

Off The RACC

Richland Area
COMMUNITY
CENTER



WE'RE ALL AGLOW!

Is this cover looking a little bright? Glowing, perhaps? There's a reason for that!

We're breaking open a whole lot of glow sticks in advance of our fundraising event, the "My Guy & I Glow Party." Formerly known as the Mother & Son dance, this event will be held at Gull Lake High School (thanks GLCS!) for Young 5 through 5th grade boys and their Moms/or other special ladies in their lives. We're looking forward to an energetic evening filled with dancing, activities, and some serious glowing. We're very grateful for the sponsorship from Kellogg Community Credit Union, it made us positively glow with excitement! For those that can't afford the ticket, we're working with others to provide assistance, making sure anyone who wants to go, gets to glow.

TURN UP THE HEAT, ARTS & EATS

The dance is not the only thing glowing, fall color is starting to pop against those blue skies, and that always means the return of Arts and Eats! Once again we're hosting several artists. Pick up your map at RACC and begin your back road, color tour of art, farms and food the third weekend in October!

Our Harvest Market returns in October with activities for kids; prize drawings and the last chance to pick up goods from your favorite farmers, artisans or bakers until next spring.

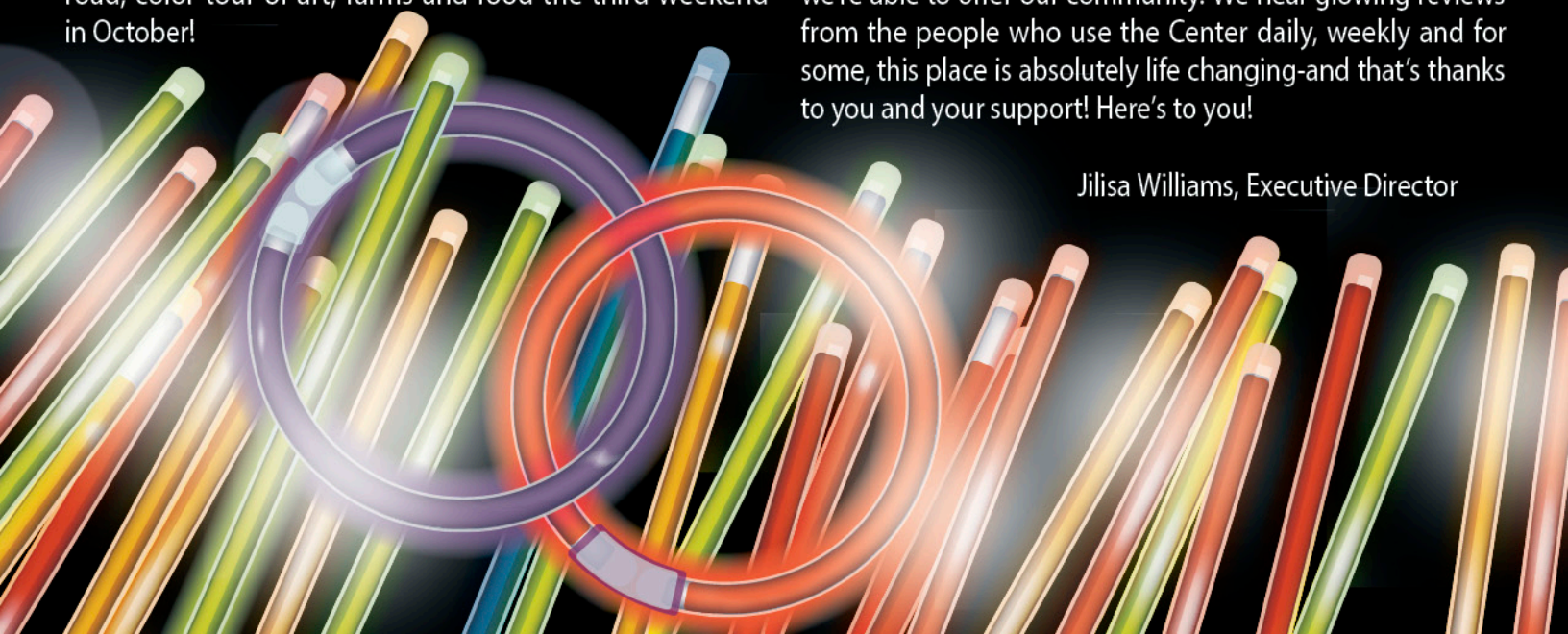
If you're looking to turn up the heat this fall, couples or singles can try something new with our Latin and Ballroom dancing sampler, cha cha cha! You can stay stress free and fit with one of our yoga classes; Pilates, Zumba, Tai Chi, Boot Camp, Stroller Moms, Ping Pong, Tae Kwon Do, or Swingin with Susan classes.

