



Rockford Public Schools

WEATHER CANCELLATIONS:
www.rockfordschools.org

When Rockford Public Schools are closed or dismissed early due to bad weather, Rockford Community Services activities will also be canceled.

ACTIVITY LEVELS

Look for our Activity Levels in our newsletters to indicate the level of physical activity required to participate.

LOW: Low Activity Level, Handicapped accessibility

MEDIUM: Medium Activity Level, including a moderate amount of walking, may include a few stairs or hills. Handicapped accessibility is limited.

HIGH: High Activity Level, requiring a high amount of walking, including stairs. Handicapped accessibility not readily available.

HELPFUL PHONE NUMBERS

Area Agency on Aging 616.456.5664

Senior Meals Program –
 If you are interested in assistance with your meals, please call 616.459.3111

North Kent Connect 616.866.3478

Senior Transportation for the Rockford area
 Ride Link 616.774.1288 or 866.425.3848

Hope Network Transportation 616.243.0876

Good Samaritans 616.217.6973

Senior Neighbors 616.459.6019

CLASS LOCATIONS

RAB - Rockford Administration Building

RFC - Rockford Freshman Center

NRMS - North Rockford Middle School

ERMS - East Rockford Middle School



KIM'S CORNER



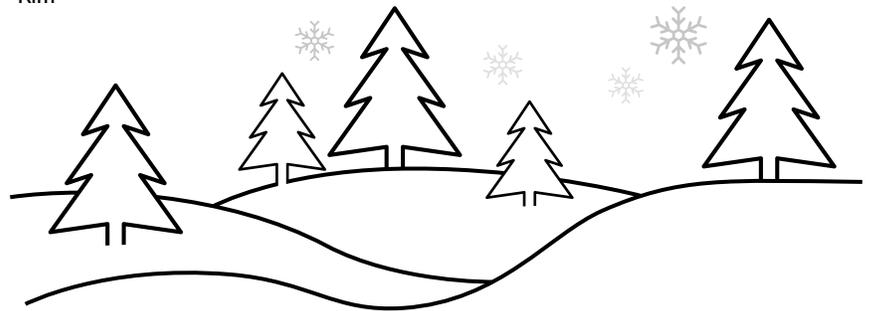
Hello and Happy New Year!

2023—can you believe it? I don't know about you, but I always have loved the new year. It feels like the perfect time to do a RESET in my life—to drop some maybe not-so-healthy habits and try to incorporate consistent better—for-me ones. I found a great article regarding this by Clarissa Vanner which is included in this newsletter on page 2. I hope you find it helpful and inspiring!

We have a wide variety of opportunities to get you involved and engaged in the new year! From body engaging to brain engaging to just meeting new people and having a good time, we hope that you find something you are interested in.

As always, please call us at 616.863.6322 if you have any questions.

Happy New Year!
 Kim



SENIOR CITIZENS 60 years of age or older

We offer a **LIFETIME GOLDEN AGE PASS** which entitles you to admission to school sponsored sporting events.

Stop by the Community Services Office to get your free pass.

NEWSLETTER Please call 863.6322 if you would like to receive the Senior Newsletter. If you have a suggestion for a guest speaker for the luncheons, or a trip you would like to go on, we would love to hear from you.

HEALTHY NEW YEAR'S RESOLUTIONS

Seniors Can Actually Keep

By Clarissa Vanner

Do you make New Year's resolutions? As one year ends and a new one begins it's a chance for a fresh start. Many people set goals such as starting new diets and exercise routines, however, they're often restrictive and unsustainable. This can lead to quitting your resolutions just a few weeks into the new year.

The good news is there are ways to prevent that from happening, and that starts with setting realistic goals that you can follow long term. If you're ready to start the new year off healthy and happy then check out these healthy New Year's resolutions seniors can actually keep!

SIT LESS, MOVE MORE

Regular physical activity is one of the most important things you can do for your health. Unfortunately, by age 75, one in three men and one in two women engage in no physical activity. The good news is that it's never too late to start. So this year, why not make it a goal to sit less and move more!

The Centers for Disease Control and Prevention (CDC) states that older adults need about 150 minutes of moderate-intensity aerobic activity per week. This can be broken up into 30-minute workouts five days a week.

STIMULATE YOUR MIND

The brain is an important organ that is responsible for everything we do from emotions and motor skills to vision, breathing, body temperature, hunger, and memory. This is why taking care of your brain health is so important. Incorporating brain exercises can be easy and is a sustainable and healthy New Year's resolution you can make.

You can start slow by spending 10 to 20 minutes a day playing games such as crossword puzzles, Soduko, or even making a jigsaw puzzle. Other ways to stimulate your mind include reading, writing, and learning a new skill.

SLEEP BETTER

Good quality sleep is important at any age. It benefits your physical and emotional health from improving your concentration and memory to helping your body repair cell damage and more. If you feel like you could get better sleep make it a resolution to work on that this year.

The good news is there are things you can start doing now to get a better night's rest. For starters, you'll want to create a relaxing and inviting environment, unwind before bed, and stick to a sleep schedule.

TAKE TIME FOR SELF CARE

You've spent your entire life taking care of others and now it's time to really take care of yourself. In fact, self-care is an essential part of maintaining your health and can even help prevent chronic illness. This year dedicate time for self-care.

The first step is to make sure you view self-care as taking care of yourself and not as being selfish. Keep in mind, it doesn't have to be complicated nor time-consuming. You can start small by enjoying a walk every day, getting a little extra sleep, or taking a bath. Choose to do things that bring you happiness.

