

Winter / Spring 2024



www.cirfun.com

Letter from the director

Hello Friends -

It's almost 2024! Can you believe it? Do you know what that means? CIR is turning 30 years old this year! That's right – the big 3-0!

What a ride it's been so far! Do any of you remember the original offices down in Irving Park by the duck pond? The roof leaked, the basement flooded – but it was free so we were grateful. Then along with our friends at DeafLINK, we moved to West Street where we stayed for years. We opened the CIR ETC Art Studio on Capital Ave NE and really bloomed. Finally, we got our own building and settled into our home on Jackson Street with our partners from E3 Achievement.

We have had amazing staff along the way. Linda Linke was our founder and until 2012 was the guiding light in all we did. We had drivers, mentors, Program Directors and others that kept everything running.

The staff we have now is some of the very best we have ever had. Every day I feel lucky to come and work with genuinely nice people who care about what they do.

More important than any of that though is YOU! It's all of our participants and families that make CIR what it is. We are a caring, warm and loving place. We try and lift each other up and take care of each other. We are busy every day building a COMMUNITY WHERE EVERYONE BELONGS.

Thank you for being a part of all of that. And Happy 2024!



Rhonda Ostrander-Cook
Executive Director
CIR/DeafLINK



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Chris Burdette, Instructor & Driver

Monday Programs



Cooking: Eating Healthy after the Holidays
Jan 8 - Feb 12
10am - 12pm
Chapel Hill Church
\$15/day

It's the time of year for getting healthier! Learn some good recipes & techniques for being your best 'you'!



Cooking: Simple Recipes
Feb 19 - March 25
10am - 12pm
Chapel Hill Church
\$15/day

Easy to cook, delicious to eat. Come learn some simple but great recipes.



Cooking: A Little of This & A Little of That
April 1 - May 6
10am - 12pm
Chapel Hill Church
\$15/day

This class will have a variety of new things to try. Come and explore!



Cooking: Cooking Can be Fun!
May 13 - June 24
10am - 12pm
Chapel Hill Church
\$15/day

Please note that these cooking programs will be offered on Monday & Tuesday due to the number of participants and the kitchen size. The group will be divided geographically, please sign up only once.



Monday Programs



Bowling
Jan 8 - June 24
4-6pm
M-66 Bowl
\$12/day

2 games & shoes included. Join us for an afternoon of fun! *Please note that this program will be offered on Monday & Wednesdays due to the sheer volume of participants. The group will be divided geographically,*



Jewelry
Jan 8 - March 25
10am - 12pm
Trinity Community Center
\$15/day

We will explore making different types of beads, wire wrapping stones, making necklaces, pins and earrings and more!



Advanced Art
April 1 - June 24
11am - 1pm
Trinity Community Center
\$15/day

This class will focus on advanced art making techniques for our more experienced art students.



Tuesday Programs



Life Skills
Jan 9 - March 26
10am - 12pm
Trinity Community Center
\$12/day

Life Skills is designed to increase students knowledge and skills for everyday living. Come and learn new skills for independence.



Adventure Club
April 2 - June 25
10am - 12pm
Various Locations
\$12/day

High energy adventures happen at Adventure Club! Hiking, canoeing, scavenger hunts - a little bit of everything. Check it out!



Movie Night
Jan 9 - June 25
4-6pm
Trinity Community Center
\$10/day

Come spend some cold winter and spring evenings watching a good movie with friends. Snacks provided.



Cardio Fitness & Drumming
Jan 9 - June 25
4-6pm
CIR Building
\$12/day

Cardio drumming, seated fitness, Zumba, tai-chi, tae bo and more! We will be getting our groove on and getting into shape while we do it. Burn those calories the fun way! All abilities are welcome!

Tuesday Programs



Cooking: Eating Healthy After the Holidays
Jan 9 - Feb 13
10am - 12pm
Chapel Hill Church
\$15/day

It's the time of year for getting healthier! Learn some good recipes & techniques for being your best 'you'!



