



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

Medicare 1.800.medicare

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

Access Kent 616.632.7590

CLASS LOCATIONS

RAB - Rockford Administration Building

RFC - Rockford Freshman Center

NRMS - North Rockford Middle School

ERMS - East Rockford Middle School

RHS - Rockford High School



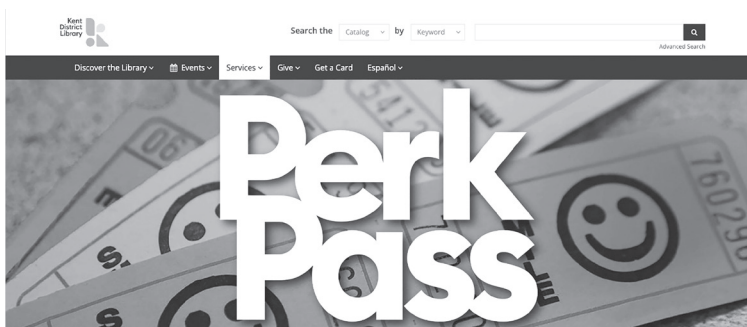
Happy New Year!

Hello everyone and welcome to the new year!

2024 is upon us and I hope that it is a happy and healthy one for you and your loved ones.

Did you know that KDL (Kent District Library) has a Perk Pass Program if you have a library card? They offer FREE tickets to some local attractions, such as Frederik Meijer Gardens, the GRAM (Grand Rapids Art Museum), the Children's Museum, the Gerald R Ford Presidential Museum and more!!!

All you need to do is make sure you have an active (FREE) KDL library card (if you don't, you can easily sign up for one at the Krause Memorial Library in downtown Rockford). Then go to the following website: <https://kdl.org/perkpass>



There you can choose which perk pass you would like, reserve it and then print it or download it to your phone. Some venues will require that you have a printed pass with you. The library cardholder must be one of the people using the passes.

If you have any specific questions about these Perk Passes you can call our local Rockford KDL branch at 616.784.2007.

We hope to see you soon at one of our events!
Happy New Year!

Kim Evers
Community Services Coordinator

BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. Leave the first class with your practice pieces and 2 bookmarks. The second class will explore more watercolor painting methods as you paint a card to frame or send to someone special. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studies. She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making to pastels, while always continuing with watercolor.

Thursdays, January 18 (2 wks) 6:00-8:00pm

NRMS \$60 #1227-W24A



NEEDLE FELTING – FOREST CRITTERS

In this needle felting class, you will be able to create your very own woodland animal. Participants will have the project option to make a fox, raccoon or badger. Class includes instruction and demonstration of the needle felting process, needle safety and proper use, creating a sculpture using wool, and adding exterior details. Approximate size of project is 3.5-4" tall.

Instructor: Sam Coon is a self-taught felt artist using needles and wet felting methods. Through the years, she has gleaned much of her inspiration from nature; the colors, texture and endless patterns. There are seemingly endless project possibilities due to the wonderful sculptural quality that wool has. Throughout the year, Sam's work can be found at various art festivals. She also enjoys teaching felting classes to both children and adults.

Tuesday, March 19 5:00-8:00pm

NRMS \$28 #1040-W24A

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

Tuesdays, 10:00am-12:00pm

January 30, February 27, March 26

HIGH BLOOD PRESSURE CONTROL –

NATIONAL KIDNEY FOUNDATION OF MICHIGAN

High blood Pressure Control is a no-cost, virtual, evidence-based program designed to help individuals better manage their high blood pressure. Participants learn important skills such as healthy nutrition, how to incorporate physical activity into their busy lives, stress management techniques, and how to develop and follow through on both short and long-term action plans. Participants receive a free workbook and blood pressure monitor. Instructors: Marion Champion & Beth Nelson are community members who were selected and trained by the National Kidney Foundation of Michigan and certified to teach High Blood Pressure Control.

Registration is required; participants can sign up online at nkfm.org/hbpc or by calling 800.482.1455 or by emailing PATHPrograms@nkfm.org

Mondays, January 22 (8 wks) 6:00-7:30pm

Virtual Class FREE



ROCKFORD COMMUNITY CABIN

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

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

*Please call 616.863.6322 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
1/8/24, 2/12/24, 3/11/24**



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.

