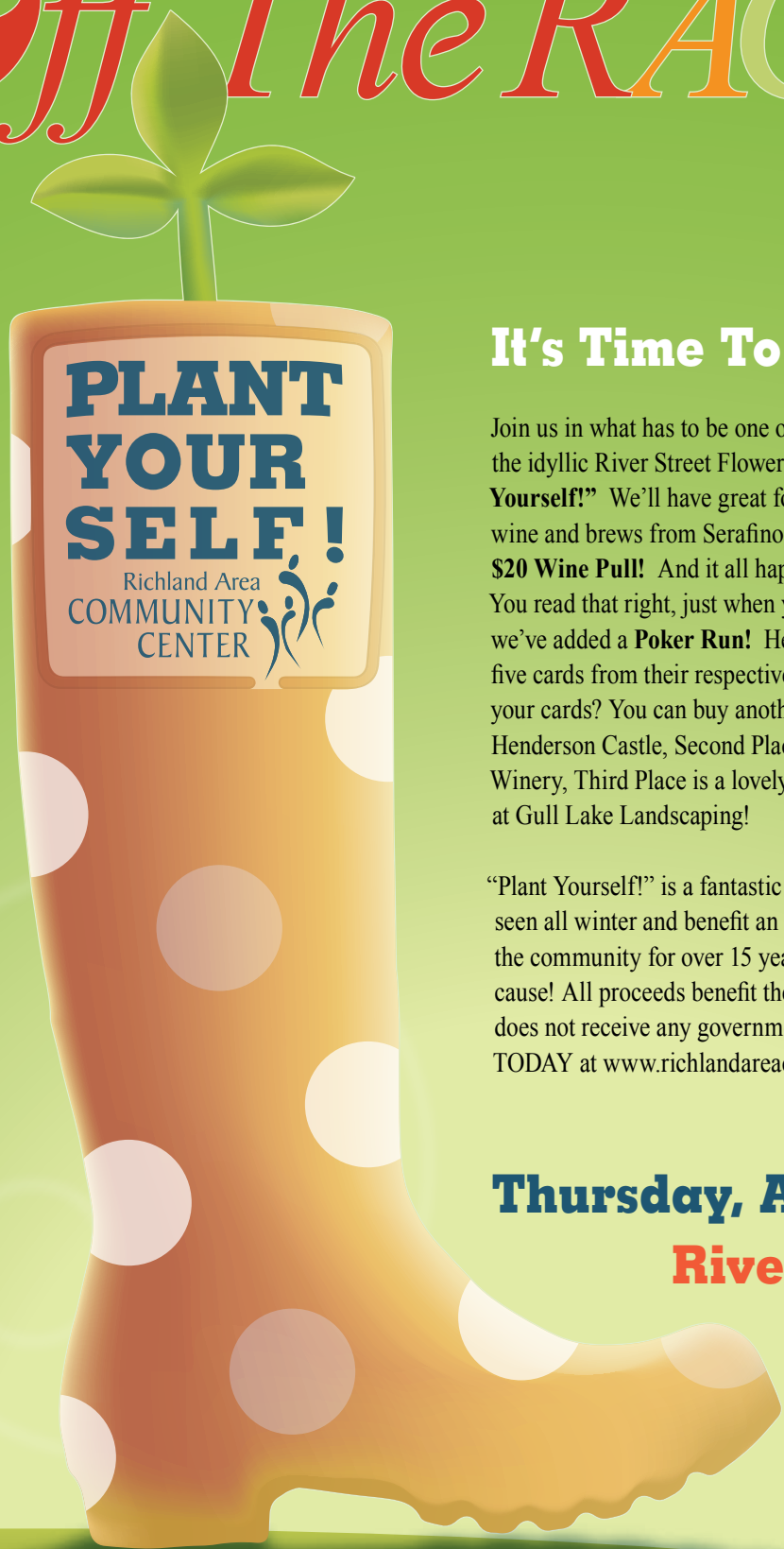


Off The RACC

Richland Area
COMMUNITY
CENTER



**PLANT
YOUR
SELF!**

Richland Area
COMMUNITY
CENTER

It's Time To "Plant Yourself!"

