



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



COORDINATOR'S CORNER

HAPPY HOLIDAYS!

*An update from
your Activities Coordinator,
Jason Hiscock*



Winter can be a magical wonderland but also dull and gray at the same time. As we go through life, we might find ourselves floating back and forth from year to year. At least I know I do. Some years, my holidays are remembered as the happiest of memories. The year you got the perfect gift or were able to spend quality time with those you loved. These memories shine brightest as we reminisce about our past holidays. There are other years that I can't really remember much of the happy. Years that we lost those loved ones and everything was dull and gray. Life is a long journey that contains it all. The trick, I think, is to look for a little bit of the magic when times are dull and gray. Rockford has a lot of places where we can find the magic. Like seeing the smiling faces of little ones visiting Santa or taking a sleigh ride downtown. Watching the lights twinkle across the dam at night or walking through our little Hallmark town collecting gifts for others from the many local shops we have to choose from. Maybe it's just getting a bite to eat somewhere you can watch all the holiday happenings outside.

If you feel dull and gray this holiday season, please consider attending one of our events. We might not change your year, but we can hopefully make your day a little brighter by being together. Come to Bingo or a Book Club! Take a trip with us somewhere fun. Remember that a new year gives you a fresh start to make 2025 bright and magical. Vicki and I wish you all the best in this new year and look forward to seeing you soon!

Sincerely, Jason

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.

Call us at 616.863.6322 for more information.



STEP BY STEP PAINTING PARTIES

Join us for a fun painting party! We will be painting with acrylic paints on an 11x14 or 16x20 canvas. No painting experience is needed. Step-by-step instructions will be given to help you create a painting to take home. All materials will be provided. Aprons are provided, but please wear paint-friendly clothing. Come have fun and paint with us! Instructor: Kristal Heibel became interested in art during her high school years and her interest grew into a passion as an adult. She now owns her own business, West MI Paint & Create, LLC. Teaching painting classes allows Kristal to share her passion and inspire others to nurture their own artistic identity.

WINTER LANDSCAPE

Thursday, January 23 6:00-8:00pm
RHS \$47 #1229-W25A

PAINT WITH YOUR VALENTINE DATE NIGHT!

Join us for a date night and paint 'Love Birds Sitting on a Tree' together. Two people paint on their own canvas to create one painting when coming together. Each participant must register - the class fee is per person.

Thursday, February 13 6:00-8:00pm
RHS \$47 #1229-W25B

ROCKFORD COMMUNITY CHOIR

Ages 18-Adult. 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 perform two to three concerts a year, typically with the Rockford Community Orchestra and Community Band. 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 currently directs the North Rockford Middle School Choirs and the Rockford Community Adult & Children's Choirs. A former member of the Opera Grand Rapids Chorus, Grand Rapids Symphony Chorus and Vocal Director/Soloist of Grand Rapids Children's Opera Workshop, Ms. Vande Wege holds a degree in vocal performance and a masters in music education as well as certification through the Gordon Institute of Music Learning.

Tuesdays, January 7 (12 wks) 7:00-8:30pm
NRMS \$65 #1902-W25A

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 for admittance to the ensemble, the conductor may request to hear new members individually to best facilitate part assignments. This ensemble presents 4-6 concerts during the semester. In addition to concerts at local venues, this ensemble also participates in a shared spring concert with other Rockford community ensembles. In essence, the Rockford Community Band is an ensemble dedicated to life-long musicianship while presenting diverse, entertaining performances to the community it serves.

Conductor: Dr. Tiffany Engle has served as the conductor of the Rockford Community Band since January 2008. She is currently the Director of Instrumental Studies at Calvin University, where she leads the Symphonic Band and Wind Ensemble and teaches courses in conducting. 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 throughout the West Michigan area.

