



## Rockford Public Schools

### WEATHER CANCELLATIONS: www.rockfordschools.org

When Rockford Public Schools are closed or dismissed early due to bad weather, Rockford Community Services activities will also be canceled.

### ACTIVITY LEVELS

Look for our Activity Levels in our newsletters to indicate the level of physical activity required to participate.

**LOW:** Low Activity Level, Handicapped accessibility

**MEDIUM:** Medium Activity Level, including a moderate amount of walking, may include a few stairs or hills. Handicapped accessibility is limited.

**HIGH:** High Activity Level, requiring a high amount of walking, including stairs. Handicapped accessibility not readily available.

### HELPFUL PHONE NUMBERS

Area Agency on Aging 616.456.5664

Medicare 1.800.medicare

Senior Meals Program – If you are interested in assistance with your meals, please call 616.459.3111

North Kent Connect 616.866.3478

Senior Transportation for the Rockford area

Ride Link 616.774.1288 or 866.425.3848

Hope Network Transportation 616.243.0876

Good Samaritans 616.217.6973

Senior Neighbors 616.459.6019

Access Kent 616.632.7590

### CLASS LOCATIONS

RAB - Rockford Administration Building

RFC - Rockford Freshman Center

NRMS - North Rockford Middle School

ERMS - East Rockford Middle School

RHS - Rockford High School



## COORDINATOR'S CORNER

### LOOKING AHEAD

*An update from our Activities Coordinator,  
Jason Hiscock*



Jason Hiscock

I have had such a great time getting to know everyone over the last year. Thank you all for welcoming me and being patient with me as I learn how everything works. I hope everyone has found something fun they wanted to attend. Our Culture Club events seem to be a hit! We have seen some great performances and I am getting spoiled by being dropped off at the theatre door. I may never want to look for parking and navigate GR in the dark again! I will continue to set up more as the 2025-2026 schedules come out. Thank you to all who have ventured out with us for an evening.

Looking ahead, I hope that many of you will enjoy a new event called Musical Mondays. This event will occur on the same day as Bingo at the Rockford Community Cabin from 10am-12pm (Cabin will close at 12:00pm and re-open for Bingo at 1pm). There will be live performer(s) playing all kinds of music. Performers play a mix of country, rock and roll, and oldies, but all are guaranteed to provide a toe tapping good time. Come out and enjoy the music together, sing along, or dance away! I have two dates set up that are sign-in and pay \$2 at the door to see if this is something we should add full-time next school year.

See you out soon!  
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.*

## 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.

## INTERNATIONAL TRAVEL WORKSHOP

Planning an international trip? Don't know where to start? We will cover all the aspects of pre-trip planning: where to go, when to go, money matters, transport options, tour or not to tour, map it, health/insurance needs, and best deals! **BRING** a notebook, a pen and your list of **QUESTIONS!** This is a **WORKSHOP!** We'll do a trial trip **MAP!**

**Tuesday, April 29 6:30-8:00pm**  
**RHS \$8 #1030-S25A**

## VOLUNTEER TRAVEL

Ever wanted to experience life in a foreign country as a 'participant' rather than just a 'tourist'? There are many opportunities to travel and volunteer overseas...for **ALL** ages, all budgets, all interests. We will cover short term vs. long term, pay to volunteer vs. volunteer in exchange for room/board/food.

**Tuesday, May 20 6:30-8:00pm**  
**RHS \$8 #1030-S25B**

## BEGINNING WATERCOLOR PAINTING

Get started with how to use watercolor paint, materials, methods and applications. No experience or talent required - learn techniques and take home your project the same day. All materials are supplied. Instructor: Debby Reese is a self-taught artist practicing her craft for over 30 years. Her basic knowledge started with art classes at Macomb Community College followed by classes at New York Botanical Gardens art studies. She received more instruction at the Flint Institute of Art, Grosse Pointe Art Association and Birmingham Bloomfield Art Center. She has learned a variety of art applications from drawing to acrylic painting, print making and pastels, while always continuing with watercolor.

