



## 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



### HAPPY HOLIDAYS!

*An update from your Activities Coordinator, Jason Hiscock*

The holiday season brings different feelings throughout the stages of your life. As children, we remember the magic and awe that Christmas or Hanukkah inspires. The joy of a gift we had been waiting all year for, or the hug of a relative that we only get to visit once a year. As we age, it becomes about bringing joy to our own little ones and seeing the magic through their eyes. Somewhere along the line, at least for me, it can get tangled with feelings and memories of loved ones that are no longer with us. Some of the happiest times of the year for some can be painful for others. Each of us finds our own way of dealing with those emotions. For me, I find joy in helping others this time of year, because when I think of my mom, I think of how much she enjoyed doing for others. Even something as little as holding a door for a stranger or dropping a dollar in the red bucket makes me think of her. For others, it might be keeping your holiday traditions going, even if it is only for yourself. Whatever those things are for you, I hope that you get a chance to do them this holiday season. Though times have changed over the years, we can all still find little things that inspire that awe and wonder that came the first time we sat on Santa's lap or lit the Menorah. Please know that if you need a friendly visit, our next trip or event is just around the corner. Please sign up, come out, and say hi. We will all get through this together. I look forward to seeing you all again soon.

Sincerely, Jason

### SENIOR CITIZENS 60 years of age or older

We offer a **LIFETIME GOLDEN AGE PASS** which entitles you to admission to school sponsored sporting events.

*Call us at 616.863.6322 for more information.*

### MAKE YOUR OWN DOOR HANGER

Join us for a fun & creative class where you'll design a personalized door hanger that fits your style! In this hands-on workshop, we will use a wooden base on which you will have the option for gnomes with hearts (or you could change them to shamrocks), or flowers. The instructor will walk you step by step through the painting process, but you will add your own flair, choose your colors and any add ons...(or not), based on your preference and personal charm. No experience needed so come ready to relax, laugh and create! You'll leave with a personal masterpiece to keep or gift. Instructor: Michelle Pozan has been painting and crafting for over 40 years and has been offering paint parties for the past 4 years. She is excited to guide you through creating FUN ART together. NOTE: Registration will close on January 28.  
**Wednesday, February 11 6:00-8:00pm**  
**RHS \$55 #1053-W26A**



### BLOOMS IN MOTION - LAZY SUSAN PAINT WORKSHOP

Join us for a fun & creative class where you'll design a personalized Lazy Susan that fits your style! In this hands-on workshop, we will paint a Lazy Susan (style may vary) in options of a sunflower in a teacup or blooms to brighten up your kitchen. The instructor will walk you step by step through the painting process, but you will add your own flair, choose your colors and any add ons...(or not), based on your preference and personal charm. No experience needed so come ready to relax, laugh and create! You'll leave with a personal masterpiece to keep or gift. Instructor: Michelle Pozan has been painting and crafting for over 40 years and has been offering paint parties for the past 4 years. She is excited to guide you through creating FUN ART together. NOTE: Registration will close on March 6.  
**Wednesday, March 25 6:00-8:00pm**  
**RHS \$60 #1054-W26A**



Find us on



ROCKFORD COMMUNITY SERVICES

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

*Registration using a computer or tablet is preferred.*



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

**JANUARY 20, 2026**

***LONG WAY HOME***

BY SHELBY VAN PELT

**FEBRUARY 17, 2026**

***BEYOND THAT, THE SEA***

BY LAURA SPENCE-ASH

**MARCH 17, 2026**

***WAYS WE HIDE***

BY KRISTINA MCMORRIS

**APRIL 21, 2026**

***EXILES***

BY CHRISTINA BAKER KLINE

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



## BEGINNING WATERCOLOR PAINTING

Join this class to learn methods & techniques of watercolor painting. Demonstration given for each painting with individual attention. We will discuss composition, color choice, brushes and brush control for each painting. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. She has taken art classes at Macomb Community College followed by classes at New York Botanical Gardens (illustration). 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 - yet watercolor remains her favorite. She enjoys the diversity of watercolor and the illustration challenges that it offers. She looks forward to sharing her passion while teaching others.