Mondays, January 6 (19 wks) 7:00-9:00pm
ERMS \$49 #1900-W25A *skip 4/7, 5/26



ROCKFORD CIVIC SYMPHONY

Are you looking for your musical family? Is it time to dust off your violin or trombone and exercise your fingers? If so, the Rockford Civic Symphony welcomes musicians of varied skill levels and ages to play and learn through the shared experience 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 and we have openings in those sections as well. We will be performing one concert in the spring and a performance at a senior living facility. Conductor: John Reikow is the retired Director of Orchestras for the Holland Public Schools and conducted the Holland High School Orchestra He is the principal cellist for the Holland Symphony and teaches cello at Hope College.

Tuesdays, January 7 (16 wks) 7:00-9:00pm
NRMS \$59 #1901-W25A



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 21, 2025

Calling Me Home

By Julie Kibler

FEBRUARY 18, 2025

First Ladies

By Marie Benedict

MARCH 18, 2025

Title announced in January

APRIL 15, 2025

Title announced in January



LEARN AMERICAN MAHJONG!

In this 4-week class, you will learn the basics of play for American Mahjong. This is a game of skill, strategy, calculation and chance. Each participant will receive an official National Mahjong hands card. We will cover the basics of understanding the suits on the tiles, setting up the wall, breaking the wall, as well as reading the card, understanding the categories and how to play.

Instructors: Veronica grew up playing board games of all types. As soon as she learned how to play Mahjong, she was hooked and couldn't wait to find others to play with. The more people that learn to play, the more FUN we can have! Kathy enjoys the ins and outs of Mahjong. She likes the challenge of the play. Meeting new people and teaching them to play the game is a bonus! Kathy can't wait for class to begin!

Wednesdays, January 15 (4 wks) 4:15-6:15pm
RAB \$40 #1021-W25A

MAHJONG MEET-UPS

If you have taken the Learn to Play American Mahjong class and are looking for an opportunity to practice, gain experience and build new friendships, this group is for you! If you would like to encourage and play with beginning players, join us! Bring your own 2024 Mahjong hands card and get ready for a good time!

Wednesday, February 19 4:15-7:15pm
RAB \$5 #1026-W25A

Wednesday, February 26 4:15-7:15pm
RAB \$5 #1026-W25B

Wednesday, March 5 4:15-7:15pm
RAB \$5 #1026-W25C

Wednesday, March 12 4:15-7:15pm
RAB \$5 #1026-W25D

Rockford Community Services

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 Jason, Julie or Chris at 616.863.6322 for more information.

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



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



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
January 13, February 10, March 10

OUT TO LUNCH BUNCH BUS TRIPS

JANUARY - ANTIQUES ON CENTURY

Come antiquing with us at Antiques Row in GR. This amazing old warehouse location features three large stores in downtown Grand Rapids: Century Antiques, Warehouse One, and Lost and Found. Browse thousands of square feet filled with one-of-a-kind, old-time, and unique treasures. You are sure to find that special item you have been looking for and didn't even know you needed. Or, come to wander the aisles and let items elicit memories of yesterday's past. Transportation is provided by RPS.

Activity level: MED.

Thursday, January 23 \$15 #1055-W25A
9:45am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).
1:30pm approximate return to Rockford

FEBRUARY - 3RD ANNUAL GALANTINE'S DAY OUTING

Hey Ladies! Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our 3rd annual Galentine's Day Outing! Many people have a kind of a love-hate relationship with Valentine's Day as there's often a sense that it's only for people who are romantically paired, making it feel rooted in exclusion. However, this just sets the stage perfectly for Galentine's Day. That's right, Galentine's Day; a day for women to celebrate their friendships with their lady friends. It's Valentine's Day with your gals! This year we will be traveling to the amazing Mudpenny in Eastown Grand Rapids to enjoy a delicious brunch (paid on your own) in their cozy atmosphere. Grab a girlfriend or come solo; it doesn't matter! It is going to be a great time! Transportation provided by RPS. Activity level: LOW.

Thursday, February 13 \$18 #1414-W25A
10:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).
1:00pm approximate return to Rockford

MARCH - TANGER OUTLET SHOPPING

Shopping Galore! We will visit Tanger Outlets in Byron Center. Whether you are looking for high-end retailers like Brooks Brothers or Coach, or are just browsing for better deals with retailers like Nike or Old Navy, Tanger Outlets GR has plenty of shopping opportunities available. Bring your friends or make some new ones by joining our group for a fun shopping trip. There are a number of food locations on-site if you get hungry as well. Transportation is provided by RPS. Activity level: LOW.

