



## Rockford Public Schools

### WEATHER CANCELLATIONS: [www.rockfordschools.org](http://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

### *An update from our Activities Coordinator, Jason Hiscock*



Jason Hiscock

I hope everyone has enjoyed a beautiful summer! I know I have. My family enjoyed many trips over to the lakeshore this summer, as well as a week-long stay on Beaver Island. We are fortunate to live in the beautiful State of Michigan with so many amazing beaches and quaint lakeshore communities. Summertime is my absolute favorite time of the year.

I want to let everyone know that our event schedule will remain the same as last year, through December. Our Community Cabin Lunch and Learn events, Bingo, Quilts of Valor, and Musical Mondays will continue at the Rockford Community Cabin until it closes to reservations in December, due to the KDL Library's relocation while they are under construction. I will inform everyone on the specific details in the next Rampage Brochure/Newsletter, which will come out in late December.

We have some great trips and events planned this fall that I hope everyone will enjoy. Since our Culture Club events were pretty well attended last year, I added as many shows as I could for the 25/26 season. The Gun Lake Casino trips fill up quickly, so I have added one of those every month as well. If the theatre or gambling is not your thing, hopefully you find another Lunch Bunch trip that piques your interest! My hope is that there is something for everyone.

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!

Thanks,  
Jason



# ENRICHMENT CLASSES

## 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 and 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 23 6:00-8:00pm**

**RHS \$35 #1227-F25A Theme: Owls**

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

**RHS \$35 #1227-F25B Theme: Christmas Gnomes**

**Thursday, November 20 6:00-8:00pm**

**RHS \$35 #1227-F25C Theme: Ornaments**

## BEGINNING SEWING

Learn to sew as you add new skills each week. There will be a weekly project to practice. During week 1 we will cover machine basics and then make a decorative pillowcase. During week 2 we will make a tote bag and then week 3 we will make pajama pants. You will learn how to read a pattern and many more skills. Please bring your own sewing machine. The supply list for each week's class will be emailed to you prior to class. Instructor: Joan Bogart is a retired educator from Rockford Public Schools. She has taught numerous classes through Rockford Community Services, including Facebook, Microsoft Word, Sewing, Knitting and Jewelry Making. Joan is also the moderator for the Community Services Book Club for adults.

**Wednesdays, November 5 (3 wks) 6:00-8:30pm**

**NRMS \$50 #2449-F25A**

## STEP BY STEP PAINTING -

### LONGHORN IN AUTUMN: COZY CANVAS PAINT NIGHT!

Join us for a fun and relaxed adult painting class where you will bring an autumn longhorn to life on canvas using acrylics - no experience is needed! We will guide you step-by-step as you paint your own fall masterpiece. What's included: all painting supplies, BINGO fun with a festive door prize, great music to paint by, and a cozy atmosphere perfect for fall. Feel free to bring your favorite warm coffee or cider to sip! Whether you are hanging out with friends or just love a good longhorn and fall color palette, this is the perfect night to unwind and create something beautiful! Instructor: Kristal Heibel is a native to Grand Rapids and the owner/artist of West MI Paint & Create, LLC. "I believe finding & nurturing our passions and creative outlets are how we connect with our true nature."

**Thursday, September 25 6:00-7:30pm**

**RHS \$50 #1230-F25A**



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 MEETING ROOM**

**350 N. MAIN ST., ROCKFORD**

Come to the Community Services entrance on Lewis St. (across from Parkside)

## UPCOMING BOOKS

**SEPTEMBER 16, 2025**

***ISLAND OF THE LOST***

**BY JOAN DRUETT**

**OCTOBER 21, 2025**

***OLIVE AGAIN***

**BY ELIZABETH STROUT**

**NOVEMBER 18, 2025**

***RIVER WE REMEMBER***

**BY WILLIAM KENT KRUGER**

**DECEMBER 16, 2025**

***REMARKABLY BRIGHT CREATURES***

**BY SHELBY VAN PELT**

## 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](mailto:jhiscock@rockfordschools.org)

## TECHNOLOGY ASSISTANCE AVAILABLE

Tech Information and assistance by Holly Young.

Classes are one hour long and lecture-style, with plenty of time for Q&A. The instructor, Holly Young, has a "no question is too dumb" philosophy and has a knack for explaining technical topics in easy-to-understand language. She has a passion for all things "techie".

All sessions are held at the RPS Administration Building located at 350 N. Main Street.

### ALL THINGS GOOGLE

Do you know that having a Google account is more than just a free Gmail address? Online calendars, cloud storage space, Apps for your devices, the ability to store your favorite locations in your maps software, and so much more! **(Pre-registration is required)**

**Tuesday September 30 10:00am**

**RAB \$12 #3414-F25A**

### WHAT'S THAT MEAN - ARE YOU CONFUSED BY TECH TERMINOLOGY?

Things like, What is the difference between cellular, Wi-Fi, and Bluetooth? What is the cloud? What is AI? What is a meme? What is a gigabyte? We will cover definitions of terms and have time for questions. **(Pre-registration is required)**

**Tuesday, October 28 10:00am**

**RAB \$12 #3414-F25B**



## MUSICAL MONDAYS

New live music performers every month!  
Dance, sing along, or just enjoy the music! Our performers will be playing all kinds of your favorite songs from the 50's, 60's, and 70's.  
Cabin will close from 11am-1pm.