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

JANUARY 16, 2024
Our Missing Hearts
 by Celeste Ng

FEBRUARY 20, 2024
Killers of the Flower Moon
 by David Grann

MARCH 19, 2024
The Day the World Came to Town
 by Jim DeFede

Community Cabin College

A service of Rockford Public Schools

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.

Refunds given up until one week prior to luncheon date.

LIGHTHOUSES OF MICHIGAN

Presented by Matthew L. Daley, Grand Valley State University
 Standing as lonely sentinels along the coasts and at harbor mouths throughout Michigan, lighthouses serve as enduring reminders of Michigan's maritime heritage and operate as popular tourist attractions. The stories of keepers and storms give them a well-deserved aura of romance and adventure that we remember today. Yet, we hear less of the great efforts to plan, construct, and manage this enormous nation-wide system. This course draws these pieces together to tell the stories of Michigan's lighthouses, the lives of keepers, and how the United States Lighthouse Service kept the lights burning.

Monday, January 15 \$8 #5258-W24A

No Cabin in February due to Winter Break

COOKING AND EATING FOR HEART HEALTH

Presented by Corewell Healthier Communities
 Why is focusing on heart health important? Heart disease is the number 1 cause of death for men and women in America. High blood pressure, high cholesterol, and smoking are risk factors for heart disease. About half of Americans have at least one of these risk factors. Additional risk factors like type 2 diabetes, being overweight, having an unhealthy diet and being inactive are factors we can change. Eating more plant foods has been shown to significantly reduce these risk factors. Join Krista Gast, Registered Dietitian from Corewell Health's Lifestyle Medicine program, to learn more about how you can use food as medicine to help prevent, manage, and even reverse heart disease.

Monday, March 18 \$8 #5261-W24A

Find us on



ROCKFORD COMMUNITY SERVICES

REGISTER AT
RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

TRAVEL SERIES

It is always a great time to start planning for upcoming adventures! Come to a travel seminar and start **PLANNING!** Kate has traveled to over 75 countries (and still counting). She loves to share her experiences, ideas, and travel scenarios. Having been in the travel industry for years, she knows all the ins and outs of travel. She's traveled for work, play, 'in style', on a budget, and as a volunteer. Whether you are traveling solo, with friends, or with a group, Kate can advise all the pros and cons of each. So, pick a destination or two, or a few, and start **DREAMING** of faraway lands and adventures! Instructor: Kate Engel is a veteran of the travel industry and a foreign language fan. She prefers to be a traveler rather than a tourist. Join her to learn about the culture of a country and create a better understanding of the world! It is an experience that can change your life.



CUBA

Yes! You **CAN** travel to Cuba, with or without a guide. Come learn about our 'near neighbor' and the intricacies of travel to this small island nation. Once the life of the Caribbean, it still holds some of the magic from the old days - street music, beaches, and more!

Tuesday, January 9 6:30-8:00pm
RHS \$8 #1030-W24A

COLUMBIA

Once known as a 'dangerous place', Columbia has emerged as an amazing tourist destination. The topography of the country from North to South lends itself to a diversity of magical destinations: Caribbean beaches, mountain peaks, coffee fields, fascinating cities, amazing climate - all that and some of the friendliest people in South America! NOTE: This is one of my **FAVORITE** places in the **WORLD!**

Tuesday, January 16 6:30-9:15pm
RHS \$8 #1030-W24B

Find us on **ROCKFORD COMMUNITY SERVICES**



REGISTER AT
RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

TEACHERS NEEDED!

**No special training necessary -
just your talent!**

**We are always looking for instructors for our
Community Services enrichment program.**

If you wish to share your skill or knowledge in a particular area, consider teaching a Community Services enrichment class.

*Please call Kim, Julie or Chris at 863.6322
for more information.*

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.**

QUESTIONS? Call us at 616.863.6322

OUT TO LUNCH BUNCH BUS TRIPS

JANUARY: TOUR THE MEYER MAY HOUSE IN GR

Designed by Frank Lloyd Wright in 1908 for a prominent Grand Rapids Clothier, the Meyer May House was purchased by Steelcase Inc. in 1985 and was meticulously restored and opened to the public in 1987. Today, complete with original furnishings and faithfully executed reproductions, the Meyer May House provides the rare opportunity to experience a Prairie house exactly as Frank Lloyd Wright intended. There will be a film to view followed by a tour of the home. The tour will end at 11:30am. *Please note: the upper floor of the house is accessible via stairs only.* Transportation provided by RPS. Activity level: high. *Space is limited so sign up soon!* **9:20am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).**

12:00pm approximate return to Rockford
Thursday, January 25 \$5 #2040-W24A

FEBRUARY: 2ND ANNUAL GALENTINE'S DAY OUTING!