EAT WHOLE FOODS

Instead of dieting this year, focus on nourishing your body with more whole foods. Diets are hard to follow because they can be restrictive and unsustainable. If you focus on healthy lifestyle changes like consuming more healthy foods and enjoying unhealthy foods in moderation you may find it more sustainable.

Some great examples of whole foods include vegetables, fruits, whole grains, fish, nuts, and seeds. These foods are full of nutrients that your body needs. Studies show that a diet rich in whole foods may help reduce the risk of heart disease, as well as other diseases such as type 2 diabetes.

FOCUS ON GRATITUDE

Focusing on gratitude instead of focusing on the negative aspects of your life can have positive effects on your health. In fact, a study showed those who wrote about gratitude were more optimistic, felt better, had fewer visits to the physician, and exercised more.

So this year why don't you make it a goal to focus on gratitude. An easy way to start doing this is to keep a gratitude journal. Every day spend five to 10 minutes writing down things you are grateful for. A year from now you'll be able to look at all the positive things that have happened.

VOLUNTEER

If you don't volunteer already this might be a good year to start. Volunteering can be great for seniors and offers plenty of health benefits. Research shows that volunteering can help reduce stress and may even lead to lower rates of depression.

Further, volunteering also helps you stay physically and mentally active. It can also give you a sense of purpose. Finally, it also helps you stay socially active as you'll get to meet new people and develop new relationships.

TRY A NEW HOBBY

It's common to let go of hobbies especially when life gets busy. But what better way to spend retirement than to pick up a once-loved hobby or to try a new one! In fact, research shows that enjoying hobbies can help you live longer and healthier!

This year make it a resolution to set time aside to enjoy a hobby that excites you and brings you happiness.



Stimulate your mind, meet new friends, and read books you may not normally read. Books are from the Kent District Library, "Book In A Bag".

The group size is limited to the number of books available in each month's "Book In A Bag" so get your copy soon! Books can be picked up in the Community Services office. Call 863.6322 for info.

There is no cost to join.

Once all the books are taken, the group is considered full for that month.

NEW LOCATION AND DATE CHANGE:

Third Tuesday of each month 10:00-11:00am
Community Services Meeting Room
 350 N. Main St., Rockford
 Come to the Community Service entrance on Lewis St. (across from Parkside Elementary)

UPCOMING BOOKS

TUESDAY, JANUARY 17

Bootstrapper: From Broke to Badass on a Northern Michigan Farm

By Mardi Jo Link

TUESDAY, FEBRUARY 21

The Book Woman of Troublesome Creek

By Kim Michele Richardson

Must get your own copy

TUESDAY, MARCH 21

Reading with Patrick

By Michelle Kuo

MINDFULNESS: THE KEY TO A BETTER LIFE

The benefits of mindfulness include stress relief, becoming calmer and more relaxed, lower blood pressure, improved sleep, reduced chronic pain, reduced anxiety, improved focus and improved mental health. A recent participant said after doing it for 14 days she has, "...felt so much more relaxed and focused and seems to have more energy." You wouldn't touch a hot burning stove day after day, so why do you continue to not properly manage stress day after day? Instructor: Gary Paul is a semi-retired international productivity/management consultant who has spoken on the subject of Controlling Stress at the national level. Mindfulness has been part of his life for the past 39 years.

Thursday, February 16 (1 wk) 6:30-8:30pm
RAB \$35 #1539-W23A



VOLUNTEER OVERSEAS TRAVEL – A CULTURAL EXPERIENCE

Ever wanted to experience life in a foreign country as a participant rather than just a tourist? There are many opportunities to travel and volunteer overseas - for ALL ages, ALL budgets, ALL interests. Time frames range from 1 week to years! Costs? Some have price tags (that include accommodations), some are trades, some are paid. We will discuss all aspects of Volunteer Overseas Travel - from requirements to additional opportunities. For ALL ages - great for students, professionals, or retirees!

Instructor: Kate Engel has traveled to over 75 countries (and still counting). A veteran of the travel industry and a foreign language fan, she prefers to be a traveler rather than a tourist. Volunteering overseas has been one of the most rewarding opportunities to experience local life, learn about the culture of a country, and create a better understanding of the world! It is an experience that can change your life.

Tuesday, January 10 (1 wk) 6:30-8:00pm
RHS \$5 #1030-W23A



ROCKFORD COMMUNITY SERVICES

Register at
rps.digitalsignup.com

FLU SHOT REMINDER

Kent County
 Senior Millage

AngelCare
 Home Care
 2422 Burton SE
 Grand Rapids, MI 49546

Senior
 NEIGHBORS

FOR MORE INFORMATION, PLEASE CALL 863.6322 | TO REGISTER GO TO RPS.DIGITALSIGNUP.COM

OUT TO LUNCH BUNCH bus trips

JANUARY – ROBINETTE'S APPLE HAUS & WINERY

Want to get out of the house but not travel too far? Join us for a day enjoying all that Robinette's has to offer! We will start our visit shopping their quaint store and gift barn. Then we will move to the restaurant to enjoy lunch and afterwards finish our visit with wine tastings in their winery. Lunch and winery visit is paid on your own to your own liking. Transportation provided by Rockford Public Schools. Activity level: high.

Wednesday, January 25 \$4 #1305-W23A

9:30am departure from the Rockford city parking lot south of the Shoe Depot's parking lot on Main Street, Rockford.

1:30pm approximate return to Rockford

FEBRUARY – GALENTINE'S DAY LUNCH AT THE WINTER INN IN GREENVILLE

Hey ladies! Looking for something fun to do on Valentine's day? Want to meet other 55+ ladies in the area? Join us for a ladies GAlentine's day lunch! We will be traveling to the lovely Winter Inn in downtown Greenville to enjoy a delicious lunch (on your own) in their cozy atmosphere. Grab a girlfriend or come solo, doesn't matter! Transportation provided by Rockford Public Schools. Activity level: low.