**Thursday, January 22 6:00-8:00pm**

**RHS \$35 #1227-W26A Theme: Woodland Mushrooms**

**Thursday, February 19 6:00-8:00pm**

**RHS \$35 #1227-W26B Theme: Mountain Landscape**

**Thursday, March 19 6:00-8:00pm**

**RHS \$35 #1227-W26C Theme: Frogs**

## IMPORTANT NOTICE: LOCATION CHANGES FOR 2026

Bingo, Lunch & Learn, and Quilts of Valor will all be moving from their previous location at the Community Cabin to the Rockford Administration Building, located at 350 N. Main St.

Culture Club bus pick-up and drop-off location will move from the City of Rockford Parking lot (156 N. Main St.) to the Rockford Administration Building Parking Lot (350 N. Main St.) for our evening performances.

## ROCKFORD CIVIC SYMPHONY

Are you looking for your musical family? Is it time to dust off your violin or trombone? If so, the Rockford Civic Symphony welcomes musicians of various skill levels and ages to play and learn through the shared experience of orchestral music. Membership is open to all persons who possess the skill necessary to perform standard orchestral literature. There is no audition required to join. We are always interested in expanding our string sections. Our group also includes percussion, brass and woodwind sections. Please contact us for openings in these sections at [rockfordcivicsymphony@gmail.com](mailto:rockfordcivicsymphony@gmail.com). We will play one concert in the spring and give a performance at a senior living facility. Conductor: John Reikow is the retired Director of Orchestras for the Holland Public Schools and Director of the Holland High School Orchestra. He plays cello in the Holland Symphony as well.

**Tuesdays, January 13 (16 wks) 7:00-9:00pm**

**NRMS \$59 #1901-W26A**

## 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 during the semester. In addition to concerts at local venues, this ensemble also performs a shared concert with other Rockford community ensembles. The Rockford Community Band is 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 applied saxophone, conducting, and music education. Dr. Engle is deeply committed to service that inspires rich musical involvement in the lives of others. She is also director of Calvin's Knollcrest Music Camp (a summer program for middle and high school students) and regularly serves as a clinician with various school ensembles throughout the West Michigan area.

**Mondays, January 5 (22 wks) 7:00-9:00pm**

**ERMS \$59 #1900-W26A \*skip 2/16, 4/6 and 5/25**

## 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**

**January 26, February 23, and March 30**



## 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, January 6 6:30-8:30pm**  
**RFC \$10 #2160-W26A**

**Thursday, January 22 6:30-8:30pm**  
**RFC \$10 #2160-W26B**

**Tuesday, February 3 6:30-8:30pm**  
**RFC \$10 #2160-W26C**

**Thursday, February 19 6:30-8:30pm**  
**RFC \$10 #2160-W26D**

**Tuesday, March 3 6:30-8:30pm**  
**RFC \$10 #2160-W26E**

**Thursday, March 19 6:30-8:30pm**  
**RFC \$10 #2160-W26F**



## 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.

**Tuesday, February 17 6:30-8:00pm**  
**RFC FREE #1337-W26A**

## 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.

**Tuesday, February 24 6:30-8:00pm**  
**RFC FREE #1338-W26A**

You are invited to join Rockford Community Services on our

# Annual Brown Bag Tour to Amish Country

**MONDAY, JUNE 1, 2026 | \$115 #5240-S26A**



Travel by motorcoach to Northern Indiana for the day! At each tour stop, you will receive a free gift to fill your Brown Bag (bag provided by the tour guide). Be aware that some stops will only accept cash for purchases. Our itinerary this year includes stops at Rise and Roll Bakery, Dutch Country Market, Ben's Pretzels, Davis Mercantile, Yoder's Meat and Cheese, E & S Bulk Foods, and dinner at The Carriage House home. Join us for this fun-filled day, experiencing some of the wonderful places Shipshewana and the beautiful Amish community have to offer. Price includes transportation, a tour, gifts, tips, and a full-dinner experience in an Amish home. This is a very active day! Transportation provided by Great Lakes Motorcoach. Activity level: HIGH.