Hey ladies! Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our annual GaLentine's outing! This year it will be on Tuesday, February 13th. We will be traveling to the amazing San Chez Bistro in downtown Grand Rapids to enjoy delicious brunch (paid for on your own) in their cozy atmosphere. Grab a girlfriend or come solo, doesn't matter! Transportation provided by RPS. Activity level: low.

10:30am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).

1:00pm approximate return to Rockford
Tuesday, February 13 FREE #1414-W24A

FEBRUARY: TOUR OF AMWAY'S WORLD HQ

Join us for a tour of Amway's World Headquarters right in Grand Rapids! This high-level walking tour of their large campus will cover everything from an explanation of the Founders Fundamentals to an overview of their brands' history to getting some views of their science labs. Tour time approx 9:30-11:00am. Transportation provided by RPS. Activity level: very high (lots of walking and stairs).

9:00am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).

11:45am approximate return to Rockford
Tuesday, February 27 \$5 #1345-W24A

MARCH: THE HERITAGE RESTAURANT EXPERIENCE AT GRCC

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 supervision of the chef and instructors on the GRCC campus. Lunch includes soup or salad, your choice of four entrees, desert and beverage. Unfortunately, the bakery will not be available for us to visit. You will be asked to choose your menu when registering. Cost includes gratuity. Transportation provided by RPS. Activity level: medium (there is a long walk from the bus to the restaurant through their building)

10:30am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).

1:30pm approximate return to Rockford
Thursday, March 21 \$35 #5123-W24A

GR WALKING TOURS

WORLD OF WINTER WALKING TOUR

We are a 4-season city! For the 7th consecutive winter, we hardy Grand Rapiidians 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. So, plan your winter walk with Caroline Cook as she leads you through the art installations in our winter wonderland. Meet in the lobby of the JW Marriott (235 Louis St NW, Grand Rapids).

Tuesday, January 30 6:00-7:30pm
J.W. Marriott \$20 #1425-W24A

ICE SCULPTURES WALKING TOUR

Grand Rapiidians believe that winter is a season to be LOVED, celebrated and enjoyed outside, so Downtown Grand Rapids Inc (DGRI) organizes VALENT Ice - A Festival of Frozen Fun each February during Valentine's Day week. Magnificent ice statues are created by local champion ice carver, Randy Finch and his team. There are 80ish incredible, unique sculptures on display downtown during the festival...some life-size, some interactive, and the selection is different each year. Bundle up, grab a hot chocolate, then join Caroline Cook and the group to learn more about sub-zero art and the intriguing back stories. Meet in the lobby of the JW Marriott (235 Louis St NW, Grand Rapids).

Monday, February 9 4:00-5:30pm
J.W. Marriott \$20 #1426-W24A

TIME, TALENT, TREASURES... NOW (PART 2) WALKING TOUR

We learned about the history of philanthropy in Grand Rapids in Part One in November, 2023. This is a continuation of that first walk as we move into the present time. We are a success story of ordinary citizens and courageous leaders who never stop believing in our community and our future. From our earliest settlers in the nineteenth century until present time, our city has been blessed with a spirit of generosity in vision and action. Criss-cross downtown to visit those places and spaces which were gifted to us to enjoy. For better. For good. For all. Meet in the lobby of the JW Marriott, 235 Louis St. NW, Grand Rapids.

Wednesday, March 27 6:00-7:30pm
JW Marriott \$20 #1428-W24A



Quilts of Valor
Quilting to Honor & Comfort

JOIN US AND 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.”

Quilters/sewers meet once a month to work together on quilts 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 quilts. You also maybe be interested in donating fabric for our quilts. We hope to see you there!