Tuesday, February 14 \$4 #1414-W23A

11:00am departure from the Rockford city parking lot south of the Shoe Depot's parking lot on Main Street, Rockford.

1:15pm approximate return to Rockford



ROCKFORD COMMUNITY CABIN

Located at 220 N Monroe Street, Rockford
2nd Monday of the month - **1:00-3:00pm**

Join other Rockford residents for some fun conversation,
coffee & cookies and chances to win prizes!

*Please call 863.6322 and let us know if you will be attending.
We must have a minimum number of participants to
play, as well as a max group size limit.*

****Deadline to sign up is 9:00am the morning of BINGO.**

**\$1.00/3 Cards \$2.00/6 Cards or \$3.00/9 Cards
Pay at the door!**

**2nd Monday of the month 1:00pm
1/09/23, 2/13/23, 3/13/23, 4/10/23**

FEBRUARY – RECYCLE KENT COUNTY CENTER TOUR AND LUNCH

Take a walk through a sorting facility designed to accept residential recyclable materials from all over West Michigan. Find out how recyclables are sorted according to material type, then prepared for shipping to the next processor by pressing the recyclables into bales. Tours are approximately one hour in length and include a classroom discussion about the journey recyclables take from your curbside cart or recycling drop-off station to a sorting facility, how machines and workers coordinate sorting efforts, what items can or cannot be recycled through this system (and why), as well as a facility overview on the observation deck overlooking the functioning equipment. On the way back to Rockford we will stop at lunch (on your own) at Vitale's in Comstock Park. Transportation provided by Rockford Public Schools. Activity level: high.

Thursday, February 23 \$6 #3405-W23A

9:30am departure from the Rockford city parking lot south of the Shoe Depot's parking lot on Main Street, Rockford.

1:30pm approximate return to Rockford

APRIL – THE HERITAGE EXPERIENCE AT GRCC

Registration opens 2/1/23

Come and have lunch with us at the Heritage restaurant! The Heritage is a fine dining public restaurant staffed by the culinary school students under the direct supervisor of the chef and instructors on the GRCC campus. Lunch includes soup or salad, your choice of one of four entrees, dessert and beverage. We hope to include a visit to their bakery as well! You will be asked to choose your menu when registering. Transportation provided by Rockford Public Schools. Activity level: Low.

***The menu and price have yet to be determined by Heritage Restaurant. Call our office at 616.863.6322 after 2/1/23 for that information.**

Wednesday, April 12 Cost TBD #5123-S23A

9:30am departure from the Rockford city parking lot south of the Shoe Depot's parking lot on Main Street, Rockford.

1:30pm approximate return to Rockford

APRIL – FELT MANSION AND SAUGATUCK VISIT!

Join us for a day trip down to the Holland area! Nestled in the rolling dunes between Holland and Saugatuck, the historic Felt Estate boasts a lavish 12,000+ square foot mansion featuring 25 rooms, three floors, and a one-of-a-kind ballroom. We will be getting a private tour and then will enjoy lunch (included in the price) on the mansion grounds. After lunch we will take a short drive to downtown Saugatuck and enjoy some shopping on your own! Transportation provided by Motorcoach bus. Activity level: high.

Note: Only the first floor of the mansion is handicap accessible. If you are unable to use the stairs, the mansion offers a video presentation of the mansion on the first floor.

***No refunds after April 12 as final counts will already be sent for tour, lunch and bus.**

Wednesday, April 26 \$62 #1140-S23A

9:30am departure from the Rockford city parking lot south of the Shoe Depot's parking lot on Main Street, Rockford.

4:30pm approximate return to Rockford

ROCKFORD COMMUNITY BAND

The Rockford Community Band is comprised of instrumentalists from all walks of life who simply enjoy making music passionately and meaningfully. Membership is open to all interested instrumentalists who have a minimum of high school band experience. While there is not a formal audition process for admittance to the ensemble, the conductor may request to hear new members individually in order to best facilitate part assignments. In essence, the Rockford Community Band is an ensemble dedicated to life-long musicianship while presenting diverse, entertaining performances to the community it serves. Instructor: Tiffany Engle joined the music faculty at Calvin University in 2005. In addition to conducting the Symphonic Band, Wind Ensemble, and Orchestra, she teaches courses in Applied Saxophone and Conducting. Dr. Engle also coordinates the chamber winds program and leads the Pep Band. Dr. Engle is deeply committed to service that inspires rich musical involvement in the lives of others. She is the director of Calvin's Knollcrest Music Camp (a summer program for middle and high school students) and regularly serves as a clinician with various school ensembles in the West Michigan area. She has served as the conductor of the Rockford Community Band since January 2008. Dr. Engle remains an active performer on saxophone, both as a soloist and as a member of the Lake Effect Saxophone Quartet.

Mondays, January 9 (19 wks) 7:00-9:00pm
ERMS \$49 #1900-W23A *skip 2/20, 4/3 & 5/29

ROCKFORD COMMUNITY CHOIR

The Rockford Community Choir welcomes adult singers of all ages and skill levels! There is no audition requirement. We sing a wide range of music, including classical, folk, hymnody, gospel, multicultural, novelty, Broadway, jazz and modern. We will perform two to three concerts a year, typically with the Rockford Community Orchestra and Community Band. We have occasionally performed at additional venues, such as ArtPrize. Cost includes a \$10 supply fee.

Instructor: Renee Vande Wege is a seasoned music educator of all ages and long-term resident of Rockford. She is currently the North Rockford Middle School Choir Director and conducts the newly formed Rockford Community Children's Choir. A former member of the Opera Grand Rapids chorus, and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege conducts the K-12 Children's and Youth Choirs at LaGrave Avenue CRC in Grand Rapids as well.