**SEPTEMBER 8, OCTOBER 13 & NOVEMBER 10**  
(No music in December)

**Second Monday of the month,  
10:00-11:00am | \$2 pay at the door**  
*No registration required*  
Rockford Community Cabin, 220 N. Monroe St.

## MAXIMIZING YOUR SMARTPHONE

Service contracts and Browser Add-ons. Your phone can do so much more than make calls. Are you using it to its full potential? We'll explore useful apps, built-in features, and time-saving tricks that work across most smartphones, whether you use an iPhone or Android. This class is designed for all experience levels and is not brand-specific. Bring your phone and follow along as we uncover tips to make everyday tasks easier, stay organized, and get more from the device you use every day. **(Pre-registration is required)**

**Tuesday, November 25 10:00am**

**RAB \$12 #3414-F25C**

## HOLLY'S TECH TIME

Holly is also offering 30-minute one-on-one appointments on class days (you do not need to attend a class to schedule a one-on-one). Bring your phone, tablet or laptop with you to receive personalized help with your device. Appointments must be scheduled in advance by calling our office to get a time and what information you need.

**NOT COVERED:** desktop computers, any kind of networking, or wireless printers. **(Pre-registration is required)**

**Tuesday, September 30**

**RAB \$25 #3416-F25A**

**Tuesday, October 28**

**RAB \$25 #3416-F25B**

**Tuesday, November 25**

**RAB \$25 #3416-F25C**



## BINGO

Rockford Community Cabin  
Located at 220 N. Monroe Street, Rockford  
2nd Monday of the month - **1:00-3:00pm**  
*Pre-registration is required*

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

*Please call 616.863.6322 to pre-register. Bingo is full with 48 participants. Once capacity is reached, you will be added to the waitlist and contacted if a position opens up.*

**\$1.00/3 Cards \$2.00/6 Cards or \$3.00/9 Cards**  
**Pay at the door!**

**2nd Monday of the month 1:00pm**  
**September 8, October 13, November 10**  
(No Bingo in December)

## MAHJONGG!

### BAM, CRAK, DOT...LEARN TO PLAY AMERICAN MAHJONGG!

Learn the basics of play for American Mahjongg. This is a game of skill, strategy, calculation and chance. Each participant will receive an official National Mahjongg 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 Mahjongg, 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 Mahjongg. 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, September 3 (4 wks) 4:15-6:15pm**

**NRMS \$40 #1021-F25A**

**Wednesdays, October 29 (4 wks) 4:15-6:15pm**

**NRMS \$40 #1021-F25B**

## MAHJONGG MEET-UPS

If you have taken the Learn to Play American Mahjongg 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 2025 Mahjongg hands card and get ready for a good time!

**Wednesday, October 1 4:15-7:15pm**

**NRMS \$5 #1026-F25A**

**Wednesday, October 8 4:15-7:15pm**

**NRMS \$5 #1026-F25B**

**Wednesday, October 15 4:15-7:15pm**

**NRMS \$5 #1026-F25C**

**Wednesday, October 22 4:15-7:15pm**

**NRMS \$5 #1026-F25D**

**Wednesday, December 3 4:15-7:15pm**

**NRMS \$5 #1026-F25F**

**Wednesday, December 10 4:15-7:15pm**

**NRMS \$5 #1026-F25G**

**Wednesday, December 17 4:15-7:15pm**

**NRMS \$5 #1026-F25H**

## 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.

### DESTINATION: NEW ZEALAND

Come take a journey through 'Middle Earth' and learn about the ins and outs of travel to this land of kiwis, Maoris, hangis and scenic wonders!

**Tuesday, September 16 6:30-8:30pm**

**RHS \$8 #1030-F25A**

### DESTINATION: GREAT BRITAIN

Great Britain - a geographical term that includes England, Scotland and Wales - a GREAT destination for 1st timers as well as seasoned travelers! We'll discuss the ins and outs of travel to this region as well as the highlights of each area. Bring your questions!

**Tuesday, September 30 6:30-8:30pm**

**RHS \$8 #1030-F25B**

### INTERNATIONAL TRAVEL Q & A

What do you want to know? How to apply for a passport? Overbooking explained. Oops...I missed my train - what are my options? Do I really need travel insurance? Will my phone work overseas? My flight was cancelled - what are my rights? Travel issues? Bring your questions and curiosities and ask an Industry 'Insider'.

