

# VOLUNTEER

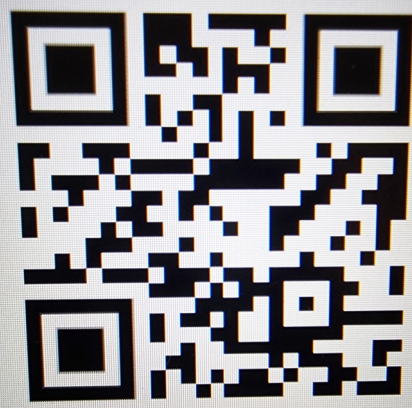
all that's missing is U!



## Want to Volunteer?

Interested in volunteering to help our community? WMFC has volunteer opportunities to match a wide range of interests and time commitment. There are opportunities to fit everyone from large groups to individuals and we will do our best to make sure that your volunteering experience is both challenging and rewarding. WMFC is always looking for people with big hearts who want to lend a hand and make a difference in the lives of others! Please give us a call today! We would love to meet you and talk over the opportunities that we have for you! For more information about volunteering, contact Helen Roth at [rothh@wmfc.org](mailto:rothh@wmfc.org) or call (989) 832-3256.

**For more information, scan these WMFC Website and Family Focus QR Codes**



WMFC Website



Family Focus Newsletter

## Community Services

### Free Internet Access

WMFC offers free internet access. Link your personal devices to the free internet access from inside the facility or from the privacy of your own vehicle in the parking lot.

### EV Charging Stations

WMFC is doing our part to reduce carbon emissions! We have installed two **LV2 Charging Stations** for commuters and community members to



charge their electric vehicles, free of charge. It's easy to do and there are instructions on the post next to the stations. Stations are located in the north WMFC parking lot, next to the WMFC Road Sign.

### Fall Building Hours

Mon-Wed	7:30 a.m. - 8:00 p.m.
Thursday	7:30 a.m. - 6:00 p.m.
Friday	7:30 a.m. - 6:00 p.m.
Saturday	Available by Advanced Rental
Sunday	Closed
Building hours are subject to change. Please call ahead.	

### Facility Rental

Reservations may be made up to 2 months in advance by completing a *Room Reservation Form*. Confirmation will not be given without full payment. Rooms available may include: gyms, batting cage, dining room and meeting rooms. Cancellations of less than 24 hours are charged the full amount. For more information contact Chelsea Davis at [davisc@wmfc.org](mailto:davisc@wmfc.org), check out our website at [www.wmfc.org](http://www.wmfc.org) or call (989) 832-3256.



## Program Guide Fall 2023

### WMFC Preschool

If you would like to speak to someone about the programs listed below, please call or email Missy Finney at (989) 832-3256 or [finneym@wmfc.org](mailto:finneym@wmfc.org). If you would like to fill out an interest form please visit [www.preschoolpartnership.org](http://www.preschoolpartnership.org)

#### 3's Preschool

**September - May**  
**Monday through Thursday**  
**Half Day 8:30 a.m. - 11:30 a.m.**  
**Full Day 8:30 a.m. - 3:30 p.m.**  
(Children must be 3 years old by Sept 1<sup>st</sup> of the enrolling school year.)

WMFC offers half day and full day 3's programs. Each 3's classroom is staffed by highly trained teachers who are dedicated to the success of their students. WMFC preschool programs are built around the concept that children "learn through play" and that play helps children learn roles, express emotions, explore materials, improve motor skills and practice language skills. Classroom teachers strive to encourage, support and challenge students in ways that will promote individual growth. By year end students are prepared and ready for a seamless entry into a 4's classroom the following school year. This program is a tuition based program with full and partial scholarships based on income. (See page two for childcare options.)

#### 4's Preschool

**September - May**  
**Monday through Thursday**  
**8:30 a.m. - 3:30 p.m.**  
(Children must be 4 years old by Sept 1<sup>st</sup> of the enrolling school year.)

WMFC offers two quality full day 4's Great Start Readiness Preschool Programs onsite. Children spend their day participating in activities such as work time, planning and recall, large group, small group, interactive reading, outdoor play, and large motor activities. STEM (Science, Technology, Engineering and Math) learning is also incorporated into each day. Preschool is also offered at:

- BC Community Preschool (at Bullock Creek Elementary)
- Floyd Community Preschool (at Floyd Elementary)
- Shepherd Community Preschool (at St. Vincent dePaul Church)
- St. Louis Community Preschool (at Westgate)
- Winn Community Preschool (at former Winn Elementary School)