VOLUNTEERS NEEDED

If you're free on Thurs. Oct. 5th from 9-11 am, we're doing some trail and grounds cleanup with our friends from Rotary and could use your assistance and your loppers! We're also looking for volunteers to help during the My Guy & I Glow party. And, if you are interested in serving on our Board or a committee (the Program Palooza is always a fun one!) let us know. Having a variety of people sharing ideas helps bring fresh and innovative programs, events and collaborations to our community.

We're here to serve you, to build a vibrant and inclusive community. You'll soon be receiving our annual appeal. Please know your support makes a tremendous difference in what we're able to offer our community. We hear glowing reviews from the people who use the Center daily, weekly and for some, this place is absolutely life changing-and that's thanks to you and your support! Here's to you!

Jilisa Williams, Executive Director



Formerly the Mother-Son Dance



MY GUY & I GLOW PARTY

A special night for Gull Lake boys & their Moms or the other special ladies in their lives!
Y-5—Fifth Grades

SATURDAY, OCTOBER 28
7:00-9:00 PM
GULL LAKE HIGH SCHOOL

PRIZES	ACTIVITIES
DJ/DANCING	SNACKS/DRINKS

TICKETS
Pre-Sale thru 10/24:
\$25/couple + \$5 each add'l guy
At the Door:
\$30/couple + \$5 add'l guy

OUR EVENT SPONSOR!



WWW.RICHLANDAREACC.ORG

"MY GUY AND I" GLOW PARTY!

Don't be surprised if you see a glow on the horizon! We can't wait for our first "My Guy and I" Glow Party for the young gents attending Gull Lake Schools, Pre-K-5th grade, and the special moms or ladies in their lives (like the Father-Daughter Dance). We are looking forward to an evening of dancing, prizes, games, and activities!

When the GL Men's CVs disbanded, it left their annual Mother Son dance without a host. We were happy to take this on as a new fundraising event. Volunteers are needed for AM set up and PM helpers (Dads, it's your turn to pitch in!). Sponsored by the Kellogg Community Credit Union, the event will be held at GLHS, Sat. Oct. 28th, 7-9 pm. Tickets available online and at RACC through Oct. 24. \$25/couple + \$5 ea add'l guy. Visit richlandareacc.org for tickets. Scholarships are available for those that need entry fee assistance.



GREAT GARDEN TOUR WRAP UP

It was a Bloomin' Good Day! We couldn't have asked for better weather to bring back The Great Garden Tour. Thank you to the 200 visitors who toured the five gorgeous gardens. And a huge—and we mean HUGE—thank you to the garden owners, who graciously opened up their gardens they spent years, days, and hours tending.



THE CIVILITY PROJECT

We all know someone we love, but really disagree with over something, right? In an age of polarization, how do we keep lines of communication open, have healthy discussions? In partnership with GLARC, we've invited Stephen Henderson and Nolan Finley, of the Civility Project, to speak via an hour-long Zoom presentation at the RACC on November 9.

The Civility Project seeks to bring people of opposing viewpoints together for healthy disagreement, personal interactions and constructive conversations. In this hour-long workshop, participants will engage in enlightening discussion, learn to listen to others, and learn why the listening is important. Several of our non-profit leaders

will be in attendance, with the intent to bring the speakers back in the future for a longer, half-day, community-wide workshop. If you're interested in attending a future workshop, please email jilisa@richlandareacc.org.

"If we reach the point where we dehumanize the people we disagree with, anything is possible," Stephen says. "We must step back and learn to talk to people as people, rather than political adversaries."

The Civility Project places people before the moment of disagreement in discussion of how we come to our beliefs and viewpoints. For details more about the movement, go to <https://greatlakescivilityproject.com/about-our-program/>.

2023 ARTS AND EATS

Enjoy this Southwest Michigan celebration, focused on the beauty of art, nature, and great food! The 12th Annual Arts and Eats event will be held October 21 and 22, from 10 am-5 pm. Thirty-five studios, galleries, restaurants, and farms, spread across Barry, Allegan, and Kalamazoo Counties, will be open to the public for an awesome, backroads experience!

