



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



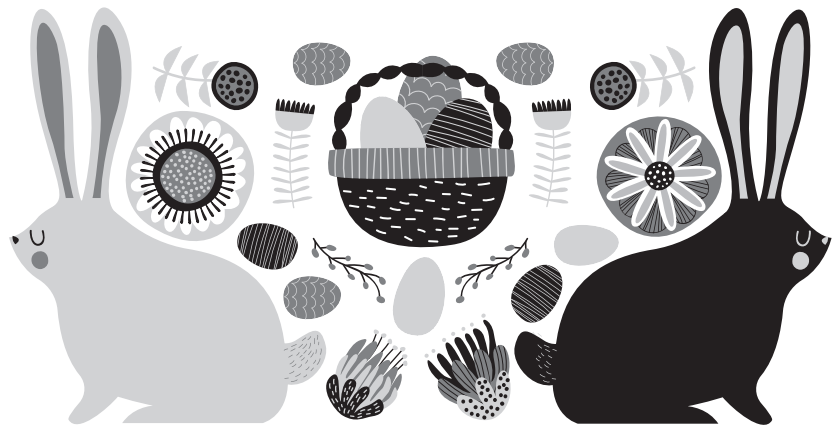
Hello everyone,

It's with a heavy heart that I communicate to all of you that I am leaving my amazing position here at Rockford Public Schools as the Senior Events Coordinator. My husband (who recently retired) and I are spreading our wings and moving south to South Carolina. While I am excited about this next adventure, I sure wish I could take this position and all of you with me! I know I was here for just a few years, but I can't say enough how much I have enjoyed spending time with you. Whether it was having a good ol' time at Bingo, going on a bus trip adventure or something else, I sure have had a lot of fun and loved meeting you all.

The GREAT news is that we already have a new coordinator in place to pick up right where I am leaving off! His name is Jason Hiscock and I know he will be AMAZING in this role. Some of you might have already met him—and if you haven't yet, you will soon!

I hope you have a wonderful spring and I wish you all the absolute best in all that life brings to you!

Sincerely, 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.

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 and pastels, while always continuing with watercolor.

Thursday, April 11 6:00-8:00pm

RHS \$30 #1227-S24A Theme: Dragonflies

Thursday, April 18 6:00-8:00pm

RHS \$30 #1227-S24B Theme: Coneflowers

Thursday, April 25 6:00-8:00pm

RHS \$30 #1227-S24C Theme: Landscape

Thursday, May 9 6:00-8:00pm

RHS \$30 #1227-S24D Theme: Tulips

Thursday, May 16 6:00-8:00pm

RHS \$30 #1227-S24E Theme: Lighthouses

Thursday, May 23 6:00-8:00pm

RHS \$30 #1227-S24F Theme: Butterflies

Thursday, June 6 10:00am-12:00pm

RHS \$30 #1227-U24A Theme: Fruits & Vegetables

Thursday, June 13 10:00am-12:00pm

RHS \$30 #1227-U24B Theme: Flower Wreath

FLUID ACRYLICS - THE BLOOM TECHNIQUE

In this class you will be learning about the "pillow" pouring medium & cell activator. You will be layering paints and blowing them out into a bloom. All supplies are included - be sure to dress for the mess! Instructor: Lori Wisner is obsessed with blooms and has been studying this technique for 2 years. Once you start creating blooms, the possibilities are endless!

Wednesday, April 24 5:00-8:00pm

RHS \$100 #1051-S24A

FLUID ACRYLICS PUDDLE POUR

In this Fluid Acrylics Class, we will be exploring pouring mediums and more! We will be creating a puddle of color and using a marble while tilting the canvas to achieve a finished design. Once you learn this technique, the possibilities are endless! All supplies are included - be sure to dress for the mess! Instructor: Lori Wisner is a self-taught Fluid Acrylics Artist.

