



WINTER - SPRING 2024 - 2025

269-968-8249
www.cirfun.org
331 Jackson St. W.
Battle Creek, MI 49037

DID YOU KNOW?

CIR is 30 years old! We celebrated the start of our 30th year with a picnic at Leila Arboretum this past July. It was started by Linda Linke and Juanita Bandy in June 1994.

In 2002, CIR sponsored DeafLINK, an interpreter referral and advocacy program so they could serve the Deaf and Hard of Hearing community. This program eventually became part of CIR.

CIR PROGRAMMING IN 2024

We **served 1127 people** with programs and attendance to community events this past year.

We are a public transportation program that **provided 12,650 round trip rides** to both CIR participants and to individuals with disabilities and seniors who needed them last year!

CIR offered 63 different activities and events last year – 23 of those being weekly programs and leagues.

CIR offers programs in different categories –

- **Fitness and Health** (such as Walking Club, Music Fitness, Water Aerobics, Bowling, Golfing, Kickball);
- **Education for Life** (Life Skills, Adulting 101, Cooking Classes, Cyber Saturdays);
- **Arts** (Painting, Sculpture, Ceramics, Jewelry, Holiday Art and many more);
- **Social / Community Events** (such as baseball and hockey games, movies, trips to the Symphony, concerts, music and cultural festivals, dances, art and nature centers, beaches and many others).

All of our programs invite in the whole community and strive to be inclusive of people of every ability!

We are glad to have YOU as part of our organization and the fun we have together.

Cheers to a new season of fun!



Rhonda Ostrander-Cook
Executive Director

BOARD OF DIRECTORS

Jack Knorek, President

John Garrod

Derek Chism

Jim Bailey



331 Jackson St. W.

Battle Creek, MI 49037

www.cirfun.org

CIR: 269-968-8249

DeafLINK: 269-274-5861

Fax: 269-969-6218

ADMINISTRATIVE & SUPPORT STAFF

Rhonda Ostrander-Cook,
Executive Director

Mike Austin,
Receptionist

Jen Richardson,
Receptionist

Wendy Baylis,
Recreation Director

Stephen Edwardson,
Art Program Director

Travis Coy,
Transportation Coordinator

Dawn Greene
DeafLINK Coordinator

Linda Sykora,
DeafLINK Advocate

Michelle Halbert,
Kid's Camp Director & Driver

Julie Ann LaRoche,
Administrative Support

Chelsea Evans,
Administrative Support

Stephanie Ettleman,
Graphic Design, Admin Support, Mentor

Dick Cook,
Driver & Admin Support

Chris Burdette,
Instructor & Driver

Charles Newell,
Driver & Mentor

Trevor LaFountain,
Driver & Mentor

Roy LaFountain,
Driver & Mentor

Ted Niecko,
Driver & Mentor

Evan Baylis,
Driver & Mentor

James Sweet,
PCA & Mentor

Melissa Borgman
Mentor

Francine Dozier,
Mentor

Breana VanDorsten,
Mentor

Bobbie Lackey,
Mentor



MONDAY



Cooking: Comfort Foods

Jan 6 - Feb 10
10am-12pm
Chapel Hill Church
\$15/week
Make warm, comfort foods during the cold winter.



Diabetic Cooking

Feb 17 - March 24
10am-12pm
Chapel Hill Church
\$15/week
Low in processed sugar and carbs, high in taste and goodness!
Learn to cook healthier meals.



Cooking: Vegetarian Recipes

March 31 - May 5
10am-12pm
Chapel Hill Church
\$15/week
Learn how to cook delicious meatless dishes. Healthy and inexpensive!



Cooking On A Budget

May 12 - June 23
10am-12pm
Chapel Hill Church
\$15/week
Create hearty, healthy food without spending a fortune.