Stop in and see us! The RACC is delighted to be a Central Venue on the tour. We are hosting several well-known and talented artists who use a wide variety of materials to create unique and beautiful pieces which will be displayed for your viewing and for sale.

RACC ARTS AND EATS ARTISTS

CuLove Designs

Artisan Metalsmith Jewelry

Wonderland Alpacas of Michigan

Alpaca wool, knitted, needle felted, etc.

All Stitched ~ Embroidery, sewn items

Beth's Glass Creations ~ Fused glass

Birch and Blooms

Enameled Jewelry (copper, silver, and steel)

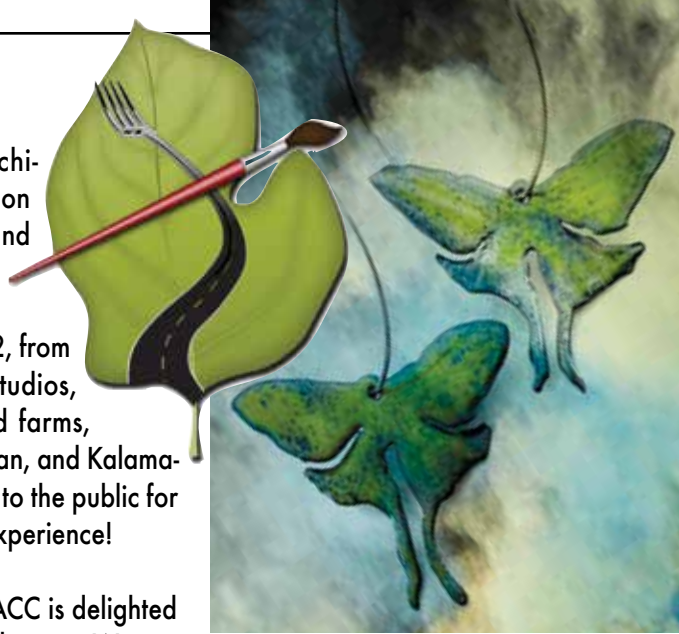
Kiefer Prints ~ Printmaking

Jamie Whitledge ~ Acrylic ink on yupo

Klade Werks ~ Stained Glass

Be sure to pick up your map for the self-guided tour at any ARTS and EATS location, or go online to learn more at artsand eats.org

Don't forget to stop at other local sites on the tour, including: The Little Yellow Frame Shop, Michael Kifer Clay Studio, Seven Sisters Shoppe, Northwoods Gallery, W.K. Kellogg Biological Station Bird Sanctuary, Valli Thayer McDougale, and Stasevich Studio at Tall Trees Farm.



THANK YOU DONORS!!!!

Thank you to our generous donors who provided their support since our last newsletter! We are so grateful to you and how you value all the work the RACC does.



- Scott & Mary Aldrich
Amazon Smile
Robert Amsterburg
In memory of Charlotte Reisor
Jennifer Barlow & Ed Gibbs
Bell Tower Lake House Living
donation of Sofa and Loveseat
Sharon Benton
Mark Bonsignore
Sherwood & Kathryn Boudeman
Carol Coggan
David & Margaret Delano
Michael Dey
Bonnie & Loyal Eldridge
Farley Estes Dowdle
Funeral Home & Cremation Care
Footworks, LLC
Lynn & Scott Friedl
Jack & Martha Gesmundo
Susan Gilmore
Gull Lake Area Lions Club
Gull Lake Community Volunteers
Harding's
Carl & Joyce Harnden
Mary Jasiak
For use of activity field
John Keagle
Timothy Kieffer
Elizabeth Kohel
In memory of Jerome Kohel
Jackie Light
John & Rita Light
Valli & Tom McDougale
Bob & Barbara Monk
Ping-Pong Players for Table
Jean Runge
Sheryl & Brent Slezak
Pamela Tritsch
Mary Tyler
Courtenay & Jon Vandermolen
Beverly Warner

Upcoming Classes!



BEGINNING WATERCOLOR CLASS: FALL HARVEST WITH KRISTINA SPITZNER

Thursday, Oct 5, 6:00 am-8:00 pm, \$45

No experience necessary. We'll spend some sweet time learning the basics of painting watercolors with the beautiful colors of the seasonal harvest as inspiration and painting 2 or 3 5"x7" paintings! Included: Light snacks, good friends, and all of the supplies plus instruction you need to start or continue your creative practice!