**Tuesday, October 7 6:30-8:30pm**

**RHS \$8 #1030-F25C**



## SAVE THE DATE!! DECEMBER 15, 2025

Rockford Seniors Unlimited

# HOLIDAY DINNER

Monday, December 15, 5:30 - 8:30pm

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

Rockford Freshman Center #5004-W25A \$15/person

FOR MORE INFORMATION, PLEASE CALL 616.863.6322 | TO REGISTER GO TO [RPS.DIGITALSIGNUP.COM](https://rps.digitalsignup.com)



### 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 fall 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 cellist for the Holland Symphony and teaches cello at Hope College.

**Tuesdays, September 9 (15 wks) 7:00-9:00pm**  
**NRMS \$59 #1901-F25A**

### 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 performances per semester. In addition to concerts at local venues, this ensemble also participates in a shared winter 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. Instructor: Tiffany Engle has served as the conductor of the Rockford Community Band since January 2008. She is currently Director of Bands 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, September 8 (15 wks) 7:00-9:00pm**  
**ERMS \$49 #1900-F25A**

## GRAND RAPIDS WALKING TOURS

### HERITAGE HILL HAUNTINGS WALKING TOUR

Are you surprised that there are ghosts on Heritage Hill? Don't be. The stately homes of Heritage Hill may reflect the grace, dignity and formality of another area, but because most of these Victorian dwellings were built in the late 1800's and early 1900's, ghost stories abound. Tenacious and playful spirits are still hanging around. Some of the accounts are scary, some silly, some believable, some not. Some are legends from long ago, some are recent. We will explore this beautiful neighborhood while your guide tells spooky tales that have been passed on to us by either present or former occupants of the houses. Meet outside of the front entrance of the Masonic Center located at 233 Fulton Street. Please use street parking - not the Masonic Center parking ramp.

**Monday, September 15 6:00-7:30pm**  
**Masonic Center \$20 #1454-F25A**

**Monday, September 29 6:00-7:30pm**  
**Masonic Center \$20 #1454-F25B**

### GRAND RAPIDS MOST HAUNTED WALKING TOUR

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 6 6:00-7:30pm**  
**J.W. Marriott \$20 #1458-F25A**

### 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.

**Wednesday, December 17 6:00-7:30pm**  
**Corner of Fulton and Prospect \$20 #1427-F25A**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**  
**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

## UNDERSTANDING THE BASICS OF YOUR HOME & AUTO INSURANCE

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

**Wednesday, September 17 6:30-8:00pm**  
**RFC FREE #1337-F25A**

## UNDERSTANDING THE BASICS OF TERM & WHOLE LIFE INSURANCE

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

**Wednesday, September 24 6:30-8:00pm**  
**RFC FREE #1338-F25A**



*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, 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 may also 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**  
**No Quilts of Valor in December**



## 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 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, September 9 6:30-8:30pm**  
**RFC \$10 #2160-F25A**

**Thursday, September 25 6:30-8:30pm**  
**RFC \$10 #2160-F25B**

**Tuesday, October 7 6:30-8:30pm**  
**RFC \$10 #2160-F25C**

**Thursday, October 23 6:30-8:30pm**  
**RFC \$10 #2160-F25D**

**Tuesday, November 4 6:30-8:30pm**  
**RFC \$10 #2160-F25E**

**Thursday, November 20 6:30-8:30pm**  
**RFC \$10 #2160-F25F**

**Tuesday, December 2 6:30-8:30pm**  
**RFC \$10 #2160-F25G**

**Thursday, December 18 6:30-8:30pm**  
**RFC \$10 #2160-F25H**

## 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**  
**Mondays, between 10:00am and 12:00pm**  
**September 29, October 27 and November 24**  
*There are no appointments in December.*

## **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. Instructors: 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, September 9 6:30-8:00pm**

**RAB FREE #1878-F25A**

## **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, September 16 6:30-8:00pm**

**RAB FREE #1879-F25A**

# **COMMUNITY CABIN LUNCH & LEARN**

## **SEPTEMBER - MICHIGAN BACKROADS: NATIVE AMERICAN MICHIGAN HISTORY**

Presented by Ron Rademacher. Join us as we explore Michigan road trips to destinations with Native American history or influence. Learn about the prehistoric canoe in the western upper peninsula, the 1,000-year-old Chippewa/Hopewell Trail, the Face in the Cliff, a huge collection of underground arrow points, sacred trees, a "Place of Visions", and much more. Enjoy lunch provided by Rockford Food Services (menu varies), then sit back and watch history come alive through the travels of Ron!

