



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

Hello All!

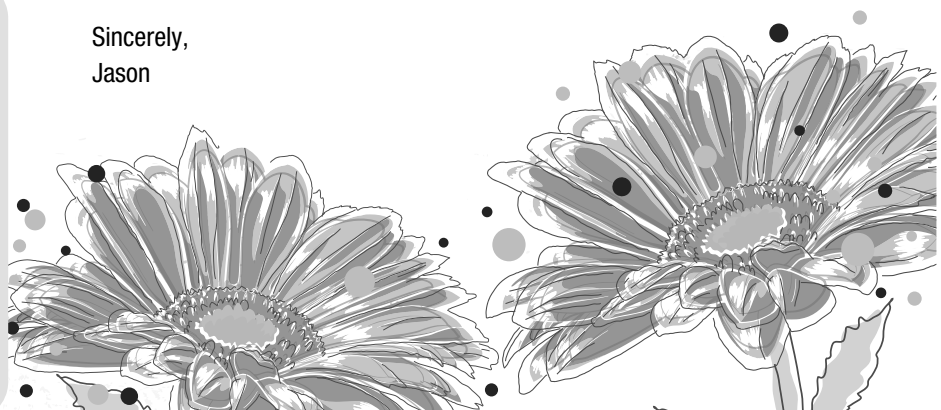
I wanted to properly introduce myself to those I have met and yet to meet. Now that Kim has retired, I am officially taking the reins to coordinate all senior events, activities and happenings!



Jason Hiscock

Over the last month, I have had a chance to meet a few of you and I hope you have felt how excited I am to be here! Originally from the Lansing area, I have lived in Rockford now about 10 years with my wife, Laura, and our two boys. I previously worked at Valley View Elementary in a role similar to this one, just doing events for smaller people. I have promised to become a better bingo caller and am also looking to provide as many fun trips as we can fit in the schedule this fall. Thank you to everyone who has provided me with such a warm welcome at the events I have hosted so far, and I look forward to meeting the rest of 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.

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



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, 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

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

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, 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

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
Last Tuesday of the month, 10:00am-12:00pm
May 28 (next appointment will be September 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 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

MAY 21, 2024

Ordinary Grace by William Kent Krueger

JUNE 18, 2024

Great Small Things by Jodi Picoult

JULY 16, 2024

Dear Edward by Ann Napolitano

AUGUST 20, 2024

The Rose Code by Kate Quinn

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

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.

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



Quilts of Valor
Quilting to Honor & Comfort

BECOME A PART OF QUILTS OF VALOR!

Quilts of Valor® is a nationwide foundation created to “cover service members and veterans touched by war with comforting and healing quilts.” A Quilt of Valor® (QOV) is a quality, handmade quilt that is machine or hand quilted. It is awarded to a service member or veteran who has been touched by war. The Quilt says unequivocally, “Thank you for your service and sacrifice in serving our nation.”

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!

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



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GR Walking Tours

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



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



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
May 13 (next Bingo will be September 10)

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.

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

(next Community Cabin Lunch will be September 17)

GREAT OUTDOORS

WORD SEARCH PUZZLE

- | | | |
|----------|-----------|------------|
| BACKPACK | SUMMER | TREES |
| HIKING | CAMPING | DEER |
| SCENERY | MOUNTAINS | RACCOON |
| BEARS | TRAILS | WATERFALL |
| KAYAK | CANOE | FISHING |
| SQUIRREL | NATURE | RANGER |
| BIRDS | | WILDERNESS |
| LAKE | | FOREST |
| | | RIVER |
| | | WILDLIFE |



S Q U I R R E L D C N R X Z J C R
W I L D L I F E E L A T S G I E S
H P N D V M C K D N J N N M M C C
I Q L S F D A S O K S I O M W T E
Q M L K N L O O J D P O U E A F N
I K P Z Q N C F R M T S B Q T I E
R J M M M C O I A R E B A T E S R
V K A Y A K B C L A S A H H R H Y
W I B R B C J P R N F C I B F I O
F H H M E H B E I G O K K O A N Z
R X D V A H E A V E R P I Z L G Z
M T S Q R D T N E R E A N X L D U
S R K I S N R U R X S C G M R Q T
H A K H U X N X N W T K L V G B R
Q I C O N D R B Z F Z N A T U R E
W L M W I L D E R N E S S W P H E
K S M V Q K V E H P V I I T G P S

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

42nd ANNUAL

Holiday

ARTS & CRAFT FAIR

Rockford High School
4100 Kroes Ave. Rockford

9:00am–3:00pm
Saturday, November 9

- Lunch Available For Purchase
- Unique Vendors!
- Lots Of Wonderful Gifts!
- One-Of-A-Kind Stocking Stuffers!

WE STILL HAVE SOME BOOTHS AVAILABLE!

Call 863.6322 For A Booth Application

For More Information Call 616.863.6322 or
Email jhiscock@Rockfordschools.org

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 Jason at 616.863.6322
or email jhiscock@rockfordschools.org

BE A PART OF OUR Community Garden

Available plot sizes vary.
Please call 616.863.6322 for an application,
plot fees, or for more information!