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

MONDAY



Jewelry

Jan 6 - March 31

10am-12pm

Trinity Community Center

\$15/week

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



Bowling

Jan 6 - June 23

4-6pm

M-66 Bowl

\$15/week

Includes 2 games & shoes

Papercraft

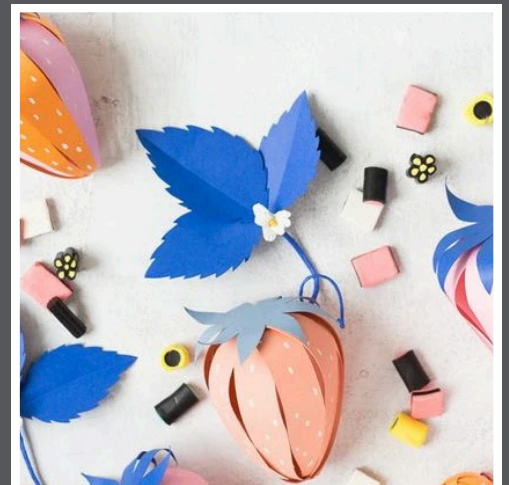
April 7 - June 30

10am-12pm

Trinity Community Center

\$12/week

Try your hand at handmade paper, origami and other beautiful projects!



Please note that this program will be offered on Monday & Wednesday due to the sheer volume of participants. The group will be divided geographically, please sign up only once.

TUESDAY



Cooking: Comfort Foods

Jan 7 - Feb 11
10am-12pm
Chapel Hill Church
\$15/week
Make warm, comfort foods during the cold winter.



Cooking: Vegetarian Recipes

April 1 - May 6
10am-12pm
Chapel Hill Church
\$15/week
Learn how to cook delicious meatless dishes. Healthy and inexpensive!



Cooking On A Budget

June 13 - July 24
10am-12pm
Chapel Hill Church
\$15/week
Create hearty, healthy food without spending a fortune.

Diabetic Cooking

Feb 18 - March 25
10am-12pm
Chapel Hill Church
\$15/week
Low in processed sugar and carbs, high in taste and goodness. Learn to cook healthier meals.

Please note that this program will be offered on Monday & Tuesday due to the kitchen size. The group will be divided geographically, please sign up only once.

TUESDAY



Movie Night

Jan 7 - June 24

4-6:00pm

Trinity Community Center

\$10/week

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

Life Skills

Jan 7 - March 25

10am-12pm

Trinity Community Center

\$12/week

This program is geared towards our participants that want to live more independently. Learn skills like money management, home care and more.



Adventure Club

April 1 - June 24

10am-12pm

Various Locations

\$12/week

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

Cardio Drumming

Session 1: Jan 7 - March 25

Session 2: April 1 - June 24

4-6pm

CIR Building

\$12/week

Cardio drumming, seated fitness, Zumba, tai-chi, tae bo and more! All abilities are welcome!