**Monday, June 1 \$115 #5240-S26A**

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

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

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

## TECHNOLOGY ASSISTANCE AVAILABLE

The following tech assistance 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.

### WHERE'S MY STUFF?

Are you having trouble locating your files or finding that your photos are disorganized and difficult to manage? If so, it's time to get organized! We will cover the basics of file structure, including how to set up a system that works for you and how to maintain it over time. By implementing a clear and consistent file organization method, you will be able to easily find your documents and keep your digital life in order. (Pre-registration is required.)

**Tuesday, January 27 11:00am**

**RAB \$12 #3414-W26A**

### COMMUNICATION IN THE DIGITAL AGE

Email, text, video calling, FaceTime, Facebook, Messenger, and more! Staying in touch with our family and friends electronically can be overwhelming. We will discuss many popular forms of electronic communication and how to navigate them.

(Pre-registration is required.)

**Tuesday, April 28 11:00am**

**RAB \$12 #3414-W26B**

### 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 at 616.863.6322 to get a time and what information you need. NOT COVERED: desktop computers, any kind of networking, or wireless printers. (Pre-registration is required, and time will be assigned when you register.)

**Tuesday, January 27**

**RAB \$25 #3416-W26A**

**Tuesday, April 28**

**RAB \$25 #3416-W26B**

Rockford Community Services

## TEACHERS NEEDED!

**No special training necessary - just your talent!**

We are always looking for instructors for our Community Services enrichment program. If you wish to share your skill or knowledge in a particular area, consider teaching a Community Services enrichment class.

*Please call Jason, Julie or Chris at  
616.863.6322 for more information.*

## LUNCH & LEARN

**\*THERE IS  
NO LUNCH & LEARN  
IN JANUARY OR  
FEBRUARY**

### MARCH - ALL-STAR ATHLETES AND ASTRONAUTS

Presented by Caroline Cook. The history & evidence of “sports” extend as far back as cave drawings. Locally, who are our most famous athletes...those persons who are most proficient in sports and other forms of physical exercise? Who amongst us are Olympic athletes? Astronauts? Caroline will use audio, video, and storytelling to visit places & hear stories that remind us of these inspiring heroes, past and present. Just do it! Enjoy lunch provided by Rockford Food Services (menu varies) and camaraderie with fellow community members as you immerse yourself in the knowledge of Caroline Cook. (Pre-registration is required.)

**Friday, March 20 \$10 #5261-W26A**

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm.**

**RAB 350 N. Main St.**

### APRIL - LIFE AND TIMES OF A PROFESSIONAL HONEY BEE

Presented by Steve Hummel. In the United States, approximately 1/3 of all of our food is dependent on pollination. And about 1/3 of that pollination is performed by commercial beekeepers. Now the pollinators appear to be under attack. Viruses, mites, loss of habitat, changes in climate, pesticides, and the fallout from cheap imported honey are threatening our food supply in very real ways. Save The Bloom is dedicated to helping the pollinators in 3 basic ways: legislation support, habitat protection and restoration, and promoting “craft honey” as a concept. Our talk will touch on all of these areas as well as the wild business of transporting honey bees, how we've seen the industry suffer, and the ways we try to help. Enjoy lunch provided by Rockford Food Services (menu varies) and stay to be entertained with the vast honey bee knowledge of Steve Hummel from Save the Bloom. (Pre-registration is required.)

**Friday, April 24 \$10 #5263-W26A**

**Doors open 11:45am, lunch 12:00pm, presentation 12:30pm.**

**RAB 350 N. Main St.**

## 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)

# 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, February 12 \$15 #1650-W26A**

**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, April 23 \$15 #1650-W26B**

**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**

## FEBRUARY - 4TH ANNUAL GALENTINE'S BRUNCH

Looking for something fun to do? Want to meet other 55+ ladies in the area? Join us for our 4th annual GALEntine's Brunch. Many people have a love-hate relationship with Valentine's Day, as there's often a sense that it's only for people who are romantically paired, which can make it feel rooted in exclusion. However, this just sets the stage perfectly for Galentine's Day. That's right, Galentine's Day, a day for women to celebrate their friendships with their lady friends. It's Valentine's Day with your gals! This year, we will be traveling to the amazing Brunch House GR in Grand Rapids to enjoy a delicious brunch (paid on your own) in their cozy atmosphere. Everyone will get a little swag bag! Grab a girlfriend or come solo, it doesn't matter! It is going to be a great time! Transportation provided by RPS. Activity level: LOW. Transportation provided by Rockford Public Schools. Activity level: LOW.