Thursdays, January 12 (14 wks) 7:00-8:30pm
The choir will rehearse Tuesday 3/28. *Skip 3/30 & 4/6
NRMS \$59 #1902-W23A

ROCKFORD CIVIC SYMPHONY

Formerly known as the Rockford Community Orchestra, the Rockford Civic Symphony welcomes musicians of varied skill levels and ages to play and learn through the shared experiences of orchestral music. Membership is open to all persons who possess the skills necessary to perform standard orchestral literature. There is no audition requirement. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind players. We play a variety of orchestral literature, from classical symphonic pieces, ballets and operas to Broadway shows. We perform 3-4 concerts per year. For information contact rockfordcivicsymphony@gmail.com. Instructor: John Reikow is the Director of Orchestras for the Holland Public Schools and conducts the Holland High School Orchestra. He has been the Assistant Conductor and Principal Cellist for the Holland Symphony Orchestra.

Tuesdays, January 31 (13 wks) 7:00-9:00pm
NRMS \$49 #1901-W23A *skip 4/4

Community Cabin College

A service of Rockford Public Schools

Offering opportunities for lifelong learning and forging of new friendships.

Lunch: 12:00pm (Doors open at 11:30am)
Rockford Community Cabin, 220 Monroe St.
Pre-registration is required. Deadline to register is one week prior to the event issued.
Refunds up until one week prior to luncheon date.

THE WHITE HURRICANE OF 1913: A GREAT LAKES DISASTER

Presented by Matthew Daley, Grand Valley State University
Storms are nothing unusual on the Great Lakes, but the four-day storm in November of 1913 would prove to be the deadliest. Though it struck all of the lakes, the storm's greatest strength was felt on Lake Huron where winds reached category 2 strength for over thirty hours. A dozen vessels were lost with their entire crews and at a cost of over \$2 million dollars by the end of the storm. Come and learn about the wrecks and survivors of this terrible storm.

Monday, January 16 \$8 #5258-W23A

No Community Cabin College in February due to Winter Break. Community Services office will be closed Monday, February 20

EATING FOR BRAIN HEALTH

Presented by Spectrum Healthier Communities and Krista Gast, Registered Dietician and Wellness Coach

Face it, most of us don't think about taking care of our brains on a daily basis in the way that we think about taking care of the rest of our body. The fact is, that between lack of sleep, multitasking like crazy and eating poorly, our brains end up trying to function under a tremendous amount of stress. This sets up the perfect storm for possibly developing anxiety, depression, memory issues, and over time, cognitive decline. The right foods combined with healthy lifestyle choices is one of the best strategies for keeping your brain healthy throughout your life.

Monday, March 20 \$8 #5261-W23B

FURNITURE CITY USA

Presented by Caroline Cook, Chief Tour Ambassador for Grand Rapids Running Tours

Over the course of 50 short years, small family-owned furniture shops grew into large-scale furniture manufacturers, earning Grand Rapids the title of Furniture City, America's Furniture Capital, and The Paris of Furniture Design. We'll move through the residential furniture Glory years: 1870-1930. Discover why "timing was everything" for our new frontier small city. Our fine furniture captured the world's attention and dominated the economic landscape of Grand Rapids.

Monday, April 17 \$8 #5262-S23A

WHAT'S YOUR WORD? SETTING A WORD INTENTION

A Word of Intention is a daily reminder representing a quality or principle that guides you toward how you want to live or how you hope to feel as your best self. In this workshop, we will walk through some activities to identify some goals or a vision that you have for your life. We will talk about some things that could be holding you back and then identify an accelerator (your word) to focus on to propel you forward toward your goal. Each month will have a different inspiration, but your word will be uniquely yours.

Instructor: Kelly Wass. After working in the fitness industry for close to 20 years, she is able to draw on her vast leadership experiences which range from fitness & nutrition, diabetes prevention & guidance to physical & behavioral change coaching. Now as a certified life coach, she specializes in journeys through the many transitions in life, from one adventure to the next (walking away from a toxic relationship, becoming an empty-nester, preparing for retirement, handling aging parents) and achieving your hopes and dreams.

Tuesday, January 10 (1 wk) 6:00-8:00pm
RFC \$23 #1895-W23A Inspiration: Gratitude

Tuesday, February 7 (1 wk) 6:00-8:00pm
RFC \$23 #1895-W23B Inspiration: Passion

Tuesday, March 7 (1 wk) 6:00-8:00pm
RFC \$23 #1895-W23C Inspiration: Integrity

SET GOALS – THE S.M.A.R.T. WAY

Why is it that some people seem to easily achieve whatever they want in life with all the enriching life experiences that go with it -- while others struggle with being overwhelmed? Why do some people routinely attract the right combination of circumstances and opportunities they need to play a bigger game -- while others wait years to get ahead in their chosen field or activity? Discover a "life makeover" plan for creating a lifestyle that's happy, growing and balanced in our unbalanced world with a unique formula that's already followed by over a million people around the world. Get crystal clear on your goals, your dreams, the one thing that if you accomplished in the next 365 days would absolutely transform your life, and the exact steps to finally make it happen!

In this workshop you will:

1. Find out exactly where you are in life.
2. Decide where you want to go.
3. Make a plan to get there. The time is now to start investing in yourself!

Instructor: Kelly Wass. After working in the fitness industry for close to 20 years, she is able to draw on her vast leadership experiences which range from fitness & nutrition, diabetes prevention & guidance to physical & behavioral change coaching. Now as a certified life coach, she specializes in journeys through the many transitions in life, from one adventure to the next (walking away from a toxic relationship, becoming an empty-nester, preparing for retirement, handling aging parents) and achieving your hopes and dreams.