All materials included. Min 5/Max 12

PLANT POWERED COOKING CLASS: HOLIDAY PARTY FOOD!

Wednesday, November 6, 6:00-8:00 pm, \$40

Wondering how to stay healthy as we head into the holidays? Join Join Dr. Michelle Halley and Dr. Sherry Pejika for a fun evening making several plant based recipes that would be great to bring to a party and share with friends.

Min 5/Max 12



ADULT DANCE: BALLROOM AND LATIN SAMPLERS

Tuesdays, Nov 7, 14, 21, 28, Ballroom: 6:00-7:00, Latin: 7:00-8:00 pm
Each 4-week class series is \$45 per person and \$70 per couple.

Wear soft soled shoes and make sure ankles are supported. Singles and couples welcome. **BALLROOM SAMPLER: Waltz** Learn the basic steps of the waltz—the foundation for most ballroom dances. **Swing** is a relaxed dance with a care free style. **LATIN SAMPLER: Salsa** is a fusion of Latin and American dancing and music. **Merengue** helps to develop Latin Motion and the ability to adapt to any partner. **Bachata** is a Latin slow dance with origins from the Dominican.



FREE! TECH TUTORING!

Tuesdays, Sept 26, Oct 10 & 24, Nov 14, Dec 12, 9:00-11:00 pm

Wondering how to use your cell phone or tablet? Sign up for your free 30-minute session and work one-on-one with a student from Gateway Academy. This wonderful, intergenerational program often leaves participants surprised at how much they learned in just 30 minutes. Call and sign up today!

Must Register by calling 269.629.9430.



THRIFT MARKET

Saturday, Sept 23, 9:00 am-2:00 pm

Here's your opportunity to sell or buy gently used goods! Don't have enough space for a sale? We do! Sign up to reserve a spot, or sign up with a friend or neighbor! \$30 for 10x10 spot.

Email ashley@richlandareacc.org for info

ZUMBA WITH KELLY MORCOMBE

6 weeks, Tuesday: Oct 24, 31, Nov. 7, 14, 21, 28 , 5:00-6:00 pm

Dance into fitness with this this Latin-inspired cardio class! All fitness levels are welcome! Dance skills not required—you just need the desire to have fun and keep moving. Bring water, wear flat comfortable shoes with good cushion and support. Don't forget to tell your friends!

8 Min/Max 15

ZUMBA

with Kelly Morcombe



TAI CHI WITH GEORGE DE ALTH

7-Week, Tuesday, Begins October 3, 10:00-11:30 AM, \$70

Class covers the foundations of the Tai Chi form and the first 17 moves of the 108 move Tai Chi set. Each class will introduce 2-3 moves, and review learned moves. The intention of the class is for each student to learn these 17 moves and therefore to be able to perform this mini set of Tai Chi. George de Alth has been practicing Tai Chi for nineteen years.

Min 5/Max 12

MAT PILATES WITH DEIDRE

8-week, Tuesdays, Oct 24, 31, Nov 14, 28, Dec 12, 19, Jan 9, 16, 9:15 am, \$80

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Mat Pilates is a challenging, yet safe, method to sculpt your body and increase agility in your everyday movements.

Bring a mat to class. Any other equipment will be provided.



FREE! MEDICARE 101 SEMINAR, Presentation, Tuesday, Nov 2, 6:00-7:30 pm

Learn how Medicare and Medicaid medical insurance plans work and how to access them, whether you're about to enroll or already enrolled. Representatives from Michigan's State Health Insurance Assistance Program will be here to answer your questions about health care, prescription coverage, health savings programs, supplemental insurance, long-term care and more.

WASSAILING: COMMUNITY TREE LIGHTING & CAROLING!

Thurs. Dec. 7th Wassailing 5:30-8pm

Tree Lighting: Richland Village Square 6:30 pm

Bring your family and friends to Wassailing from 5:30-8 pm and at 6:30 join us across from the Library for the 2nd Annual tree lighting and caroling! Brought to you with help from RABA, Richland Township and Gull Lake Are Rotary Club.



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

Registered students who make a refund request up to 7 days prior to the class start date will receive a full refund, minus a \$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 the 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!