### WMFC CONTACT INFORMATION

**Aquatics/Recreation Director**  
Chelsea Davis, [davisc@wmfc.org](mailto:davisc@wmfc.org)

**Childcare Program Supervisor**  
Jillian Westphal, [westphal@wmfc.org](mailto:westphal@wmfc.org)

**Children's Programs/Licensing Director**  
Marcy Young, [youngm@wmfc.org](mailto:youngm@wmfc.org)

**Dow College Opportunity Program Director**  
Haley Northup, [northuph@wmfc.org](mailto:northuph@wmfc.org)

**Executive Director**  
Greg Dorrien, [dorrieng@wmfc.org](mailto:dorrieng@wmfc.org)

**Facility Rentals**  
Chelsea Davis, [davisc@wmfc.org](mailto:davisc@wmfc.org)

**Family Services Director**  
Renee Young, [youngr@wmfc.org](mailto:youngr@wmfc.org)

**Office Manager/Preschool Enrollment**  
Missy Finney, [finneym@wmfc.org](mailto:finneym@wmfc.org)

**Out of School Time Program Supervisor**  
Leigha McLaughlin, [mclaughlinl@wmfc.org](mailto:mclaughlinl@wmfc.org)

**Publications and Website**  
Renee Allen, [allenr@wmfc.org](mailto:allenr@wmfc.org)

**Safety Officer/Volunteer Coordinator**  
Helen Roth, [rothh@wmfc.org](mailto:rothh@wmfc.org)

**Transportation Supervisor**  
Sheleigh Nicolai, [nicolais@wmfc.org](mailto:nicolais@wmfc.org)

**WMFC Website Address**  
[www.wmfc.org](http://www.wmfc.org)

### INSIDE

Children & Teens, Family Services...pg 2  
Recreation.....pg 3  
Community Services & General Information.....pg 4

All programs subject to change.



Preschool programming includes parent and family focused events, activities and home visits. This Michigan Dept of Ed funded program offers free tuition to families that qualify under GSRP guidelines.



# Children and Teens

## Childcare



**Monday - Friday**  
**Ages: 6 Weeks - 12 yrs.**  
**6:30 a.m. - 6:30 p.m.**

WMFC is a licensed child care center where your child is welcomed and will be encouraged to continue to develop his/her individuality. WMFC provides a planned program that will help your child grow and develop. WMFC is the perfect place for working parents to access affordable, high quality, state licensed care for their children. Contact Jillian Westphal at (989) 832-3256 or [westphal@wmfc.org](mailto:westphal@wmfc.org) for information, payment and scholarship options. If we do not have immediate openings, you will be added to our wait list.

## Out of School Time Care

**September - June**  
**Monday - Friday**  
**Students in Grades K - 12 yrs**



WMFC's licensed program provides fun-filled opportunities for learning and social skills development. Daily homework help, large motor activities and snacks are provided. Children must be registered prior to starting. Space is limited. Contact Leigha McLaughlin [mclaughlin@wmfc.org](mailto:mclaughlin@wmfc.org) or (989) 832-3256 for information.

Bullock Creek Middle School Pickup	6:45 a.m.
Floyd Elementary School Pickup	8:10 a.m.
Bullock Creek Middle School Drop Off	3:20 p.m.
Floyd Elementary School Drop Off	4:15 p.m.

## Dow College Opportunity Program



The Dow College Opportunity Program (Dow COP) serves to enrich students' lives and prepare them for college, whether that is technical certification, community college or a 4 year university. Through mentoring and a variety of activities, students are not only equipped to handle the

transition to college, but they learn to be productive, socially responsible citizens. Beginning in their freshman year of high school and continuing through college graduation, students gain a variety of experiences that allow them to get the most out of their journey. Dow COP activities include academic support, travel, cultural exposure, volunteering and social development. Each high school class experiences a week long trip each summer to help solidify the lessons that they learn throughout the school year. Student trips include *Adventure and Personal Growth*, College Tours and *New Horizons Exploration*. Students in 8th grade and/or the first semester of their freshman year of high school are encouraged to contact Haley Northup at (989) 832-3256 or [northuph@wmfc.org](mailto:northuph@wmfc.org) for more information.

# Family Services

## Parent Education

### *Families With Intention*

Come learn about how to include the 4 C's : Choices, Consequences, Consistency, and Care into your family time: . For more information please call Sheleigh Nicolai at (989) 832-3256.

## Community Playgroup

Looking for a fun and safe place for you and your child to play and meet new friends? Parents and children 0 to 5 years of age, are invited to join us for our community playgroup sessions. For more information contact Renee Young at (989) 832-3256.

## Diaper Bank

WMFC houses a diaper bank that is supplied through *The Diaper Alliance*. Families in need of diapers may call Sheleigh Nicolai at (989) 750-9118 (direct number) or (989) 832-3256 to request diapers. Call hours are Monday through Thursday between 7:30 a.m. and 3:00 p.m.



