



Spring 2024
Fulton Heights Citadel
1235 Fulton Street East
Grand Rapids, MI 49503
616-454-1459
Safultonheights.org

News from The SAL

140th Brass Band Anniversary Concert & Open House—Plus, Info @ Spring Programs

There is so much happening this spring at The SAL.

Did you know that Grand Rapids was the first city in the United States to have a brass band commissioned by The Salvation Army for music ministry? The SAL has kept a continued brass music tradition going for 140 straight years and we look forward to celebrating the anniversary this May 19th to conclude National Salvation Army Week!

Behind the Red Shield will feature the anniversary concert at 4 pm, but not before we have an open house featuring a mini-concert, blitz experiences of our programs and services, snacks and a silent auction (2-4 pm). The concert will feature Tom & Heather Hanton, who now serve at Territorial Headquarters in Chicago and a homecoming band with many of our previous bandspeople playing. You won't want to miss it!

STEM Saturday on March 23rd (11 am—2 pm) and *Creative Cooking with Miss Brown* (Wednesdays at 6 pm starting in April) are some new spring programs that we hope children and youth will enjoy. Adults are welcome to join their children.

Spring Break. We will take a break from programs from April 1-5 to allow for spring cleaning, preparations and much-needed breaks for our staff. Please see the calendar for planned breaks this calendar year.

More details inside!

Prayer Corner

Chad A
Majors Cecilia & Roger
Senn
Lt. Cols. Diane & Norm
Marshall
Jeff Gowell
Ralph Fowler
Pat Schell
Mary Roberts
Monica Duffy
Carol Lubbers
Marian Donaldson
Richard Johnston
Hilda Zamora
James Ashley
Judy Mourer
Sandra Flanders
Sharon Sleeman
Leone Bogdans
Myra Rettler
John Wesley Walton
Missy Ferguson
Joe O'Kelly
John Walton's Family
Faith Mottl
Randy Quandt & Family
Paul & Vangie Howard
Brice Butgereit
Barbara Wick
Cai Rubin
Lt. Paige Heyboer
Marge Duke
Bob & Curtis Edmonds
The Williams Family
The Senior Program
Harbor Light West Michigan (formerly "Turning Point")
Adult Rehabilitation Center
Pathway of Hope
Fulton Heights Citadel
Corps

MEET THE HANTONS!

Tom and Heather Hanton are the special guests for *Behind the Red Shield 2024* on Sunday, May 19th, which will feature a concert, open house and opportunity to practice and perform with the brass band.

Behind the Red Shield will start with a short concert at 2 pm, followed by a wide selection of short experiences, such as mini-exercise classes, crafts, women's and men's ministries, brass band activities and more! Snacks will be available. We will conclude with the 140th anniversary concert at 4 pm and the announcement of the silent auction winners.

A Homecoming band will have rehearsal on Saturday, May 18th at 4 pm, followed by dinner. RSVPs are required for the Homecoming band rehearsal and meal.

See more details on page 13!

"What I love about The Salvation Army is an opportunity to worship in community and use the gifts that the Lord has blessed me with," says Tom Hanton. "I also love that The Salvation Army has a rich heritage in music that connects us to the throne of God."

Tom and Heather Hanton are members of The Salvation Army church in Oak Brook Terrace, IL where Tom leads the band and Heather is a corps sergeant major. Along with their children, Troy and Taryn, the Hanton family loves the Lord and loves to serve in music ministry whenever they can.



Tom assumed the role of Assistant Territorial Music & Creative Arts Ministries Secretary for the US Central Territory in July of 2019. Previously, Tom served as the Divisional Music Director for The Salvation Army in Florida Division (5 years), Eastern Michigan Division (6 years), Western Michigan/Northern Indiana Division (5 1/2 Years), and as a schoolteacher in Flushing, MI (4 years). He was able to provide inaugural leadership of the Eastern Michigan Divisional Band, leadership of the Florida Divisional Band and Great Lakes Ministries team. Tom has been both a trombone and euphonium soloist with various bands throughout his career and has been a guest instructor and soloist at a myriad of summer camps and concerts.