Cooking: Simple Recipes
Feb 20 - March 26
10am - 12pm
Chapel Hill Church
\$15/day

Easy to cook, delicious to eat. Come learn some simple but great recipes.



Cooking: A Little of This & A Little of That
April 2 - May 7
10am - 12pm
Chapel Hill Church
\$15/day

This class will have a variety of new things to try. Come and explore!

Please note that these cooking programs will be offered on Monday & Tuesday due to the number of participants and the kitchen size. The group will be divided geographically, please sign up only once.



Cooking: Cooking Can be Fun!
May 14 - June 25
10am - 12pm
Chapel Hill Church
\$15/day



Wednesday Programs



Walking Club
Jan 10 - Jun 26
10am - 12pm
Various Locations
\$8/day

Time to put in some steps and get fit! Or just walk at a nice leisurely pace and enjoy the sunshine! Either way, it's a great way to hang out with friends and get healthy. Join us!



Bowling
Jan 10 - June 26
4-6pm
M-66 Bowl
\$12/day

2 games & shoes included. Join us for an afternoon of fun! *Please note that this program will be offered on Monday & Wednesdays due to the sheer volume of participants. The group will be divided geographically, please sign up only once.*



Follow us on Facebook for the most up-to-date announcements and photos from our events!





Thursday Programs



Painting
Jan 4 - March 28
10am-12pm
Trinity Community Center
\$12/day

Acrylics, watercolors, crafts. Join us for fun with paints!



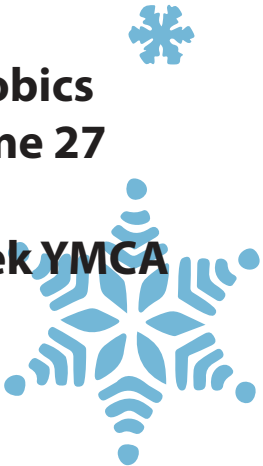
Ceramics
April 4 - June 27
10am-12pm
Trinity Community Center
\$15/day

Explore the art of ceramics with our guest instructor, Helen Hill. You will be thrilled!



Music Lover's
Jan 11 - June 27
4-6pm
Trinity Community Center
\$12/day

Singing, Dancing, Instruments, Music come alive in this class. Let your inner superstar shine with us as we explore all of the beautiful forms of human expression. You don't have to be a pro to come join us, you just need to want to have fun.



Water Aerobics
Jan 11 - June 27
2-4pm
Battle Creek YMCA
\$15/day



Thursday Programs



Card Sharks
Jan 11 - June 27
10am - 12pm
CIR Building
\$10/day

Join us to play or learn a variety of card games. Poker, euchre, blackjack and more!

Friday Programs



Game Night
Jan 26, Feb 23,
March 22
5-7pm
CIR Building
\$12/day

B-I-N-G-O spells Bingo! Come hang out with friends, try your luck and win prizes!

This program is specifically geared towards the high school and transitioning young adults of CIR. Every month there will be new and different fun activities, trips and more!

Young Adult Program
Feb 2, March 1,
April 5, May 3,
June 7
3:30-5:30pm
Various Locations
\$15/day





Friday Programs



Comedy Night
April 26 & May 24
5-7pm
CIR Building
\$12/day

Laughter is the best medicine and we try to be healthy at CIR. Come join us for refreshments and watch some of the best stand-up comedians on our big screen.



Dances
5-7pm
CIR Building
\$10/day

Jan 19 - Pajama Party!
Feb 16 - Will you be my Valentine?
March 15 - Wear the Green!
April 19 - 80's Dance Party!
May 17 - Nothing Rhymes with Orange
June 21 - Summer Fun!



Saturday Programs



Saturday Art Series
Jan 13, Feb 3, March 2, April 6, May 4, June 8
11am-1pm
CIR Building
\$15/day

Come join us and find a place where your creativity can really shine. Every month we will be working on a different art project from painting, sculpting, and more!



Cyber Saturdays
Jan 13, Feb 3, March 2, April 6, May 4, June 8
1-3pm
CIR Building
\$12/day

Bring your phone, tablet, laptop or use our computer lab. Play on our gaming systems. Hang out, have some fun with friends and electronics while you learn valuable computer skills!