In Every Mirror She's Black
by Lolá Ákinmádé ÀkèrströmSept 21

Becoming Mrs. Lewis
by Patti Callahan Oct 19

The Kurdish Bike
by Alesa LightbourneNov 16

Crazy Horse
by Matson & The Edward Clown Family...Dec 21



Gull Lake Area Rotary Club

Gull Lake Area Rotary Club meets on Thursday mornings at 7:30 am. Guests are welcome via Zoom or in person. Visit gulllakearearotary.org for info

T R Shaw
Cereal City Sunrise BC Club09/21/23

Arun Tandon
Advanced Health Pharmacy09/28/23

Lasagna Dinner
at Gull Lake High School10/02/23

Cathy Knauf
Human Trafficking10/05/23

Fred Colgren
Gilmore Car Museum
"American's First Road Trip"10/12/23

Carlos Fantana
Cereal City Rotary Growth10/19/23

Jonas Petersen
Southwest Michigan First10/26/23

Air Zoo District Meeting10/28/23

Halloween Trick-or-Treat in The Park
Richland Village Green 10/31/23 TUES

A special thank you to the women and men of GLARC for all the good they do in our community and for helping us bring a new butterfly bench and pollinator garden to the RACC!

THAT'S A WRAP! 2023 RICHLAND FARMERS' MARKET

WOW! It just keeps getting bigger and better—another year of record attendance! Thank you to our farmers, vendors, artisans and volunteers; our amazing staff Ashley Moody, Jami Richmond, and Jody Elms who were here each week keeping everything organized and running smoothly wearing a smile; and the Richland Community Library, Open Roads, Little Hands Montessori, and Goats on the Go, for providing free, special programs for our patrons to enjoy. We are excitedly planning for next year! See you at the Harvest Festival Market, Wednesday, October 18, 3:00-6:00 pm!



THANK YOU FOR THE MUSIC AT THE MARKET!

Much thanks to the Arts Council of Greater Kalamazoo for sponsoring our musical line-up at the 2023 Richland Farmers' Market through their Summertime Live concert series! We hosted a wide variety of wonderful artists whose music was just one more reason for people to attend the Market!



SAVE WATER

Water is vital for all life to thrive. The demand for water keeps growing, as does the population, hence the importance of saving water. Here are eight tips for you to save water at home very easily.

- Cutting down on watering your lawn saves up to 840 gals.** (Illustrated with a sunflower)
- Turning off water while brushing your teeth saves up to 2.0 gals a minute.** (Illustrated with a toothbrush)
- Use smart sprinklers that adjust watering based on weather.** (Illustrated with a sprinkler)
- Buying water-saving devices and efficient toilets saves many gals a day.** (Illustrated with a toilet)
- Spending only 5 minutes in the shower saves up to 8 gals each time.** (Illustrated with a showerhead)
- Water your plants with grey water early in the morning or evening.** (Illustrated with a watering can)
- Make sure all your faucets are correctly closed to prevent any leaks.** (Illustrated with a faucet)
- Washing only full loads of dishes and laundry saves up to 50 gals per week.** (Illustrated with a plate and a fork)

RACC Announcements!

OUTDOOR STROLLER FITNESS CLASS!

Mon. 10-11 am. Moms will be able to get their body moving with their kids in tow. Instructor will lead the class for mamas while entertaining the kiddos with books, songs, bubbles and other means of fun distraction. Show up when you can and pay the instructor \$.

RACC TRAIL & GROUNDS CLEANUP

Thurs. Oct. 5, 9-11 am. Can you lend a couple hours and help trim back the trails, do a little gardening/ yard work at RACC? Help us keep the place looking great! Bring a friend, work gloves, loppers, rakes and a smile. :)

HARVEST MARKET

Wed. Oct. 18, 3-6 pm. Miss your favorite farmers, artisans or bakers? Bring the kids for activities, a prize drawing and celebrate the fall harvest with your favorites from our Farmers' Market!



ARTS & EATS

(perfect for a date or a girls' day out!)
Oct 21 & 22, 10-5 pm. Get the map and begin your color tour of backroads, farms, out of the way art studios, restaurants and enjoy! We're on the tour as a Central site once again, hosting some terrific artists!



MY GUY & I GLOW PARTY!

Oct. 28, 7-9 pm. Moms, Grandmas, Aunts, big sisters we're hosting a fun and special evening for you and your little guys, Young 5-through 5th grade at our My Guy & I Mother Son Dance. We'll have prizes, dancing, snacks and activities for you and your date. It's a Glow Party! Tickets available at richlandareacc.org. Scholarships available for those in need.