Heather has been a vocal soloist since she attended Salvation Army music camps at a very young age. She continued to develop her musical gifts and eventually became the Divisional Music Director of the Heartland Division in Peoria, IL. Since then, Heather has continued to teach young people to sing through various children's choirs and teen vocal ensembles including The Salvation Army Clearwater School of Music. Heather has been a member of both the Southern Territorial Songsters and the newly formed Central Territory Staff Songsters. Heather currently works for the USA Central Territory in the women's department where she advocates for women's programming through a podcast and monthly prayer times.

MUSIC MINISTRY NIGHT

Community Meal starts at 5 pm. Donations accepted. **Please RSVP for the meal**, including volunteer leaders, to Maureen.diffley@usc.salvationarmy.org by the Tuesday before.

Junior Choir offers children the opportunity to improve singing and perform in suitable public locations. Practice starts at 5:30 pm on Wednesdays. Winter season practices are January 17—March 13 at 5:30 pm. The junior choir will perform at the March Friday @ The SAL on March 15th, which is held from 5-8 pm. Sign up for Spring Choir by March 22nd. The group will meet only if there are 8 or more registered children. To register call 616-454-1459, e-mail Denise.Gorsline@usc.salvationarmy.org or on our online sign up sheet at <https://rb.gy/63hsno>.

Songsters offers youth and adults the opportunity to learn musical pieces in The Salvation Army tradition, as well as other hymns. This choir shares its gifts at most worship services during the fall, winter and spring. The choir is led by Les Chase. Practice begins at 6:30 pm. The group will perform in the spring concert, May 19th.

Brass Band offers skilled musicians the opportunity to develop their gifts and share them during Sunday worship services, concerts and special events, including visitations. Youth and adults are welcome. The band is led by Chuck Warfel and Curtis Britcher. Practice begins at 7:30 pm. Band Preparation for May 19th Spring Concert will be part of Wednesday rehearsals.

Creative Cooking with Miss Brown

Wednesdays @6 pm: April 10—May 15

Children aged 5 –13 will have the opportunity to learn how to cook healthy and fun meals with Miss Brown.

This NEW class will be conducted if there are 10 or more registered children by 3/22/24. Spots are limited. Please contact Denise Gorsline at 616-454-1459 or by e-mail: denise.gorsline@usc.salvationarmy.org or sign up online at <https://rb.gy/jvoz4m>

Parents are welcome to observe, participate or drop off.

FRIDAY @ THE SAL

MARCH 15—ST. PATRICK'S DAY

APRIL 19—SPRING FLOWERS, MAY 17—SALVATION ARMY THEME

Every third Friday, join us for Friday @ The SAL where we enjoy a great dinner, crafts and games for all ages. Donations are \$3.

Interested in helping? Volunteer opportunities for set-up, cooking, game and craft facilitation, special performances and teardown are available. Talk to Major Maureen for more info!

FUN & FINANCE FRIDAYS

March 2 , April 12, May 3 Workshops at a **New Time—7 pm**

March 2—How to Rent in Grand Rapids (Safely & Affordably)

This class will be led by Sarah Edgington, Pathway of Hope caseworker, who will share hacks, secrets and strategies for navigating successful renting in Grand Rapids.

April 12—BUDGETING: How to Make a Budget My Friend

Pre-register at rb.gy/av96go

May 3—MONEY Values, Goals & Decisions: Getting a Grip on My Finances

Pre-register at rb.gy/3pzfyr

FUN Character- Building Workshops for Kids 5-13 years old

Drop off starts 6:30 pm. Pickups end 8:30 pm

A fun workshop promoting great character will be led by Miss Brown at 7 pm; open gym will be offered before and after the workshop. To secure nursery care for younger children, **please call the office** at 616-454-1459 by the Wednesday before. Thank you!