**(Pre-registration is required)**

**Monday, September 15 \$10 #5253-F25A**

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm  
Rockford Community Cabin, 220 Monroe St.**

## **OCTOBER - MICHIGAN'S NATIONAL PARK: ISLE ROYALE**

Presented by Matthew Daley. Have you visited, or is Isle Royale on your bucket list? Come and encounter Matthew's visual and storytelling experience about one of his favorite locations. Isle Royale National Park was established on April 3, 1940, and since then, it has been additionally protected from development with wilderness area and historical designations. The park covers 894 square miles, with 209 square miles of land and 685 square miles of surrounding waters. With 25,000 visitors annually, it is the seventh least visited national park in the U.S. Enjoy lunch provided by Rockford Food Services (menu varies) and camaraderie with fellow community members as you immerse yourself in Michigan history and scenery.

**(Pre-registration is required)**

**Monday, October 20 \$10 #5254-F25A**

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm  
Rockford Community Cabin, 220 Monroe St.**

## **NOVEMBER - THE BALD EAGLES OF OAKFIELD POND**

Presented by Judy Gager. Bald eagles are a powerful and majestic bird of prey that were in danger of extinction across the lower 48 states in the late 20th century. After decades of work to restore this animal's population, they are again thriving in Michigan. This presentation follows a bald eagle family in Oakfield Township, as a pair of bald eagles nested across from Judy's home, published author and president of the Tri-River Historical Museum Network, on Oakfield Pond. Judy's interactive program will show the daily activities of the eagles as they nest and raise a family. Enjoy lunch provided by Rockford Food Services (menu varies) and stay to be entertained with the vast knowledge of Judy Gager. **(Pre-registration is required)**

**Monday, November 17 \$10 #5255-F25A**

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm  
Rockford Community Cabin, 220 Monroe St.**

***\*THERE IS NO COMMUNITY CABIN LUNCH & LEARN IN DECEMBER***

43RD ANNUAL

# Holiday

ARTS & CRAFT FAIR

Rockford High School  
4100 Kroes Ave. Rockford

9:00am–3:00pm  
Saturday, November 8

- Lunch available for purchase
- Unique vendors!
- Lots of wonderful gifts!
- One-of-a-kind stocking stuffers!
- Free Parking!



For more information call 616.863.6322 or email [jhiscock@rockfordschools.org](mailto:jhiscock@rockfordschools.org)

# OUT TO LUNCH BUNCH BUS TRIPS



## GUN LAKE CASINO

Take a ride on our lucky bus and try your hand at winning big! A premier gaming and entertainment destination, Gun Lake Casino offers a diverse range 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 the casino. Transportation provided by Rockford Public Schools. Activity level: LOW.

**Thursday, September 25 \$15 #1650-F25A**

**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 16 \$15 #1650-F25B**

**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 20 \$15 #1650-F25C**

**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**

## SEPTEMBER - IKEA & TANGER OUTLETS

Join us for a full day shopping trip to IKEA in Canton, Michigan, and the stores of the Tanger Outlet mall in Brighton! We will start our day at IKEA at approximately 10:00am. Enjoy lunch at their onsite restaurant (lunch is at your own expense). We depart from IKEA at 1:00pm to head over to the Tanger Outlets in Brighton. Enjoy browsing their wonderful shops until we leave there at 4:00pm to head back to Rockford. There will be plenty of under-bus storage space for all your purchases-don't worry! Transportation provided by Great Lakes Motorcoach. Activity level: MED.

**Thursday, September 18 \$60 #2242-F25A No refunds after 8/28**

**8:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

**7:30pm approximate return to Rockford**

## OCTOBER - PINKY'S PLACE

West Michigan's premier "What-not-Shop", Pinky's Place - Antique & Artisan Market has over 130 booths, seasonal patio & barn and Michigan Made Foods! Our quality vendors bring in a huge array of treasures for just about all interests, tastes, and price ranges. The aisles are wide and clean. Booths are well-lit, attractively displayed, and ready for picking. When you are done shopping, we will walk next door to Mr. Burger for lunch (lunch is on your own). For over 50 years, Mr. Burger has been a Grand Rapids staple serving up great burgers and onion rings as well as a full selection of sandwiches and entrées. Transportation provided by Rockford Public Schools. Activity level: LOW.

**Wednesday, October 22 \$10 #3373-F25A**

**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**

## NOVEMBER - FOUNDERS BREWERY TOUR

Join us for a guided tour of Founders Brewing Company's downtown Grand Rapids brewing facility to see the ins and outs of the brewing and packaging process. Plus, you'll learn a little bit of Founders' history while you're at it. Tastings will be available because everything is better when there's beer! After our tour, we will visit their on-site restaurant for lunch (at your own expense). All guests must be 21+. Transportation provided by Rockford Public Schools. Activity level: MED.

**Thursday, November 13 \$15 #5650-F25A**

**10:00am departure from Rockford city parking lot 156 N. Main Street (south of the Shoe Depot parking lot).**

**1:30pm approximate return to Rockford**

## DECEMBER - 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 (lunch is at your own expense) Transportation provided by Rockford Public Schools. Activity level: MED.

