

**Summer  
Fall 2024**



**www.cirfar.com**

# Don't Miss Our 30th Anniversary Picnic!

This year we are celebrating our 30th Anniversary! Don't miss our food and fun on Saturday, July 13 at the Leila Arboretum from 1-4pm.



331 Jackson Street West  
Battle Creek, MI 49037  
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CIR: 269-968-8249  
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Kristi Janvrin, Vice President  
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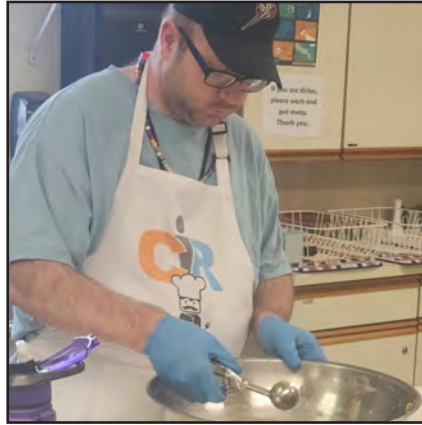


# Monday Programs



**Cooking:  
Healthy Eating  
July 8 - Aug12  
10am - 12pm  
Chapel Hill Church  
\$15/day**

Learn to cook recipes  
both delicious *and*  
healthy!



**Cooking:  
Breakfast!  
Aug 19 - Sept 23  
10am - 12pm  
Chapel Hill Church  
\$15/day**

So many great ways to  
start the day. Learn a  
variety of tasty  
breakfast recipes!



**Cooking: Harry  
Potter Recipes  
Sept 30 - Nov 4  
10am - 12pm  
Chapel Hill Church  
\$15/day**

Come make recipes  
found in the books and  
movies.  
It will be magical!



**Cooking: Recipes for the  
Holidays  
Nov 11 - Dec 16  
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**  
**July 8 - Dec 16**  
**4-6pm**  
**M-66 Bowl**  
**\$15/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.***



**Fantasy Art**  
**July 8 - Sept 30**  
**10am-12pm**  
**Trinity**  
**Neighborhood**  
**Center**  
**\$12/day**

This class takes it's inspiration from all things pop culture. Fantasy, sci-fi, super heroes, video games, anime and more will be the subject of the art we create in this class.



**Holiday Art**  
**Oct 7 - Dec 16**  
**10am-12pm**  
**Trinity**  
**Neighborhood**  
**Center**  
**\$12/day**

The holiday season will be our inspiration for all of the work we will create in this class. It's a fun class and a great way to make holiday decorations and gifts!



# Tuesday Programs



**Adulting 101 -  
Skills for  
Independence  
Oct 1 - Dec 17  
10am - 12pm  
Trinity Community  
Center  
\$12/day**

This program is geared towards our participants that want to live more independently. We will focus on nutrition, cooking, money management, interpersonal skills, household skills, job skills as well as other similar subjects.



**Adventure Club  
July 9 - Sept 24  
10am - 12pm  
Various Locations  
\$12/day**

Adventure Club invites you to join us for a program of sports, picnics, canoeing, movies, hiking, museums and more. Every week is a different adventure!



**Movie Night  
Sept 3 - Dec 17  
4-6pm  
Trinity Community  
Center  
\$10/day**

Come spend fall evenings watching a good movie with friends. Snacks provided.



# Tuesday Programs



**Cooking:  
Healthy Eating  
July 9 - Aug 13  
10am - 12pm  
Chapel Hill Church  
\$15/day**

Learn to cook recipes  
both delicious *and*  
healthy!



**Cooking:  
Breakfast!  
Aug 20 - Sept 24  
10am - 12pm  
Chapel Hill Church  
\$15/day**

So many great ways to  
start the day. Learn a  
variety of tasty  
breakfast recipes!



**Cooking: Harry  
Potter Recipes  
Oct 1 - Nov 5  
10am - 12pm  
Chapel Hill Church  
\$15/day**

Come make recipes  
found in the books and  
movies.  
It will be magical!



**Cooking: Recipes for the  
Holidays  
Nov 12 - Dec 17  
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.



# Tuesday Programs



**Summer  
Swimming  
July 9 - Aug 27  
4-6pm  
Local Beaches  
\$12/day**

Enjoy the sun, the water, or lazing on the beach with friends. It's the best part of summer!



**Cardio Drumming  
(Session 1)  
July 9 - Oct 1  
(Session 2)  
Oct 8 - Dec 17  
4-6pm  
CIR Building  
\$12/day**

Cardio drumming, seated fitness, Zumba, tai-chi, dancing are just a few of the different kinds of exercises we will do. Let's get healthy together. Music and friends make exercising so much more fun!