Pre-register at rebrand.ly/twggrnw

2024 Program Year Planned Breaks

Months	Days Sr Program & Corps Programs on Break
January	January 2-5, 15
February	February 19th, President's Day (Office closed)
March	March 29th, Good Friday (Office closed)
April	April 2-5, Spring Break
May	May 27-28, Memorial Day Weekend (Office Closed 5/27, Office open 5/28)
June	June 19th, Juneteenth (Office Closed)
July	July 1-5 (Office closed 7/4 & 7/5), July 29-31, Summer Break 1 & 2
August	August 1-9, Summer Break 2
September	September 2 and 3, Labor Day Weekend (Office closed 9/2))
October	
November	November 22nd, 26-29, Thanksgiving (Office closed 11/28 & 11/29)
December	December 20 - 31, Winter Break
2025	Days Sr. Program & Corps Programs on Break
January	January 1, 2 & 3, Winter Break

SENIOR EXERCISE



Enhance Fitness: *Instructor Darcy Dean.*

Wednesdays & Fridays, 9 am

The Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for mature participants. This evidence-based class is designed to be social and to focus on the stretching, low-impact aerobics, strength training and balance needs of seniors. Suggested \$1.00 donation per class.

Arthritis Foundation Exercise Program: *Instructor Darcy Dean.*

Wednesdays & Fridays, 10 am

This is an evidence-based exercise program designed to use gentle activities to increase joint flexibility and range of motion, plus help keep muscle strength. Our instructors are certified by The Arthritis Foundation.

Cardio Drumming: *Instructor Lori Teft. Wednesdays at 10 am— 3/20, 4/24, 5/22*

If you really want to have a rousing fun experience and get a workout, you should definitely try cardio drumming! Benefits include: creating a sense of connection with others and yourself, releasing negative feelings, stimulating creative expression, controlling chronic pain and improving relaxation. Plus, it's fun!!!

Juke Box Jive: *Instructor Lori Teft. Wednesdays at 10 am—3/6, 4/10, 5/8*

Do you find exercise a bit too serious, but still want to get a cardio workout? Do you have a hard time not tapping your foot when the music comes on? Then this is the class for you! Join us and enjoy moving to the music.

Music in Motion: *Instructor Melissa Blanchard. Wednesdays at 9 am— 3/6, 3/20, 4/17, 4/30, 5/1, 5/15, 5/29* Our music instructor helps you to find the groove and keep the rhythm as you exercise, enjoy great music, and connect with others in a fun way. This experience helps you to enjoy using your brain and body.

Arthritis Tai Chi: *Instructor Kris Pastunink. Tuesdays at 11:15-11:45 am*

Tai Chi is an effective, low-impact way to build strength and balance. Kris is certified in tai chi that specializes in providing relief for those with arthritis and is excited to teach the tai chi class again.

Line Dancing *Instructor Kris Pastunink. Tuesdays at 10:45—11:15 am*

Line Dancing is an effective way to get the heart rate up, practice coordination and balance while having fun. Come join the Tuesday morning dance party!!!

Walking Club: *Self-led or find a walking buddy*

The gym is available during program times for those who want to walk. You will earn a bingo ticket for every 15 minutes that you walk.

Wii Bowling: *Our staff facilitates bowling games with several participants.*

Come and try out our Wii Bowling which is displayed on a big screen TV.

Exercise Videos: *Our staff selects an appropriate video for Tuesdays at 10 am.* Participants work out in a group following instructions on a video. This is something you can try at home too!



Our Senior Program receives funding from Area Agency on Aging of Western Michigan. We are so thankful for their support!

WOMEN'S MINISTRIES

Women's ministries offers fellowship, service, education and worship opportunities for women. **The group meets at 11 am in the Game Room on Tuesdays.** For more information, talk to Major Maureen.