**Wednesday, February 11 \$15 #1414-W26A**

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

## MARCH - ST. PATTY'S DAY LUNCH

Meet at the historic Rockford Corner Bar for a fun-filled lunch with Irish fun and activities. The Corner Bar is not a traditional Irish Pub, but everyone can be Irish today! Bring your appetite and be ready to party! Food and soft drinks provided. Any alcoholic beverages would be extra. Activity level: LOW. No transportation provided. (Pre-registration is required.)

**Tuesday, March 17 \$35 #1771-W26A**

**11:00am-12:30pm The Corner Bar, 31 N Main St.**

## APRIL - CEDAR SPRINGS TRIP

Join us for a fun day shopping with access to a few different vintage/thrift stores and enjoy lunch at Cedar Springs Brewery with a special \$10 lunch menu (paid on your own). Found & Forged Market, The Rustic Roof, Cookies Collectibles and Sundries, and Cedar Chest Resale Shop are all within walking distance to the Brewery. Transportation provided by Rockford Public Schools. Activity level: HIGH.

**Thursday, April 30 \$10 #5177-W26A**

**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**



## BINGO

Rockford Administration Building  
Located at 350 N. Main Street, Rockford  
2nd Friday 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.*

***\*THERE IS NO BINGO IN JANUARY OR FEBRUARY***

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

***2nd Friday of the month 1:00pm  
March 13, April 17***



# CULTURE CLUB EVENTS



## 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-W26A**

**6:30pm departure from RAB (Community Services) parking lot, 350 N. Main Street.**

**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 RAB (Community Services) parking lot, 350 N. Main Street.**

**10:30pm approximate return to Rockford**

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT  
RPS.DIGITALSIGNUP.COM**

Registration using a computer or tablet is preferred.

## MAY: *DIAL M FOR MURDER* - CIVIC THEATRE

A new version of the celebrated murder mystery that inspired Hitchcock's masterpiece! Tony is convinced that his wife, Margot, has been cheating on him. Now it seems that the affair is over, but in his jealousy, Tony spins a web of suspicion and deception that will tighten around them and ensnare them both in danger, recrimination, and murder. Adaptation by Jeffrey Hatcher. RATED: PG for mature situations. Transportation provided by RPS.

**Friday, May 1 \$50 #5221-S26A**

**6:30pm departure from RAB (Community Services) parking lot, 350 N. Main Street.**

**10:30pm approximate return to Rockford**

## JUNE: *LEGALLY BLOND* - CIVIC THEATRE

A fabulously fun and award-winning musical based on the adored movie, *Legally Blonde: The Musical*, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams at Harvard Law.

RATED: PG-13 for suggestive language, references, and innuendo. Transportation provided by RPS.

**Friday, June 10 \$50 #5218-S26A**

**6:30pm departure from RAB (Community Services) parking lot, 350 N. Main Street.**

**10:30pm approximate return to Rockford**

## JUNE: *THE OUTSIDERS* - BROADWAY GR

The winner of the 2024 Tony Award® for Best Musical is *The Outsiders*. In Tulsa, Oklahoma, 1967, Ponyboy Curtis, his best friend Johnny Cade and their Greaser family of 'outsiders' battle with their affluent rivals, the Socs. *The Outsiders* navigates the complexities of self-discovery as the Greasers dream about who they want to become in a world that may never accept them. With a dynamic original score, *The Outsiders* is a story of friendship, family, belonging... and the realization that there is still "lots of good in the world." RATED: PG This production uses flashing lights, periods of darkness, loud noises, theatrical haze, and herbal cigarettes. Transportation provided by RPS.