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

# Wednesday Programs



**Games Galore**  
**Aug 21 - Dec 18**  
**10am-12pm**  
**Trinity**  
**Neighborhood**  
**Center**  
**\$12/day**

We will enjoy activities and games such as scavenger hunts, game shows and much more!



**Walking Club**  
**July 10 - Dec 18**  
**10am - 12pm**  
**Various Locations**  
**\$8/day**

There's nothing like getting out of the house and enjoying a nice stroll with friends. It's fun and healthy exercise!



**Bowling**  
**July 10 - Dec 18**  
**4-6pm**  
**M-66 Bowl**  
**\$15/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.***





# Thursday Programs



**Wellness Warriors**  
**Aug 22 - Dec 19**  
**10am-12pm**  
**Location TBD**  
**\$12/day**

Need to lose a few pounds? Want to go up stairs without being out of breathe? Learn to eat and move healthier - and have fun too!



**Kickball League**  
**July 11 -Sept 12**  
**4-6pm**  
**Riverside Elementary**  
**\$10/day**

How about a little competition? Play on a team and get ready for the Kickball Classic!



**Music Lovers**  
**(Session 1)**  
**July 11 - Sept 26**  
**(Session 2)**  
**Oct 3 - Dec 19**  
**4-6pm**  
**Trinity Community Center**  
**\$12/day**

I know there is a super star inside you just waiting to come out. Music Lovers is the place for you! There will be drumming, singing, dancing, body percussion, and more.





# Thursday Programs



**Art & Nature**  
**July 11 - Sept 26**  
**10am - 12pm**  
**Trinity**  
**Neighborhood**  
**Center**  
**\$12/day**

Mother Earth gives us too much beauty to inspire us! We will be looking to her to help us create ecologically friendly art, sometimes going out in nature to make art outside, sometimes even using natural items in our backyard.



**Water Aerobics**  
**Sept 26 - Dec 19**  
**2-4pm**  
**YMCA**  
**\$15/day**



**Sculpture**  
**Oct 3 - Dec 19**  
**10am - 12pm**  
**Trinity Community**  
**Center**  
**\$15/day**

We will be focusing on making 3D art using wood, plaster, resin, wire, clay and other art materials in this hands-on art class.



**Disc Golf**  
**July 11 - Aug 1**  
**10am-12pm**  
**Various Locations**  
**\$10/day**



# Friday Programs



**Game Night**  
**Sept 13, Oct 4,**  
**Nov 22, Dec 6**  
**5-7pm**  
**CIR Building**  
**\$12/day**

B-I-N-G-O spells  
bingo! Come hang  
out with friends,  
have some snacks,  
and try your luck at  
winning prizes!



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

## **THEMES**

**July 19** - Inside out &  
backwards

**Aug 16** - Superhero

**Sept 20** - What's your  
favorite college team?

**Oct 18** - Halloween

**Nov 15** - Silly Socks

**Dec 13** - Holiday Ball





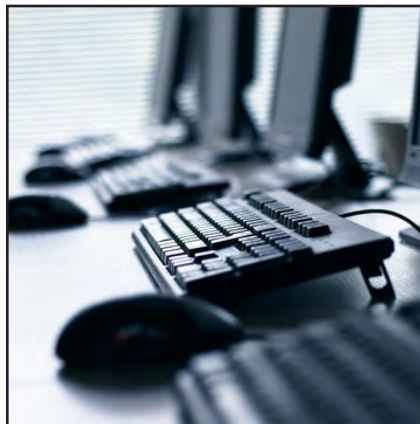
# Saturday Programs



## Saturday Art Series

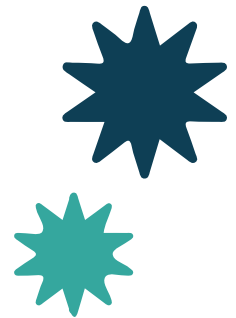
July 20, Aug 17,  
Sept 21, Oct 12,  
Nov 16, Dec 21  
11am-1pm  
CIR Building  
\$15/day

Do you need a creative outlet? Are you eager to learn more about making art? Every month we will make a different project using a variety of materials and techniques.