**Thursday, May 15 6:00-8:00pm**  
**RHS \$38 #1227-S25A**

**Project: Acrylic Flowers on a canvas tote bag**

**Thursday, June 12 10:00am-12:00pm**  
**RHS \$35 #1227-U25A**

**Project: Watercolor Basics/Paint a Color Wheel**

**Thursday, June 26 10:00am-12:00pm**  
**RHS \$35 #1227-U25B**

**Project: Summertime Gnomes**

**Thursday, July 17 10:00am-12:00pm**  
**RHS \$35 #1227-U25C**

**Project: Birch Trees**

## STEP BY STEP PAINTING PARTIES

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

## HUMMINGBIRD PAINT PARTY

Paint a Floral Hummingbird on a 16x20 canvas using acrylic paints. The hummingbird will be lightly pre-sketches for you. Perfect for Mother's Day! Come have fun and paint with us!

**Monday, May 12 6:00-8:00pm**  
**RHS \$47 #1229-S25A**

## SUNSET SAILING PAINT PARTY

Paint a Sunset Sailing painting on a 16x20 canvas using acrylic paints. Come have fun and paint with us!

**Tuesday, July 8 12:00-2:00pm**  
**RHS \$47 #1229-U25B**

## SUMMERS IN THE MITTEN PAINT PARTY

Paint a Summers in the Mitten beach theme painting on a 16x20 canvas using acrylic paints. The state of Michigan will be lightly pre-sketches for you. Come have fun and paint with us!

**Tuesday, July 22 12:00-2:00pm**  
**RHS \$47 #1229-U25A**

# COMMUNITY CABIN LUNCH & LEARN

## RESHAPING THE FLOW: MAKING THE GREAT LAKES NAVIGATIONAL HIGHWAY

Presented by Matthew Daley.

What does it take to get 200 million tons of cargo 2,340 miles from the Atlantic Ocean to ports in Chicago and Duluth every year? The Soo Locks, the Livingstone Channel, Gary Harbor, and the Welland Canal are all major pieces of the Great Lakes bulk freight network from Lake Superior to Lake Ontario. This presentation examines the work to create the harbors, the locks and channels, the loading and unloading equipment, and the managerial structure necessary for a complex navigation system. Mr. Daley is a History Professor at Grand Valley State University, a published author, and the Vice President of the Grand Rapids Historical Society. Please come to prattle with community friends over lunch provided by Rockford Food Services (menu varies) and stay entertained by Matthew Daley's intriguing historical stories.

**Monday, May 19 \$10 #5263-S25A**

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

**Rockford Community Cabin, 220 N. Monroe St.**

**Pre-registration is required.**

# OUT TO LUNCH BUNCH

## APRIL- ANTIQUES ON CENTURY

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

**Wednesday, April 23 \$15 #1055-S25A**

**9:45am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
1:30pm approximate return to Rockford.**

## APRIL & MAY- GUN LAKE CASINO

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

**Friday, April 25 \$15 #1650-S25A and**

**Friday, May 16 \$15 #1650-S25B**

**9:00am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
1:30pm approximate return to Rockford.**

## MAY- HERITAGE HILL HOME TOUR

57th annual Heritage Hill Weekend Tour of Homes welcomes you to their historic Heritage Hill neighborhood, one of the country's largest urban historic districts recognized by the National Register of Historic Places. More than 1,300 homes stand within the boundaries of Heritage Hill and date back to 1843. Nearly every style of American architecture, from Greek Revival to Prairie, is represented in the district. At the turn of the century, this was the city's most prestigious residential area. Each year, a different lineup of 6-7 private homes and 1-2 historic buildings are open, each with a unique story. During the tour, guides stationed at each house will share information and highlight special features. An array of architecture, decorating styles, and urban gardens await you. Included is a ticket to the tour that is good all weekend and a bus ride to and from Heritage Hill. Transportation is provided by RPS. Activity level: HIGH.

**Sunday, May 18 \$37 #1421-S25A**

**10:30am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
4:00pm approximate return to Rockford.**

## JUNE- LIGHTHOUSE TOUR

Visit seven breathtaking lighthouses in this scenic trip along Michigan's beautiful west coast. Our tour will start in Holland to see Big Red, and then travel north along Lake Michigan visiting Grand Haven Lighthouse, Muskegon South Pierhead Lighthouse, White River Light Station, Little Sable Point Lighthouse, Ludington North Breakwater, and Big Sable Lighthouse along the way. We will plan on approx. 30 min per lighthouse and a stop for lunch along the way. Some of the lighthouses will be open for tours. A full list of available lighthouse tours (at an additional cost) will be available to registrants prior to departing on day of trip. Transportation provided by Great Lakes Motorcoach. Activity Level: HIGH.