Wednesday, June 12 9:30am-12:30pm

RHS \$75 #1052-U24A

Find us on **ROCKFORD COMMUNITY SERVICES**



REGISTER AT
RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

ORIGAMI PAPER CRANES – Folding A More Cohesive, Caring & Supportive Community One Crane At A Time

Paper cranes are an origami classic – made popular by the Japanese legend that one who creates 1,000 paper cranes will be granted peace, good fortune and a wish. Aside from the symbolism and cultural meaning, origami can be meditative, relaxing and a source of creative expression. Feeling inspired? Come learn how to fold your own origami paper crane as you are led through exactly how to fold one yourself in this step by step class. Instructor: Marro Mundy has a passion for sharing her enjoyment of origami and spreading the message of hope, compassion and peace with others in her community.

Wednesday, April 17 1:00-2:30pm

RAB FREE #1023-S24A



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 616.863.6322 for info. There is no cost to join.

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

UPCOMING BOOKS

APRIL 16, 2024

Educated: A Memoir by Tara Westover

MAY 21, 2024

Ordinary Grace by William Kent Krueger

JUNE 18, 2024

Great Small Things by Jodi Picoult

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

NEEDLE FELTED MUSHROOMS

Ages 12-Adult. Whether used as a lovely sculpted display, an ornament, or even as a pincushion, needle felted mushrooms are a fun project to create for all levels: those starting out, and those already familiar with the process. Class instruction includes wool types used, needle safety precautions and proper use, how to create a form using core wool, and adding exterior details with dyed wool. Examples will be provided, and students will be able to complete 1-2 mushrooms by the end of the class session, depending on the size and details. Instructor: Sam Coon is a self-taught fiber artist and has been making felt since being introduced to both needle felting and wet felting in 2009.

Wednesday, May 22 6:00-8:30pm
NRMS \$28 #1041-S24A

DOG OBEDIENCE

This course is fast-paced while still covering all the basics of sit, stay, down, come, leave it, as well as walking on a loose leash. We will practice new exercises with increased levels of distraction each session. There will also be individual attention to each participant throughout the class time. Designed for fully vaccinated dogs 4 months and older. Please bring a hungry dog to class along with soft tasty dog treats. This class is for adults and their dogs. Please include dog's name, age, and breed when registering & bring a copy of your dog's current vaccine record to the 1st class. Instructor: Lynn Begin has over 20 years of experience training dogs in obedience. She loves working with dogs and their owners.

Mondays & Thursdays, April 29 (5 Classes) 6:30-7:30pm
ERMS \$120 #1809-S24A

DOG & CAT FIRST AID AND CPR CERTIFICATION

Have you ever felt frustrated when an animal was hurt or ill and you didn't know what to do? This veterinarian-approved course will teach you the essential skills needed to assess and treat your pet until advanced care is available. During the course, we will practice and learn first aid skills like splinting, bandaging/bleeding control and safe handling/movement of injured pets, as well as assessment and treatment of medical and environmental emergencies. Most of all we will have fun while learning! At the end of the course, participants will receive Pro Pet Hero certification which is valid for 2 years. Instructor: Melissa Huisman has been a paramedic since 1991, both on an ambulance and as the Director of Operations for a local EMT and Paramedic training academy. She has also been a human CPR and First Aid instructor since 2003. Melissa has a passion for animals and helping their humans feel calm and confident if faced with a pet emergency.

Wednesdays, April 10 (2 wks) 6:00-8:00pm
NRMS \$95 #1810-S24A

Wednesdays, April 24 (2 wks) 6:00-8:00pm
NRMS \$95 #1810-S24B

Wednesdays, May 8 (2 wks) 6:00-8:00pm
NRMS \$95 #1810-S24C

Wednesdays, May 22 (2 wks) 6:00-8:00pm
NRMS \$95 #1810-S24D

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 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 may 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
FREE to join us!



