circle
135 Monroe Center St NW, Grand Rapids



Fit for Life

Join us twice a week for an hour of fun and fitness. This class is geared for all fitness levels and involves walking, line dancing and stretching. 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 1/6 - 5/28 (omit 4/6 & 4/8)
9:30 - 10:30 a.m.

Free (donations accepted) for 55 and over - \$2 per visit under 55 Resource Center Gym

AWOL Adventures

Virtual Reality Travelogues New, Ancient, and Natural Wonders of the World

Experience the 7 New Wonders of the World with aerial views (Taj Mahal, Colosseum,..), see the Great Pyramids, and finally, visit the amazing the Great Barrier Reef - see it from space, see the fish, the types of Coral, and the Barracuda.

Tue 1/7 1 - 2 p.m. \$25
Resource Room Rm #301

Animal Adventures in Virtual Reality

Go on an African safari and come face-to-face with giraffes, rhinos, spider monkeys, and more. Also, see some amazing insects like the ambush bug that camouflages itself while waiting for prey and the giant devil's flower mantis that is one of the most beautiful insects.

Tue 1/14 1 - 2 p.m. \$25
Resource Room Rm #301

Saturn V, SpaceX, and International Space Station

Learn about the Apollo program and the Saturn V rocket and all of it's stages, tour the high-tech SpaceX factory, and visit the International Space Station.

Tues 1/21 1 - 2 p.m. \$25
Resource Room Rm #301



Buckingham Palace, Taj Mahal, and Other Amazing Buildings

Visit Buckingham Palace (the Grand Entrance, Grand Staircase, Throne Room, Green Drawing Room, Picture Gallery, Ballroom, and White Drawing Room); the Taj Mahal (the Great Gateway, Mausoleum, and the surrounding landscape); the Palace of Versailles (Chateau de Versailles, Hall of Mirrors, King's Chamber, Orangerie and the Flower Parterre, Ballroom Grove, and the Hercules Salon); the Basilica of Notre Dame (the facade, Crypt of St. Joseph, central nave, and the choir); and, finally, London's Victorian pleasure palace: Alexandra Palace, a monument to entertainment and recreation. Originally conceived as a "people's palace," it was built as an escape from the demands of the heavily industrialized city.

Tue 2/11 1 - 2 p.m. \$25
Resource Room Rm #301

Exploring Space with Rovers and Probes

Go to Mars with the Rovers and go to Jupiter with the Juno Probe and tour the Solar System before you go farther to see galaxies and a Black Hole.

Tue 1/28 1 - 2 p.m. \$25
Resource Room Rm #301

Battleship Missouri and Other Amazing Ships and Planes

Take a tour of the Mighty Mo, the USS Missouri. This Iowa-class battleship is known for valiant service in three wars and as the site where the Japanese surrendered, ending WWII. Also visit the Airlander 10, the world's largest aircraft which looks like an old-fashioned (albeit huge) airship. It combines lighter-than-air technology with modern aeronautical technology to form an innovative kind of aircraft that can fly for up to 5 days at a time and has a much lower carbon footprint than other types of air transport. Finally, we'll see the USS Silversides submarine, the most successful surviving American submarine from WWII. Learn about how submariners lived, worked, and survived on one of the most successful submarines in the Pacific Fleet, credited with sinking 23 ships.

Tue 2/25 1 - 2 p.m. \$25
Resource Room Rm #301

It's Your Time

Caledonia Senior Center



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!



Wed 12:30 - 3 p.m.
(omit 12/25 & 1/3)
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.
(omit 12/27 & 1/3) FREE
Resource Center Rm #301

Open Weight Room

If you would like to get "Fit for Life," you are invited to join us in the weight room each day Monday through Friday. 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 - Fri 1/6 - 5/29
(omit 4/6 & 4/8)
10:30 - 11:30 a.m.
Free (donations accepted) for 55 and over - \$2 per visit under 55
DLMS
Weight
Rm



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 23rd
Place: Uccello's - Caledonia

Date: Thursday, February 27th
Place: Brann's - Caledonia

Date: Thursday, March 26th
Place: The Real Arriero - 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 1/23, 2/27, 3/26, 4/23 & 5/28
1 - 3 p.m. 25¢ per card donation
Resource Center Rm #301
Don't forget to join us for Lunch Bunch before Bingo!

Sponsored by Moving Angels



Moving Angels is a full service moving company specializing in senior moves.

Sort-Downsize-Organize Pack-Move-Unpack
Floor planning Donate-Discard-Clean-out

How we can help YOU today!

Phone: 616-512-6149 www.mymovingangel.com

Mention this ad and receive 10% off select services

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.

(omit 12/27 & 1/3)

Lunch & Learn

Seniors Helping Seniors will be here to talk about their need for caregivers in our neighborhood. SHS offers paid part time employment for Seniors who are looking for meaningful work. They will also answer questions you may have on their services.

