



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

FORETHOUGHT IN HINDSIGHT

An update from your Activities Coordinator, Jason Hiscock

Community: a group of people with a common characteristic or interest living together within a larger society.

That is a pretty simple definition of a very complex and fragile thing. It includes you, me, and lots of other people that all share the desire to connect. Each of us also comes with different life experiences and viewpoints of the world. We are different people with a common connection here in Rockford. Rockford Seniors Unlimited is a community where we all get to join together for a game of bingo, a trip to the casino, a group lunch trip, or a night out at the theatre and enjoy each other's company. What I think makes us pretty amazing is that we have all these differences but together we make a beautiful community. Just like the quilts that our Quilts of Valor group make. They take many different patterns, colors, and styles and sew them all together to make one beautiful quilt. Connecting pieces of fabric in a way that maybe a group of the same fabric might not fit so well, but together they fit just right! I hope that is the way you all feel because that is the way you have made me feel joining this group of amazing people. Speaking of fitting just right, I am excited to see so many full events already. I have scrambled to get a few more trips lined up so everyone gets a chance to do something they would like to do. Our Culture Club hit a bit of a rocky start with *Rocky Horror Picture Show* getting canceled due to illness just as we left for the theatre, but we have high hopes for the rest that filled up right away! In the next brochure look for performances of *Clue* and *A Beautiful Noise*, *A Neil Diamond Musical*, and *Hamilton* coming up this spring and summer! As always, if you have ideas or specific events that would be a good fit for our group, please reach out to let me know. Vicki and I look forward to seeing you out soon!



Jason Hiscock

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.

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!

FREE
Admission!



For more information call 616.863.6322 or
email jhiscock@rockfordschools.org



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

OCTOBER 22, 2024

The Personal Librarian

By Marie Benedict

NOVEMBER 19, 2024

**My Grandmother Asked Me To Tell
You She’s Sorry**

By Fredrick Backman

DECEMBER 17, 2024

All That She Carried

By Tiya Miles

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 building, located at 350 N. Main Street, Rockford.

**Schedule is currently full.*

The next available appointments will be in January 2025.

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

BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. Learn techniques, designs, composition and more while creating your own art to take home. Each class will help you develop understanding of this medium, improve focus and concentration while having fun with other creative people! 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, October 17 6:00-8:00pm

RHS \$35 #1227-F24D Theme: Pumpkins

Thursday, November 7 6:00-8:00pm

RHS \$35 #1227-F24E Theme: Fall Wreath

Thursday, November 14 6:00-8:00pm

RHS \$35 #1227-F24F Theme: Feathers

Thursday, December 5 6:00-8:00pm

RHS \$35 #1227-F24G Theme: Gnomes

Thursday, December 12 6:00-8:00pm

RHS \$35 #1227-F24H Theme: Christmas Ornament



GR Walking Tours

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

GRAND RAPIDS MOST HAUNTED WALKING TOUR

Back by popular demand...Do you believe in ghosts, ghouls, poltergeists, apparitions, phantoms, spooks, psychic phenomena or things that go "bump" in the night? If one person sees a ghost, even if several times, you may blame it on an active imagination; but if two or more people see the same spirit in the same place several years apart, you may just reconsider. This tour takes you by iconic locations where there have been waaaaay MORE than just two sightings or unusual activity. There are two questions that we attempt to answer on each stop of this spooky journey...Did someone suffer a tragic death here? Is this story LEGEND or REAL? Meet in the lobby of the J.W. Marriott, 235 Louis Street NW, Grand Rapids.

Monday, October 28 6:00-7:30pm

J.W. Marriott \$20 #1458-F24A

HERITAGE HILL VICTORIAN CHRISTMAS WALKING TOUR

Let's pretend it's December at the turn of the century, during the reign of Queen Victoria. Grand Rapids has earned the title of Furniture City, USA. The owners of the impressive mansions are celebrating the holidays in style. As we move through the beautiful neighborhoods in the evenings, we'll enjoy the festive lighting, learn about the original owners of the homes and share Victorian Christmas traditions. Meet on the SE corner of Fulton and Prospect, under the brightly lit Christmas tree.

Wednesday, December 18 6:00-7:30pm

Corner of Fulton and Prospect \$20 #1427-F24A



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
11/11, 12/9**

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT
RPS.DIGITALSIGNUP.COM**

Must register using a computer or tablet.

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.