Friday, March 14 \$15 #1075-W25A
9:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).
1:30pm approximate return to Rockford

Find us on



ROCKFORD COMMUNITY SERVICES

REGISTER AT
RPS.DIGITALSIGNUP.COM

Registration using a computer or tablet is preferred.

MARCH - GUN LAKE CASINO

Try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino features a variety of thrilling gaming options, including 2,500 state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno. Gun Lake Casino also contains several high-quality dining amenities. As part of our group, you will receive \$10.00 in free slot play and \$10.00 in dining dollars if you are, or sign up to be, a GLC Rewards Member. Must be 21 years of age with a valid ID to enter casino. Transportation is provided by RPS. Activity level: LOW.

Friday, March 21 \$15 #1650-W25A

9:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

MARCH - HERITAGE RESTAURANT EXPERIENCE AT GRCC

Come out and have lunch with us at the Heritage Restaurant. The Heritage is a fine dining public restaurant staffed by culinary school students under the direct supervision of the chef and Instructors at the GRCC campus. Lunch includes soup, salad, and your choice of entrée, dessert, and beverage. You will be asked to choose your entrée from the list when registering; trip cost includes standard gratuity. Transportation provided by RPS. Activity level: LOW.

Thursday, March 27 \$40 #5123-W25A

10:45am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

APRIL - GRAND RAPIDS ARCHIVES TOUR

Grand Rapids City Archives Warehouse features several exhibits that detail the city's vast history. This tour is not open to the public, now is your opportunity to get a behind-the-scenes look at all kinds of historical items! Some you might remember, some you may not, but we are guaranteed to enjoy seeing all the amazing things kept at the Archives Warehouse. Transportation is provided by RPS. Activity level: MED.

Thursday, April 17 \$15 #1838-S25A

10:30am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

APRIL - GUN LAKE CASINO

Try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino features a variety of thrilling gaming options, including 2,500 state-of-the-art slot machines, 47 table games, a modern sportsbook, and keno. Gun Lake Casino also contains several high-quality dining amenities. As part of our group, you will receive \$10.00 in free slot play and \$10.00 in dining dollars if you are, or sign up to be, a GLC Rewards Member. Must be 21 years of age with a valid ID to enter casino. Transportation is provided by RPS. Activity level: LOW.

Friday, April 25 \$15 #1650-S25A

9:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

1:30pm approximate return to Rockford

MAY - SHIPSHEWANA BROWN BAG TOUR

Travel by motorcoach to Northern Indiana for the day! At each tour stop you will receive a free gift to fill your Brown Bag (bag provided by the tour guide). Be aware that some stops will only accept cash for purchases and we will be visiting a lot of different kinds of shops. Price includes transportation, tour, gifts, bus driver and tour guide gratuity, and a full dinner experience in an Amish home. A detailed itinerary will be emailed to participants before the trip. This is a very active day! Transportation provided by Great Lakes Motorcoach. Activity Level: HIGH.

Tuesday, May 6 \$101 #5240-S25A

7:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).

7:30pm approximate return to Rockford

CULTURE CLUB

MARCH: CLUE - BROADWAY GRAND RAPIDS

A mansion. A murder. A mystery. Murder and blackmail are on the menu when six mysterious guests assemble at Boddy Manor for a night they'll never forget! Was it Mrs. Peacock in the study with the knife? Or was it Colonel Mustard in the library with the wrench? Based on the fan-favorite 1985 Paramount Pictures movie and inspired by the classic Hasbro board game, *Clue* is the ultimate whodunit that will leave you dying of laughter and keep you guessing until the final twist. Performance is 80 minutes with no intermission.