Join us in what has to be one of the best places to spend an early spring evening—the idyllic River Street Flowerland! Ring in spring at our **6th Annual "Plant Yourself!"** We'll have great food from **Chinn Chinn**, a fast and fun **Poker Run**, wine and brews from Serafino's, live, foot-tapping music and the ever-popular **\$20 Wine Pull!** And it all happens at the gorgeous **River Street Flowerland!** You read that right, just when you thought the event couldn't get any more fun, we've added a **Poker Run!** Here's how it works: pay \$20, collect your hand of five cards from their respective stations, and the best three hands win! Don't like your cards? You can buy another at the end! First Place is a gift Certificate to Henderson Castle, Second Place is a private Wine Tasting for 10 at Tempo Vino Winery, Third Place is a lovely basket of gardening goodies from Sherri Snyder at Gull Lake Landscaping!

"Plant Yourself!" is a fantastic way to catch up with good friends you haven't seen all winter and benefit an organization that has been doing good work in the community for over 15 years! Food, flowers, friends and fun...all for a great cause! All proceeds benefit the RACC, which operates on donations alone and does not receive any government funding. Tickets are \$45. Purchase your tickets TODAY at www.richlandareacc.org or call 269.629.9430!

Thursday, April 19, 6:00-8:30 PM

River Street Flowerland

Bring A Friend!

Off The RACC is a publication of the Richland Area Community Center, a registered 501(c)(3) nonprofit organization located in Richland, Michigan. The newsletter is published in January, April and September.

Richland, MI 49083

9400 East CD Ave.

Richland Area Community Center

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THANK YOU!



Because of your generosity, the RACC can continue to grow its programs and events that benefit this wonderful community. Thanks to your support, we can do even more in 2018!

Several donations were received after the print deadline for the winter newsletter.

Thank you!

Please accept our apologies for any omissions, or misspellings. We treasure our donors and appreciate it when you let us know of any mistakes we may have made.

John & Shirley Blakely

Patricia Crowley

Janet Deal-Koestner

Kim & Michael Foster

Jack & Martha Gesmundo

Bob & Val Karam

Jerome & Elizabeth Kohel

Faye Koestner

James Lass & Linda Spicketts

Ron & Karen Logan

*Barbara & Joe McCallister

McCann Family

Tom & Pamela Mansager

Jean Lawler-Marsac

In memory of David Marsac

Charlene Nash

Alison Thor

James & Margaret Woodruff

**Indicates Company matching donation*

IN HONOR OF EARTH DAY AND ALL DAYS

A Commitment

We are so fortunate to be the stewards of the Community Center, a community treasure. We sit on 22 acres of natural beauty. So we asked ourselves, how can we preserve what we have? How can we act locally? We're looking into alternative energy, being sustainable and that's pretty exciting! Some things we're already doing, such as recycling, and reducing our use of resources. But what about the every day, small things? What can we all do?

Bag It!

When you head to Hardings make the commitment to bring a re-useable bag or buy one there. Bring that bag to the Richland Farmers' Market and the Richland Community Library. Let's keep the plastic shopping bags we throw away out of Gull Lake and the Kalamazoo River and off the roadsides of 35th St, M-89 and all our other scenic drives. This may seem like a small thing, but that's really what it comes down to, isn't it?

The Last Straw

Small things...have you heard of thelastplasticstraw.org? More than 500 million plastic straws are used in the US daily — one-time, throwaway use and it takes 200 years to break down into tiny toxic particles. Can we say no to the straw? Or the plastic stir stick? Or at least recycle them?



Recycle

According to michigan.gov, the residential recycling rate for Michigan is estimated around 15 percent. That means we trail behind the other Great Lakes States and most of the nation in recycling.