March 5—Hygge Game
March 12—Scones: Taste & Learn
March 19—Fun & Games
March 26—Craft Time!

April 2—Spring Break

April 9—Childhood Memory
April 16—Spinach: Taste & Learn

April 23—Mission Stories from
Major Maureen (overseas)
April 30—Strawberries: Taste &
Learn

May 7—Fun & Games
May 14—Craft Time!
May 21—Cherries: Taste & Learn

May 28—Memorial Day Break

June 4—Season End Party
(Share a special dish from your
culture or family)

WOMEN'S BIBLE STUDY

Women's Bible Study meets on Tuesdays at 10 am in the Game Room. Due to snow days, the winter study on Romans will conclude March 12th. We'll start an 8-week series on the Psalms, called "Lyrics of Life", on March 19th. It features video teaching from Lisa Harper. Handouts will be provided. On June 4th, we'll have a time of worship together at 10 am.

SPRING EXCURSIONS

Thursday, March 7—Thrifting in Grand Rapids. Trip Cost \$20. Reserve a spot on The Salvation Army bus and travel to several thrift stores for a fun day of thrifting. We will stop for lunch; please bring extra money for the meal! Departure: 9:30 am Return: 4:30 pm (approximate).

Thursday, April 11th—Our Big Spring Trip to the Sea Life Aquarium in Detroit. Trip cost: \$110. Reserve a spot on the charter bus. We'll have a self-guided tour of the aquarium, prepaid lunch with special selections at The Rainbow Café, and outlet shopping at the Great Lakes Crossing Outlet Mall. Departure: 8 am Return: 6 pm (approximate)

Thursday, May 9th—Boulder Ridge Wild Animal Park. Trip Cost: \$40. Reserve a spot on The Salvation Army bus and enjoy self-guided tours of the safari, petting zoo, and reptile house. We will bring a packed lunch to enjoy in the picnic area. Departure: 9:30 am Return: 5:30 pm (approximate)

Spots are limited; registration and pre-payment of the trip cost are required to attend. Thanks!

OPEN BIBLE STUDY—TUESDAYS AT 11 AM

Spring Bible Study with Major R.C. Duskin and leader Jim Lenters will take a look at Faith Foundations as part of a 10-week series, featuring video lessons by David Platt. It will start Tuesday, March 5th and end Tuesday, May 14th. The group meets in the FHC library and is open to anybody who would like to attend.

MEN'S MINISTRIES

Men's Ministries meets every third Saturday of the month at 9:30 am for breakfast.

However, there will be no May Men's Breakfast because of the Anniversary Concert and Men's Camp.

If you need a ride, please call the office 616-454-1459. Enjoy the fellowship!

Russ' - 6444 Division Ave South—Grand Rapids, MI

Breakfast is on your own - separate checks.

CELEBRATE RECOVERY

Celebrate Recovery (CR) is a biblically balanced approach to help bring sustainable recovery and healing to our hurts. Based on the 12-step program and 8 principles from the Beatitudes, CR takes a Christ-centered and community approach to recovery. Worship is a key component and that is why the worship service (large group) precedes the small group/s that reflect upon the message and lesson shared as part of the worship service.

Like other 12-step groups, CR expects confidentiality within groups and no cross talk. Participants can freely share what is going on without judgment, but with support. Being renewed in our minds by the Holy Spirit for a new life of holiness (recovery from our sinful nature) makes these lessons relevant for everyone, whether they join the CR small group, another on-site small group or an off-site fellowship group.

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, hang-ups, and habits of any kind.

12 STEPS OF CELEBRATE RECOVERY

1. We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. *Romans 7:18*

2. We came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. *Philippians 2:13*

3. We made a decision to turn our lives and our wills over to the care of God.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship. *Romans 12:1*

4. We made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the Lord. *Lamentations 3:40*

5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed.