Tuesday, March 4 \$60 #1786-W25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

9:30pm approximate return to Rockford

APRIL: A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL

Created in collaboration with Neil Diamond himself, *A Beautiful Noise* is the uplifting true story of how a kid from Brooklyn became a chart-busting, show-stopping American rock icon. With 120 million albums sold, a catalog of classics like "America," "Forever in Blue Jeans," and "Sweet Caroline," an induction into the Songwriters and Rock and Roll Halls of Fame, a Grammy® Lifetime Achievement Award, and sold-out concerts around the world that made him bigger than Elvis, Neil Diamond's story was made to shine on Broadway-and head out on the road across America. Like *Jersey Boys* and *Beautiful: The Carole King Musical* before it, *A Beautiful Noise The Neil Diamond Musical* is an inspiring, exhilarating, energy-filled musical memoir that tells the untold true story of how America's greatest hitmaker became a star, set to the songs that defined his career. This performance is 2 hours and 15 minutes with one intermission. Transportation is provided by Rockford Public Schools bus.

Thursday, April 3 \$60 #1730-S25A

6:30pm departure from Rockford city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).

10:30pm approximate return to Rockford

Community Cabin College

A service of Rockford Public Schools

FATAL CROSSING - Past and present collide in the story of NWA Flight 2501 over Lake Michigan

Presented by Valerie Van Heest

The crash of Northwest Flight 2501 into Lake Michigan off the coast of South Haven on June 24, 1950, marked the worst American aviation accident at the time when all 58 people aboard lost their lives. Authorities could not find the wreckage, the cause of the crash could not be determined, and the accident was soon forgotten.

More than half a century later, Valerie Van Heest became interested in the accident when research conducted in 2003 by the Michigan Shipwreck Research Association (MSRA), cofounded by Van Heest, determined that the aircraft had gone down in the same general vicinity as a number of lost ships the group hoped to find. Van Heest, who adopted this as a passion project, amassed a collection of primary information never before considered in the aftermath of the accident, and years later had her narrative nonfiction novel, *Fatal Crossing*, about the aircraft's disappearance and the group's effort to find the wreckage, published. Please come to chat over lunch provided by Rockford Food Services (menu varies) and stay to be captivated by this amazing historical tale.

Monday, March 17 \$10 #5261-W25A

Doors open at 11:45am, lunch at 12:00pm

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.

*NO Community Cabin College lunches in January or February due to Rockford Public Schools' calendar

WOMEN OF THE WATCH, KEEPERS OF THE LIGHT

Presented by Anna Marck

Women of the Watch, Keepers of the Light, is an uplifting 45 minutes of music, laughter, and simple honest storytelling. Anna recounts hilarious family trips to lighthouses in Michigan, which ignited her passion to share the spectacular stories of various female lighthouse keepers of the Great Lakes. She details the lives of four particular keepers by donning voice and movement. As she steps into these brave women's shoes, she discovers the tragedy of the hardships they faced and the beauty of their spirits. Please come to prattle with community friends over lunch provided by Rockford Food Services (menu varies) and stay to be entertained by the amazing talents of Anna Marck.

Monday, April 21 \$10 #5262-W25A

Doors open at 11:45am, lunch at 12:00pm

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.

You are invited to join Rockford Community Services on our

Annual Brown Bag Tour to Amish Country

TUESDAY, MAY 6, 2025 | \$101 #5240-S25A



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

Motor Coach Transportation departs from the Rockford city parking lot at 156 N. Main St. 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

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

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, February 11 6:30-8:00pm

RAB FREE #1878-W25A

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, February 18 6:30-8:00pm

RAB FREE #1879-W25A

MAKING SENSE OF SENIOR LIVING

Have you been thinking of downsizing? Finding that you or a spouse have been needing or wanting extra help in the home? Looking to maintain quality of life and enjoy your golden years? Feeling overwhelmed with all of the options that are out there? Learn more about how CarePatrol helps make sense of senior living through our personalized approach and no cost service.

Instructor: Madalyn Weber has worked in healthcare for the majority of her career as a recreation therapist. Most recently, she has worked within a senior living community as the activity director. Madalyn's goal as a recreation therapist was to get people back to living their best life, and that is still her focus as she helps people find the best community for themselves. She is passionate about helping her clients find the best options for whatever their needs might be and supporting them through this transition.