**Thursday, December 18 \$15 #1739-F25A**

**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**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

# CULTURE CLUB EVENTS



## OCTOBER: *ROCK OF AGES* - CIVIC THEATRE

It's the tailend of the big, bad 1980s in Hollywood, and the party has been raging hard. Aqua Net, Lycra, lace and liquor flow freely at one of the Sunset Strip's last legendary venues, a place where sexy rock god Stacee Jaxx takes the stage and groupies line up to turn their fantasies into reality. Amidst the madness, aspiring rock star Drew longs to take the stage as the next big thing (and longs for small-town girl Sherri, fresh off the bus from Kansas with stars in her eyes). But the rock 'n' roll fairy tale is about to end when German developers sweep into town with plans to turn the fabled Strip into just another capitalist strip mall. Can Drew, Sherri and the gang save the strip – and themselves – before it's too late? Only the music of hit bands Styx, Journey, Bon Jovi, Whitesnake, and more holds the answer in *Rock of Ages*. RATED: R for language, crude humor, and sex. Transportation provided by RPS.

**Friday, October 3 \$45 #5271-F25A**

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

**10:00pm approximate return to Rockford**

## OCTOBER: *SHERLOCK* - GRAND RAPIDS BALLET

Step into the mystery with *Sherlock*, an electrifying world premiere from our resident choreographer, Penny Saunders. This brand-new ballet takes audiences deep into the world of Sherlock Holmes, blending stunning choreography with immersive storytelling and a touch of noir. But it's more than just a mystery—it also explores the mind of the man behind the legend, Sir Arthur Conan Doyle. With all-new costumes, sets, lighting, and movement, *Sherlock* is a thrilling co-production with Nashville Ballet and Ballet Idaho. To make it even more cinematic, they're incorporating authentic 1940s radio recordings of *The Adventures of Sherlock Holmes* - a nostalgic layer that will transport audiences directly into the story.

RATED: G for the whole family. Transportation provided by RPS.

**Friday, October 24 \$50 #5291-F25A**

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

**10:00pm approximate return to Rockford**

## OCTOBER: *WATER FOR ELEPHANTS* - BROADWAY GR

"Many wonders await audiences in this gorgeously imaginative Broadway musical." - The New York Times. The critically acclaimed, bestselling novel comes to "thrilling, dazzling" life (Time Out New York) in a unique, spectacle-filled new musical! Hailed as a Critic's Pick, The New York Times calls it "stunning, emotional, heart-filled and gorgeously imaginative." After losing what matters most, a young man jumps a moving train, unsure of where the road will take him, and finds a new home with the remarkable crew of a traveling circus, and a life and love beyond his wildest dreams. Seen through the eyes of his older self, his adventure becomes a poignant reminder that if you choose the ride, life can begin again at any age. RATED: PG, includes smoke, haze and gunshot sound effects. Transportation provided by RPS.

**Thursday, October 9 \$65 #5278-F25A**

**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**

## NOVEMBER: *BOOK OF MORMON* - BROADWAY GR

The New York Times calls it "the best musical of this century." The Washington Post says, "It is the kind of evening that restores your faith in musicals." And Entertainment Weekly says, "Grade A: the funniest musical of all time." Jimmy Fallon of The Tonight Show calls it "Genius. Brilliant. Phenomenal." It's *The Book of Mormon*, the nine-time Tony Award-winning Best Musical. Contains explicit language. For more information, visit: TheBookOfMormonTour.com. RATED: PG-13, contains explicit language. Transportation provided by RPS.

**Tuesday, November 4 \$65 #5283-F25A**

**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**

## JANUARY: *AIN'T MISBEHAVIN'* - CIVIC THEATRE

A saucy, sultry musical celebration of legendary jazz great, Fats Waller, *Ain't Misbehavin'* evokes the delightful humor and infectious energy of this American original as a versatile cast struts, strums and sings the songs that he made famous in a career that ranged from uptown clubs to downtown Tin Pan Alley to Hollywood and concert stages in the U.S., Canada and Europe.

RATED: PG-13 for mature themes, including some lyrics and dialogue that may contain slang or suggestive language from the time period. Transportation provided by RPS.

**Friday, January 16 \$45 #5280-F26A**

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

**10:00pm approximate return to Rockford**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.



### JANUARY: *KIMBERLY AKIMBO* - BROADWAY GR

The 2023 Tony-winner for Best Musical, based on David Lindsay-Abaire's play of the same title, revolves around a teenage girl named Kimberly Levaco who suffers from a condition that rapidly accelerates the aging process. Before she has had a chance to venture forth into the world as an adult, she finds herself turning into an old woman. Her story, unfolding like a dark fairy tale, is as whimsical as it is piercing. Yet the effect is powerfully life-affirming in the way it reminds audiences of the preciousness of the time we have at hand. Full of quirky humor and social satire on grown-up immaturity, the musical features a score that will leave you both grinning and deeply touched. RATED: PG-13, contains some strong language, crude humor, references to alcohol use, and authentic New Jersey vernacular. Transportation provided by RPS.