Thursday, October 24 6:30-8:30pm
RFC \$10 #2160-F24D

Tuesday, November 5 6:30-8:30pm
RFC \$10 #2160-F24E

Thursday, November 21 6:30-8:30pm
RFC \$10 #2160-F24F

Tuesday, December 3 6:30-8:30pm
RFC \$10 #2160-F24G

Thursday, December 19 6:30-8:30pm
RFC \$10 #2160-F24H

CULTURE CLUB

NOVEMBER: CATS - GRAND RAPIDS CIVIC THEATRE

One of the world's best-known and meowtiou musicals! The Jellicle cats come out to play on the special night of the year – the night of the Jellicle Ball. Only on this night they tell their stories for the amusement of Old Deuteronomy, their wise and benevolent leader, who must choose the cat to ascend to the Heavenside layer and be reborn into a wondrous Jellicle life. Music by Andrew Lloyd Webber; based on Old Possum's Book of Practical Cats by T.S. Eliot. Rated: G for the whole family.

Thursday, November 21 \$40 #1760-F24A

DECEMBER: HOLIDAY POPS CONCERT

Join us for the long-standing holiday tradition University of Michigan Health-West Holiday Pops Concert with Bob Barnhardt and the Grand Rapids Symphony, the Grand Rapids Youth Chorus directed by Pearl Shangkuan, the Grand Rapids Youth Chorus directed by Leah Ivory, English Horn Ensemble directed by Brenda Austin, and frequent soloists. They'll play your favorites including "Joy to the World," "Come Thou Faithful," John Williams' selections from the movie *Home Alone*, a "Christmas Sing-Along," and the "Hallelujah" Chorus from *The Messiah*. Plus—a surprise visit all the way from the North Pole!

Friday December 6, \$40 #1747-F24A

Be sure to watch out for more Culture Club trips in 2025!



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

OUT TO LUNCH BUNCH BUS TRIPS

GUN LAKE CASINO TRIPS

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, including Shkodé, CBK Brewery, 131 Sports Bar & Lounge, and Harvest Buffet. 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. Gun Lake Casino is owned by the Match-E-Be-Nash-She-Wish Band of Pottawatomi. Transportation provided by Rockford Public Schools.

Activity level: LOW.

OCTOBER

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

Thursday, October 24 \$15 #1650-F24B

NOVEMBER

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

Thursday, November 21 \$15 #1650-F24C

DECEMBER

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

Thursday, December 19 \$15 #1650-F24D

OCTOBER: ED DUNNEBACK & GIRLS

Let's take in a bit of fall color along the country roads on our way to indulge in some food, drinks, and a little shopping too! This fifth-generation family farm on the northwest side of Grand Rapids offers Fresh produce, sweet treats, farm-to-table lunch, gifts, and Michigan-made products. it is also home to Pink Barrel Cellars offering farm-crafted beer, hard cider, seltzers, and wine. Plenty of indoor and outdoor seating. check out their menu at www.dunnebackgirls.com/ menus. Transportation is provided by Rockford Public School bus.

Activity level: LOW

Tuesday, October 22 \$15 #1333-F24A

10:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot). 1:30 pm approximate return to Rockford

Find us on **ROCKFORD COMMUNITY SERVICES**



**REGISTER AT
RPS.DIGITALSIGNUP.COM**

Must register using a computer or tablet.

NOVEMBER: CHRISTKINDL MARKT AT THE GRAND RAPIDS MARKET

Christkindl Markt is a Christmas village lined with artisan gift and food vendors, live holiday entertainment, and festive family fun. Inspired by traditional European Christmas markets, this winter wonderland is filled with unique holiday experiences illuminated with international flair. Adjacent to the Grand Rapids Downtown Market, a 138,000 square foot public market with 17 individual merchants featuring dine-in, carry-out, specialty grocery, and retail options from a culinary collective of butchers, bakers, ice cream makers, and more. Transportation provided by Rockford Public Schools.

Activity level: MED.

Friday, November 15 \$5 #1739-F24A

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

DECEMBER: FREDERICK MEIJER GARDEN CHRISTMAS AND HOLIDAY TRADITIONS

This exhibition—honoring cultures and holiday traditions from around the world—has grown to more than 40 unique displays depicting fact and folklore, past and present. Christmas & Holiday Traditions is a hallmark Frederik Meijer Gardens & Sculpture Park exhibition. Dedicate time to appreciate the stunning presentations of winter plantings, the artistry of our adorned Christmas trees, intriguing cultural displays, and the beloved railway garden. Venture outdoors and discover the beauty of nature with wintertime walks. Transportation provided by Rockford Public School bus.

Activity Level: MED

Wednesday, December 4 \$25 #1135-F24A

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

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.

Sorry- Our November Event is full

***THERE IS NO COMMUNITY
CABIN COLLEGE IN DECEMBER**

Rockford Seniors Unlimited

ANNUAL

HOLIDAY DINNER

DECEMBER 12, 2024

Registration is Open!

Social Hour 5:30pm | Dinner 6:00pm

Rockford Freshman Center

#5004-W24A \$10.00/person

Pre-registration is required: no walk-ins.