**Thursday, June 11 \$65 #5230-S26A**

**6:30pm departure from RAB (Community Services) parking lot, 350 N. Main Street.**

**10:30pm approximate return to Rockford**

## JULY: *THE GREAT GATSBY* - BROADWAY GR

*The Great Gatsby* is a Broadway extravaganza based on the classic American novel by F. Scott Fitzgerald. The Tony Award®-winning new musical is an unforgettable journey of love, wealth, and tragedy that brings the Roaring Twenties to life on stage. Directed by Marc Bruni, this story of extravagance and longing features choreography by Dominique Kelley. RATED: PG. Transportation provided by RPS.

**Tuesday, July 21 \$65 #5292-S26A**

**6:30pm departure from RAB (Community Services) parking lot, 350 N. Main Street.**

**10:30pm approximate return to Rockford**



**Quilts of Valor**  
Quilting to Honor & Comfort

## JOIN US AND BECOME A PART OF QUILTS OF VALOR!

**\*THERE IS  
NO QUILTS  
OF VALOR IN  
FEBRUARY**

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 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, 1:00-3:00pm**  
**RAB, 350 N. Main St, Rockford**

## FITNESS & RECREATION

### BACKPACKING BASICS

Have you ever dreamed of really exploring nature by backpacking to amazing destinations that you can only experience by hiking? Learn the basics of backpacking so you can enjoy some incredible experiences. We will review local, regional and national destinations, how to plan and prepare, essential items to bring, tasty food that is easy to prepare, selecting a day pack and an overnight/extended trip pack as well as how to pack your backpack. Life is an adventure, and the beautiful outdoors is waiting for you to explore it. Instructor: Don Bratt is an avid outdoor enthusiast and adventurer who loves sharing his knowledge and experiences so others can enjoy all that nature has to offer. Don has backpacked portions of the John Muir Trail, Glacier National Park, Isle Royale National Park, The Grand Canyon, Lake Superior Provincial Park (Canada), Apostle Islands, Porcupine Mountains Wilderness State Park, and North & South Manitou Islands. Recently retired as the CMO of Lake Michigan Credit Union (LMCU), Don looks forward to many adventures with his wife, three children and six grandchildren. Discover and enjoy the beautiful outdoors by learning backpacking basics.

**Tuesdays, January 20 (2 wks) 6:30-8:00pm**

**RAB \$10 #1018-W26A**

### BEGINNING ADULT FENCING

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

Class held at Grand Rapids Area Fencing Academy (GRAFA)  
1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

**Wednesdays, February 25 (6 wks) 7:00-8:00pm**

**GRAFA \$100 #1403-W26B**

Find us on



ROCKFORD COMMUNITY SERVICES

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

Registration using a computer or tablet is preferred.



## **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!

Instructor: Monica Sanders.

**Tuesday, January 6 (1 wk) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym FREE #1449-W26A**

**Tuesdays, January 13 (7 wks) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym \$56 #1449-W26B**

**Tuesdays, March 10 (7 wks) 6:30-7:30pm**  
**Meadow Ridge Elementary Gym \$56 #1449-S26A \*skip 4/7**

## **WERQ FITNESS: ZUMBA**

Zumba® is an exciting, effective, and fun Latin-inspired dance fitness party helping millions of people on their way to healthier and happier lives. Zumba combines Latin rhythms and easy-to-follow dance and fitness moves for an exciting hour of calorie-burning and body-energizing fun! We take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Zumba combines all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. No dance experience is necessary! Just come ready to move, sweat and have a GREAT time! Instructor: Monica Sanders.

**Thursday, January 8 (1 wk) 7:00-8:00pm**  
**RAB Cafeteria FREE #1451-W26A**

**Thursdays, January 15 (7 wks) 7:00-8:00pm**  
**RAB Cafeteria \$56 #1451-W26B**

**Thursdays, March 12 (7 wks) 7:00-8:00pm**  
**Meadow Ridge Elementary Gym \$56 #1451-S26A \*skip 4/2 & 4/9**

## **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 Sanders. Monica is an AFAA Certified Group Fitness Instructor and has been teaching a variety of fitness classes in the greater Grand Rapids area since 2010.