You are invited to join Rockford Community Services on our

Annual Brown Bag Tour to Amish Country

THURSDAY, JUNE 6, 2024 | \$97 #5240-S24A

Travel by motorcoach to northern Indiana for the day! At each of our stops, we will receive a free gift to fill up our brown bags. We will visit a few of our favorite places, PLUS a few new ones. Be aware that some of the stops may only accept cash for purchases. Don't wait, register now! This popular trip fills up quickly! Price includes dinner at an Amish home.

Deadline to register: May 15, 2024, or when bus is full.

***High Activity day! Lots of walking.**

Motor Coach Transportation departs from the large Rockford parking lot just south of the Rockford Shoe Depot at 7:00am – Approximate Return at 7:30pm

Call Rockford Community Services, 616.863.6322, to register!

Credit card payments are welcome – Visa, Discover or MasterCard. Make checks payable to Rockford Community Services and drop by to register in person. Rockford Community Services, 350 N. Main Street, Rockford, MI 49341

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.

DARK SIDE OF THE MITTEN

Presented by Tom Carr, author

Author Tom Carr narrates stories of murder, robbery and mayhem through the ages in the Great Lakes state. Delivered in a lively manner with humor and historical context, the stories include crimes of passion, greed, insanity and just plain awfulness. He has related tales of true crimes and dark history in all corners of both peninsulas. While he includes occurrences from a variety of locations throughout the state, he also tailors each talk so attendees hear about incidents close to home. Carr is an award-winning reporter and columnist who worked at daily newspapers in Michigan for more than 25 years. As a freelance writer and broadcaster, his work has appeared on NPR, the New York Daily News, the Detroit Free Press and many other local, regional and national news outlets.

Monday, April 15 \$8 #5262-S24A

I'M STILL STANDING:

NAVIGATING THE 2ND HALF OF LIFE

Presented by Dave Kampfschulte

Join us as we listen to dynamic guest speaker, Dave Kampfschulte, as he examines the uncharted waters of our senior years: what got us here, what we have learned about ourselves, and how we can draw on our wisdom and strengths to adapt to the surprises and challenges of the ever changing second half of life.

Monday, May 20 \$8 #5263-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



GR Walking Tours

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

THE LIGHTER SIDE OF LIFE WALKING TOUR

Just for fun and giggles, we examine entertainment through the ages in Grand Rapids as we meander down city streets, past shop windows, restaurants, performance venues, by the Grand River, and museums. What did we do for pleasure back "then"? What made us laugh? Are we really willing to give up our twenty-first century electronic toys for a return to the age of innocence? HA! Maybe.

J.W. Marriott, 235 Louis St NW, Grand Rapids.

Wednesday, April 10 6:00-7:30pm

J.W. Marriott Lobby \$20 #1272-S24A

GREENER GRAND RAPIDS WALKING TOUR

Sustainability is a priority for Grand Rapids. We've earned worldwide attention, recognition and respect for our Green efforts. Named "America's Greenest City" by Fast Company magazine, Grand Rapids continues to be noticed for its "LEEDership" in sustainable efforts. Grand Rapids is blessed with abundant natural resources, and we are committed to protecting and preserving this very special environment. Join us on a journey through our clean, forward-thinking metropolis.

J.W. Marriott, 235 Louis St NW, Grand Rapids.

Tuesday, May 7 6:00-7:30pm

J.W. Marriott Lobby \$20 #1273-S24A

URBAN JUNGLE WALKING TOUR

Few "wild things" can adapt to living without big tracts of forests, wetlands, meadow or open waters. Cities... wildlife's worst nightmare with our traffic, concrete, pollution and constant noise. But, in spite of that, nature persists. We will go hunting for clues and information about our urban fish, trees, animals, birds, bugs, that just yesterday - you thought were totally boring, so common. Your guide, will turn them into something compelling, valuable, and appreciated.

Or, just maybe you'll give them a little more respect. Grand Rapids Fish Ladder, 606 Front Ave NW, Grand Rapids.