James 5:16a

6. We were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. *James 4:10*

7. We humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful and will forgive us

our sins and purify us from all unrighteousness. *1 John 1:9*

8. We made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. *Luke 6:31*

9. We made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. *Matt 5:23-24*

10. We continue to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! *1 Corinthians 10:12*

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us, and power to carry that out.

Let the word of Christ dwell in you richly.

Colossians 3:16a

12. Having had a spiritual experience as the result of these steps, we try to carry this message to others and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore them gently. But watch yourself, or you also may be tempted. *Galatians 6:1*

FIRST EVER STEM SATURDAY—MARCH 23

Join us for a fun Science-Technology-Engineering-Math Saturday on March 23rd at 11 am. Lunch is included. Children will experience two hands-on lessons, led by Ms. Brown.

We will require pre-registration for this event. If there are less than 10 children registered, we will have to postpone for another date. This program is suitable for kids aged 5 to 13. Adults are welcome to stay and learn with their child or drop them off and pick them up later.

Drop off starts at 1:50 pm. Children must be picked up by 2:05 pm. To pre-register, contact Denise.Gorsline@usc.salvationarmy.org or call 616-454-1459 or sign up online at rb.gy/8j91w7

ARCHERY TOURNAMENT—MARCH 20TH

Winter archery has been extended by one week. Interested in archery? You can still participate in the winter season. All ages and levels welcome. We will conclude with a tournament on Wednesday, March 20th at 6 pm.

Senior Program March Schedule

Time	Tuesdays	Wednesdays	Fridays
9 am		Enhance Fitness 9 am Music in Motion 3/6 & 3/20—9am	Enhance Fitness 9 am
10 am	Exercise Video 10 am Women's Bible Study 1- 10 am Line Dancing 10:45—11: 15 am	Arthritis Fitness 10 am Bible Study 10a Juke Box Jive 3/6 - 10 am Cardio Drumming 3/20 Finance Class 3/6 & 3/13 Brain Games 3/27	Arthritis Fitness 10 am Bible Study 10 am
11 am	Open Bible Study —11 am Women's Ministries—11 am Arthritis Tai Chi —11:15 –11:45 am	Bingo 11 am	Bingo 11 am
Noon	Lunch 12:15 pm Bingo 12:45 pm	Lunch 12:15 pm	Lunch 12:15 pm
1 pm	Bingo concludes 1:30 pm Cards 1:30—3 pm Movie 3/26 - 1:45 pm	Specials 1 pm—3/6 Card Bingo 3/13 Who Wants to Be a Millionaire 3/20 Walk the Plank 3/27 Double Bingo	Specials 1 pm—3/1 Family Feud 3/8 Farkle 3/15 Yahtzee Tournament 3/22 Live Music

March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					Senior Program 9 am – 2 pm Retirees Breakfast 9:30 a, Fun Friday Character-Building 7 pm & Financial Empowerment 7 pm	
3	4	5	6	7	8	9
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm 10 am Women's Bible Study, 11 am Women's Ministries	Senior Program 9 am – 2 pm Dinner 5p, Jr Choir 5:30 pm, Archery 6 pm, Songsters 6:30, Band 7:30	Senior Thrift Store Trip 10 am HLWM Bible Study 6 pm	Senior Program 9am – 2pm	
10	11	12	13	14	15	16
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm 10 am Women's Bible Study, 11 am Women's Ministries	Senior Program 9 am – 2 pm Dinner 5p, Jr Choir 5:30 pm, Archery 6 pm, Songsters 6:30, Band 7:30	HLWM Bible Study 6 pm	Senior Program 9am – 2pm Friday @ The SAL 5-8 pm—St. Patrick's Party	Men's Breakfast 9:30 am
17	18	19	20	21	22	23
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm 10 am Women's Bible Study, 11 am Women's Ministries	Senior Program 9 am – 2 pm Dinner 5pm, Ar- chery Tournament 6pm, Songsters 6:30 pm, Band 7:30 pm	HLWM Bible Study 6 pm	Senior Program 9 am – 2 pm	STEM Satur- day 11 am— 2 pm
24	25	26	27	28	29	30
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm 10 am Women's Bible Study, 11 am Women's Ministries	Senior Program 9 am – 2 pm Dinner 5pm Songsters 6:30 pm, Band 7:30 pm	Holy Thurs- day HLWM Bible Study 6 pm	Good Friday. Program is closed. 6:30 PM Good Friday Service	