**Friday, June 20 \$80 #1375-S25A**

**7:00am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
7:00pm approximate return to Rockford.**

## AUGUST- SAUGATUCK ANTIQUES, BREWERY, AND PADDLE WHEEL

Travel by motorcoach to Saugatuck for the day! We will start our day at the Lakeshore Antique Trails largest store, The Saugatuck Antique Pavilion. After wandering the aisles for treasures, we will grab a bite to eat (food is on your own) at the Saugatuck Brewery next door (you will receive 10% off food bill for shopping). Next, our charter chariot will take us to the Star of Saugatuck, an authentic sternwheel paddleboat. Our 90-minute trip will take us up the Kalamazoo River to Lake Michigan and back. The price includes bus transportation, boat tickets, and tips. Transportation provided by Great Lakes Motorcoach. Activity Level: MED.

**Wednesday, August 27 \$85 #5232-F25A**

**9:00am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
5:30pm approximate return to Rockford.**

## SEPTEMBER- IKEA AND TANGER OUTLETS

Have you ever wanted to spend time leisurely strolling the amazing aisles of IKEA in Canton, Michigan, and the stores of the Tanger Outlet Mall in Brighton? Join us for a full shopping day trip! We will start our day at IKEA at approximately 10:00am. Enjoy lunch in their onsite restaurant! Then we depart from IKEA at 1:00pm to head over to the Tanger outlets in Brighton. Enjoy browsing their wonderful shops until we leave at 4:00pm to head back to Rockford. There will be plenty of under bus storage space for all your purchases-don't you worry! Transportation provided by Great Lakes Motorcoach. Activity level: HIGH.

**Thursday, September 18 \$60 #2242-F25A**

**8:00am departure from Rockford's city parking lot  
156 N. Main Street (south of the Shoe Depot parking lot).  
7:30pm approximate return to Rockford.**

Find us on



ROCKFORD COMMUNITY SERVICES

**REGISTER AT  
RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

## TECHNOLOGY ASSISTANCE NOW 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 which is located at 350 N. Main Street.

### HOLLY'S TECH TALK - MANAGING YOUR INBOX

Are you overwhelmed by all the junk email you receive? Is your inbox overflowing and out of control? Have you thought about ditching an AOL address and upgrading to something new? If you want to learn how to clean up the mess for good, this class is for you!

**Tuesday, April 22 10:00am**

**RAB \$12 #3414-S25A**

**Pre-registration is required.**

### HOLLY'S TECH TALK - STAYING SAFE ONLINE

Nervous about getting hacked, having your identity stolen, or accidentally ending up on a spam list? Are robocalls and solicitors driving you crazy? We will discuss how to spot scams and stay safe when using your phone, tablet, and computer.

**Tuesday, May 27 10:00am**

**RAB \$12 #3414-S25B**

**Pre-registration is required.**

### HOLLY'S TECH TIME

Holly is also offering (4) 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. NOT COVERED: desktop computers, any kind of networking, or wireless printers.

**Tuesday, April 22 11:00am, 11:30am, 12:00pm, 12:30pm**

**RAB \$25 #3416-S25A**

**Pre-registration is required.**

**Tuesday, May 27 11:00am, 11:30am, 12:00pm, 12:30pm**

**RAB \$25 #3416-S25B**

**Pre-registration is required.**

## 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**

**4/28/25, 10:00am-12:00pm**

**Next appointments will be in September.**



*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 monthly to work together on a quilt that will be awarded to a service member. We welcome anyone with a little sewing experience. If you don't sew, we can still use help in cutting and preparing fabric that will be used in our quilt. You also may be interested in donating fabric for our quilts. We hope to see you there!