**Thursday, January 29 \$65 #5276-F26A**

**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**

### MARCH: & *JULIET* - BROADWAY GR

Created by the Emmy® winning writer from "*Schitt's Creek*," this hilarious new musical flips the script on the greatest love story ever told. & *Juliet* asks: what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love her way. Juliet's new story bursts to life through a playlist of pop anthems as iconic as her name, including "*Since U Been Gone*," "*Roar*," "*Baby One More Time*," "*Larger Than Life*," "*That's The Way It Is*," and "*Can't Stop the Feeling!*" all from the genius songwriter/producer behind more #1 hits than any other artist this century. Break free of the balcony scene and get into this romantic comedy that proves there's life after Romeo. The only thing tragic would be missing it. RATED: PG, includes flashing/strobe lighting, loud noises, confetti cannons, and pyrotechnics.

**Thursday, March 12 \$65 #5241-W26A**

**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**

### APRIL: *LION KING* - BROADWAY GR

Giraffes strut. Birds swoop. Gazelles leap. The entire Serengeti comes to life as never before. And as the music soars, Pride Rock slowly emerges from the mist. More than 100 million people around the world have experienced the awe-inspiring visual artistry, the unforgettable music, and the uniquely theatrical storytelling of this Broadway spectacular – one of the most breathtaking and beloved productions ever to grace the stage. Winner of six Tony Awards®, including Best Musical, *The Lion King* brings together one of the most imaginative creative teams on Broadway. Tony Award® winning director Julie Taymor brings to life a story filled with hope and adventure set against an amazing backdrop of stunning visuals. *The Lion King* also features the extraordinary work of Tony Award® winning choreographer Garth Fagan and some of Broadway's most recognizable music, crafted by Tony Award® winning artists Elton John and Tim Rice. RATED: PG. Transportation provided by RPS. Registration for *The Lion King* will close on December 1 and no refunds will be available after that date.

**Tuesday, April 14 \$93 #5279-S26A**

**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**



## Shop Til You Drop

**SHOP 'TIL YOU DROP IN CHICAGO**

Join us for a high energy, one day shopping experience on Chicago's famed Magnificent Mile. You will find world-class shopping, dining, and leisure entertainment throughout the Magnificent Mile area. There's something for everyone. With four shopping centers, world-renowned boutiques, and locally acclaimed designers, Chicago's Magnificent Mile area is a shopper's paradise. This outing is perfect for a day of retail therapy or a fun mother/daughter day enjoying the American Girl Place. This is a perfect opportunity to bring your special someone and take in lots of sightseeing with numerous historical sights, attractions, arts and culture, dining, and most importantly, the unique personality that is Chicago!

\*High activity day! Lots of walking.

**Saturday, October 11 \$80 #2149-F25A**

**No refunds after September 19th. Bus drops off and picks up at North end of Michigan Dr.**

**Motor coach transportation departs from the Rockford City Parking Lot 156 N. Main Street**

**Depart @ 7:00am – Approximate return @ 11:00pm**

# ADULT FITNESS & RECREATION

## MOXIE FITNESS - DRUM CARDIO & CORE (IS BACK!)

Get ready to ROCK your workout in this low-impact, high-fun cardio class with Revelation Wellness vibes. Drum Cardio & Core combines the energizing rhythm of drumstick cardio with targeted core exercises to strengthen your abs and improve your balance. Set to upbeat music, you'll pound to the beat, torch calories & remind yourself that moving is a GET TO, not a HAVE TO. Perfect for all fitness levels, you move in the way that works best for you. Michelle is a certified Revelation Wellness instructor, AFAA Group Fitness and Personal Trainer, and certified IIN & LiveWell Health Coach. WHAT TO BRING: Your Exercise ball, a mat, water, and wear supportive shoes

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

**RAB Gym \$64 #1489-F25A**

**Tuesdays, November 4 (6 wks) 6:30-7:30pm \*skip 11/25**

**RAB Gym \$36 #1489-F25B**

## BEGINNING ADULT FENCING

Enthusiasts of all levels will 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, our adult fencing class offers 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!

**Wednesdays, September 10 (6 wks) 7:00-8:00pm**

**GRAFA \$100 #1403-F25A**

## 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.

**THIS PASS NEVER EXPIRES!**

**Call 616.863.6322 for more information**



## 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, September 9 (1 wk) 6:30-7:30pm**

**Meadow Ridge Gym FREE #1449-F25A**

**Tuesdays, September 16 (7 wks) 6:30-7:30pm**

**Meadow Ridge Gym \$56 #1449-F25B**

**Tuesdays, November 4 (7 wks) 6:30-7:30pm**

**Meadow Ridge Gym \$56 #1449-W25A**

## 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.

**Wednesday, September 10 (1 wk) 7:00-8:00pm**

**Meadow Ridge Gym FREE #1450-F25A**

**Wednesdays, September 17 (7 wks) 7:00-8:00pm**

**Meadow Ridge Gym \$60 #1450-F25B**

**Wednesdays, November 5 (6 wks) 7:00-8:00pm**

**Meadow Ridge Gym \$51 #1450-W25A \*skip 11/26**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT**

**RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

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

# PICKLEBALL



## **ADULT 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. 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 the NRMS tennis courts.**