Special events



Air Zoo
Jan 12
1-3pm
Kalamazoo
\$20/person

CIR takes flight to the Kalamazoo Air Zoo for a fun day of history, rides, flight simulators and more!

Special events



Hurst Planetarium
Jan 26
Time TBD
Jackson
\$15/person

Check out the planetarium plus a BONUS Space exhibit!



Let's Go to the Movies!
March 1 & 8
Time TBD
Location TBD
\$25/person

Movie & Snacks Provided!



Be My Valentine: A Celebration with Battle Creek Symphony Orchestra
Feb 10
6:30-9:30pm
WK Kellogg Auditorium
\$15/person

Begin with dinner and enjoy great music with a performance of Romeo & Juliet, Sleeping Beauty and more. How romantic!



K-Wings
Feb 17
Start Time 7pm
Kalamazoo
\$25/person

Come cheer the K-Wings on to victory as they host the Cincinnati Cyclones for the green ice game. Bring money for snacks and souvenirs.

Special events



Pinball Museum
March 8
4-6pm
Playable Pinball
Museum
\$15/person

After we stop for icecream, we will be going to this hidden local gem to play vintage pinball and sclassic arcade games!



Earth Day
Celebration
April 20
1-3pm
Trinity Community
Center
\$12/person

A fun day of games, activities, art projects and science demos to celebrate Earth Day.



Dinner & the
Symphony
April 20
Start Time 5:30pm
WK Kellogg
Auditorium
\$15/person

Airway Lanes
April 12
2-4pm
Bowling, Arcade
Games and more! **Kalamazoo**
\$15/person



Special events



Theatre Mish/Mash
May 3
Time TBD
KCC Binda Theatre
\$10/person



Kalamazoo Nature Center
May 10
1-3pm
Kalamazoo
\$15/person



Lugnuts Baseball
May 19
Time TBD
Lansing
\$25/person

Take me out to the Ballgame! Enjoy a day of baseball in Lansing!

Hit the trails with us in the spring at this gorgeous nature center!



Special events



**Post Band
Concert
Date TBD
7-9pm
Battle Creek
\$12/person**

This outdoor Battle Creek tradition has been entertaining locals with great music for over 100 years!



**Binder Park Zoo
June 14
Start Time 10am
Battle Creek
\$20/person**



**Pow Wow
Date TBD
Time TBD
Pine Creek
Reservation
\$15/person**

The Nottawaseppi Huron Band of the Potawatomi tribe host a Pow Wow on the Pine Creek Reservation. Enjoy the sights, sounds, and smells of a traditional native Pow Wow!



Policies & procedures

Medication Administration

In order to focus on safe and efficient medication administration at CIR, medications or medical devices used during program hours require a completed and signed 'Permission to Administer Medication' form.

Note: There will be no oral permission to administer medication.

Cancellation Policy

Participants who are registered for a class or event and are unable to attend are required to notify CIR within 24 hours of the program. For any cancellation please call 269-968-8249 and leave a message with the appropriate program coordinator.

Weather Related Cancellation

Classes and events may be cancelled due to weather conditions. If this should occur, CIR will notify you 3 hours prior to the scheduled program. If the CIR office is closed due to weather, please look on CIR's Facebook page for up-to-date information.

Transportation Policy

Transportation is a privilege and generally has a waiting list. If you need to cancel your ride to an activity, we require a minimum 3 hour notice.

Accumulating 3 no call/no shows for pickup could result in suspension or loss of transportation for the season. Please call the appropriate program coordinator at 269-968-8249 and leave a message to cancel your ride.