31

Easter
10 am Service
Easter Breakfast
Celebrate Recovery
Group

Special Notes for March

NEW time for Fun & Finance Fridays is 7 pm. Starts March 1st!
St. Patrick's Day Fun on Friday, March 15th from 5-8 pm. Donation just \$3.
NEW DATE: Archery Tournament is Wednesday, March 20th at 6 pm.
OUR FIRST EVER STEM Saturday will be held March 23rd from 11 am—2
pm. A minimum of 10 children must be registered for the event to take
place.
The office and senior program are CLOSED for Good Friday on March 29th.
Good Friday worship service is at 6:30 pm.
EASTER is Sunday, March 31st. Celebrate Jesus' Resurrection at 10 am.

Senior Program Birthdays



MARCH

3/2 Jill Smith
 3/6 Jeanne Benedict
 3/8 Virdy Smith
 3/9 Jackie Lomonaco
 3/10 Amy Venlos
 3/12 Connie Wier
 3/15 Howard Bredeweg
 3/15 Art DeRaad
 3/17 William Cross
 3/18 Jose DelRio
 3/18 Peggy Murphy
 3/20 Janice Sergides
 3/23 Steve Bajko
 3/24 Dianne Goddard
 3/27 Diane Meyerink
 3/27 Robin Hooper
 3/28 Robert DenBraber
 3/31 Susan Oliver

APRIL

4/1 Patricia Howard
 4/2 Cynthia Womble
 4/3 Virginia Jenison
 4/3 Lucille Piechucki
 4/3 Evie Ebel
 4/4 Cathy Smith
 4/5 Ethel Smothers
 4/9 Sharon Greenwood
 4/12 Vivian Lobdell
 4/13 Myrna Wise
 4/13 Everlena Fisher
 4/13 Stephanie Hickman
 4/13 Dorothy McClain
 4/15 Janice Hill
 4/16 Terry Kopp
 4/17 Edna Simmons
 4/19 Sharon DenBraber
 4/21 Geneva Garmon
 4/22 Yvonne Slaski
 4/22 Valerie Beal
 4/23 Olia Cook
 4/23 Ruthie Couch
 4/23 Linda Nugent
 4/24 Dodi Wilson
 4/26 Maria Cordova
 4/27 Sarah Wildfong
 4/27 Marilyn Leison
 4/27 Joyce Massey
 4/28 Linda Pulaski
 4/30 Patricia McKinney

MAY

5/1 Iva Witte
 5/3 Deloris Traylor
 5/4 Hendrika Twardy
 5/5 Pat Schell
 5/6 Linda Acton
 5/7 William Fejedelem
 5/8 Alice Neumann
 5/8 Agnes Wybenga
 5/9 Mary Roberts
 5/10 Carol Goebel
 5/11 Betty Ebel
 5/11 Linda Dickensheets
 5/11 Linda Young
 5/12 Myra Rettler
 5/13 Betty Jones
 5/13 Karene Moore
 5/13 Jim Murphy
 5/13 Juanita Spiegner
 5/13 Jean Bigelow
 5/15 Consuelo Cano
 5/16 Donald Fitz
 5/16 Adrienne Polega
 5/16 Judy Gordon
 5/19 Ruth DeBri
 5/19 Debra Atwood-Stout
 5/20 Sue McKay
 5/23 Danny Walters
 5/23 Karen Brown
 5/25 Gerry Trabka
 5/26 Helen Fitz
 5/27 Kathleen Peterson
 5/29 Barbara Pratt
 5/29 Anna Suiter
 5/30 Sandra Togtman

April Notes

Spring Break—Programs are closed April 1-5.