**\*\*Intermediate has no instruction.**

### **SESSION 1 – Mondays, September 8 (6 wks)**

**6:30-8:00pm Beginners #3205-F25A**

**8:00-9:30pm Intermediate #3205-F25B**

**NRMS Upper Gym \$48**

### **SESSION 2 – Mondays, November 3 (6 wks)**

**6:30-8:00pm Beginners #3205-F25C**

**8:00-9:30pm Intermediate #3205-F25D**

**NRMS Upper Gym \$48**

## **NEW! ADVANCED PICKLEBALL**

**ADULTS 18 & Up**

The advanced session does not require a specific skill level, but is intended for players who feel confident in their playing abilities.

**\*\*There is no instruction in this class.**

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. You will enjoy meeting new people and playing a fun and social activity. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring their paddles.

### **SESSION 1 – Tuesdays, November 4 (6 wks)**

**8:00-9:30pm #3204-W25A**

**NRMS Upper Gym \$48**

# ADULT TENNIS

Coach Katie Hunting, RSPA Professional Tennis

## **ADULT BEGINNER TENNIS CLASS**

Try something new and fun this fall season! Come laugh and learn the basics of the best lifetime sport ever! Guaranteed to make you smile and get your blood flowing! Class Maximum: 8

**Wednesdays, September 3 (5 wks) 6:30-7:30pm**

**NRMS Tennis Courts \$75 #3136-F25A**

## **ADULT INTERMEDIATE TENNIS CLASS (2.5-3.0)**

For those who already know the beginner basics, continue developing your skills while having fun participating in a variety of drills.

Class Maximum: 8

**Wednesdays, September 3 (5 wks) 7:30-8:30pm**

**NRMS Tennis Courts \$75 #3136-F25B**

# NRMS OPEN & LAP SWIM

**NORTH ROCKFORD MIDDLE SCHOOL**

**616.747.3530**

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

**Lap Swim** – Ask a Lifeguard if you would like a lane line in the water. Open Swimmers are welcome during lap swim times if space is available.

**Mondays and Wednesdays 8:00-9:00pm**

**Open Swim** – Lap Swimmers are welcome during open swim if space is available. Ask a Lifeguard if you would like a lane line put in the water.

**Tuesdays and Thursdays 8:00-9:00pm**

**Saturdays 11:00am-1:00pm**

*The NRMS pool is closed on Labor Day Break  
August 29-September 1 and Thanksgiving Break  
November 26-29.*

# 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 NRMS pool is closed on Labor Day Break  
August 29-September 1 and Thanksgiving Break  
November 26-28.*



## 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, September 2 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 #1405-F25A**

**Tuesdays, September 2 (8 wks) 6:30-7:30pm**

**Rockford United Methodist Church \$65 #1405-F25B**

**Tuesdays, October 28 (8 wks) 10:00-11:00am**

**Rockford United Methodist Church \$65 #1405-F25C**

**Tuesdays, October 28 (8 wks) 6:30-7:30pm**

**Rockford United Methodist Church \$65 #1405-F25D**

## 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, September 2 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 #1406-F25A**

**Tuesdays, September 2 (8 wks) 7:30-8:30pm**

**Rockford United Methodist Church \$65 #1406-F25B**

**Tuesdays, October 28 (8 wks) 11:00am-12:00pm**

**Rockford United Methodist Church \$65 #1406-F25C**

**Tuesdays, October 28 (8 wks) 7:30-8:30pm**

**Rockford United Methodist Church \$65 #1406-F25D**



## BEGINNING AND INTERMEDIATE ADULT GOLF LESSONS

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 6 golfers per session.

Golf Emporium 10831 14 Mile Rd NE

**Tuesdays, September 2 (4 wks) 5:00-6:00pm**

**Golf Emporium \$100 #2050-F25A**

**Tuesdays, September 2 (4 wks) 6:30-7:30pm**

**Golf Emporium \$100 #2050-F25B**

**Wednesdays, September 3 (4 wks) 9:30-10:30am**

**Golf Emporium \$100 #2050-F25C**

**Wednesdays, September 3 (4 wks) 11:00-12:00pm**

**Golf Emporium \$100 #2050-F25D**

**Wednesdays, September 3 (4 wks) 6:30-7:30pm**

**Golf Emporium \$100 #2050-F25E**

## TAE PARK ENSING - TAEKWONDO

\*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 Taekwondo class is for you! Taekwondo is a Korean martial art that uses mind and body development and develops self-confidence. Plus, it's great exercise and fun. Visit [www.ensingtkd.org](http://www.ensingtkd.org) for more information.

