



# Kettunen Center Program Calendar September 2011 – October 2012

For more information: phone: (231) 829-3421, email: [info@kettunencenter.org](mailto:info@kettunencenter.org)  
web: [www.kettunencenter.org](http://www.kettunencenter.org)

## Special Events

### The Art Crawl

**October 8–15, 2011**

Public exhibit of local artists art-work. Meet the artist at an evening reception on Oct. 12. Walk-in only. No cost. *Sponsored by the Osceola League for Arts & Humanities.*

### Breakfast with Santa

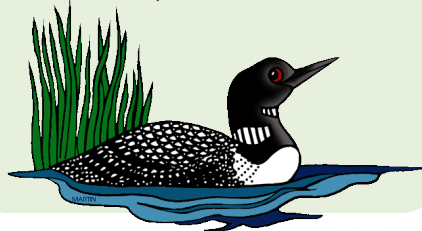
**December 10, 2011**

Area families are invited to enjoy a nutritious breakfast and activities. Children may visit Santa or Mrs. Claus and receive a book and toy. Other activities include face painting, Christmas crafts, storytelling and local music performers. The event is made possible by donations from area businesses and local volunteers. Phone reservations required.

### Green 5K Trail Run/Walk

**August 18, 2012**

Join us for the second annual Kettunen Center 5K! The run/walk is on scenic, rolling trails through woods, fields and near wetlands. The proceeds help support youth programs at Kettunen Center. All ages welcome. Registration form and more information available online after April 30, 2012.



## Seasonal Family Events

**Hands-on outdoor learning activities for families of school age children.  
10 a.m. – 3:30 p.m.**

**\$7/person including lunch** (pre-paid reservations required)

### Fall Family Fest

**November 12, 2011**

Enjoy learning about the seasonal changes of Northern Michigan as plants and animals prepare for winter. Hands-on activities include a forest hike looking at wild edibles, old-fashioned apple cider making and Michigan apple tasting, disc golf (easier without the leaves!) and fall crafts. Feeling adventuresome? How about one last canoe or kayak on Center Lake! Keynote presentation by Joe Rogers from the Wildlife Recovery Association of Shepherd. Joe will bring live birds of prey and other Michigan Mammals sharing what adaptations occur in preparation for winter.

### Family Ice Fishing Day

**January 28, 2012**

Outdoor activities for all ages designed to help families learn about Center Lake's ecosystem through a hole in the ice. Hands-on activities include: the ABCs of ice fishing; mysteries under the ice – aquatic plant and wildlife discoveries; shoreline snowshoe trek and fishing crafts. All equipment and bait provided.

### Winter Family Fun Day

**February 18, 2012**

Bring the family and enjoy activities for all ages in the snow! Hands-on activities include: basics of cross-country skiing, snowshoe trekking, ice fishing, sledging, winter survival skills, snow science, tracking wildlife, introduction to yoga and take part in The Great Backyard Bird Count. All equipment provided.

### Getting Kids Outdoors Because...Spring's Here!

**April 14, 2012**

Welcome the spring season back to Northern Michigan with outdoor activities for all ages. Hands-on activities include: morel mushroom hunting, the art of maple syrup tapping, archery, fishing tips and casting skills, GPS and compass fun, birding, wild turkeys, wildflower and forest hikes, ski walking for year-round fitness, and fun spring crafts.

### 4-H Learning Science through the Arts Camp

**July 8-11, 2012**

A camp for youth ages 9-14. Theme for this year is *Games Around the World: Our Window into Many Cultures!* The goal of the camp is to give youth creative and fun ways to be active and healthy, and to encourage a deeper understanding and appreciation of other cultures. Along with all the usual camp fun of hiking, swimming, boating, group games and campfires too! Through this camp, youth will learn and have fun... just like youth the world around. Brochure available online after Jan. 31, 2012.

# Road Scholar Programs: Adventures in Lifelong Learning

Road Scholar Programs are week-long and 4-day programs for adults 21 and older and intergenerational audiences. For more information about Road Scholar or to register, visit [www.road scholar.org](http://www.road scholar.org) or call (877) 426-8056.