When we talk about "Plant Yourself!" sure, it's the name of our fundraiser. But it also goes a little deeper than that. It's about knowing where you come from, taking care of what you have, being rooted in community. So let's all make a commitment and take a small step to protect what we treasure.



FARMERS' MARKET

**WEDS.
3:00 to
6:00 PM**

Richland Area Community Center

RICHLAND FARMERS' MARKET BEGINS MAY 9!

Are you ready for asparagus, fresh flowers and herbs? We can't wait for the RFM to start again! We are delighted to begin our 2018 season hosting the Farmer's Market at the RACC! Join us on Wednesdays, beginning May 9, from 3-6:00 pm. You'll find delicious locally-grown produce, as well as locally-crafted cuisine and lovely one-of-a-kind creations while enjoying live music and various events right here on the RACC's beautiful campus! This event truly brings us together, and we are grateful for the insight, passion, and persistence of the individuals who started this community resource and those who have kept this market evolving and growing. Hope to see you on May 9!



PLANT YOURSELF!

BE ON THE LOOKOUT FOR OUR BIG BOOT!

You never know where it may turn up. Stop and take a selfie with the Boot, send it to us, and we'll post it on our Facebook page. Be the first to find the boot at all its locations and win a gift card to Bigby!

April 19, 6-8:30 PM
Riverstreet Flowerland
\$45

Catering by
Chinn Chinn

New! Poker Run
Live Music
Wine Pull

Buy Your Tickets Now!
www.richlandareacc.org
 269.629.9430

"PY!" SPONSORS

A THANK YOU as big as our boot to these wonderful and generous "Plant Yourself!" sponsors and donors.

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 Anonymous

MARVELOUS SPONSORS
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 Boris Realtors
 River Street Flowerland

DONORS

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Enrichment



NEW! BE SMART! GUN SAFETY PRESENTATION AND DISCUSSION

Thursday, May 17, 6:30-7:30 pm, FREE

Learn how to keep kids safe around firearms. **70% of children under the age of 10 know where their parents store their gun and 36% report that they have handled the gun without their parents' knowledge.** This event is an effort to provide information about gun safety and how to keep our children safe, so they have an opportunity to grow up. Please join this important discussion, which will cover:

- How to talk with family and friends about gun safety
- Safe practices around the use and storage of guns
- Identification of risk factors that jeopardize safety, including suicide
- Ways to keep our kids, loved ones and community safe from unintentional gun injury and death

LIFE LINE SCREENING

Saturday, May 5, By Appointment, Five Screenings for \$149

Life Line Screening is a leading provider of community-based preventative health screenings. Get five advanced ultrasound screenings to identify risk factors for cardiovascular disease. Register at www.lifelinescreening.com/advantageclub and receive a discount and your preferred appointment time.



NEW! INTRO TO BELLY DANCING!

Thursday, May 10, 6:00-7:30 pm, \$20

Always wanted to try it, just weren't sure? This one-night workshop is perfect for all levels, w/lots of laughs and fun. Bellydance Kalamazoo's focus is to promote fun, fitness, cultural awareness, and creativity for people of all ages, genders, shapes and sizes who are interested in middle eastern dance, music, and culture. Wear comfortable exercise clothes, no bellies will be exposed! Sign up with a friend and double the fun and laughs. *Min 8/Max 20*

NEW! CALLIGRAPHY ITALIC WITH MARY ARKUSH

Fridays, April 27-May 18, 9:00 am-11:30 am, \$85 (4-week class)

This four-week introduction class will cover letter form, practice techniques, and tools you will need to create Calligraphy Italic. We will finish the class with a project. This skill has endless applications! Use it to address envelopes, write special thank you cards, create signage, wall art—beautifully personalize anything! *Min 4/Max 15*



NEW! PAINT YOUR PET!

May 3, 6:00-8:00 pm, \$35

Paint your favorite furry friend! The class includes instruction, canvas, brushes, paint and all other supplies. Register online (on our website or search Paint your Pet Richland, MI). After purchasing your ticket, post a photo of your pet to this facebook event page (<https://www.facebook.com/events/1298236853610850>). We will use the photo as a reference to paint over at the event.