Tuesday, January 17 (1 wk) 6:00-8:00pm
RFC \$23 #1896-W23A

Tuesday, February 14 (1 wk) 6:00-8:00pm
RFC \$23 #1896-W23B

Tuesday, March 14 (1 wk) 6:00-8:00pm
RFC \$23 #1896-W23C

LIVE LIFE DIFFERENTLY

This is a monthly series of group coaching sessions that will run throughout the entire year touching on each of the seven areas of your life: fitness, finance, family, field (your career), faith, friends, and fun. You must have gone through either the What's your Word? or Setting Goals: The SMART Way workshop in order to participate in the group coaching sessions. Living Life Differently means working towards a life that seeks balance and growth in the 7 key areas of health and wellness. Gain the energy to find joy in each and every day. Feel secure in your finances, do the work you love, and feel deep connections with friends and family. Confidently find your purpose. Once you attend any 3 coaching sessions, you will receive a \$6 credit from Kelly Wass at Life Recharged toward future events, classes or coaching. The full schedule of sessions in the series is posted at www.liferecharged.org

January: Grow your Finances to Find Balance

February: Body by Design

March: Taking Daily Action - You set your goals, now how do you achieve them?

Instructor: Kelly Wass. After working in the fitness industry for close to 20 years, she is able to draw on her vast leadership experiences which range from fitness & nutrition, diabetes prevention & guidance to physical & behavioral change coaching. Now as a certified life coach, she specializes in journeys through the many transitions in life, from one adventure to the next (walking away from a toxic relationship, becoming an empty-nester, preparing for retirement, handling aging parents) and achieving your hopes and dreams.

Tuesday, January 31 (1 wk) 6:00-7:00pm
RFC \$12 #1897-W23A

Tuesday, February 28 (1 wk) 6:00-7:00pm
RFC \$12 #1897-W23B

Tuesday, March 28 (1 wk) 6:00-7:00pm
RFC \$12 #1897-W23C

ROCKFORD SENIORS UNLIMITED



SAVE THE DATE!
JUNE 21, 2023

at the Community Cabin

RETIREMENT INCOME

This class is designed to educate you on the subject matter of Retirement Income in the least irritating and boring manner possible. Topics covered include, but are not limited to: Inflation (this might just be on your mind, hmmm?), taxable vs. tax free assets, qualified plans, rollover considerations, Social Security, Medicare, estate conservation and distributing assets in an organized fashion. There is so much great information, you will not be falling asleep during this class!

Instructor: Adam Fliehman is an Investment Advisor Representative and holds the FINRA series 7, 66, 6, 63 licenses as well as insurance licenses for Life, Health, Disability and Long Term Care. After years of working for captive financial firms and over 10 years in the financial industry, Adam founded Fliehman Financial. With the partnerships developed, Fliehman Financial has the resources and capabilities to offer clients an unprecedented level of service and a comprehensive array of financial options. Adam lives in Rockford with his wife Jacquelyn, the owner and operator of the Fliehman School of Music, and their 3 children.

Tuesday, January 10 (1 wk) 6:30-8:30pm
RFC \$10 #2160-W23A

Thursday, January 26 (1 wk) 6:30-8:30pm
RFC \$10 #2160-W23B

Tuesday, February 7 (1 wk) 6:30-8:30pm
RFC \$10 #2160-W23C

Thursday, February 23 (1 wk) 6:30-8:30pm
RFC \$10 #2160-W23D

BASICS OF YOUR HOME & AUTO INSURANCE

Learn the basics of your home and auto insurance policies. In this class we will discuss and review a sample home and auto insurance policy. We will review key terms and coverages within the policies. This knowledge will allow you, the consumer, to better understand your coverages and allow you to make a more educated decision. This will be a fun interactive class with plenty of questions and answers.

Instructor: Justin Goushaw owns the Farm Bureau insurance agency in downtown Rockford. He has been a member of this community for over 20 years. He has been running this class for over 4 years. Sharing his knowledge of insurance with the community is something he loves to do.

Thursday, January 12 (1 wk) 6:30-8:00pm
RFC FREE #1337-W23A

FREE LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Tuesday of every month at the Rockford Community Services office, located at 350 N Main Street, Rockford. If you are interested, you must call our office at 616.863.6322 to get on the schedule.

Each appointment is scheduled for 30 minutes between Tuesdays, 10:00am-12:00pm
January 31, February 28, March 28



DESIGNING YOUR RETIREMENT

This two-day course is designed for area residents who are in or nearing retirement (within the next 5-10 years). The classroom-style workshop takes an objective approach to dealing with the unique financial challenges facing today's retirees. Over the course of the two sessions, attendees will explore different ways to deal with inflation, taxes, increasing health care costs, stock market volatility, and more. Attendees will receive a workbook as a part of the course.

The following topics will be covered during the two-day session:

PART I (Day 1 of educational workshop)

- Navigating financial planning challenges like inflation, longevity, and market volatility.
- What every retiree needs to know about health care before and during retirement.
- How to potentially reduce your tax burden in retirement.
- Should annuities and/or insurance be a part of your retirement plan?

PART II (Day 2 of educational workshop)

- Creating a retirement paycheck from your retirement savings.
- How to answer the question "When should I take Social Security?"
- Making sense of your retirement accounts: IRAs, 401(k)s, and more!
- Managing your investment portfolio before and during retirement.

PART III (office hours)

The two-day workshop is designed to empower you to take important steps towards planning for a successful retirement. Once the workshop has concluded, all attendees will have the opportunity to meet individually with their instructor(s) to go over any questions they may have. These hour-long review sessions are not to be construed as investment advice.