## Achieve Winter Fitness: Relax, Revitalize, Reconnect

**January 15-18, 2012 (#16783)**

The program includes sessions on how to stay healthy and increase fitness levels during the long winter months with a blend of physical and emotional health activities; outdoors and indoors, for men and women over 50. The sessions will address physical fitness after 50, holistic nutrition, yoga, Tai Chi Chuan, Nordic Walking, massage therapy, cross country skiing, snowshoeing, and dancing.

## Stalking the Elusive Morel and Other Natural Encounters

**May 6-9, 2012 (#15915)**

The President of the Michigan Morel Mushroom Hunter's Club will share his passion for the elusive morel, while local enthusiasts share their favorite "hotspots" as we forage for edible wild mushrooms. You will encounter the beautiful natural environments of Northern Michigan as you hike, canoe, kayak and explore the region's hills, lakes and woods. You will receive instructional sessions in basic lake canoeing and kayaking; identifying spring wildflowers; and birding skills.

## Exploring Nature Together: Canoeing, Hiking, Biking and More!

**June 24-29, 2012 (#20351)**

Grandparents and grandchildren explore, play and learn together as they tackle

outdoor challenges while enjoying the beauty of Northern Michigan. Outdoor experiences include canoeing, kayaking, team-building low ropes course, bicycling, geocaching, map and compass, archery, disc golf and more. Enjoy field trips canoeing the scenic Manistee River and biking on the White Pine Linear State Park as we hone our outdoor skills.

## Fur, Fins and Feathers

**July 27 – August 3, 2012 (#2546)**

An intergenerational program for grandparents and their grandchildren. Program includes outdoor interpretive hikes and hands-on science activities to learn about Michigan's flora and fauna; fishing skills and fun with instruction from Michigan State University's Project FISH Program; and the enjoyment of the creative arts of music and storytelling.

## Capture the Fall Beauty of Northern Michigan through Watercolors

**October 7-12, 2012 (#6167)**

The program includes intensive watercolor painting instruction; daily interpretive outdoor hikes to enjoy seasonal changes and learn about Michigan flora and fauna; learn how to take outdoor photographs for reference use in your watercolors; and Tai Chi Chuan daily sessions for learning techniques of stress reduction, internal harmony and sustaining good health.

## Other Programs

### 4-H TRACKERS

The TRACKERS Program is an environmental and outdoor education program designed for youth pre-school to 6th grade. Lessons are correlated with the Michigan Science Grade Level Content Expectations. Schools and youth organizations schedule day field trips or overnight camp programs.

### T.R.E.E.

T.R.E.E. (Teams Recreational Environmental Experience) is a team-building/low-ropes initiatives program for ages 10 and older. The indoor and outdoor activities and initiatives are designed to help groups focus on team skills such as communication, trust, leadership-followship, self-esteem, decision-making and problem-solving. School groups, 4-H and other youth clubs and home school families of 12 youth or more can schedule a one-day program any time of the year. The TREE Program is a great addition to an adult conference as a get acquainted session, setting the stage for planning meetings or the theme of a retreat. Our certified instructors are prepared to meet the needs of each group and facilitate a safe, fun and effective way to work on group issues and enhance team dynamics.

**For more information, call the Kettunen Center program office at (231) 829-3421.**

### About Kettunen Center

Kettunen Center is a full-service conference and retreat facility, owned and operated by the Michigan 4-H Foundation. Kettunen Center is a focal point for statewide 4-H leader training and development and serves as a learning center for many other groups. Kettunen Center and its programs are made possible by donations to the Michigan 4-H Foundation. Pick up a Friends of Kettunen Center brochure to see all the ways you can help. For more information on giving to Kettunen Center, contact the Michigan 4-H Foundation at (517) 353-6692 or online at <http://www.mi4hfdtn.org/givetokett.html>.

### Contact

For more information about Kettunen Center programs, contact:  
**Andrea Grix**, Education Coordinator, [agrix@kettunencenter.org](mailto:agrix@kettunencenter.org)  
**Kama Ross**, Assistant Education Coordinator, [kross@kettunencenter.org](mailto:kross@kettunencenter.org)

Kettunen Center  
14901 4-H Drive  
Tustin, MI 49688-9470  
Phone: (231) 829-3421  
Fax: (231) 829-3633  
[www.kettunencenter.org](http://www.kettunencenter.org)