Tuesday, January 21 4:30-5:30pm

RAB FREE #1024-W25A

Tuesday, February 18 4:30-5:30pm

RAB FREE #1024-W25B

Tuesday, March 18 4:30-5:30pm

RAB FREE #1024-W25C

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 about the insurance they are purchasing.

Wednesday, January 22 6:30-8:00pm

RFC FREE #1337-W25A

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? 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 about the insurance they are purchasing.

Wednesday, January 29 6:30-8:00pm

RFC FREE #1338-W25A

RETIREMENT INCOME

This class is designed to educate you about 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 (you'll definitely have questions), qualified plans, rollover considerations, Social Security (yes, please!), Medicare (a must), estate conservation and distributing assets in an organized fashion. **YOU WILL NOT BE FALLING ASLEEP!**

Instructor: Adam Fliehman is a Fiduciary and 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. Adam lives in Rockford with his family and is the owner and operator of the famous Fliehman Financial.

Securities and Advisory Services offered through LPL Financial, a registered investment advisor. Member FINRA/SIPC Fliehman Financial is independently owned and operated.

Tuesday, January 7 6:30-8:30pm
RFC \$10 #2160-W25A

Thursday, January 23 6:30-8:30pm
RFC \$10 #2160-W25B

Tuesday, February 4 6:30-8:30pm
RFC \$10 #2160-W25C

Thursday, February 20 6:30-8:30pm
RFC \$10 #2160-W25D

Tuesday, March 4 6:30-8:30pm
RFC \$10 #2160-W25E

Thursday, March 20 6:30-8:30pm
RFC \$10 #2160-W25F

Tuesday, April 15 6:30-8:30pm
RFC \$10 #2160-S25A

Thursday, April 24 6:30-8:30pm
RFC \$10 #2160-S25B

Tuesday, May 6 6:30-8:30pm
RFC \$10 #2160-S25C

Thursday, May 22 6:30-8:30pm
RFC \$10 #2160-S25D

FREE LEGAL ADVICE FOR SENIORS!

Attorney Michael Herring offers free legal advice to our seniors on the last Monday of every month at the Rockford Community Services building, 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.

Last Monday of the month, 10:00am-12:00pm

January 27, February 24, March 31

APTITUDE FITNESS

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

APTITUDE STRENGTH AND STRETCH M/W/F

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 13 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W25A

M/W/F, February 10 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W25B

M/W/F, March 10 (4 wks) 5:30-6:15am
Aptitude Fitness \$95 #1467-W25C *skip April 4th

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, January 13 (4 wks) 6:00-6:30pm
Aptitude Fitness \$95 #1469-W25A

Mon/Wed, February 24 (4 wks) 6:00-6:30pm
Aptitude Fitness \$95 #1469-W25B

EXPRESS BARRE

Barre Fitness is a unique and engaging hybrid workout class that blends elements from various disciplines, creating a comprehensive and dynamic exercise experience. Barre Fitness can be a great option for individuals looking for a full-body workout that combines the elegance of dance with the strength and toning benefits of Pilates and strength training.

Mon/Fri, January 13 (6 wks) 8:30-9:00am
Aptitude Fitness \$95 #1438-W25A

Mon/Fri, February 24 (6 wks) 8:30-9:00am
Aptitude Fitness \$95 #1438-W25B

CHAIR YOGA

Chair yoga is a practice that is beneficial to all. In these classes, you will 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 & clear 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*

Mon/Fri, January 13 (6 wks) 10:30-11:15am
Aptitude Fitness \$95 #1441-W25A

Mon/Fri, February 24 (6 wks) 10:30-11:15am
Aptitude Fitness \$95 #1441-W25B

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.

Tue/Thur, January 14 (4 wks) 9:15-10:15am

Aptitude Fitness \$95 #1482-W25A

Tue/Thur, February 25 (4 wks) 9:15-10:15am

Aptitude Fitness \$96 #1482-W25B

STRENGTH AND STRETCH - THURSDAYS

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 a total body sculpting. We will strengthen + stretch our muscles using yoga-inspired postures and breathing techniques designed to tone your whole body.