Wednesday, May 22 6:00-7:30pm

GR Fish Ladder \$20 #1274-S24A

ART FOR ALL WALKING TOUR...PART THREE

See why Grand Rapids is hailed as one of America's most creative cities! We'll move through the west side of city center in hunt of significant public artwork. We'll discover an abundance of creative expressions, including bronze statues of people and animals, a stela, an abstract football player, a floating astronaut, and natural art on the river's edge. So much to see and so little time. You'll find the activity physically and artistically stimulating.

Grand Rapids Public Museum, 272 Pearl Street NW, Grand Rapids.

Wednesday, June 5 6:00-7:30pm

GR Public Museum Entrance \$20 #1276-U24A

B IS FOR BLANDFORD WALKING TOUR

This magical place, where you are encouraged to get your hands and boots dirty - perhaps elbow or knee deep in mud. Blandford Nature Center believes that adults and children learn best through personal experience in nature and with wildlife. This tour takes you through the friendly beasts, the historic buildings, the acres of bark along the trails, the barns of the farm, and the new beginnings at both the associated schools and The Highlands. Learn about Mary Jane Dockeray, the founder, and how she began a chapter in her life that she never imagined would grow into this incredible corner of the world. Meet at the parking lot in front of the Visitor Center. Blandford Nature Center, 1715 Hillburn Ave. NW, Grand Rapids.

Tuesday, June 18 1:00-2:30pm

Blandford Nature Center \$20 #1277-U24A

CIVIL WAR AND VALLEY CITY WALKING TOUR

Grand Rapids, the Valley City, was eager to support the war between the states. Kent County sent more than 4,000 men to war - 5% of the state's "boys in blue". These soldiers traveled and enthusiastically answered the call to arms. On the home front, there were resilient loved ones who endured the hardships of a nation at war. We will wander through the streets in search of reminders of this monumental historical milestone...the war between the states. GR Art Museum, 101 Monroe Center St NW, Grand Rapids.

Wednesday, July 10 6:00-7:30pm

GR Art Museum Front Doors \$20 #1278-U24A

HONORING DIVERSITY WALKING TOUR

Historically, a myriad of cultural influences shaped our city then and are what make Grand Rapids unique today. We are home to people of every race, color, religion, lifestyle, gender, age, marital status, handicap, socio-economic status and many national origins. Each group has indelibly contributed to the evolution of individual neighborhoods, the whole city, and this West Michigan region. Today, our living kaleidoscope is a vibrant, intensely colorful and rich community that thrives upon collaboration while honoring diversity. Learn about our city's colorful past.

J.W. Marriott, 235 Louis St. NW, Grand Rapids.

Wednesday, July 24 6:00-7:30pm

J.W. Marriott Lobby \$20 #1279-U24A

MONROE NORTH NEIGHBORHOOD WALKING TOUR

Come explore the historic North Monroe Neighborhood, one of the 32 neighborhood associations in Grand Rapids. What was once an industrial part of Furniture City is now one of the most exciting and energetic places to live. Journey through yesterday and get a glimpse into tomorrow. Hug the Mayor's tree, climb 100+ stairs (if you dare), witness the greatest view of the city, do a cartwheel in the park, watch jumping fish and dip your toes into the mighty Grand River. All of that in an adventurous and wacky loop, chock full of interesting trivia and sights. City lot (open space) at 555 Monroe North, Grand Rapids (by the skate park, alongside the Grand River).

Monday, August 12 6:00-7:30pm

City Lot \$20 #1280-U24A

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. 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.

Morocco - Take a magic carpet ride through the medinas, mosques, palaces and forts of this North African country... learn about the history and the culture of the land. Perhaps a camel ride into the desert? Morocco may be one of the most unique places you can experience!