Tue 1/14 11:30 a.m. Free
Resource Center Room #301



ST. PATRICK'S DAY! EUCHRE TOURNAMENT



Food - Prizes - Fun



Friday March 13th 12pm
\$10 includes pizza lunch and prizes

You must pre-register by
March 4 to reserve your space. 891-8117

VALENTINE'S PARTY

Join us for a luncheon to celebrate
Valentine's day,
Thursday, February 13 at 11:30am



Cost is \$10 per person.
Registration with payment
must be made by February 4.
Call 891-8117 to reserve your spot.

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



October 3 & 4 2020 \$185 per person dbl.
SIGN UP BY JUNE 1, 2020 AND PAY ONLY \$175. \$75 deposit to hold your space. Final payment is due 45 days prior to the departure date. No refunds after final payment 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

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.

Mackinac Island Lilac Festival June 6 - 8, 2020

Enjoy three days and two nights on this enchanting island. Wake to a beautiful morning with the sound of horses hooves clip clopping on the pavement. Enjoy the beautiful sights and smells of the lilacs scattered across the island and all the festivities celebrating this beautiful flower. Take a leisurely stroll through main street and smell the freshly made famous Mackinac Island fudge. Don't forget to stop in and pick up some of this tasty treat to take home to your family!



The fun continues as we depart Mackinac Island and head to Petoskey where you will enjoy lunch at the Petoskey Brewing Company (on your own), take a chocolate tour at Kilwin's, and visit Petoskey Farms Vineyards for some wine tasting. Get away from it all on this amazing weekend escape!

Your trip includes:

- Two nights accommodations at the Lake View Hotel on Mackinac Island
- Deluxe motor coach transportation plus driver's gratuity.
- Round trip ferry transportation
- Luggage service to and from the dock.
- Carriage tour of the island
- Continental breakfast each morning
- 1 dinner on the island
- Visit to Petoskey Farms Vineyard with tasting included
- Visit to Kilwin's in Petoskey

Departs 8 a.m. June 6 - Returns 6 p.m. June 8
\$489 per person double occupancy

To reserve your space please call us at 891-8117, email Sherry at stehouwers@calschools.org or register online.

www.inspiremenow.org



Canadian Rockies: Banff, Kelowna & Vancouver

Sep 19-27, 2020

Journey from majestic mountains to charming cities. Pristine national parks and glittering turquoise lakes often come to mind when you think of the idyllic provinces of Alberta and British Columbia. Travel throughout the region to find that classic scenery in places like Lake Louise while also uncovering some of the area's unexpected treasures, including the world-renowned Okanagan Valley wine region. From rugged Banff National Park to coastal Vancouver, discover the diversity of western Canada.

Your package includes

- 8 nights in handpicked hotels
- 8 breakfasts
- 1 lunch
- 3 dinners with beer or wine
- 1 wine tasting
- Guided sightseeing tours
- Expert Tour Director & local guides
- Private deluxe motor coach

Included highlights

Calgary Tower, Banff National Park, Moraine Lake, Lake Louise Gondola, Glacier National Park of Canada, Okanagan Valley wine tasting, Vancouver's waterfront

Tour pace

On this guided tour, you'll walk for about 1.5 hours daily across moderately uneven terrain, including paved roads and paths with some steep inclines. During certain seasons, there may be snow or ice on the paths. Some activities will take place at high altitudes.

Per person double occupancy \$3,709
Includes roundtrip airfare from Grand Rapids.
Register online at: <https://grouptoursite.com/tours/rockieswithsherry>

Spotlight on New York City Holiday December 2, 2020 5 Days / 4 Nights

Experience the "the Big Apple" alive with the holiday spirit on this spectacular tour. From Rockefeller Center to Greenwich Village, New York City shines even brighter during the holiday season. Spend four nights in the heart of Midtown close to Central Park's skating rink and Times Square all dressed up for the holidays. Take your seat and watch the curtain rise for an exciting Broadway show. See the Christmas Spectacular at Radio City Music Hall, featuring the world famous Rockettes! Ferry to the Statue of Liberty and Ellis Island. See the Empire State Building and Central Park. Visit the poignant 9/11 Museum and Memorial. Enjoy plenty of free time on your own to shop and see the elaborate 5th Avenue holiday window displays and the Christmas tree at Rockefeller Center. Get ready to "start spreading the news!"

Activity Level -This tour includes moderate physical activity.

Price per person \$2,999 per person double occupancy \$3,999 per person single occupancy. Price includes airfare from Grand Rapids.



For reservations or more information contact
Sherry at 616-891-8117 or
email: stehouwers@calschools.org

Greek Isles

Onboard Royal Caribbean's Explorer Of The Seas

11 Days / 10 Nights
October 6 - 16, 2020



Ports of call:

Rome (Civitavecchia), Italy ~ Sicily (Messina), Italy
~Valtetta, Malta ~ Mykonos, Greece ~ Ephesus
(Kusadasi), Turkey ~ Santorini, Greece ~ Athens
(Piraeus), Greece ~ Naples, Italy

Inside Cabin
Category 4V \$3,344

Outside Cabin
Category 2N \$3,874

Balcony Cabin
Category 4D \$4,354

Balcony Cabin
Category 2D \$4,384



Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes, and transfers to/from the ship. ROYAL CARIBBEAN CRUISE LINE HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Deposit Policy: An initial deposit of \$350 per person double occupancy or \$700 per person single occupancy is required in order to secure reservation and assign cabins. Final payment is due by June 8, 2020.