WEDNESDAY

Bowling

Jan 8 - June 25

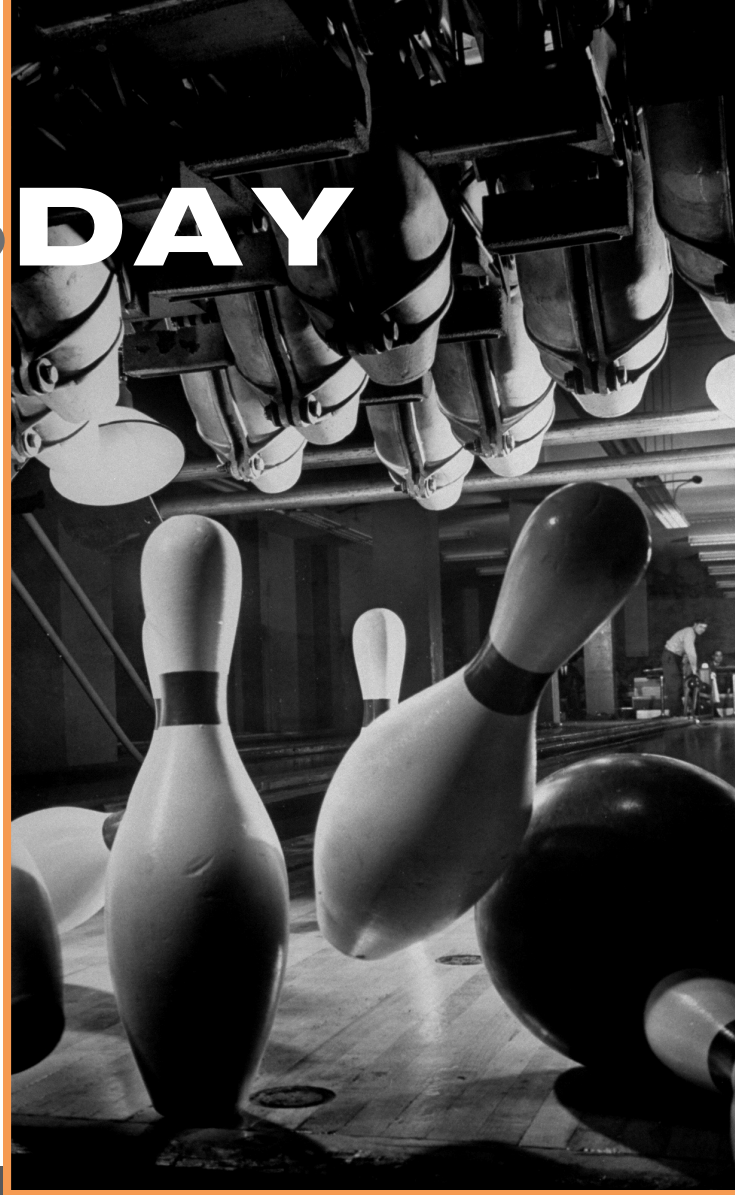
4-6pm

M-66 Bowl

\$15/week

Includes 2 games and shoes

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.



Walking Club

Jan 8 - June 25

10am-12pm

Various Locations

\$8/week

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!



Games Galore

Jan 9 - June 26

10am-12pm

Trinity Community Center

\$12/week

Board games, Charades, Pictionary - you name it, we play it! Great way to have fun with friends!

THURSDAY

Flag Football

May 1 - June 26

4-6pm

Riverside Athletic Fields

\$12/week

A non-contact version of traditional football. Great for teamwork and fitness.



Music Lovers

Session 1: Jan 9 - March 27

Session 2: April 3 - June 26

4-6:00pm

Trinity Community Center

\$12/week

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 9 - April 24

1-3pm

Battle Creek YMCA

\$15/week

A little exercise in the therapeutic pool at the Y Center. Easy on the body, fun for everyone!

THURSDAY



Painting

April 3 - June 26

10am-12pm

Trinity Community Center

\$12/week

Acrylics, watercolors, crafts.

Join us for fun with paints!



Multi-Media Art

Jan 9 - March 27

10am-12pm

Trinity Community Center

\$12/week

This class uses a little bit of all kinds of art techniques - drawing, sculpting, photography and more.



FRIDAY

Dances

5-7pm

Location Varies

\$10/person

Jan 10 - Pajama Party!

Feb 14 - Be My Valentine

March 14 - St. Patrick's
Day

April 11- Let's Wear Purple

May 16 - Flower Power!

June 13 - Prom



Comedy Night

April 18 & May 23

5-7:00pm

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.



Bingo Night

Jan 24, Feb 21,

March 21

5-7:00pm

CIR Building

Great social gathering to play BINGO, win prizes, and have fun with friends.

SATURDAY



Saturday Art Series

Jan 18, Feb 1, March 1,

April 5, May 3, June 7

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!



GAME TIME



Cyber Saturday

Jan 18, Feb 1, March 1,

April 5, May 3, June 7

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



Let's Go To The Movies!

Jan 17

Time TBD

Local Movie Theater

\$15/person

Movie and snacks provided.



Kernels Hockey Game

Jan 25

7-9:30pm

The Rink

\$10/person

See Battle Creek's own hockey team in action!