**Third Monday of every month, 2:30–4:30pm**

**Rockford Community Cabin, 220 N. Monroe Street**



## 2025 Luncheon

**Who-** All graduates, students, and friends of Rockford High School before and including the Class of 1975, who will be given a special recognition

**What-** 10:30 am Social time with beverages  
12:00 Sit-down lunch

**When-** Saturday, June 28, 2025  
This event is held annually on the last Saturday of June

**Where-** Rockford Senior High School Cafeteria  
4100 Kroes Street, Rockford, Michigan 49341

**Cost-** \$17 per person (\$21 after May 23, 2025)

**Reservations- No later than Friday, May 23, 2025**

Visit [www.rockfordgoldenr.org](http://www.rockfordgoldenr.org) for info



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 Elementary)

## UPCOMING BOOKS

**APRIL 15, 2025**

*FOUR WINDS* BY KRISTEN HANNAH

**MAY 20, 2025**

*BOOK OF LOST FRIENDS* BY LISA WINGATE

**JUNE 17, 2025**

*BORN A CRIME* BY TREVOR NOAH

**JULY 15, 2025**

*BERRY PICKERS* BY AMANDA PETERS

**AUGUST 19, 2025**

*BRIAR CLUB* BY KATE QUINN



## LEARN AMERICAN MAHJONG!

Learn the basics of play for American Mahjong. This is a game of skill, strategy, calculation and chance. Each participant will receive an official National Mahjong hands card. We will cover the basics of understanding the suits on the tiles, setting up the wall, breaking the wall, as well as reading the card, understanding the categories and how to play. Instructors: Veronica grew up playing board games of all types. As soon as she learned how to play Mahjong, she was hooked and couldn't wait to find others to play with. The more people that learn to play, the more FUN we can have! Kathy enjoys the ins and outs of Mahjong. She likes the challenge of the play. Meeting new people and teaching them to play the game is a bonus! Kathy can't wait for class to begin!

**Wednesdays, April 16 (4 wks) 4:15-6:15pm  
RAB \$40 #1021-S25A**

## MAHJONG MEET-UPS

If you have taken the Learn to Play American Mahjong class and are looking for an opportunity to practice, gain experience and build new friendships, this group is for you! If you would like to encourage and play with beginning players, join us! Bring your own 2025 Mahjong hands card and get ready for a good time!

**Wednesday, May 14 4:15-7:15pm  
RAB \$5 #1026-S25A**

**Wednesday, May 21 4:15-7:15pm  
RAB \$5 #1026-S25B**

**Wednesday, May 28 4:15-7:15pm  
RAB \$5 #1026-S25C**

**Wednesday, June 4 4:15-7:15pm  
RAB \$5 #1026-U25A**

## 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)

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.*

## **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. NOTE: This class does NOT cover how Medicare works with Federal Employee Benefits, VA, Tricare or Medicaid. Instructors: Kristin Rocheleau and Amy Orr. They specialize in helping people with the Medicare planning process and their choice of supplemental plans. They are both independent health insurance advisors.

**Tuesday, May 13 6:30-8:00pm**

**RAB FREE #1878-S25A**

## **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. This class will review the content listed above in the Medicare 101 class.

**Tuesday, May 20 6:30-8:00pm**

**RAB FREE #1879-S25A**

## **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, April 15 6:30-8:30pm**

**RFC \$10 #2160-S25A**

**Thursday, April 24 6:30-8:30pm**

**RFC \$10 #2160-S25B**

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

**RFC \$10 #2160-S25C**

**Thursday, May 22 6:30-8:30pm**

**RFC \$10 #2160-S25D**

## **UNDERSTANDING YOUR INVESTMENTS**

An unvarnished perspective as to why investment products may be recommended, how to tell if your investments are in your absolute best interest, as well as what to look for in a prospectus. The class also focuses on how to tell the difference between the suitability and fiduciary standard, how to discover the true costs of your portfolio, how financial advisers get paid, and how different investment products operate. Participant questions are encouraged. Instructors: Fred Iacovoni AWMA® and Tyler Kotlarz CFP® are fiduciary advisors with Synergy Wealth Management LLC, a local independent fee-only Registered Investment Advisor (RIA) in Cascade. Fred and Tyler are staunch advocates for transparency in the financial industry and the fiduciary standard.