Instructor: David L. Cobb, ChFC has been helping people plan for their financial futures since 1990. His company, Innovative Financial Group, serves clients throughout the state of Michigan. Securities and advisory services are offered through USA Financial Securities, Member FINRA/SIPC, registered Investment Advisor.

Tuesday, January 24 & Wednesday, January 25
(2 classes) 6:30-8:30pm
RFC \$49 #1912-W23A

Monday, February 27 & Tuesday, February 28
(2 classes) 6:30-8:30pm
RHS \$49 #1912-W23B



ROCKFORD COMMUNITY SERVICES



Quilts of Valor

Quilting to Honor & Comfort

BECOME A PART OF QUILTS OF VALOR!

Quilts of Valor is a nationwide foundation created to “cover service members and veterans touched by war with comforting and healing quilts.” A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. The Quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.” To use the term Quilt of Valor, Quilts of Valor or QOV, the quilt must be a specific size, must have a label with required information, it must be awarded (it is not a gift) and it must be recorded.

Since its inception in 2003, QOV recently awarded its 300,000th quilt! And now, Rockford is forming its own QOV group.

Quilters/sewers will meet once a month to work together on a quilt that will be awarded to a service member. We welcome anyone with a little sewing experience. If you don't sew, we can still use help in cutting and preparing fabric that will be used in our quilt. You also maybe be interested in donating fabric for our quilts.



A brief organizational meeting will be held on Thursday, January 5, 2023 at 6:30pm in the Rockford High School LGI room.

Our goal is to begin working on our first quilt on January 16, 2023. We will meet at the Rockford Community Cabin at 3:00pm. Going forward we will meet monthly.

We know Rockford is an amazing community and this is one more opportunity to show honor and support to veterans and service members. Please consider joining our Quilts of Valor group.

To read more about Quilts of Valor visit www.qovf.org/

Grand Rapids Walking Tours

WORLD OF WINTER WALKING TOUR

We are a 4-season city! For the 6th consecutive winter, we hardy Grand Rapidians honor the snow and “dip in temperature” with its own festival - the World of Winter. In anticipation of its bigger and better event, Downtown Grand Rapids Inc (DGRI) sought proposals from vendors from both around the world and locally who could help us celebrate our equally lovable season, winter! This year, DGRI was particularly interested in selecting exhibits that would incorporate sound and light. Plan your winter walk with Caroline Cook as she leads you through the art installations in our winter wonderland. Meet in the front lobby of the J.W. Marriott, 235 Louis St., GR

Wednesday, January 18 (1 wk) 6:00-7:30pm
J.W. Marriott \$20 #1425-W23A

ICE SCULPTURES WALKING TOUR

Valent-ICE is just one part of the World of Winter. It is THE top ice festival in the state of Michigan, based upon sheer volume of ice. There is a 5,000+ pound community voted sculpture and 80+ other sculptures downtown. In “ice talk”, that’s 26 tons or 52,000 lbs. of frozen fun! Learn about the history of ice carving, the techniques, possibly meet the Ice Guru himself, and enjoy the back story of each sculpture. Caroline Cook will provide this guided tour of as many ice sculptures that the group can view in 90 minutes.

Meet in the front lobby of the J.W. Marriott, 235 Louis St., GR
Friday, February 10 (1 wk) 4:00-5:30pm
J.W. Marriott \$20 #1426-W23A

LAPPING THE LANDMARKS WALKING TOUR

PART 1

An absolute “must-do” for visitors, new residents and longtime citizens who want a new perspective on our fair city! Caroline Cook will lead you 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, hotels, bridges, museums, Indian mounds, churches, the Grand River and more...all neatly contained in a downtown loop. Simply, fascinating! You are sure to exclaim, “I never knew that!” Register for Part 1 and/or Part 2 of this tour. Part 2 is a continuation of Part 1, a completely different tour.

Meet in the front lobby of the J.W. Marriott, 235 Louis St., GR
Wednesday, April 5 (1 wk) 6:00-7:30pm
J.W. Marriott \$20 #1260-W23A

LAPPING THE LANDMARKS WALKING TOUR

PART 2

Part 2 is a continuation of Part 1 and is a completely different tour. You may choose to register for Part 1 and/or Part 2 of this walking tour. Meet in the front lobby of the J.W. Marriott, 235 Louis St., GR

Monday, April 17 (1 wk) 6:00-7:30pm
J.W. Marriott \$20 #1260-W23B

ap · ti · tude

FITNESS + YOGA

All Classes at Aptitude Fitness + Yoga
251 Northland Dr NE, Rockford MI 49341

BARRE

Barre is a fitness class for every type of body! It's easy on joints, can be modified around the knee, back, and shoulder injuries and it's an amazing cross-training option for runners and cyclists. Strengthen your legs, lift your seat and tone your arms and abs during a fun, music-filled 45-minute class with aspects of ballet, yoga, and Pilates.

Mondays & Wednesdays, January 9 (6 wks) 7:00-7:45pm
Aptitude Fitness \$90 #1476-W23A

Mondays & Wednesdays, February 20 (6 wks) 7:00-7:45pm
Aptitude Fitness \$90 #1476-W23B

Mondays & Wednesdays, April 10 (6 wks) 7:00-7:45pm
Aptitude Fitness \$90 #1476-S23A

NEW! MORNINGS AT THE BARRE

Barre is a fitness class for every type of body! It's easy on joints, can be modified around the knee, back, and shoulder injuries and it's an amazing cross-training option for runners and cyclists. Strengthen your legs, lift your seat and tone your arms and abs during a fun, music-filled 45-minute class with aspects of ballet, yoga, and Pilates.