Rockford Library and Media Services

35th Annual

Holiday

CRAFT FAIR

Saturday, December 14

9:00am - 3:00pm

Rockford High School
4100 Kroes St. NE, Rockford

*Last minute holiday gifts,
food and fun!*

For more info call 616.863.6348 ext. 7521



NATIONAL KIDNEY
FOUNDATION®

The National Kidney Foundation offers a variety of in-person and virtual classes for adults and/or caregivers of individuals facing chronic or ongoing health conditions including arthritis, heart disease, diabetes, emphysema, asthma, high blood pressure and kidney disease.

High Blood Pressure Control Classes

nkfm.org/HBPC

PATH (Personal Action Toward Health)

Classes nkfm.org/PATH

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



RHS THEATRE
PRESENTS

The
Legend
of **Sleepy
Hollow**

WEDNESDAY OCT. 30 @ 7 PM

SATURDAY NOV. 2 @ 7 PM

SUNDAY NOV. 3 @ 2 PM

TICKETS \$12 ONLINE @ ROCKTIX.ORG

SPECIAL \$5 STUDENT PRICE ON

FRIDAY NOVEMBER 1 @ 4 PM

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

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

ADULT FITNESS & RECREATION

MOXIE FITNESS

REV ON THE MAT WITH MICHELLE

Join us for Rev On The Mat - This mind/body/spirit class encourages all levels to come and move in a supportive, joyful environment. The music is positive and uplifting, and each class will begin with a bible verse that will be the theme of the day. We then move into energy-boosting, smile-inducing, dance style cardio & yoga/Pilates/barre, ending with time to be still, breathe and hold space quietly for prayer/meditation. You will come away with a full-body workout designed to move at your level of energy and fitness in a safe, effective manner. Michelle is a certified Revelation Wellness instructor and AFAA Certified Group Fitness and Personal Trainer. **WHAT TO BRING:** Your mat, water, and wear supportive shoes to move in.

Thursdays, November 7 (6 wks) 6:30-7:30pm

Meadow Ridge Elementary \$48 #1502-F24B *skip 11/28



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, November 5 (7 wks) 6:30-7:30pm

RAB \$56 #1449-W24A

WERQ FITNESS KETTLEBELL AMPD

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

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

RAB \$51 #1450-W24A *skip 11/27

TAE PARK ENSING - TAE KWON DO

*Open to Adults and Children 8 years old and up.

Would you like to learn basic and effective self-defense?

If you would like to do all this and have fun doing it, our Tae Kwon Do class is for you! Tae Kwon Do is a Korean martial art that uses mind and body development and develops self-confidence. Plus, it's great exercise and fun.

www.ensingtkd.org for more information.

Wednesdays, October 30 (8 wks) 6:30-8:00pm

RAB Gym \$40 #1407-F24B

\$20 - 2nd family member *skip 11/27, 12/25, 1/1

PICKLEBALL



PICKLEBALL - ADULT 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. 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.

**Session 1 may be outside on NRMS tennis courts

SESSION 2 - Mondays, October 21 (6 wks)

8:00-9:30pm Intermediate #3205-F24D

NRMS Upper Gym \$35

APTITUDE FITNESS

Aptitude Fitness+Yoga, 251 Northland Drive NE

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

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, October 24 (5 wks) 6:00-6:45pm

Aptitude Fitness \$60 #1466-F24C *skip 10/31,11/28

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, October 28 (5 wks) 10:30-11:15am

Aptitude Fitness \$96 #1441-F24C

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 Thanksgiving Break
from November 27-29.*

***The NRMS pool is currently closed
for renovations but is scheduled to
re-open October 21st.***

You can check the status at: [www.rockfordschools.org/
community-services/facility-public-hours/](http://www.rockfordschools.org/community-services/facility-public-hours/)
or call the number below for more information

**RHS POOL: 616.884.2326
NRMS POOL: 616.747.3530**



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, November 5 (8 wks) 10:00-11:00am

Rockford United Methodist Church \$65 #1405-W24A

Tuesdays, November 5 (8 wks) 6:30-7:30pm

Rockford United Methodist Church \$65 #1405-W24B

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, November 5 (8 wks) 11:00am-12:00pm

Rockford United Methodist Church \$65 #1406-W24A

Tuesdays, November 29 (8 wks) 7:30-8:30pm

Rockford United Methodist Church \$65 #1406-W24B

Find us on



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ROCKFORD

SENIORS UNLIMITED

NOVEMBER | DECEMBER 2024

RETURN SERVICE REQUESTED

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



NONPROFIT ORG
U.S. POSTAGE
PAID
ROCKFORD, MI
PERMIT NO. 13