**Cyber Saturdays**  
July 20, Aug 17, Sept 21, Oct 12, Nov 16, Dec 21  
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

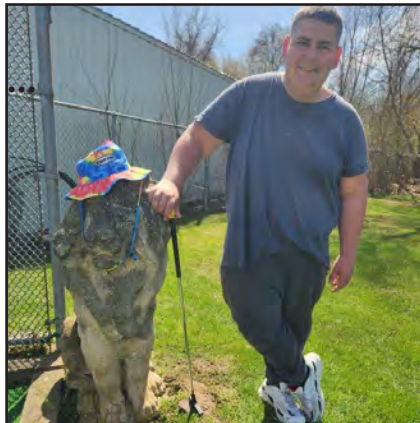


**Post Band Concert**  
**(1st) July 18**  
**(2nd) July 25**  
**7-9pm**  
**Festival Square**  
**\$12/person**

Join us for this Battle Creek tradition. The Post Band features both up and coming young artists as well as seasoned professionals playing together.



**Battle Jacks**  
**Baseball**  
**July 26**  
**6-10pm**  
**Bailey Park,**  
**Battle Creek**  
**\$15/person**



**Putt Putt Golf**  
**Aug 8**  
**1-3pm**  
**Hold 'Em Here**  
**\$15/person**



**Leilapalooza**  
**July 27**  
**12-2pm**  
**Leila Arboretum**  
**\$12/person**

Every summer the Arboretum puts on a Rockin' good show for the community with multiple stages and dozens of bands playing all your favorite type of music.



# Special events



**Pirates & Witches  
Weekend  
Aug 3  
11am - 1pm  
Cornwell's Turkeyville  
\$12/person**

Turkeyville is celebrating Pirates & Witches as we say farewell to summer and hello to fall in this fantasy event.



**Golf Outing  
Aug 15  
10am - 12pm  
Binder Park  
Golf Club  
\$15/person**

Let's hit the greens and have a blast! Beginners are welcome.



**Vibe@5  
(1st) Aug 2  
(2nd) Aug 9  
5-7pm  
Friendship Park  
\$12/person**

Do you like music? We will be going to two of the Vibe@5 concerts this year featuring the best of local musicians.



**Day at the Fort  
Aug 9  
Time TBD  
Fort Custer  
Recreation Area  
\$15/person**

One day a year we have an outdoor day camp blast! Enjoy a cookout, swimming, games and more.

# Special events



**Kalamazoo Art Hop**  
**Sept 6**  
**6-8pm**  
**Downtown Kalamazoo**  
**\$12/person**

Join us for an evening of art, music and food in downtown Kalamazoo during their popular Art Hop events.



**Kalamazoo Scottish Festival**  
**Sept 7**  
**11am - 1pm**  
**Kindleberger Park, Parchment**  
**\$15/person**

This festival will offer the full fare of Fun, Highland Games, Music, Piping, Dancing, Cultural Exhibitions, and Educational Talks.



**Let's Go To The Movies!**  
**Sept 13**  
**11am - 1pm**  
**Location TBD**  
**\$15/person**

We will be enjoying a movie and snacks at a local theater. No lunch outing included.





# Special events



**Kickball Classic  
Meet & Greet  
Sept 19  
Start Time 5:30pm  
CIR Building  
By Invitation**



**Kickball Classic  
Sept 22  
12-6pm  
Bailey Park  
FREE to Spectators**



**Haunted  
Adventure  
Oct 12  
12-2pm  
Turkeyville,  
Marshall  
\$15/person**

Turkeyville puts on a Spooktastic event with a creepy hay ride, haunted barn, corn maze and more!



**Gull Meadows  
Farms  
Oct 25  
11am - 2pm  
Richland  
\$20/person**

Fall Fun! Pick some apples, take a hayride and enjoy a hot fresh donut and cider!

**Treasure Island  
Nov 2  
Time TBD  
KCC  
\$15/person  
Come see this  
classic play!**



# Special events



**KWings Hockey**  
**Nov 1**  
**Start Time 7pm**  
**Kalamazoo**  
**\$25/person**



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



**Kalamazoo Valley**  
**Museum**  
**Dec 6**  
**11am - 1pm**  
**Kalamazoo**  
**\$12/person**



**Battle Creek**  
**Symphony**  
**Christmas Party**  
**Dec 14**  
**Start Time 6pm**  
**WK Kellogg**  
**Adutorium**  
**\$15/person**

Do you love retro gaming? Do you like the sounds of the buzzers, bells and bumpers? Come on down to this local gem for an afternoon of pinball fun!

Let's go check out one of the coolest museums in Southwest Michigan. They have hands-on touring exhibits, an amazing permanent collection and a top notch Planetarium!



# 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.



**WWW.CIRFAR.COM**