NEW! PACE (PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY)

Remain in your home as long as possible, know your options!

FREE, must register, call 269.350.2323.

Wednesday, June 20, 10:00 am-12:00 pm

PACE is a comprehensive health program created to help seniors remain at home for as long as possible. It is funded by Medicare and Medicaid. Why attend this workshop? More and more seniors are looking for options to cover the gaps services do not cover. Eighty percent of people 50 years and older want to age in place. We can help you find the care you need at home, so you don't burn out as a caregiver! There are community care options that all seniors need to know so they can plan accordingly. Don't let Long-term care cost your family everything. Join us to learn about your options.



Classes



NEW! ESSENTIAL OIL MAKE-AND-TAKE CLASSES

Classes are taught by certified RNs Jackie Colwell and Jenny Evans. Learn how to "ditch & switch" toxic household items and replace them with plant-based, non toxic, healthy products in these quick make-and-take classes. Drop-in any time between 10:00 and Noon. It takes about 30 minutes and is only \$5.

Bath Soak & Room Spray

Wednesday, April 18, 10 am-12 pm, \$5

Make a lovely bath soak for sore and relaxed muscles. You'll also learn how to make a calming linen/room spray and take both with you when you leave!

Non-toxic Hand Sanitizer & Roll-On Immune Support

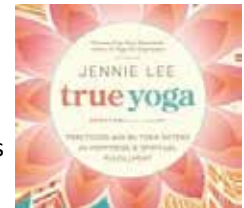
Wednesday, May 2, 10 am-12 pm, \$5

Learn how to make healthy, non-toxic, purse-sized hand sanitizer, and an immunity support roll-on.

NEW! BOOK GROUP FOCUSING ON YOGA!

April 16, May 21, June 18, July 16, 9:30-10:30 am

This is for those who like to read and are interested in delving deeper into all that yoga has to offer! The intent is to have an opportunity to "live" and "experiment" with the tenets of Yoga. The first book is *True Yoga: Practicing with the Yoga Sutras for Happiness and Spiritual Fulfillment*.



FREE TUTORING! LEARN HOW TO USE YOUR SMART PHONE AND TABLET

Fridays, 9:00-11:00 am

April 13 and May 25

FREE, must register at 629.9430

Register for a 30-minute session and get personalized instruction. Have questions? We have answers!

PERSONAL FUNERAL REPRESENTATIVE DESIGNATION WORKSHOP

Wednesday, April 4, 10:00-11:30 am, FREE, must register at 629.9430.

Create and finalize this vital legal document which allows you, according to state law, to designate a single individual to take charge of your disposition when you pass away. Avoid legal fees—bring your designee to the workshop, so you can complete the document, have it witnessed and notarized and can then provide copies to your attorney, clergy and funeral home of choice to ensure your wishes are followed.



VETERANS' BENEFITS WORKSHOP

Wednesday, May 2, 6:00-8:00 pm, FREE, must register at 629.9430.

Did you know there are 100s of benefits for Veterans and their families and that service time, status and type of discharge will determine which benefits will pertain to you? We'll cover Long-Term Care, Veterans Aid, Caregiver support, GI Bill credits, National Cemetery burial, and much, much more. This is important information. Join us. You'll go home with a good overview of benefits, as well as a booklet of available benefits.

All classes require pre-payment. Please pay with check or cash; online at www.richlandareacc.org; or by phone by calling 629-9430. Class size is limited and they fill quickly, so please register early. We will notify you only if the class is full or has insufficient enrollment. Use this enrollment form if you're sending a check.