Tuesday, April 23 6:30-8:00pm

RHS \$8 #1030-S24A

Argentina/Chile - Way down SOUTH! These 2 southern neighbors can be traveled together or separately! From deserts, wine county, and jungles in the north to the Magellan Straits, glaciers, and wildlife adventures in the south - these countries are well worth a visit! Whether you prefer the city life of Buenos Aires or a hike in the Andes, beaches or snow skiing - there is SO MUCH to see and do!

Tuesday, May 14 6:30-8:00pm

RHS \$8 #1030-S24B



SUMMER PICNIC
THURSDAY, JUNE 20, 2024
12:00 – 2:00 PM
\$10/person #5008-U24A

Rockford Community Cabin, 220 Monroe St.

Entertainment by the Dusty Chaps Trio
 Catering by Distinctive Catering

Pre-registration required;
Sorry, cannot take walk-ins

LIMITED SPACE, REGISTER EARLY!

**OUT TO LUNCH BUNCH
 BUS TRIPS**

APRIL: 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, April 16 \$5 #2040-S24A

MAY: GILMORE CAR MUSEUM

Are you a car enthusiast? Join us for a trip to the Gilmore Car Museum, an automobile museum that exhibits over 400 vintage and collector cars and motorcycles from all eras throughout their 90-acre campus! Located just outside of Kalamazoo, we will travel by motorcoach bus to spend the day at this unique museum. Stroll the many historic buildings filled with their amazing collection of cars and more, and enjoy lunch (on your own) at either the Heritage Café or the iconic 1941 Blue Moon Diner. There's so much to see! Transportation provided by Great Lakes Motorcoach.

Activity level: high.

8:30am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).

4:00pm approximate return to Rockford

Thursday, May 16 \$60 #1740-S24A

**JUNE: BROWN BAG TOUR OF
 SHIPSHAWANA, INDIANA!**

Travel by motorcoach bus to Northern Indiana for the day! At each tour stop you will receive a free gift to fill your Brown Bag (bag will be provided by tour guide)! Be aware that some of the stops will only accept cash for purchase and we will be visiting a lot of different kinds of shops! This is a fun-filled day experiencing some of the wonderful places that Shipshewana and the beautiful Amish community have to offer. Price includes transportation, tour, gifts, and a full dinner experience in an Amish home. A detailed itinerary will be emailed to participants prior to the trip. This is a very active day! Activity level: high.

Thursday, June 6 \$97 #5240-U24A

7:00am departure from Rockford city parking lot on Main Street (south of the Shoe Depot store).

7:30pm approximate return to Rockford

MEDICARE MADE SIMPLE – 101 (INTRODUCTION)

This entry level class is designed for those who will be turning 65 within the next year or who are newly eligible due to a loss of group health coverage or Social Security disability. Topics:

- Medicare Parts A, B, C, D
- Eligibility and enrollment (avoid penalty)
- Medicare costs and coverage
- Working past age 65
- Supplemental options: Medigap vs. Medicare Advantage
- Differences between Medicare Advantage Plan & a Medigap Plan
- Medicare Part D prescription drug coverage
- Minimizing the Part D coverage gap (donut-hole)
- Healthcare costs in retirement
- Preventative and value-added services (dental, vision, hearing)

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime. This class will help you start the Medicare planning process with the basic knowledge you will need to make right choices.

NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

Tuesday, April 23 6:30-8:00pm

RAB FREE #1878-S24A

MEDICARE MADE SIMPLE – 102 (INTERMEDIATE)

This refresher (intermediate) class is designed for those who will be turning 65 within the next year or who are newly eligible due to a loss of group health coverage or Social Security disability. Topics:

- Medicare Parts A, B, C, D
- Eligibility and enrollment (avoid penalty)
- Medicare costs and coverage
- Working past age 65
- Supplemental options: Medigap vs. Medicare Advantage
- Differences between Medicare Advantage Plan & a Medigap Plan
- Medicare Part D prescription drug coverage
- Minimizing the Part D coverage gap (donut-hole)
- Healthcare costs in retirement
- Preventative and value-added services (dental, vision, hearing)

Making the right choices, particularly when you are first eligible, could save you hundreds or even thousands of dollars over your lifetime.