**Wednesday, January 7 (1 wk) 7:00-8:00pm**  
**Meadow Ridge Elementary Gym FREE #1450-W26A**

**Wednesdays, January 14 (7 wks) 7:00-8:00pm**  
**Meadow Ridge Elementary Gym \$60 #1450-W26B**

**Wednesdays, March 11 (7 wks) 7:00-8:00pm**  
**Meadow Ridge Elementary Gym \$60 #1450-S26A \*skip 4/8**



## **BEGINNING TAI CHI CHUAN**

Tai Chi Chuan is the Chinese system of slow meditative physical exercise designed for relaxation and improving your balance and health. For adults of all ages. Promotes a comfortable and enjoyable way to learn the very basic movements. A highly significant factor to mention in the growing interest in Tai Chi is the ongoing biomedical research that shows many positive effects on brain activity and other health benefits. Instructor: Ruth Kizer, 25-year Level 4 Certified. Instructor: Cheryl Medvedenko, Level 4 Certified. Please wear comfortable clothes and shoes.

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

**Tuesdays, January 6 (8 wks) 10:00-11:00am**  
**Rockford United Methodist Church \$65 #1405-W26A**

**Tuesdays, January 6 (8 wks) 6:30-7:30pm**  
**Rockford United Methodist Church \$65 #1405-W26B**

**Tuesdays, March 10 (8 wks) 10:00-11:00am**  
**Rockford United Methodist Church \$65 #1405-S26A \*skip 4/7**

**Tuesdays, March 10 (8 wks) 6:30-7:30pm**  
**Rockford United Methodist Church \$65 #1405-S26B \*skip 4/7**

## **CONTINUING TAI CHI CHUAN**

For students who have completed the beginner-level class and are committed to a deeper level of study, this class invites you to a better understanding of the principles of movement. With the encouragement of fellow students and instruction from your teacher, this fascinating art form gives you great value for the time invested in your ongoing health, including physical, emotional, and mental.

Instructor: Ruth Kizer, 25-year Level 4 Certified.

Instructor: Cheryl Medvedenko, Level 4 Certified.

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

**Tuesdays, January 6 (8 wks) 11:00am-12:00pm**  
**Rockford United Methodist Church \$65 #1406-W26A**

**Tuesdays, January 6 (8 wks) 7:30-8:30pm**  
**Rockford United Methodist Church \$65 #1406-W26B**

**Tuesdays, March 10 (8 wks) 11:00am-12:00pm**  
**Rockford United Methodist Church \$65 #1406-S26A \*skip 4/7**

**Tuesdays, March 10 (8 wks) 7:30-8:30pm**  
**Rockford United Methodist Church \$65 #1406-S26B \*skip 4/7**

# 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, January 11 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$60 #1410-W26A**

**Sundays, February 22 (6 wks) 6:00-7:00pm**  
**Aptitude Fitness \$60 #1410-W26B**

## 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.

**Tuesdays, January 13 (6 wks) 7:00-8:00pm**  
**Aptitude Fitness \$60 #1481-W26A**

**Tuesdays, February 24 (6 wks) 7:00-8:00pm**  
**Aptitude Fitness \$60 #1481-W26B**

## CHAIR YOGA

Chair Yoga is a versatile practice suitable for everyone. In this class, you'll use the support of a chair to safely flow into yoga poses, move, and focus on your breath. The benefits of chair yoga include improved mobility, increased strength, enhanced flexibility, reduced stress, pain relief, and a clear mind. This gentle yet effective practice helps you feel stronger, more relaxed, and centered, making it perfect for all fitness levels. \*Chairs provided\*

**Mondays, January 12 (6 wks) 10:15-11:00am**  
**Aptitude Fitness \$60 #1441-W26A**

**Mondays, February 23 (6 wks) 10:15-11:00am**  
**Aptitude Fitness \$60 #1441-W26B**

## 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/Wednesdays, January 12 (6 wks) 6:30-7:15pm**  
**Aptitude Fitness \$75 #1435-W26A**