**Monday, April 28 6:30-8:00pm**

**RHS FREE #1331-S25A**

**Monday, May 19 6:30-8:00pm**

**RHS FREE #1331-S25B**

**Tuesday, June 10 1:00-2:30pm**

**RHS FREE #1331-U25A**

**Tuesday, July 29 1:00-2:30pm**

**RHS FREE #1331-U25B**

**Monday, August 18 1:00-2:30pm**

**RHS FREE #1331-U25C**

## **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, April 23 6:30-8:00pm**

**RFC FREE #1337-S25A**

## **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, May 7 6:30-8:00pm**

**RFC FREE #1338-S25A**

# MUSICAL MONDAYS

New live music performers every month!  
Come and sit in on our local jam session at the Rockford Community Cabin. 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.

**APRIL 14, MAY 12**  
(next Musical Monday is in September)

**Second Monday of the month,  
10am-12:00pm | \$2 pay at the door**  
*No registration required*  
Rockford Community Cabin, 220 N. Monroe St.



## BINGO

Rockford Community Cabin, 220 N. Monroe Street  
2nd Monday of the month - **1:00-3:00pm**

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

*Please call 616.863.6322 and let us know if you will be attending. We must have a minimum number of participants to play, as well as a max group size limit.*

*\*\*Deadline to sign up is 9:00am the morning of BINGO.*

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

**2nd Monday of the month 1:00pm**  
**April 14, May 12, June 9**  
(next date will be in September)

# CULTURE CLUB EVENTS

## MAY: *PRETTY WOMAN* - BROADWAY GRAND RAPIDS

*Pretty Woman: The Musical*, based on one of Hollywood's most beloved romantic stories of all time, springs to life with a powerhouse creative team led by two-time Tony Award®-winning director Jerry Mitchell and original score by Grammy® winners Bryan Adams and Jim Vallance. *Pretty Woman* the film was an international smash hit when it was released in 1990. Now, 30 years later, *Pretty Woman: The Musical* is "Big romance and big fun!" (Broadway.com). "Irresistible! A romantic fantasy. A contemporary fairy tale," says The Hollywood Reporter. *Pretty Woman: The Musical* delivers on all the iconic moments you remember. Get ready to experience this dazzling theatrical take on a love story for the ages. Are you ready to fall in love all over again? RATED: PG-13 for adult language, use of alcohol, and sexual situations. Performance is 2 hours and 20 minutes with one intermission.

**Thursday, May 1 \$60 #5277-S25A**

**6:30pm departure from Rockford's city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).  
10:30pm approximate return to Rockford.**

## JUNE: *WAITRESS* - GRAND RAPIDS CIVIC THEATRE

Brought to life on Broadway by a groundbreaking all-female creative team, *Waitress* features original music and lyrics by six-time Grammy nominee Sara Bareilles, and a story by acclaimed screenwriter Jessie Nelson. *Waitress* is inspired by Adrienne Shelly's beloved film and offers a special recipe for finding happiness in unexpected places. Jenna, a waitress and expert pie maker, is stuck in a small town and a loveless marriage. Faced with an unexpected pregnancy, Jenna fears she may have to abandon the dream of opening her own pie shop...until a baking contest in a nearby county and the town's handsome new doctor offer her a tempting recipe for happiness. Supported by her quirky crew of fellow waitresses and loyal customers, Jenna summons the secret ingredient she's been missing all along — courage. Grand Rapids Civic Theatre's production of *Waitress* is a Michigan community theatre premiere. RATED: PG-13 due to some violence, including domestic abuse, adult language, use of alcohol, and sexual situations. Performance is 90 minutes with one intermission.

**Wednesday, June 11 \$45 #5242-S25A**

**6:30pm departure from Rockford's city parking lot 156 N. Main Street (South of the Shoe Depot parking lot).  
9:30pm approximate return to Rockford.**

## 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**

## GRAND RAPIDS WALKING TOURS

### ARCHITECTURE OF DOWNTOWN GR WALKING TOUR

We invent cities. We create streets and we construct buildings. Whether the structures are historic, brand new, or a combination of both, they provide a creative portrayal of our collective story of our “place”, our built environment. Not one architectural style is more important than another...they are all invaluable pages in our city’s scrapbook. Each building tells a story as we physically move through time. Part 1 showcases our earliest buildings prior to Urban Renewal; Part 2 focuses on post-Urban Renewal and Reinvention; Part 3 examines recent construction and future projects; and Part 4 celebrates all of the other buildings...an attempt to fill in the cracks...to connect the dots in our mind’s streetscape. In total, we study 60+ downtown buildings. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Part 1 - Monday, May 5 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1263-S25A**