Attending this class will help you start the Medicare planning process with the basic knowledge you will need to make right choices.

NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructor: Kristin Rocheleau and Amy Orr help people choose the right individual health insurance plans. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

Tuesday, April 30 6:30-8:00pm

RAB FREE #1879-S24A

HIGH BLOOD PRESSURE CONTROL

High Blood Pressure Control is an 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. Instructor: 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.

Thursdays, May 2 (8 wks) 10:00-11:30am

RAB FREE #5237-S24A

UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

Learn the basics of your home and auto insurance policies. In this discussion, we will review a sample home and auto insurance policy, looking at key terms and coverages within the policies. This class will allow you, the consumer, to better understand how to protect your assets. This class is designed for any person or family that would like to understand what they are paying for as it relates to insurance. This will be a fun interactive class with plenty of questions and answers. Instructor: Justin Goushaw is the agency owner with Farm Bureau insurance in downtown Rockford. He has been a member of this community for almost 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Wednesday, April 24 6:30-8:00pm

RFC FREE #1337-S24A

UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

Life Insurance can be a confusing topic. What life insurance is right for me? What is the difference between Whole Life and Term Life insurance? Do I need life insurance? In this class, we will have an interactive discussion on the basics of Whole Life and Term Life insurance. We will review key terms and strategies so that you will walk away with basic knowledge of life insurance. Instructor: Justin Goushaw is the agency owner with Farm Bureau insurance in downtown Rockford. He has been a member of this community for almost 20 years. Justin loves working one-on-one with his clients so that they are educated on the insurance they are purchasing.

Wednesday, May 1 6:30-8:00pm

RFC FREE #1338-S24A

Find us on



ROCKFORD COMMUNITY SERVICES

REGISTER AT

RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

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.

Tuesday, June 4 10:30am-12:30pm RFC \$10 #2160-U24A
Thursday, June 20 10:30am-12:30pm RFC \$10 #2160-U24B
Tuesday, July 9 10:30am-12:30pm RFC \$10 #2160-U24C
Thursday, July 25 10:30am-12:30pm RFC \$10 #2160-U24D
Tuesday, August 6 10:30am-12:30pm RFC \$10 #2160-U24E
Thursday, August 22 6:30-8:30pm RFC \$10 #2160-U24F

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
April 30 and May 28

ADULT FITNESS & RECREATION

CARDIO DRUMMING & CORE - MOXIE FITNESS

Cardio drumming takes a simple movement - Drumming - and turns it into a full-body workout that will leave you smiling, sweating, and feeling great. Drumming is a fun, high-energy workout that is easily adapted to Hi or Low impact.

PLEASE 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, April 11 (8 wks) 6:45-7:45pm
Meadow Ridge Gym \$64 #1489-S24A



BEGINNING TAI CHI CHUAN

For adults of all ages. Tai Chi Chuan is the Chinese system of slow meditative physical exercise designed for relaxation and improving your balance and health. 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, 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. Receive a better understanding of the principles of movement. Invest in your ongoing health, including physical, emotional, and mental health. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified.

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



BINGO - 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 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
April 8 and May 13

CAPOEIRA: THE BRAZILIAN MARTIAL ART

Ages 12-Adult. Capoeira is a martial art that is highly cardio-based. Learn to blend kicks and dodges together through flowing movements that are often said to resemble a dance. This unique martial art originated in Brazil and has spread in popularity throughout the globe. Capoeira is a martial art that will bolster one's strength, balance and flexibility. Instructor: Juston Espinoza began training Capoeira in 2005 at Grand Valley State University and immediately fell in love with the art. He began teaching classes in 2008, leading courses for a variety of programs throughout the state of Michigan. In 2016 Juston founded Grand Rapids Capoeira as a way to continue training and sharing Capoeira with the community. Juston likes to keep classes light yet engaging, always having fun while training hard. He aims to create a space where training is enjoyable, even after doing 500 kicks, and any questions are always welcome. The first two sessions will be held outside.