Thursdays, January 16 (6 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-W25A

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

Aptitude Fitness \$60 #1466-W25B

APTITUDE RUNS

RoGa is a running + yoga series for everybody!

Whether you've been running for years, haven't run in a while, or have never run, you've been invited to join Aptitude Fitness + Yoga; RoGa Club, a running + yoga club for every BODY!

We'll meet on Thursdays from 6pm-7pm at Aptitude Fitness + Yoga studio and run, walk, or a mixture of both for 30 minutes followed by a runner-specific yoga session. Your instructor Sara will guide you through safe running strategies, and breathing techniques and build confidence in running outside in all weather conditions. Grab a buddy or two and let's make this winter full of miles of friendship, community, and FUN! Sara is an avid runner, Barre, Pilates, and 500-registered yoga instructor with a passion for helping people find fun ways to stay active.

Thursdays, January 16 (6 wks) 6:00-7:00pm

Aptitude Fitness \$95 #1437-W25A

Thursdays, February 27 (6 wks) 6:00-7:00pm

Aptitude Fitness \$95 #1437-W25B

BOOT CAMP

In this Boot Camp class, you'll engage in a mix of high and low-intensity exercises through timed intervals. The workout includes free weights, plyometrics, cardio and balance training, encouraging you to push your limits. Success is driven by your attitude, regardless of your fitness level. Each session is unique and incorporates various equipment like benches, resistance bands, and free weights. Partner work is common, making it a great class to share with a friend. Be sure to wear supportive shoes and comfortable workout clothes.

Mon/Wed, January 20 (4 wks) 6:45-7:30pm

Aptitude Fitness \$95 #1434-W25A

Mon/Wed, March 3 (4 wks) 6:45-7:30pm

Aptitude Fitness \$95 #1434-W25B

EXPRESS ZUMBA

Get ready to energize your day with Express Zumba, a 30-minute class that feels like a dance party! Featuring a mix of global rhythms from Latin, Hip-Hop, Pop, and Bollywood, this fun workout is open to everyone—no dance experience needed. Enjoy supportive guidance and modifications as you work towards your fitness goals in a welcoming community. Join us to boost your mood, tone up, and make new friends on the dance floor!

Tue/Thu, February 4 (6 wks) 8:30-9:00am

Aptitude Fitness \$95 #1439-W25A

ZUMBA

Get ready to dance! Zumba is a mood-boosting workout with a dance-party vibe! Originally inspired by Latin American music, Zumba now features rhythms from around the world. In my classes, you'll groove to a mix of Latin, Hip-Hop, Pop, Bollywood, K-pop, J-Pop, and more! Whether you're a fitness enthusiast seeking a cardio challenge or new to exercise and looking for a fun alternative to the gym, this class is for you. No dance experience? No worries! As long as you're moving to the beat and having fun, you're already winning. I'm here to offer guidance, modifications, and encouragement along the way. Plus, our community is super welcoming—you'll find new friends while you crush your fitness goals. Whether you're aiming for weight loss, toning, boosting your mental health, or simply shaking off stress, I can't wait to see you on the dance floor! Let's do this!

Mondays, February 3 (6 wks) 6:30-7:15pm

Aptitude Fitness \$60 #1435-W25A

PICKLEBALL

ADULT PICKLEBALL Ages 18 & up.

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

Mondays (6 wks) NRMS Upper Gym \$35

***skip January 20, February 17 & April 7**

SESSION 1 – January 13 (6 wks)

6:30-8:00pm Beginners #3205-W25A

8:00-9:30pm Intermediate #3205-W25B

SESSION 2 – March 10 (6 wks)

6:30-8:00pm Beginners #3205-S25A

8:00-9:30pm Intermediate #3205-S25B

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.

Rockford United Methodist Church, 159 Maple St. NE, Rockford.

Tuesdays, January 21 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-W25A

Tuesdays, January 21 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-W25B

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.

Rockford United Methodist Church, 159 Maple St. NE, Rockford.