K Wings

Feb 7

7-10pm

Kalamazoo

\$25/person

See Kalamazoo's Professional Hockey Team in action!
Includes \$5 snack voucher.



Airway Lanes

Feb 28

11am-1pm

Kalamazoo

\$15/person

Let's go bowling at
Airway Lanes!

SPECIAL EVENTS



Into The Woods

March 15

Start Time 7:30pm

Kellogg Community College

\$15/person

Spring theater production at KCC's Binda Theater. Great evening of musical fun!



Frederick Meijer Sculpture Gardens

March 28

12-2:30pm

Grand Rapids

\$20/person

Great day trip to Grand Rapids to see Meijer Gardens.



The Symphony

April 12

7-9:30pm

WK Kellogg Auditorium

\$15/person

Enjoy dinner then the Battle Creek Symphony featuring Anderson and Roe, piano duo. Dazzling!



Earth Day

April 19

1-3pm

Trinity Community Center

\$12/person

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

SPECIAL EVENTS



Renaissance Faire

12-2pm

May 10

Cornwell's Turkeyville

\$10/person

Step back in time to the middle ages! Food, live music, and activities available.



Lugnuts

May 18

11:30am-3:30pm

Lansing

\$25/person

Let's play ball! Enjoy a day of baseball in Lansing!



Pow Wow

June 21

12-2:00pm

Athens

\$15/person

Enjoy the sights, sounds, and smells of a traditional native Pow Wow! Experience and learn about the rich cultural heritage of Nottawaseppi Huron Band of Potawatomi.

SPECIAL EVENTS



Battle Jacks

Date TBD

Time TBD

Bailey Park

\$15/person

Take me out to the ball game! Come and watch Battle Creek's own team in action!



Post Band Concert

June 27

7-9:00pm

Location

\$12/person

This outdoor Battle Creek tradition

has been entertaining locals with great music for over 100 years!



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



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.

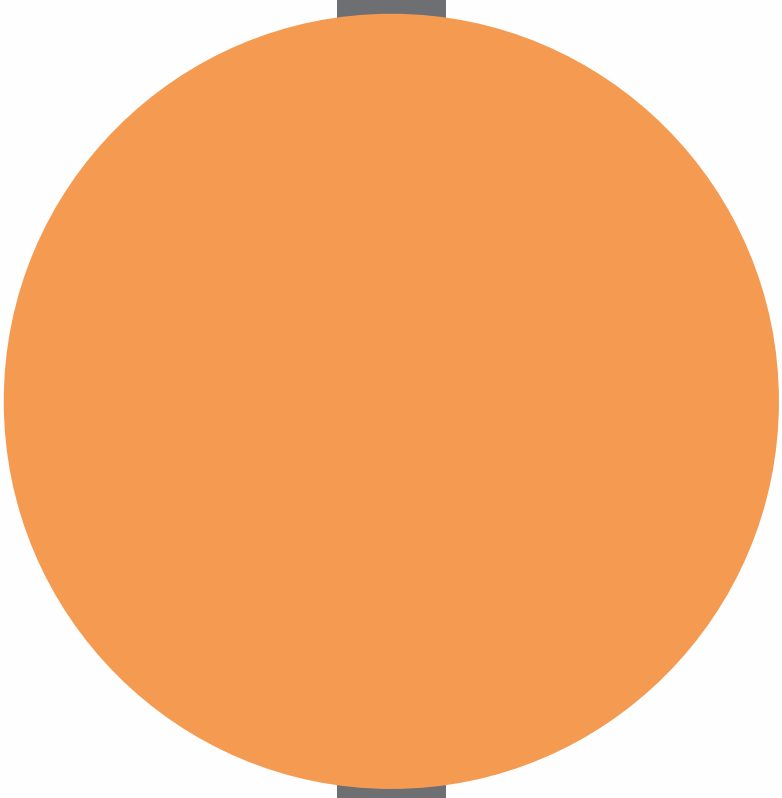
Payment Policy

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.



**COMMUNITY
INCLUSIVE
RECREATION**