**Wednesdays, August 27 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-F25A**

**\$20 - 2nd family member**

**Wednesdays, October 22 (8 wks) 6:30-8:00pm**

**RAB Gym \$40 #1407-F25B**

**\$20 - 2nd family member \*skip 11/26**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT  
RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

# APTITUDE FITNESS

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

## RESTORATIVE YOGA

Embrace self-love and self-care with this restorative Hatha Yoga class, designed for all levels. This slow-paced, nurturing practice offers a gentle, supportive environment perfect for unwinding and recharging. Ideal for those seeking a calming, mindful experience, it provides time to slow down, relax, and reconnect with your body in a compassionate and soothing way.

**Sundays, September 7 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$60 #1410-F25A**

**Sundays, October 19 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$60 #1410-F25B**

## RISE AND SHINE VINYASA

Rise and Shine Vinyasa is a high-energy morning class that blends dynamic movement, breath awareness, and mindfulness to energize and uplift you for the day ahead. This invigorating flow will get your body moving, increase flexibility, and focus your mind. As always, listen to your body and modify the practice as needed to suit your unique needs. Start your day feeling strong, centered, and ready to take on whatever comes your way.

**Mon/Wed, September 8 (4 wks) 9:15-10:00am**  
**Aptitude Fitness \$95 #1482-F25A**

**Mon/Wed, October 20 (4 wks) 9:15-10:00am**  
**Aptitude Fitness \$95 #1482-F25B**

## EXPRESS BARRE

Experience a unique blend of dance, Pilates, and strength training for a dynamic full-body workout. Barre combines the elegance of dance with the toning and strength-building benefits of Pilates and strength exercises, creating an engaging and effective fitness routine. Perfect for those looking to strengthen, tone, and improve flexibility, this is a comprehensive workout in just half an hour!

**Mon/Fri, September 8 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$95 #1438-F25A**

**Mon/Fri, October 20 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$95 #1438-F25A \*skip Nov 28**

## SLOW FLOW

Focus is on deep relaxation, gentle movement, and mindful awareness. Slow down, tune into your body, and release tension through restorative poses and breathwork. With the support of props, we'll create a nurturing environment to enhance flexibility, promote healing, and restore balance. This practice is designed to soothe the nervous system and rejuvenate your spirit.

**Sundays, September 7 (6 wks) 9:00-10:00am**  
**Aptitude Fitness \$60 #1493-F25A**

**Sundays, October 19 (6 wks) 9:00-10:00am**  
**Aptitude Fitness \$60 #1493-F25B**

## 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. 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.

**Mondays, September 8 (6 wks) 6:30-7:15pm**  
**Aptitude Fitness \$60 #1435-F25A \*skip May 26**

**Mondays, October 20 (6 wks) 6:30-7:15pm**  
**Aptitude Fitness \$60 #1435-F25B**

## STRENGTH AND STRETCH

Strength & Stretch blends strength-building exercises with flexibility and stretching, offering a well-rounded approach to fitness. This versatile workout can be tailored to suit individual preferences and fitness goals, providing a balanced mix of strength training and mobility work to enhance overall performance and flexibility. Preferred weights range from 5lbs-25lbs. Shoes are optional for this class, allowing you to move freely and comfortably.

**M/W/F, September 8 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-F25A**

**M/W/F, October 6 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-F25B**

**M/W/F, November 3 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-F25C \*skip Nov 28**

## FULL BODY YOGA

This 60-minute Trauma-Informed Hatha Yoga class is designed for all levels, focusing on gentle movements, stretching, and guided breathing to promote relaxation and balance. Taught with a trauma-sensitive approach, the class recognizes and honors each participant's unique experiences, creating a safe, supportive space. Through mindful practice, you'll enhance flexibility, release tension, and cultivate a sense of well-being, all while fostering safety and peace on the mat.

**Thursdays, September 11 (6 wks) 7:00-8:00pm**  
**Aptitude Fitness \$60 #1481-F25A**

**Thursdays, October 23 (6 wks) 7:00-8:00pm**  
**Aptitude Fitness \$60 #1481-F25B**

## BARRE SATURDAYS

Barre Fitness is a fun and dynamic workout that combines the best elements of dance, Pilates, and strength training for a full-body experience. This hybrid class offers a perfect blend of grace and power, helping you tone, strengthen, and lengthen your muscles. Whether you're seeking a challenging workout or a unique way to build strength and flexibility, Barre is a great choice for a comprehensive fitness routine.

**Saturdays, September 13 (6 wks) 9:00-9:45am**  
**Aptitude Fitness \$60 #1480-F25A**

**Saturdays, October 25 (6 wks) 9:00-9:45am**  
**Aptitude Fitness \$60 #1480-F25B**



# ROCKFORD

SENIORS UNLIMITED

FALL 2025



RETURN SERVICE REQUESTED

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



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