Wednesdays, January 11 (6 wks) 10:30-11:15am
Aptitude Fitness \$60 #1480-W23A

Wednesdays, February 22 (6 wks) 10:30-11:15am
Aptitude Fitness \$60 #1480-W23B

Wednesdays, April 12 (6 wks) 10:30-11:15am
Aptitude Fitness \$60 #1480-S23A



Find us on
facebook

ROCKFORD COMMUNITY SERVICES

Register at
rps.digitalsignup.com

NEW! CARDIO HIP HOP

Feel the vibe of Cardio Hip Hop. Combining hip-hop dance techniques for a strength-focused, midweek dance workout. Cardio Hip Hop is a faster-paced and more aerobic in-nature dance workout. Cardio Hip Hop is guaranteed to get your heart pumping and your booty shaking. Learn some of the latest dance techniques and leave feeling strong and sexy. Each class is set to the beats of old or new Hip Hop sure to have you bounding out the door.

Wednesdays, January 11 (6 wks) 6:00-6:45pm
Aptitude Fitness \$60 #1492-W23A

Wednesdays, February 22 (6 wks) 6:00-6:45pm
Aptitude Fitness \$60 #1492-W23B

Wednesdays, April 12 (6 wks) 6:00-6:45pm
Aptitude Fitness \$60 #1492-S23A

NEW! WARM SLOW FLOW YOGA

Are you looking for a deep stretch after the long week? Looking to improve strength + flexibility? Warm Slow Flow Yoga is designed to go deep into your body using your breath, meditation + yoga. This is an all levels yoga class that will stretch your body and leave you floating out the door ready for the new week.

Saturdays, January 14 (6 wks) 11:00am-12:00pm
Aptitude Fitness \$60 #1493-W23A

Saturdays, April 15 (6 wks) 11:00am-12:00pm
Aptitude Fitness \$60 #1493-S23A

RISE AND SHINE VINYASA

Wake up with the sun! This all-level Vinyasa-focused flow will get your day started in the very best way. Build strength, find your balance and link your breath to your movement, moving from one posture to another while building balance and strength.

Wednesdays, January 11 (6 wks) 9:15-10:15am
Aptitude Fitness \$50 #1482-W23A

Wednesdays, February 22 (6 wks) 9:15-10:15am
Aptitude Fitness \$50 #1482-W23B

Wednesdays, April 12 (6 wks) 9:15-10:15am
Aptitude Fitness \$50 #1482-S23A

FULL BODY YOGA

End your day in the best way: stretching, gentle movements, and guided breathing. This 60-minute Hatha Yoga class is suitable for all levels and will help you prepare for a peaceful night's sleep. We end each class in an extended Savasana to allow for greater stillness and meditation.

Tuesdays & Thursdays, January 10 (6 wks) 7:00-8:00pm
Aptitude Fitness \$90 #1481-W23A

Tuesdays & Thursdays, February 21 (6 wks) 7:00-8:00pm
Aptitude Fitness \$90 #1481-W23B

Tuesdays & Thursdays, April 11 (6 wks) 7:00-8:00pm
Aptitude Fitness \$90 #1481-S23A

Moxie Fitness & Health

Each class you will receive a week long menu with recipes

NEW! MOXIE FITNESS AND HEALTH CLASSES

Mindfulness while creating habit change can help you have a new perspective on the way you think about food, exercise, and self-care. Create an effective way to have less stress around food choices, balance, hormones, enjoy better sleep, have more energy and attain or maintain a healthy body for life. Take a single class or sign up for the whole series.

Instructor: Michelle Pozan of Moxie Fitness and Health is a fitness veteran with over 30 years of experience teaching classes. Certified in AFAA Group Fitness and Personal Training, as well as a certified Holistic Nutrition Coach. I believe health is a complete package of Mind-Body-Spirit for total wellness.

Individual classes are \$30 each or register for all 4 for \$100.

Wednesdays, January 11 (4 wks) 6:45-7:45pm

RHS LGI Room \$100 #1451-W23A

WEEK 1 - MINDFUL EATING

Bust your barriers to creating a true lifestyle change. Have you been on more diets than you can count but nothing sticks for the long term? Are you having hormonal weight gain, have no energy, experiencing poor sleep, and going on nightly cupboard cruises? This class is meant to help break the cycle! We will work together step-by-step to break down the why, what, where, and the how of true mindset change and build strategies for successful & lasting health changes.

Wednesday, January 11 (1 wk) 6:45-7:45pm

RHS LGI Room \$30 #1451-W23B

WEEK 2 - MASTER YOUR METABOLISM

Losing muscle and gaining weight does not have to happen as we get older. What is metabolism? What affects it? How can we support it? Let's go over the basics and work on some numbers and strategies that will give you the tools to create a healthier metabolism as you age.

Wednesday, January 18 (1 wk) 6:45-7:45pm

RHS LGI Room \$30 #1451-W23C

WEEK 3 - NUTRITION FOR OPTIMAL IMMUNITY

Food is medicine! What foods can help to boost immunity & help our bodies become more resilient to recover from exposure to bugs, bacteria, and viruses? You'll leave this class with recipes plus handouts that will help you better understand the foods you can use right away (or may already be using!) to support a healthier immune response this year!

Wednesday, January 25 (1 wk) 6:45-7:45pm

RHS LGI Room \$30 #1451-W23D

WEEK 4 - FROZEN TO FABULOUS!

Eating healthier is easier when you have the ingredients and meals ready to go at the end of a busy day. In this lesson, we will talk about food prep and freezing, plus what you can look for at the grocery store that will help with quick healthy meals in a flash. You'll leave with a menu and recipes, plus a Frozen to Fabulous E-book in your inbox!