NAME: _____

ADDRESS: _____

ZIP: _____ PHONE: _____ EMAIL: _____

CLASS: _____ DATE/TIME: _____

PLEASE MAKE CHECKS PAYABLE TO:

**Richland Area Community Center
9400 E. CD Ave. Richland, MI 49083
269.629.9430**

Or pay online at www.richlandareacc.org

A \$10 registration fee is withheld from all class refund requests. Registered students who make a refund request up to 7 days prior to the class start date will receive a full refund, minus \$10 registration fee. No refunds will be given 6 days before the start date. Full refunds will be given in the event a class is cancelled by RACC. See www.richlandareacc.org for details.



Book Discussion Group

The Book Discussion Group meets the third Thursday of each month at 9:30 am. Newcomers are welcome and encouraged!

- Mornings in Jenin*
by **Susan Abulhawa**4/19
- Small Great Things*
by **Jodi Picoult**5/17
- Sisters-In-Law*
by **Linda Hirshman**6/21
- A Piece of the World*
by **Christina Baker Kline**7/19
- Hillbilly Elegy*
by **J.D. Vance**8/16



Gull Lake Area Rotary Club

- Fred Colgren**,
The Abernathy Brothers 4/5
 - Mike Schneiderhan**, Workforce Dev't
issues in Barry County 4/12
 - Youth Leadership and
Services Awards 4/26
 - Dan Hill**,
Outhouse Diggers 5/3
 - Allison Troyer**,
Blue Deucetion Program 5/31
 - Sandra Pearson**,
Habitat for Humanity of Michigan 6/7
 - Brook Wilke**,
Field Trip to MSU Dairy Farm 6/14
- The Gull Lake Area Rotary Club meets every Thursday morning at 7:30 am. Guests are welcome.



- Gateway Academy 4/5
 - Richland Lanes 4/19
 - RACC 5/3
 - National White Cane Days 5/4-5/18
 - Richland Lanes 5/17
 - July 4th Chicken BBQ, 10:30 am-1:30 pm,
Richland Square.
- All are welcome. The Lions Club meets on the 1st and 3rd Thursday of the month at 5:30 pm. For more info see the Lions Facebook page.



**CAN WE TALK?
GUN SAFETY = KID SAFETY**

Chris Peavler, a member of our community, came to us and asked if she could lead a discussion on gun safety and what we can do to keep our kids safe. With the statistics that show 70% of kids under the age of 10 know where their parents store their guns and 36% report they have handled them without their parents knowledge, this is something we all need to be aware of.

The presentation will cover how to talk with family and friends about gun safety, safe practices, risk factors that jeopardize safety, including suicide and ways to keep our kids safe from unintentional gun injury and death.

This conversation WILL NOT include debates around gun ownership, legislation or the politics surrounding guns and firearms. Too many lives have been tragically lost and/or changed forever because we as a society have been reluctant to discuss this important health and safety issue.

Please join us on **May 17 at 6:30 pm** to do your part to keep our community, our kids and our loved ones safe.



TIME TO FLING SOME DIRT! COME TO THE PERENNIAL EXCHANGE!

This is our 6th year hosting the Perennial Exchange and it is such a splendid way to spend a spring morning! Over the years we've seen the event and our gardens grow! Marilyn Graber, who was involved from the beginning, says she looks forward to it every year. "It is the perfect opportunity for new gardeners to get plants and advice and we 'seasoned' gardeners can share our extras." Her philosophy? There is always room for one more plant!

Kathleen Barnum has also attended from the get-go and her knowledge of native plants is impressive. We're always curious to see what Kathleen and her daughter Holly will bring. Barnum said, "The Perennial Exchange is a great way to learn about plants from other gardeners, to gather new plants or add different colors or varieties of plants you already have." She mentioned people bring trees, shrubs, bulbs, flowers, indoor plants, vegetables, fruits..you never know what will show up! "It's an excellent way to start out the spring planting season and best of all - it's free!"

How does it work? Bring your favorite (or not so favorite) plants in pots, boxes or bags (labeled if possible) between 9 and 9:30 am on Saturday, May 12. Enjoy coffee, conversation and treats. We gather outside at 9:45 am sharp, and talk about the plants we've brought. If you don't know much about plants, we have experts on hand from the Late Bloomers Garden Club. Don't have any plants? You can make a cash donation and take part in the exchange. No plants are left behind, they all have to go to new homes!