**Part 2 - Monday, May 19 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1263-S25B**

**Part 3 - Monday, June 9 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1263-U25A**

**Part 4 - Monday, June 23 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1263-U25B**

### STEEPLE CHASE WALKING TOUR

Learn why Grand Rapids has been called “The City of Churches” on this fascinating tour of religious landmarks. We’ll pass by churches that date back to 1848 and see multiple architectural styles, soaring spires, expertly crafted stone & brickwork, Tiffany windows and more. Along the way, you’ll discover the historical importance and contemporary relevance of faith in Grand Rapids. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Wednesday, July 9 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1282-U25A**

### YOUNG PRESIDENT FORD WALKING TOUR

Grand Rapids’ favorite son - Gerald R. Ford - the 38th President of the United States, is buried here, beside his wife, Betty, but he was not born here. In fact, he was not named Gerald R. Ford at birth. This tour will tell the tale of our humble civil servant as you visit actual places touched by “Junior” during his All-American youth - 1913-1931 - in old Grand Rapids. Experience an inspirational story of a young man who was raised in this great midwestern city to become a world leader. You will learn where he lived, played, worshipped, studied, and competed athletically. As a final stop, you will observe Gerald R. Ford’s tomb, then salute his statue in front of the Presidential Museum and his last working office. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Wednesday, July 23 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1422-U25A**

### THE TALE OF BEER CITY, USA WALKING TOUR

“In Grand Rapids, the German-born Immigrants began arriving in the 1840’s, and within a decade, they were one of the city’s largest immigrant groups. This increased the local demand for beer and the need for more breweries and brewmasters.” This is the beginning of the Tale of Beer City, USA...as told to participants and seen through the lenses of beer-colored glasses. In the narrative of this fun and fascinating tour, you will learn about the history of the beer brewing industry in Grand Rapids, its demise and its comeback that earned Grand Rapids the “Beer City” title. Meet in the front lobby of the J.W. Marriott, 235 Louis St NW, Grand Rapids.

**Monday, August 4 6:00-7:30pm**

**J.W. Marriott Lobby \$20 #1283-U25A**



**Let's get together to celebrate the summer!**

You will be treated to some spectacular summer food followed by a rocking good time provided by Dusty Chaps! Dusty plays all the familiar hits of yesterday mixed with a little comedy. He will keep your toes tapping and a smile from ear to ear. Come out and join in the fun! Professionally catered.

**MONDAY, JUNE 16, 2025**

**12:00 – 2:00PM**

**\$15/person #5008-U25A**

**Doors open at 11:45am, lunch at 12:00pm,  
and music starts at 1:00pm.**

**Rockford Community Cabin, 220 N. Monroe St.**

***Pre-registration required;  
Sorry, cannot take walk-ins.***

**LIMITED SPACE, REGISTER EARLY!**

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RPS.DIGITALSIGNUP.COM**

*Registration using a computer or tablet is preferred.*

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# 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, May 6 (2 wks) 6:30-8:00pm**

**RAB \$10 #1018-S25A**

## KETTLEBELL AMPD

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

**Wednesday, May 21 (1 wk) 7:00-8:00pm**

**RAB Cafeteria FREE #1450-U25A**

**Wednesdays, May 28 (6 wks) 7:00-8:00pm**

**RAB Cafeteria \$52 #1450-U25B \*skip July 2**

**Wednesdays, July 16 (4 wks) 7:00-8:00pm**

**RAB Cafeteria \$34 #1450-U25C \*skip July 30**

## REV FITNESS-STICKS, KICKS & STRETCH

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

Your mat, water, and wear supportive shoes to move in.

**Thursday, April 17 (1 wk) 6:45-7:45pm**

**Meadow Ridge Free #1503-S25A**

**Thursdays, April 24 (6 wks) 6:45-7:45 pm**

**Meadow Ridge \$48 #1503-S25B**

## NEW! BARRE FUSION

Are you looking to mix up your workouts and try something new? What about a low-impact exercise that makes you feel good in your body? Come and join us for four weeks of Barre Fusion. Each class combines barre AND functional strength techniques, focusing on slow, controlled movements, and ending with breathwork and meditation. We will increase our strength, endurance, and flexibility—and have fun doing it! Come with a yoga mat and a water bottle. Leave class feeling grounded, strong, and connected to your whole body. Instructor: Michelle Granner.