YOUNG PROFESSIONALS/RETIREES

Do you have an interest in nonprofits, the arts, health, technology, marketing, finance, community, or fundraising? We're looking for a few great people to serve on our Board, bringing new ideas and fresh perspectives. For more info and to apply, contact jilisa@richlandareacc.org.

BENEFITS OF YOGA

Did you know yoga improves strength, balance and flexibility? According to Johns Hopkins Medicine it can ease arthritis symptoms, help with back pain and stress, and help you sleep better. We offer several yoga classes during the week. Give it a try! See richlandareacc.org for class info.

NEED HELP WITH MEDICARE SIGN UP?

MMAP is here to help! You can attend a presentation on Nov. 2nd from 6-7:30 pm for info or sign up for individual appointments on Nov. 8th, from 9-11:30 at RACC. Call Miranda 269-373-5102 or email mjpear@kcalcounty.com to register.



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wfscpas.com

**SPECIAL EVENTS
CALENDAR**

THRIFT MARKET
SAT, SEPT 23, 9 AM-2 PM

BEGINNING OIL PAINTING
LINDA COMPTON, TUES, SEPT 26, 5:30-7:30, 6 WEEKS, \$100

BEGINNING WATERCOLORS
KRISTINA SPITZNER, "AUTUMN HARVEST"
THURS, OCT 5, 6-8 PM, \$45

TECHNOLOGY TUTORING
TUES, SEPT 26, OCT 10 & 24, NOV 14, DEC 12, 9-11 AM, FREE

RACC TRAIL/GROUNDS CLEAN UP
Thurs. Oct. 5, 9-11 AM

ARTS & EATS
OCT 21 & 22, 10 AM-5 PM, FREE

HARVEST MARKET FESTIVAL
WED, OCT 18, 3-6 PM

RICHLAND WASSAILING
THURS, DEC. 7, FREE

MEDICARE 101 PRESENTATION AND OFFICE DATES
PRESENTATION: THURS, NOV 2, 6-7:30 PM
OFFICE HOURS: BY APPT, WED, NOV 8, 9-11:30 AM
CONTACT: MIRANDA, 269.373.5102,
MIPEAR@KALCOUNTY.COM TO RSVP

**ORGANIZATIONS, GROUPS
AND GATHERINGS**

AYSO	FALL & SPRING	VARIOUS TIMES
BOOK DISCUSSION GROUP	3RD THURSDAY	9:30 AM
GULL LAKE AREA ROTARY CLUB	THURSDAY	7:30-8:30 AM
SENIOR DINING COUPONS	TUES & WED	10 AM-1 PM
COFFEE HOUR	MON & THUR	9:30-10:30 AM
GLVP	MON & TUES	NOON-3:30 PM

CARD GROUPS

EUCHRE	WEDNESDAY	NOON-3 PM
HAND & FOOT	WEDNESDAY	11:30 AM-3 PM

DANCE, SPORTS, FITNESS, MUSIC, AND ART

BALLROOM DANCE SAMPLER	TUES, NOVEMBER	6-7 PM
LATIN DANCE SAMPLER	TUES, NOVEMBER	7-8 PM
6 WK MAT PILATES, DEIDRE	TUES, BEGINS 9/12	9:15-10:15 AM
8 WK MAT PILATES, DEIDRE	TUES, BEGINS 10/24	9:15-10:15 AM
OUTDOOR BOOT CAMP	MON, BEGINS 9/11	6-7 PM
PING PONG	WED	1-3 PM
SWINGIN' WITH SUSAN	MON & THURS	10:30-11:30 AM
TAI CHI	TUES, BEGINS 10/3	10-11:30 AM
TAE KWON DO	THURS	6-7:30 PM
ZUMBA	TUES, BEGINS 9/12	5-6 PM
6-WK SLOW FLOW YOGA	THURS, BEGINS 9/7	6-7 PM
6-WK YOGA, CATHY	WED, BEGINS 11/2	9:30-10:45 PM
YOGA-GENTLE, CATHY	MON & THURS	10:15-11:15 AM
YOGA-VINYASA, CATHY	MON & THURS	9-10 AM

**THE NEWSLETTER FOR
THE RICHLAND AREA COMMUNITY**

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 April and September.

Executive Director
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Richland Area Community