RACC Announcements!

"Plant Yourself!" Fundraising Event at River Street Flowerland

Thurs. April 19, 6-8:30 pm, \$45.
Purchase your tickets today at www.richlandareacc.org or call 629.9430!
Tickets are going fast!

NEW! Richland Area Volunteer Fair

April 24, 5:00-7:00 pm, Richland Community Hall. Do you have a talent or skill you'd like to share and help out a non-profit or local organization? Come to the first Volunteer Fair and learn about how you can help so many! Appetizers provided.

Life Line Screening Preventative Health Screening

Sat. May 5, \$149, must register at www.lifelinescreening.com/advantageclub. Identify your risk factors for Cardiovascular Disease and Osteoporosis. Register online and receive a discount and your preferred appointment time.

NEW! Yoga Book Group

Ready to learn more? We're starting a book discussion group around the spiritual practices of Yoga. See the center pages for more information.

Perennial Exchange

Sat. May 12, 9:00-11:00 am, FREE. Get out the shovels and bring your favorite perennials to the RACC! Exchange begins at 9:45 am sharp! If you don't have plants, come anyway, we like to share! The Late Bloomers Garden Club will be lending their green thumbs and expertise.

NEW! Jack Lessenberry

Tues. May 8, 7 pm at the First Presbyterian Church in Richland. Don't miss a chance to hear Public Radio's Jack Lessenberry talk about fake news and the role of the media. Brought to you by the Meet Michigan Authors Collaborative!

Meal Tickets

Did you know we offer meal tickets for a \$3 meal at Liz's Parkview Café? To learn more about this Senior Services program, give us a call. You have to sign up, be over 60 and live in a qualified zip code: 49012, 49034, 49053, 49083, 49087 and 49088.

Senior Ballroom Dance Returns

Our dancing snowbirds are back! Senior Ballroom dances resume Sunday, April 22, 2-5 pm. Thank you Mac's Garage for once again sponsoring our dances!

Vote! School Bond Election

A special election will be held on Tues. May 8, 2018 for the Gull Lake School bond proposal. Polls are open from 7:00 am to 8:00 pm.

Older Bunch For Lunch Calendar

Luncheon begins at 12:00 noon. All reservations must be called in to the host by Tuesday. Please be generous with your donations.

September 6

Richland Area Community Center

October 4

Yorkville Community Church

December 13

Gull Lake Middle School



RACC Pack Travel

To see the complete list of our latest, please go to www.richlandareacc.org and click on the travel tab.

Lakes, Grapes, Canals, and Cruises
May 19-24, \$1,199 pp. dbl. occ.

Up, Over, Down and Back
June 9-17, \$1,699 pp. dbl. occ.

The Amana Colonies
August 6-9, \$699 pp. dbl. occ.

**Boston-29th Annual Hampton Beach
Seafood Festival**
September 6-13, \$1,799 pp. dbl. occ.

Trains of West Virginia
October 23-28, \$1,399 pp. dbl. occ.