Third Monday of every month, 2:30–4:30pm
Rockford Community Cabin, 220 Monroe St, Rockford



WERQ Fitness

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 16 (1 wk) 6:30-7:30pm
MDR Gym FREE #1449-W24A

Tuesdays, January 23 (7 wks) 6:30-7:30pm
MDR Gym \$56 #1449-W24B

Tuesdays, March 19 (7 wks) 6:30-7:30pm
MDR Gym \$56 #1449-S24A *skip 4/2

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-torcing 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 17 (1 wk) 7:00-8:00pm
MDR Gym FREE #1450-W24A

Wednesdays, January 24 (7 wks) 7:00-8:00pm
MDR Gym \$60 #1450-W24B

Wednesdays, March 20 (7 wks) 7:00-8:00pm
MDR Gym \$60 #1450-S24A *skip 4/3

CARDIO DRUMMING & CORE

March to the beat of your own drum with one of the most fun fitness trends around! Cardio drumming takes a simple movement - Drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Cardio Drumming is a high-energy workout that is easily adapted to Hi or Low impact. Standing behind a large exercise ball, we will dance, squat, shimmy, and drum to the music. Drumming is a fun workout that turns keeping a rhythm into a workout you won't want to stop.

YOU WILL NEED TO BRING: A large exercise ball measured to your height. Up to 5'5 - 55cm, 5'6-6'2 - 65cm, over 6'2 - 75cm. Also bring a yoga mat, water, and supportive exercise shoes. If you are allergic to latex, please bring your own exercise loop for floor exercises.

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

MDR Gym \$88 #1489-W24A

Thursdays, April 11 (11 wks) 6:45-7:45pm

MDR Gym \$88 #1489-S24A

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

Tai Chi Chuan



"Whether you are stressed out, continually exhausted, treating a health problem or just wanting to get in shape and feel good again, Tai Chi is just what you need for better health and well-being." Ruth Kizer, 25 Year Level 4 Certified Tai Chi Chuan Instructor.



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 23 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-W24C

Tuesdays, January 23 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-W24D

Tuesdays, April 9 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-S24A

Tuesdays, April 9 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-S24B

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 23 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-W24A

Tuesdays, January 23 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-W24B

Tuesdays, April 9 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-S24A

Tuesdays, April 9 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-S24B

APTITUDE FITNESS

Aptitude Fitness+Yoga, 251 Northland Drive NE, Rockford

STRENGTH AND STRETCH

Half the battle is just showing up, let us take care of the rest. Sculpt, tone, and strengthen your entire body. Discover new exercises to challenge yourself using body weight, resistance bands, and free weights for total body sculpting. We will strengthen +stretch our muscles using yoga-inspired postures and breathing techniques designed to tone your whole body.

M/W/F, January 8 (4 wks) 5:30-6:15am

Aptitude Fitness \$90 #1466-W24A

Thursdays, January 11 (6 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-W24B

M/W/F, February 5 (4 wks) 5:30-6:15am

Aptitude Fitness \$90 #1466-W24C

Thursdays, February 22 (6 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-W24D

SLOW FLOW

Practice self-love, self-care and take some time for yourself. This all-level Hatha Yoga practice is great for those who are seeking a softer, nurturing, slow-paced, and well-supported practice.

Mondays & Thursdays, January 8 (6 wks) 4:00-4:45pm

Aptitude Fitness \$75 #1493-W24A

Mondays & Thursdays, February 19 (6 wks) 4:00-4:45pm

Aptitude Fitness \$75 #1493-W24B

RISE AND SHINE VINYASA

Wake up with the sun! This all-levels 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.

M/W/F, January 8 (4 wks) 9:15-10:15am

Aptitude Fitness \$90 #1482-W24A

M/W/F, February 5 (4 wks) 9:15-10:15am

Aptitude Fitness \$90 #1482-W24B

Saturday, January 13 (6 wks) 10:15-11:15am

Aptitude Fitness \$60 #1482-W24C

Saturday, February 24 (5 wks) 10:15-11:15am

Aptitude Fitness \$55 #1482-W24D

BARRE MONDAYS

Barre is a fitness 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 class with aspects of ballet, yoga, and Pilates.

Mondays, January 8 (6 wks) 7:15-8:00am

Aptitude Fitness \$60 #1480-W24A

Mondays, February 19 (6 wks) 7:15-8:00am

Aptitude Fitness \$60 #1480-W24B

BUTTS AND GUTS **NEW!**

This 30-minute workout class is all about strengthening and toning your abs as well as your lower body - including your legs and butt! Join us for this low-impact, high-energy 30-minute class focusing on sculpting and toning your abs and lower body! We'll be using a variety of body weight circuits to target your glutes, quads, hamstrings, and abs!