Tuesdays, January 21 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-W25A

Tuesdays, January 21 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-W25B



BEGINNING ADULT FENCING

Welcome to our adult fencing class, where enthusiasts of all levels come together to hone their skills, compete, and immerse themselves in the elegant Olympic Sport of Fencing. Known also as Physical Chess, fencing combines anaerobic and aerobic elements, developing eye and hand coordination and a great sense of balance and flexibility. Our experienced coaches are US National Champions. The class begins with a focus on the fundamentals of fencing, including proper en garde, footwork, and blade work. Safety is paramount, so participants will be equipped with regulation fencing gear, including masks, jackets, and gloves. Our coaches prioritize creating a supportive and inclusive environment where all fencers can learn and grow without fear of injury. As the class progresses, participants can engage in friendly sparring sessions, where they can apply their skills during the fencing bouts. Whether your goal is to improve your fitness, unleash your competitive spirit, or indulge in the thrill of swordplay, we offer a welcoming and stimulating environment for fencers of all backgrounds and aspirations. Join us as we embark on this exhilarating journey through the art and sport of fencing!

Class held at Grand Rapids Area Fencing Academy (GRAFA)

1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

Wednesdays, January 8 (6 wks) 7:00-8:00pm

GRAFA \$100 #1403-W25A

Wednesdays, February 19 (6 wks) 7:00-8:00pm

GRAFA \$100 #1403-W25B

WOMEN'S FENCING

Ages 16 and up. We are introducing our exclusive morning fencing class designed for the dynamic women of our community!

Whether you're a stay-at-home mom or looking for movement during lunch, we understand the need for a fulfilling and invigorating break after the morning routine. Join us for a unique fencing experience tailored just for you. Discover the art of fencing in a supportive environment, enhance your physical fitness and mental focus, and learn the elegance of this timeless sport. Embrace a new passion and meet like-minded women in a GRAFA class that balances skill development with a touch of morning excitement. En Garde for a journey of empowerment and camaraderie!

Class held at Grand Rapids Area Fencing Academy (GRAFA)

1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

Wednesdays, January 8 (6 wks) 11:30am-12:30pm

GRAFA \$100 #1400-W25A

Wednesdays, February 19 (6 wks) 11:30am-12:30pm

GRAFA \$100 #1400-W25B

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 14 (1 wk) 6:30-7:30pm

Meadow Ridge Elementary Gym FREE #1449-W25A

Tuesdays, January 21 (7 wks) 6:30-7:30pm

Meadow Ridge Elementary Gym \$56 #1449-W25B *skip 2/11

Tuesdays, March 18 (7 wks) 6:30-7:30pm

Meadow Ridge Elementary Gym \$56 #1449-S25A *skip 4/8

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 15 (1 wk) 7:00-8:00pm

Meadow Ridge Elementary Gym FREE #1450-W25A

Wednesdays, January 22 (7 wks) 7:00-8:00pm

Meadow Ridge Elementary Gym \$60 #1450-W25B *skip 2/12

Wednesdays, March 19 (7 wks) 7:00-8:00pm

Meadow Ridge Elementary Gym \$60 #1450-S25A *skip 4/9

MOXIE FITNESS - REV FITNESS

Rev Fitness classes use fitness as a tool to spread the good news gospel message while working up a sweat. We will be dancing, drumming, stretching, and strengthening and end each class with relaxation breathing, prayer, and meditation. Come as you are, do what you can, embrace your weird fun side, and join us for a heart-centered class. Michelle is a certified Revelation Wellness instructor, AFAA Certified Group Fitness and Personal Trainer, and certified LiveWell Health Coach. WHAT TO BRING: Your mat, water and wear supportive shoes to move in.

Thursday, January 9 (1 wk) 6:45-7:45pm

RAB Free #1503-W25A

Thursdays, January 16 (11 wks) 6:45-7:45 pm

RAB \$88 #1503-W25B

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+)

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 23-January 4.*

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 December 24, 25, 31, 2024
and January 1, 2025.*

ROCKFORD

Seniors Unlimited

2025



JANUARY | FEBRUARY | MARCH 2025

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