## Surplus Food Distributions

The *WMFC Surplus Food Distribution Program* helps WMFC families fill in crucial gaps as they struggle to cope with today's rising food prices and higher cost of living. By partnering with many different organizations, WMFC is able to bring a variety of different surplus food distributions to our community, and the outlying communities, each month. For registration and program information please contact Helen Roth at (989) 832-3256.

## Back on the Rack

Through a collaboration with *Walmart* and *Costco*, WMFC is able to repurpose items and put them "Back on the Rack". In the coming months the WMFC staff will convert the old WMFC Clothing Room into the new *Back on the Rack* distribution center. After the transformation is complete, *Back on the Rack* will open its doors to distribute the aforementioned repurposed items and put them into the hands of those in the community who need them. For more information about *Back on the Rack* please contact Helen Roth at (989) 832-3256.

# Recreation

For information about recreation programs please contact Chelsea Davis at [davisc@wmfc.org](mailto:davisc@wmfc.org) or (989) 832-3256.



### *Walking*

**Weekdays**  
**7:30 a.m. - 9:30 a.m.**  
**11:15 a.m. - 12:15 p.m.**  
**FREE**

Gyms are open for walkers looking for a place to stretch out or take a walk inside out of the cold or rain.

### *Fitness Room Membership*

**During Regular Building Hours**

The WMFC Fitness Room has strength training and aerobic equipment including ellipticals, stationary bikes and treadmills.

Individual monthly fitness memberships are:

- \$15 Fitness Room includes **ONE** of the fitness classes.
- \$20 Fitness Room plus yoga, drop in, Zumba **and** Pickleball.

### *Recreation Punch Pass*

Recreation punch passes are available for purchase for \$20 at the WMFC Welcome Center and can be used for drop in gym, drop in basketball and Zumba. (Buy 10 and get the 11th visit free.)

### *FREE Martial Arts*

**Year Round**  
**Tuesday Evenings**  
**6:00 p.m. - 8:00 p.m.**  
**Ages: 8 yrs. - Adult**

WMFC, in partnership with Gateway Martial Arts, offers FREE martial arts classes. Beginner class is from 6:00 - 7:00 p.m. Advanced class (with instructor approval) is from 7:00 - 8:00 p.m. Join the class by stopping in on any Tuesday night and speaking with the instructor. Participants must sign a waiver before attending their first class.

### *WMFC Bowling Center*

**Fee: \$10/hr Per Lane**  
**Max 6 People per Lane**

Six games to choose from including *Regular 10 Pin, EZ Bowling, Creature Feature, HORSE, My Shot and Angry Birds*. Call ahead to reserve. Fee includes:

- Shoes and bowling balls
- Bowling lane for one hour

Birthday party reservations must be made at least 2 weeks in advance.



### *Zumba*

**Tuesdays & Thursdays**  
**10 a.m. - 11 a.m.**

Dance yourself into shape! Zumba classes feature exotic rhythms set to high energy Latin and international beats. Cost is \$2.00 per person per class or unlimited with WMFC Fitness Membership. (Aqua Zumba is not included in membership-See "Aquatics"). For more information contact Stephanie Oster [osters@wmfc.org](mailto:osters@wmfc.org)

### *Pickleball*

**Tuesdays & Thursdays**  
**11:00 a.m. - 12:00 p.m.**

Pickleball is the fastest growing sport in the nation. Come find out why! WMFC has both inside and outside courts.

### *Adult Basketball Leagues*

WMFC adult basketball leagues are competitive and fun. Registration for the 3-on-3 leagues take place in the fall, winter and after the new year.

### *Yoga*

**Mondays 6:00 - 7:00 p.m.**  
**Thursdays 5:30 - 6:30 p.m.**

Mondays is yoga for families and Thursdays are for adults only. Cost for all sessions is \$2.00 per person.

### *Batting Cage*

**Fee: \$45 Hour**

Call to reserve the batting cage for your baseball or softball team. Cost is \$45/hour. Reservations are on a first-come first-serve basis and include:

- 70'x14'x12' batting cage for hitting practice
- Gymnasium for fielding and pitching practice
- Pitching net and pitching machine and balls

### *Drop-In Gym and Drop-In Basketball*

**Mondays & Wednesdays: 6:00 p.m. - 8:00 p.m.**

**Gym B - Basketball only**  
**Gym A - First come-First served**

**Tuesday, Thursdays, Fridays & Saturdays: Call Ahead**

**Cost: \$2.00 per person/per visit**  
**\$5.00 for a family of 3 or more**

Drop-in gym is a great way to join in on a basketball pickup game, throw the baseball around or spend some family recreation time! Call ahead 832-3256 on Thursdays, Fridays and Saturdays to check for availability. (Students must be supervised by an adult or must be 13 years or older.)