Tuesdays, May 21 (6 wks) 7:30-8:30pm
RFC \$90 #1012-S24A

Tuesdays, July 2 (6 wks) 7:30-8:30pm
RFC \$90 #1012-U24A

Tuesdays, August 13 (6 wks) 7:30-8:30pm
RFC \$90 #1012-U24B

ADULT GOLF LESSONS BEGINNING AND INTERMEDIATE

Work on your golf skills and get ready for summer play! You will work on the basic skills, including etiquette, stance, grip, putting, chipping and driving. *Max enrollment of 7 golfers per session. For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford

SESSION 1:

Tuesdays, April 30 (4 wks) 5:00-6:00pm
Golf Emporium \$100 #2050-S24A

Tuesdays, April 30 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-S24B

Wednesdays, May 1 (4 wks) 10:00-11:00am
Golf Emporium \$100 #2050-S24C

Wednesdays, May 1 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-S24D

SESSION 2:

Tuesdays, June 4 (4 wks) 5:00-6:00pm
Golf Emporium \$100 #2050-U24A

Tuesdays, June 4 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-U24B

Wednesdays, June 5 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-U24C

SESSION 3:

Tuesdays, July 9 (4 wks) 5:00-6:00pm
Golf Emporium \$100 #2050-U24D

Tuesdays, July 9 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-U24E

Wednesdays, July 10 (4 wks) 6:30-7:30pm
Golf Emporium \$100 #2050-U24F



ADULT SOCIAL TENNIS LEAGUE

This new program will be fun and offers competitive play, drills, and coaching! The format for competitive play will change each week! For example, one week will be the same teams/round robin, the next week, winners move up/losers move down and you switch partners, another week will be a Fast Four Tournament! Prizes included!

This program is NOT for beginners or advanced beginners! This is a two-tiered league: Intermediate (USTA 3.0 +) and Advanced (USTA 4.0 +).

Examples of each:

1. You currently play tennis regularly or on a USTA team and know your rating.
2. You played on a varsity team in high school and/or college.

Please indicate your level (intermediate or advanced) at sign up.

Warm-up drills, serves, coaching 6:30-7:00pm

Competitive Social Play 7:00-8:30pm

Tuesdays, June 4 (8 wks) 6:30-8:30pm *skip July 2
RHS Tennis Courts \$120 #3137-U24A

ADULT TENNIS LESSONS BEGINNER/ADVANCED BEGINNER

Coach Katie Hunting, USPTA Professional Tennis Instructor
This is a drill session along with instruction regarding specific strokes, serve, and strategy.

Class Maximum: 8 Class Minimum: 4

Thursdays, June 6 (8 wks) 6:30-7:30pm *skip July 4
RHS Tennis Courts \$120 #3136-U24A

Find us on ROCKFORD COMMUNITY SERVICES



REGISTER AT
RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

NRMS OPEN & LAP SWIM

NORTH ROCKFORD MIDDLE SCHOOL
616.747.3530

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

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

NRMS pool will be closed on Memorial Day May 27 and also be closed for pool maintenance and construction starting June 7 with an anticipated reopening date of August 19.

RHS LAP SWIM

ROCKFORD HIGH SCHOOL
616.747.3766

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

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

The RHS pool is closed on Memorial Day May 27 and on the Fourth of July Break July 1-5.