Wednesdays, January 10 (6 wks) 5:30-6:00pm

Aptitude Fitness \$60 #1469-W24A *skip Feb 14

Wednesdays, February 28 (5 wks) 5:30-6:00pm

Aptitude Fitness \$55 #1469-W24B

LIGHT VIBRATIONS: SOUND BATH & **NEW!** REIKI W/JUL OF THE LIGHT

Illuminate your aura with Aptitude's Resident Energy Healer Jul of the Light, as she envelopes your field in the loving vibrations of Sound Healing & Reiki. This 60-minute class includes an immersive Reiki-infused Sound Bath accompanied by Jul's unique Vocal Alchemy offering; intuitive sound healing featuring Jul's powerful and soothing singing voice, channeled in harmony with crystal singing bowls connected to the 7 principle Chakras. Her Vocal Alchemy not only provides transcendent musical harmony but also acts as a channel for divine transmissions of light language and affirmation messages of unconditional love to flow into the container. The class will also offer connective share circles where we come together to restore harmony within the mind, body, & spirit as a community. Jul of the Light is passionate about creating a more loving world through her Light Work and is ecstatic to hold this space for healing and community to take place in one.

Sundays, January 14 (5 wks) 6:00-7:00pm

Aptitude Fitness \$80 #1440-W24A

CHAIR YOGA **NEW!**

Chair yoga is a practice that is beneficial to all. Use the support of the chair to arrive in yoga poses, move, and breathe. Benefits of chair yoga include increased mobility, increased strength, stretching of the body, reduced stress, reduced pain & clearing the mind. This class is ideal for individuals who need support for balance and safety; individuals recovering from illness or injury or have problems with knees and hips; or for anyone interested in learning more ways to improve balance, strength, and flexibility. All are welcome to this class. No Yoga experience is needed. *Chairs provided in studio*

Fridays, January 19 (5 wks) 10:30-11:15am

Aptitude Fitness \$55 #1441-W24A

Fridays, February 23 (5 wks) 10:30-11:15am

Aptitude Fitness \$55 #1441-W24B

Find us on



ROCKFORD COMMUNITY SERVICES

REGISTER AT

RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

FOR MORE INFORMATION, PLEASE CALL 616.863.6322 | TO REGISTER GO TO RPS.DIGITALSIGNUP.COM

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 \$35
****Skip February 19, March 11, and April 1***

SESSION 1 – January 15 (6 wks)
6:30-8:00pm Beginners #3205-W24A
8:00-9:30pm Intermediate #3205-W24B

SESSION 2 – March 4 (6 wks).
6:30-8:00pm Beginners #3205-S24A
8:00-9:30pm Intermediate #3205-S24B

CORNHOLE

NEW! LEAGUE

Ages 14 and up. Get ready to toss and score your way through cornhole madness! Register your team and join our Cornhole League for a whirlwind of weekly showdowns and an epic playoff leading to the ultimate Championship Night. Whether you're a seasoned pro or a first-timer, this league is all about the thrill, camaraderie, and a sprinkle of friendly competition. Come for the game, stay for the fun.

Teams consist of 2 players.

6 week league and 1 tournament night, \$216 per team.
BattleGR, 284 Dodge NE Suite 100 Comstock Park MI 49321.

Sundays, January 28 (6 wks) 4:30-8:30pm
BattleGR \$216 per team #1498-W24A

NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL

616.747.3530

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

December 17 - April 20

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 25-January 6, and during Spring Break from March 28-April 6.

RHS LAP SWIM

ROCKFORD HIGH SCHOOL

616.747.3766

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

December 17 - April 20

Lap Swim

Monday through Friday 5:30-7:00am

The RHS pool is closed during Christmas Break December 25 and January 1, Mid-Winter Break February 16, 19, and during Spring Break from March 28-April 6

ROCKFORD

SENIORS UNLIMITED

JANUARY | FEBRUARY 2024

2024

HAPPY NEW YEAR

RETURN SERVICE REQUESTED

Rockford Public Schools
350 N. Main Street
Rockford, Michigan 49341



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