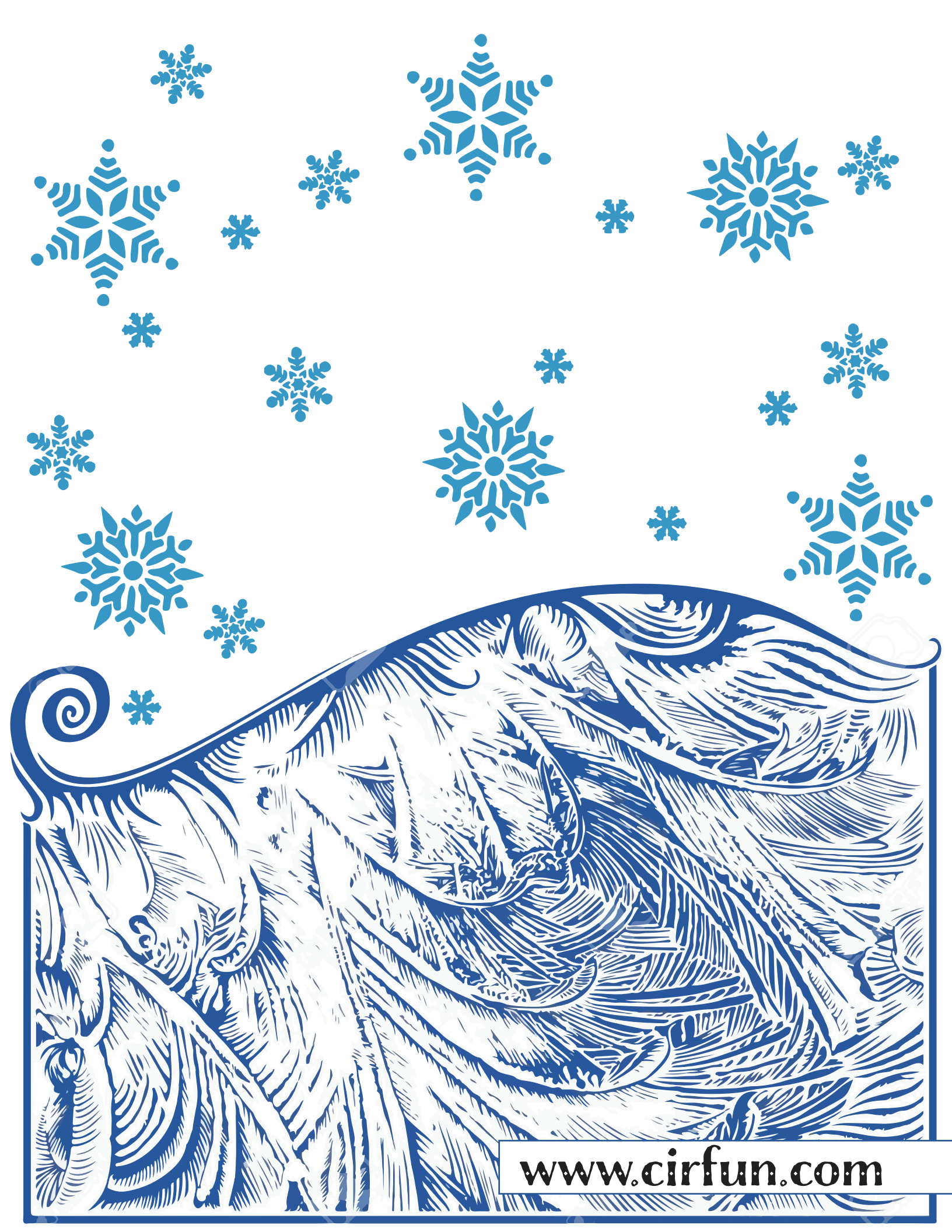
Behavior Policy

Respect other participants and staff while attending programs. This means no foul language, fighting, arguing, or bullying allowed. Failure to follow this policy will result in warnings, or even suspension from classes and events. CIR reserves the right to refuse services to participants, if necessary.

Payment Policy

You may pay in full or make payments in advance for an activity. Payments may be made in the form of a check payable to CIR, money order, credit card, or by cash. Payment is due at the time of service (contract services excluded). Please note that payment must be made within 30 days of an invoice.

If you are a participant who receives services for recreation, arts or health and wellness programs through Summit Pointe, you must stay within the limits of your authorization or apply for a scholarship to enroll in additional activities. Please see (or call) a program coordinator for more information.



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