Wednesday, February 1 (1 wk) 6:45-7:45pm

RHS LGI Room \$30 #1451-W23E

NRMS OPEN & LAP SWIM

(NORTH ROCKFORD MIDDLE SCHOOL)

Fees: \$2 per adult, \$1 per student or senior (60+)

January 3 – April 1

LAP SWIM – Ask a Lifeguard if you would like a lane line in the water. Open Swimmers are welcome during lap swim times if space is available.

Mondays and Wednesdays 8:00-9:00pm

OPEN SWIM – Lap Swimmers are welcome during open swim if space is available. Ask a Lifeguard if you would like a lane line put in the water.

Tuesdays and Thursdays 8:00-9:00pm

Saturdays 11:00am-1:00pm

The NRMS pool is closed during Christmas Break December 19-January 3 and during Spring Break April 1-8.

RHS LAP SWIM

(ROCKFORD HIGH SCHOOL)

Fees: \$2 per adult, \$1 per student or senior (60+)

December 19 – March 31

Lap Swim – Monday through Friday 5:30-7:00am

RHS pool will be closed on the following dates December 23, 26 & 30 and January 2 in observance of Christmas Eve, Christmas Day, New Year's Eve and New Year's Day.

RHS pool will also be closed during the week of Spring Break April 3-7.

JOIN US FOR FUN AND SOCIALIZATION

*Invite your friends! Everyone is
welcome to all senior events.*

If you have any suggestions for future outings or classes please contact Kim at 616.863.6322 or email KEvers@Rockfordschools.org

WERQ DANCE FITNESS

Ages 13 & Up. A fiercely fun dance fitness class for ALL LEVELS based on chart-topping pop, rock, and hip-hop music and high-energy dance steps. The WERQ® warm-up previews the steps to be used in class, and the cool-down combines yoga-inspired static stretching with balance poses. NO EXPERIENCE IS NECESSARY. Bring a water bottle and a sweat towel, and expect to burn around 500-900 calories while dancing to your favorite songs!

Tuesday, January 10 (1 wk) 6:30-7:30pm
MDR Gym FREE #1449- W23A

Tuesdays, January 17 (7 wks) 6:30-7:30pm
MDR Gym \$49 #1449-W23B *skip 2/21

Tuesdays, March 21 (7 wks) 6:30-7:30pm
MDR Gym \$49 #1449-S23A *skip 4/4

WERQ FITNESS KETTLEBELL AMPD

Ages 13 & Up. Kettlebell AMPD is a group fitness format that takes heart-pumping music and kettlebell moves and combines them into an hour of calorie-torching fun! The program uses lightweight kettlebells, in both traditional and non-traditional ways, to create a fun, effective, full-body workout. Combining the benefits of strength training, functional movements, and cardiovascular exercise, this program is a safe and effective workout for all ages and fitness levels. No experience necessary! Instructor: Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the greater Grand Rapids area since 2010.

Wednesday, January 11 (1 wk) 7:00-8:00pm
MDR Gym FREE #1450-W23A

Wednesdays, January 18 (7 wks) 7:00-8:00pm
MDR Gym \$56 #1450-W23B *skip 2/22

Wednesdays, March 22 (7 wks) 7:00-8:00pm
MDR Gym \$56 #1450-S23A *skip 4/5

PICKLEBALL

ADULT OPEN PLAY

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. Whether you're a beginner or an experienced player, the rules are simple and the game is easy for beginners to learn. You will enjoy meeting new people and playing a fun and social activity.

Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring their paddles.

Mondays (6 wks) NRMS Upper Gym \$30

SESSION 1 – January 9 (6 wks)

Beginners 6:30-8:00pm #3205-W23A

Intermediate 8:00-9:30pm #3205-W23B

SESSION 2 – February 27 (6 wks)

Beginners 6:30-8:00pm #3205-W23C

Intermediate 8:00-9:30pm #3205-W23D



BEGINNING TAI CHI CHUAN

Tai Chi Chuan is the Chinese system of slow meditative physical exercise designed for relaxation and improving your balance and health. For adults of all ages. Promotes a comfortable and enjoyable way to learn the very basic movements. A highly significant factor to mention in the growing interest in Tai Chi is the ongoing biomedical research that shows many positive effects on brain activity and other health benefits. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified. Please wear comfortable clothes and shoes.

Tuesdays, January 31 (8 wks) 10:00-11:00am
Rockford United Methodist Church \$65 #1405-W23C

Tuesdays, January 31 (8 wks) 6:30-7:30pm
RAB \$65 #1405-W23D

Tuesdays, April 11 (8 wks) 10:00-11:00am
Rockford United Methodist Church \$65 #1405-S23A

Tuesdays, April 11 (8 wks) 6:30-7:30pm
RAB \$65 #1405-S23B

CONTINUING TAI CHI CHUAN

For students who have completed the beginner-level class and are committed to a deeper level of study, this class invites you to a better understanding of the principles of movement. With the encouragement of fellow students and instruction from your teacher, this fascinating art form gives you great value for the time invested in your ongoing health, including physical, emotional, and mental. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified.

Tuesdays, January 31 (8 wks) 11:00am-12:00pm
Rockford United Methodist Church \$65 #1406-W23C

Tuesdays, January 31 (8 wks) 7:30-8:30pm
RAB \$65 #1406-W23D

Tuesdays, April 11 (8 wks) 11:00am-12:00pm
Rockford United Methodist Church \$65 #1406-S23A

Tuesdays, April 11 (8 wks) 7:30-8:30pm
RAB \$65 #1406-S23B

2023

ROCKFORD SENIORS UNLIMITED

January / February 2023

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