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Charlie Johnson, Manager

ORGANIZATIONS, GROUPS AND GATHERINGS		
ASYO	MONTHLY	
COFFEE HOUR	TUES. AND THURS.	9:30-10:30 AM
BOOK DISCUSSION GROUP	3RD THURSDAY	9:30 AM
GULL LAKE AREA ROTARY CLUB	THURSDAY	7:30-8:30 AM
LIONS CLUB	MONTHLY	
SENIOR DINING COUPONS	TUES. AND WEDS.	9 AM-5 PM
YOGA BOOK DISCUSSION	3RD MONDAY	9:30-10:30 AM
CARD GROUPS		
BRIDGE	MONDAY	12:30-3:30 PM
EUCHRE	WEDNESDAY	12:30-3:30 PM
HAND & FOOT	WEDNESDAY	1-3:30 PM
DANCE, SPORTS, FITNESS, MUSIC, AND ART		
CRESCENDO "MUSIC TOGETHER"	TUESDAY, 10 WEEKS	5:30-6:15 PM
FIT CLUB	THURSDAY	5:45-6:30 PM
FOOT CLINIC (269.671.5427)	4TH TUES. BI-MNTH	BY APPT.
MAT PILATES WITH DEIDRE	TUESDAY	9:15-10:15 AM
PING PONG	WEDNESDAY	3-5 PM
SENIOR BALLROOM DANCE	4/22, 5/20, 6/24, 7/22	2-5 PM
SQUARE DANCE	4/21, 5/19, 6/16	7-10 PM
SWINGIN' WITH SUSAN	TUES. AND THURS.	10:30-11:30 AM
YOGA-INTERM., SHERRY	MONDAY	10:30-11:30 AM
YOGA-GENTLE, CATHY	TUES., WED., THURS.	10:15-11:15 AM
YOGA-INTERM., CATHY	TUES., WED., THURS.	9-10 AM
YOGA-INTERM., KATHLEEN	WEDNESDAY	6-7 PM
WEIGHT WATCHERS	THURSDAY	5-6 PM

SPECIAL EVENTS CALENDAR
FUNERAL DESIGNATION WORKSHOP WED, APR 4, 10-11:30 AM, FREE
SMART PHONE TUTORING FRI, APR 13 & MAY 25, 9-11 AM, FREE
MAKE & TAKE: BATH SOAK & ROOM SPRAY WED, APRIL 18, 10 AM-NOON, \$5 RSVP, DROP IN WELCOME
PLANT YOURSELF! RIVERSTREET FLOWERLAND THURS, APRIL 19, 6-8:30 PM
MAKE & TAKE: SANITIZER & IMMUNE SUPPORT WED, MAY 2, 10 AM-NOON, \$5 RSVP, DROP IN WELCOME
INTRO TO BELLY DANCING-FUN, FUN! THUR, MAY 10, 6-7:30 PM, \$20
CALLIGRAPHY ITALIC WITH MARY ARKUSH 4 WKS, APRIL 27-MAY 18, 9-11:30 AM, \$85
VETERANS BENEFITS WORKSHOP WED, MAY 2, 6-8 PM, FREE
PAINT YOUR PET! THUR, MAY 3, 6-8 PM, \$35
LIFE LINE SCREENING SAT, MAY 5, BY APPT, \$149
RICHLAND FARMERS' MARKET WEDS, BEGINNING MAY 9, 3-6 PM
PERENNIAL EXCHANGE SAT, MAY 12, 9-11 AM, FREE, EXCHANGE AT 9:45 AM SHARP
BE SMART GUN SAFETY PRESENTATION AND DISCUSSION THUR, MAY 17, 6:30-7:30 PM, FREE
PACE (PROGRAM OF ALL-INCLUSIVE CARE FOR THE ELDERLY) WED, JUN 20, 10 AM-NOON, FREE

THE NEWSLETTER FOR THE RICHLAND AREA COMMUNITY CENTER
Off The RACC is a publication of the Richland Area Community Center, a registered 501(c)3 nonprofit organization located in Richland, Michigan. The newsletter is published in January, April and September.

Please direct all correspondence to:
 Richland Area Community Center
 9400 East CD Ave.
 Richland, MI 49083
 (269) 629-9430

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 Jilisa Grooters Williams

Board of Directors
 Betsi English, President
 Susan Chrisman, Treasurer

Jen DeMaagd Fred Einspahr
 Val Karam Ella Segur
 Marie Stech Andrea Trautman
 Hilary Willavize

Richland Area Community Center Board Meetings are held on the 3rd Tues. of every month at 5:30 pm.

Community participation is welcomed at RACC board meetings. A written request to speak is required at least 24 hours before the board meeting. Individuals are allowed 5 minutes to make their presentation.

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