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

APTITUDE FITNESS

251 Northland Dr NE, Rockford MI 49341



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, April 15 (4 wks) 9:15-10:00am

Aptitude Fitness \$96 #1482-S24A

M/W/F, May 13 (4 wks) 9:15-10:00am

Aptitude Fitness \$96 #1482-S24B *skip May 27

M/W/F, June 10 (4 wks) 9:15-10:00am

Aptitude Fitness \$96 #1482-U24A *skip week of July 1

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.

Mon/Thurs, April 15 (5 wks) 4:00-4:45pm

Aptitude Fitness \$96 #1493-S24A

Mon/Thurs, May 20 (5 wks) 4:00-4:45pm

Aptitude Fitness \$96 #1493-S24B *skip May 27

Mon/Thurs, June 24 (5 wks) 4:00-4:45pm

Aptitude Fitness \$96 #1493-U24A *skip week of July 1

BARRE MONDAYS

Barre is for every type of body! It's easy on joints, can be modified around 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, April 15 (5 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1480-S24A

Mondays, May 20 (5 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1480-S24B *skip May 27

Mondays, July 8 (5 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1480-U24A

BUTTS AND GUTS - MONDAYS/WEDNESDAYS

This low-impact, high-energy class is all about strengthening and toning your abs as well as your lower body - including your legs and butt! We'll be using a variety of body weight circuits to target your glutes, quads, hamstrings, and abs!

Mon/Wed, April 15 (5 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-S24A

Mon/Wed, May 20 (5 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-S24B

Mon/Wed, June 24 (5 wks) 5:30-6:00pm

Aptitude Fitness \$96 #1469-U24A *skip week of July 1

LIGHT VIBRATIONS: SOUND BATH & 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 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. We will also offer connective share circles where we come together to restore harmony within the mind, body, & spirit as a community.

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

Aptitude Fitness \$80 # 1440-S24A

Sundays, May 19 (5 wks) 6:00-7:00pm

Aptitude Fitness \$80 # 1440-S24B

Sundays, June 23 (5 wks) 6:00-7:00pm

Aptitude Fitness \$80 # 1440-U24A

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, April 15 (4 wks) 5:30-6:15am

Aptitude Fitness \$96 #1466-S24A

M/W/F, May 13 (4 wks) 5:30-6:15am

Aptitude Fitness \$96 #1466-S24B *skip May 27

M/W/F, June 10 (4 wks) 5:30-6:15am

Aptitude Fitness \$96 #1466-U24A *skip week of July 1

Thursdays, April 18 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-S24C

Thursdays, May 23 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-S24D

Thursdays, June 27 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-U24B *skip July 4

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT
RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

APTITUDE HIKES

Ages 16+. Surround yourself in the beauty and peace of nature, where every step becomes a meditation, every breath a celebration of life. Soak up the surroundings, practice mindful walking, meditation, and provide space for quiet reflection. Hiking or comfortable footwear as well as a small bag for water, snacks, and journal are recommended but not required. Locations are disclosed prior to weekly hikes and are subject to change based on trail conditions and weather. *Registration includes hiking journal. The instructor will contact participants with the location of the hike. Dates are June 2, 9, and July 14 and 28.

Sundays, June 2 (4 wks) 9:00-10:30am

\$30 #1460-U24A

CHAIR YOGA

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 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; recovering from illness or injury or have problems with knees and hips. Learn more ways to improve balance, strength, and flexibility. All are welcome. No Yoga experience is needed. *Chairs provided*

Mon/Fri, April 15 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-S24A

Mon/Fri, May 20 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-S24B

Mon/Fri, June 24 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-U24A *skip the week of July 1.

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. 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. Rally scoring will be used at all levels.

This is not a drop-in class-you must be registered to participate.

Mondays, April 29 (4 wks)

Beginners 6:30-8:00pm #3205-S24A

Intermediate 8:00-9:30pm #3205-S24B

NRMS Upper Gym \$25

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

ROCKFORD

SENIORS UNLIMITED

MARCH | APRIL 2024



RETURN SERVICE REQUESTED

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Rockford, Michigan 49341



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