**Mondays/Wednesdays, February 23 (6 wks) 6:30-7:15pm**  
**Aptitude Fitness \$75 #1435-W26B**

## 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.

**Wednesdays/Fridays, January 14 (4 wks) 9:15-10:00am**  
**Aptitude Fitness \$75 #1482-W26A**

**Wednesdays/Fridays, February 11 (4 wks) 9:15-10:00am**  
**Aptitude Fitness \$75 #1482-W26B**

**Wednesdays/Fridays, March 11 (4 wks) 9:15-10:00am**  
**Aptitude Fitness \$75 #1482-W26C**

## APTITUDE STRENGTH AND STRETCH M/W/F

Half the battle is just showing up, let us take care of the rest. Sculpt, tone, and strengthen your entire body. Discover new exercises to challenge yourself using body weight, resistance bands, and free weights for total body sculpting. We will strengthen + stretch our muscles using yoga-inspired postures and breathing techniques designed to tone your whole body.

**M/W/F, January 12 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W26A**

**M/W/F, February 9 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W26B**

**M/W/F, March 9 (4 wks) 5:30-6:15am**  
**Aptitude Fitness \$95 #1467-W26C**

## EXPRESS BARRE

In this 30-minute Barre class, you'll 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 class offers a comprehensive workout in just half an hour!

**Mon/Wed/Fri, January 12 (4 wks) 8:30-9:00am**  
**Aptitude Fitness \$75 #1438-W26A**

**Mon/Wed/Fri, February 9 (4 wks) 8:30-9:00am**  
**Aptitude Fitness \$75 #1438-W26B**

**Mon/Wed/Fri, March 9 (4 wks) 8:30-9:00am**  
**Aptitude Fitness \$75 #1438-W26C**

## BUTT AND GUTS - SATURDAYS

This 30-minute class is designed to strengthen and tone your abs and lower body, including your legs and glutes. Through low-impact, high-energy bodyweight circuits, we'll target your glutes, quads, hamstrings, and core. Join us for a fun, effective workout that sculpts and tones from head to toe!

**Saturdays, January 17 (6 wks) 8:30-9:00am**  
**Aptitude Fitness \$60 #1469-W26A**

**Saturdays, February 28 (5 wks) 8:30-9:00am**  
**Aptitude Fitness \$60 #1469-W26B**

# 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 during Christmas Break  
December 20 - January 3 and Spring Break April 2-10.*

# 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 during Christmas Break December  
22 - January 2 and Spring Break April 2-10.*

Find us on ROCKFORD COMMUNITY SERVICES



**REGISTER AT  
RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*



## ENHANCEFITNESS

North Kent Presbyterian  
6175 Kuttshill Dr NE, Rockford, MI 49341



Get one hour of physical activity all while having fun! The EnhanceFitness program is designed specifically for older adults!

### Date & Time

- Monday, Wednesday, and Friday at 9:15 am
- Bring water and wear good shoes and comfortable clothes.
- Drop in, registration not required

### Focus On:

- Strengthening
- Balance
- Endurance
- Flexibility
- Fun!

### This Class is:

- ✓ Offered at no cost, donations accepted
- ✓ Covered by One Pass and SilverSneakers benefits
- ✓ Great for older adults of any ability.

### Questions?

For more information on this program, call Julie Lake

616-233-0283



# PICKLEBALL

**ADULT PICKLEBALL** Ages 18 & up.

Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong. It brings together people from all athletic backgrounds. Whether you're a beginner or an experienced player, the rules are simple and the game is easy for beginners to learn. Participants should wear comfortable/athletic clothing and tennis/gym shoes and bring paddles. Maximum of 20 participants per session. Intermediate has no instruction.

**Mondays (6 wks) NRMS Upper Gym \$48**

**\*skip 2/16, 3/9 and 4/6**

**SESSION 1 – January 12 (6 wks)**

**6:30-8:00pm Beginners #3205-W26A**

**8:00-9:30pm Intermediate #3205-W26B**

**SESSION 2 – March 2 (6 wks)**

**6:30-8:00pm Beginners #3205-S26A**

**8:00-9:30pm Intermediate #3205-S26B**

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



# ROCKFORD

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# 2026

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