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

ADULT FITNESS & RECREATION

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 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

JIU JITSU FOR ADULTS – BJJ/SELF DEFENSE

Ages 13-Adult. Discover the art of Brazilian Jiu Jitsu (BJJ) for self-defense at Kraken Jiu Jitsu. Our class is designed to empower individuals of all levels and backgrounds. Learn practical self-defense techniques tailored to real-life situations while simultaneously enhancing your physical fitness, balance, and mental acuity. Cultivate discipline, respect, and self-confidence as you progress. Sharpen your problem-solving skills and conflict resolution abilities. Join a supportive community of like-minded individuals and embrace the holistic benefits of BJJ. Enroll today for a stronger, more confident you. Instructor: Professor Tony, a seasoned practitioner with two decades of Brazilian Jiu Jitsu (BJJ) experience and embodies the essence of martial arts dedication.

A distinguished international competitor, he has honed his skills on a global stage. However, his true passion lies in sharing the art of BJJ with students of all ages and abilities. Professor Tony derives immense joy from introducing newcomers to the world of Jiu Jitsu and helping them achieve their personal goals. With his wealth of knowledge, patient instruction, and infectious enthusiasm, he serves as a mentor, guiding each student on their unique journey toward mastery in BJJ.

Kraken Jiu Jitsu, 2355 Belmont Center Dr., Suite 105, Belmont.

Thursdays, May 23 (6 wks) 6:00-7:00pm

Kraken Jiu Jitsu Academy \$100 #1412-U24A

Thursdays, July 11 (6 wks) 6:00-7:00pm

Kraken Jiu Jitsu Academy \$100 #1412-U24B

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!

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

RAB Cafeteria \$48 #1449-U24A

Tuesdays, July 9 (4 wks) 6:30-7:30pm

RAB Cafeteria \$32 #1449-U24B *skip July 23

WERQ® FITNESS KETTLEBELL AMPD

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

Wednesdays, May 22 (6 wks) 7:00-8:00pm

RAB Cafeteria \$51 #1450-U24A

Wednesdays, July 10 (4 wks) 7:00-8:00pm

RAB Cafeteria \$34 #1450-U24B *skip July 17 & August 7

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, 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, 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, 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

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, 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

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT
RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

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, 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, 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

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, 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

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, 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.

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



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

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT
RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

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.

**NRMS POOL
IS CLOSED THIS SUMMER
DUE TO CONSTRUCTION**



IN AND AROUND ROCKFORD

ROCKFORD FARMERS MARKET

Saturdays, May 4-October 26.
8:00am-1:00pm, City parking lot North of Post Office

YOGA BY THE DAM

Saturdays, June 1-August 24
8:30am-9:30am, Garden Club Park

ROGUE RIVER BLUES SERIES

Tuesdays, June 11-August 13.
7pm-9pm, Rotary Riverfront Stage

ROCKFORD START OF SUMMER CELEBRATION

June 13-16 (Downtown Rockford)

TOUCH-A-TRUCK

Saturday, August 3
10:00am-11:00am, Krause Memorial Library

ROCKFORD GARDEN CLUB SPRING PLANT SALE

May 18, 9:00am-11:00am, Rotary Pavilion

ROGUE RIVER ARTIST'S ASSOCIATION POPUP ART MARKET

June 22, 9:00am-5:00pm, Rotary Pavilion

ROGUE RIVER ARTIST'S ASSOCIATION SUMMER ART MARKET

August 3, 9:00am-5:00pm, Rotary Pavilion

OTHER AREA SUMMER EVENTS

RIVERSIDE PARK FOOD TRUCK FRIDAYS

May 17-July 26
5:00pm-9:00pm, Riverside Park - Grand Rapids

SPARTA TOWN & COUNTRY DAYS

May 17-19, Downtown Sparta

LOWELL RIVERWALK FESTIVAL

July 11-13, Downtown Lowell

SPARTA CELTIC FESTIVAL

August 9-10, Downtown Sparta

COMSTOCK PARK MILL CREEK DAYS

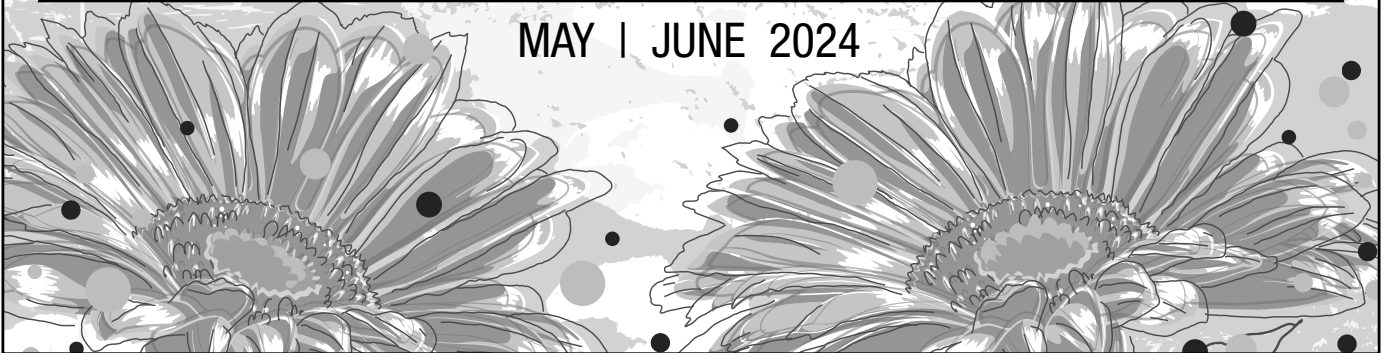
August 8-10, Dwight Lydell Park

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ROCKFORD

SENIORS UNLIMITED

MAY | JUNE 2024



RETURN SERVICE REQUESTED

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Rockford, Michigan 49341



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