**Wednesdays, May 14 (4 wks) 6:00-7:00pm**

**Meadow Ridge Elementary \$60 #1447-S25A**

## TENNIS

### ADULT SOCIAL TENNIS LEAGUE

This program will be fun and offers competitive play, drills, and coaching! The format for competitive play will change each week! For example, one week will be the same teams/round robin, the next week, winners move up/losers move down and you switch partners, another week will be a Fast Four Tournament! Prizes included! This program is NOT for beginners or advanced beginners! This is a two-tiered league: Intermediate (USTA 3.0+) and Advanced (USTA 4.0+). Examples of each:

- You currently play tennis regularly or on a USTA team and know your rating.
  - You played on a varsity team in high school and/or college.
- Please indicate your level (intermediate or advanced) at sign up. Max of 32 participants.

Warm-up drills, serves, coaching 6:30-7:00pm

Competitive social play 7:00-8:30pm

**Tuesdays, June 10 (8 wks) 6:30-8:30pm**

**RHS Tennis Courts \$120 #3137-U25A \*skip July 1**

### ADULT TENNIS LESSONS

#### BEGINNER/ADVANCED BEGINNER

Coach Katie Hunting, USPTA/RSPA Professional Tennis Instructor. This is a class designed for the beginner or newer/occasional tennis players and features instruction regarding specific strokes, serve, and strategy. Class Maximum: 16

**Thursdays, June 12 (8 wks) 6:30-7:30pm**

**RHS Tennis Courts \$120 #3136-U25A \*skip July 3**

#### NEW! 50/50 TENNIS DRILLS FOR INTERMEDIATE/ADVANCED TENNIS PLAYERS

Coach Katie Hunting, USPTA/RSPA Professional Tennis Instructor. Are you looking for a fun, next-level activity that will not only test your skill on the court but also up your endurance?

This is a drill session featuring a variety of drills that work on all strokes and strategies MIXED WITH CARDIO TENNIS. This drill is set to music that will get your body in gear!!! First 30 minutes: stroke/strategy; last 30 minutes: cardio. Class Maximum: 16

**Thursdays, June 12 (8 wks) 7:30-8:30 PM**

**RHS Tennis Courts \$96 #3138-U25A \*skip July 3**

# APTITUDE FITNESS

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

## 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.

**Tue/Thur, April 22 (6 wks) 9:15-10:00am**

**Aptitude Fitness \$95 #1482-S25A**

**Tue/Thur, June 3 (6 wks) 9:15-10:00am**

**Aptitude Fitness \$95 #1482-U25A \*skip July 3**

## 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. No yoga experience is needed.

\*Chairs provided in studio\*

**Mon/Fri, April 21(6 wks) 10:30-11:15am**

**Aptitude Fitness \$95 #1441-S25A \*skip May 23 & 26**

**Mon/Fri, June 9 (6 wks) 10:30-11:15am**

**Aptitude Fitness \$95 #1441-U25A \*skip July 4**

## BUTTS AND GUTS - MONDAYS/WEDNESDAYS

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!

**Mon/Wed, April 21 (6 wks) 6:00-6:30pm**

**Aptitude Fitness \$95 #1469-S25A**

**Mon/Wed, June 9 (6 wks) 6:00-6:30pm**

**Aptitude Fitness \$95 #1469-U25A**

## 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, April 21 (6 wks) 6:30-7:15pm**

**Aptitude Fitness \$60 #1435-S25A \*skip May 26**

**Mondays, June 9 (6 wks) 6:30-7:15pm**

**Aptitude Fitness \$60 #1435-U25A**

## NEW! 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, April 20 (6 wks) 6:00-7:00pm**

**Aptitude Fitness \$60 #1410-S25A \*skip May 25**

**Sundays, June 8 (6 wks) 6:00-7:00pm**

**Aptitude Fitness \$60 #1410-U25A**

## NEW! SELF-CARE

The focus is on deep relaxation, gentle movement, and mindful awareness. This class invites you to 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, April 20 (6 wks) 9:00-10:00am**