For more information or reservations
call 891-8117

Ring In The New Year 2021 onboard the Norwegian Escape!

December 26, 2020 - January 2, 2021



Departing from Port Canaveral with stops in Puerto Plata, St. Thomas, Tortola and Great Stirrup Cay

Rates per person double occupancy - includes taxes.

Inside Cabin \$1,325.42

Ocean View Cabin \$1,445.47

Balcony Cabin \$1,652.47

*Rates are subject to change until deposit is made.

DEPOSIT: \$250 pp

Studios and Insides - Pick 2 amenities from Group A or B + 1 Bonus Amenity

Ocean View and Above - Receive ALL 4 from Group A or B + 1 Bonus Amenity

Group A - Amenities:

*Beverage Package

(pay gratuity of \$138.80pp)

*3 Night Specialty Dining Package

(pay gratuity of \$19.80pp)

*\$50 Shore Excursion Credit

*250 Minute WiFi Package

Group B - Amenities

*\$50 Shore Excursion Credit

*250 Minute WiFi Package

*10 Photograph Package

\$100 On Board Credit

BONUS Amenity

*\$100 On Board Credit

*Vow Renewal

*10 Photograph Package

*Inter-Ship Calling/Texting

Caledonia GlobeTrotters
Present
ALASKA CRUISETOUR
WITH PRINCESS CRUISES® ON THE GRAND PRINCESS®
11 DAYS / 10 NIGHTS MAY 13 - 23, 2020



PRINCESS CRUISES
escape completely®

Itinerary:

1. Anchorage
2. Mt. McKinley Princess Wilderness Lodge (Talkeetna) Board a motorcoach for your journey along the dazzling George Parks Highway, an attraction in itself.
3. Denali Princess Wilderness Lodge This morning you depart on another scenic motorcoach ride to the Denali Princess Wilderness Lodge at the doorstep of Denali National Park.
4. Whittier to Anchorage. Enjoy the scenic rail journey through some of the best wilderness in the Great Land on our exclusive Direct-to-the-Wilderness rail service.
5. Hubbard Glacier, Alaska (Scenic Cruising)
6. Glacier Bay National Park, Alaska (Scenic Cruising)
7. Skagway, Alaska
8. Juneau, Alaska
9. Ketchikan, Alaska
10. At Sea
11. Vancouver, British Columbia



Prices:

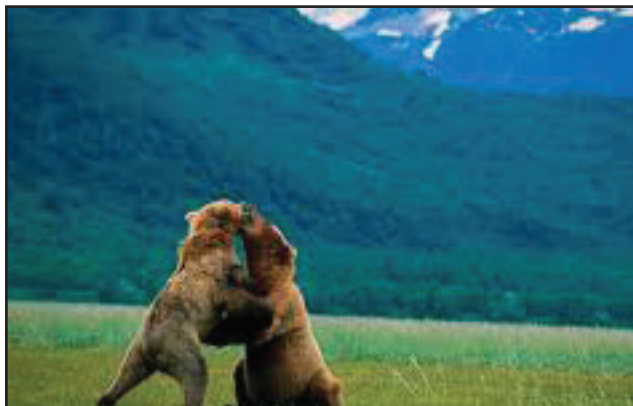
- Inside Cabin Category ID \$3,584
- Inside Cabin Category IC \$3,600
- Outside Cabin Category OE \$4,284
- Outside Cabin Category OC \$4,314
- Balcony Cabin Category BB \$4,604

Rates are per person double occupancy and include roundtrip airfare from Grand Rapids, cruise, port charges, government fees, taxes and transfers to/from ship. **PASSPORT REQUIRED**

PRINCESS CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Final payment is due by January 28, 2020. Those who book early get the best prices, the best cabin locations and their preferred dining times.

For reservations or more information contact Sherry at 616-891-8117 or email: stehouwers@calschools.org



Registration Information

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. If you are not completely satisfied with your class, after your first two classes, call us for a full refund.

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.

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.

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 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!

Please register online and you will automatically receive a receipt via e-mail. Mail in 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.



**AVOID
Cancellations
Enroll Early**

Decisions to cancel classes due to low enrollment are usually made a week in advance. Don't let your favorite class be put on the chopping block! Enroll Now!

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
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Caledonia, MI 49316

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Caledonia Community Players PRESENT

A
BROADWAY
CHRISTMAS
CABARET

December 20, 2019 • 7:00 pm

All Tickets **\$10**
(General Admission, Limited Seating Available)
Dessert Reception to Follow

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

CaledoniaCommunityPlayers.org