**Aptitude Fitness \$60 #1411-S25A \*skip May 25**

**Sundays, June 8 (6 wks) 9:00-10:00am**

**Aptitude Fitness \$60 #1411-U25A**

## 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, April 21 (4 wks) 5:30-6:15am**

**Aptitude Fitness \$95 #1467-S25A**

**M/W/F, May 19 (4 wks) 5:30-6:15am**

**Aptitude Fitness \$95 #1467-S25B \*skip May 23 & 26**

## 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/Fri, April 21 (6 wks) 8:30-9:00am**

**Aptitude Fitness \$95 #1438-S25A \*skip May 23 & 26**

**Mon/Fri, June 9 (6 wks) 8:30-9:00am**

**Aptitude Fitness \$95 #1438-U25A \*skip July 4**

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*Registration using a computer or tablet is preferred.*

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## APTITUDE HIKES

Ages 16 and up. Immerse yourself in the tranquility of nature, where every step becomes a meditation, every breath a celebration of life. Our guided hikes offer a mindful escape from the every day, allowing you to reconnect with the earth, quiet the mind, and nourish the soul. Designed for those 16 and older, these hikes explore a variety of local scenic trails. Locations are disclosed prior to each weekly hike and may change based on trail conditions and weather to ensure the best experience for all participants. Whether you're seeking solitude, connection, or simply fresh air and movement, these hikes provide the perfect opportunity to embrace the rhythm of nature and find peace in the journey.

**Session 1: April 16, 30 | May 7, 21**

**Session 2: June 18, 25 | July 2, July 16**

**Wednesdays, April 16 (4 wks) 6:30-7:30pm**  
**\$65 #1460-S25A**

**Wednesdays, June 18 (4 wks) 6:30-7:30pm**  
**\$65 #1460-U25A**

## 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, April 9 (6 wks) 7:00-8:00pm**

**GRAFA \$100 #1403-S25A**

## WOMEN'S FENCING

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

Whether you're a stay-at-home mom or looking for movement during lunch, we understand the need for a fulfilling and invigorating break after the morning routine. Join us for a unique fencing experience tailored just for you. Discover the art of fencing in a supportive environment, enhance your physical fitness and mental focus, and learn the elegance of this timeless sport. Embrace a new passion and meet like-minded women in a GRAFA class that balances skill development with a touch of morning excitement. En Garde for a journey of empowerment and camaraderie! Class held at Grand Rapids Area Fencing Academy (GRAFA) 1345 Monroe NW, Suite 102, Grand Rapids, MI 49505

**Wednesdays, April 9 (6 wks) 11:30am-12:30pm**

**GRAFA \$100 #1400-S25A**

## ADULT GOLF LESSONS BEGINNING AND INTERMEDIATE

Work on your golf skills and get ready for summer play! You will work on the basic skills, including etiquette, stance, grip, putting, chipping, and driving.  
\*Max enrollment of 7 golfers per session.

For questions, contact DJ at 616.745.0908.

Golf Emporium, 10831 14 Mile Rd NE, Rockford

### SESSION 1:

**Tuesdays, April 29 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-S25A**

**Tuesdays, April 29 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-S25B**

**Wednesdays, April 30 (4 wks) 9:30-10:30am**  
**Golf Emporium \$110 #2050-S25C**

**Wednesdays, April 30 (4 wks) 11:00am-12:00pm**  
**Golf Emporium \$110 #2050-S25D**

**Wednesdays, April 30 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-S25E**

**Wednesdays, April 30 1 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-S25F**

### SESSION 2:

**Tuesdays, June 3 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-U25A**

**Tuesdays, June 3 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-U25B**

**Wednesdays, June 4 (4 wks) 9:30-10:30am**  
**Golf Emporium \$110 #2050-U25C**

**Wednesdays, June 4 (4 wks) 11:00am-12:00pm**  
**Golf Emporium \$110 #2050-U25D**

**Wednesdays, June 4 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-U25E**

**Wednesdays, June 4 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-U25F**

### SESSION 3:

**Tuesdays, July 8 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-U25G**

**Tuesdays, July 8 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-U25H**

**Wednesdays, July 9 (4 wks) 5:00-6:00pm**  
**Golf Emporium \$110 #2050-U25I**

**Wednesdays, July 9 (4 wks) 6:30-7:30pm**  
**Golf Emporium \$110 #2050-U25J**

# ROCKFORD

SENIORS UNLIMITED

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