FUN & FINANCE Friday will be held on April 12th at 7 pm. Dropoff for children starts at 6:30 pm.

NEW: Creative Cooking with Miss Brown starts Wednesday, April 10th at 6 pm.

Senior Program Fundraising Trip to Sea Life Aquarium, April 11th. Departure 8 am.

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
		Program Break	Program & Rehearsals Break	Program Break	Retirees Breakfast 9:30 am Program Break	
7	8	9	10	11	12	13
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Creative Cooking with Miss Brown 6 pm, Songsters 6:30 pm, Brass Band 7:30 pm	Senior Trip— Aquarium in Auburn Hills 8 am HLWM Bible Study 6 pm	Senior Program 9a – 2p Financial Empowerment & Character-Building 7 pm	
14	15	16	17	18	19	20
Worship Celebrate Recovery 10 am Fellowship & Small Groups		Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Dinner 5 pm, Creative Cooking with Miss Brown 6 pm, Songsters 6:30 pm, Brass Band 7:30 pm	HLWM Bible Study 6 pm	Senior Program 9a-2p Friday @ The SAL Spring Flowers 5-8 pm	Men's Breakfast 9:30 am
21	22	23	24	25	26	27
Worship Celebrate Recovery 10 am Fellowship & Small Groups	Corps Council 7 pm	Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Creative Cooking with Miss Brown 6 pm, Songsters 6:30 pm, Brass Band 7:30 pm	HLWM Bible Study 6 pm	Senior Program 9 am – 2 pm	
28 Worship Celebrate Recovery 10 am Fellowship & Small Groups	29	30 Senior Program 10 am – 3:30 pm, Women's Bible Study & Ministries 10, 11 am				

Senior Program April Schedule

Time	Tuesdays	Wednesdays	Fridays
9 am		Enhance Fitness 9 am Music in Motion 4/17 –9 am	Enhance Fitness 9 am
10 am	Exercise Video 10 am Women's Bible Study 10 am Line Dancing 10:45 –11:15 am	Arthritis Fitness 10 am Drumming 4/24 Juke Box Jive 4/10 Bible Study 10 am	Arthritis Fitness 10 am Bible Study 10 am
11 am	Open Bible Study 11 am Women's Ministries 11 am Arthritis Tai Chi 11: 15–11:45 am	Bingo 11 am	Bingo 11 am
Noon	Lunch 12:15 pm Bingo 12:45 pm	Lunch 12:15 pm	Lunch 12:15 pm
1 pm	Bingo concludes 1:30 pm Cards 1:30–3 pm Music in Motion 1:30 pm 4/30	Specials 1 pm—Bunco 4/10, Double Bingo 4/17, Live Music 4/24	Specials 1 pm— Let's Make a Deal 4/12, Who Wants to Be a Millionaire 4/19, Family Feud 4/26

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
					Senior Program 9 am—2 pm, Retirees Breakfast 9:30 am Fun & Finance Friday—7 pm Divisional Men's Camp	Divisional Men's Camp
5	6	7	8	9	10	11
Worship Celebrate Recovery 10 am Fellowship & Small Groups Divisional Men's Camp		Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Creative Cooking with Miss Brown 6 pm, Songsters 6:30 p, Brass Band 7:30 pm	Senior Trip Boulder Ridge Animal Park 9:30 am HLWM Bible Study 6 pm	Senior Program 9a – 2p Financial Empowerment & Character-Building 5:30 pm	
12	13	14	15	16	17	18
Worship Celebrate Recovery 10 am Fellowship & Small Groups	National Salvation Army Week	Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Creative Cooking with Miss Brown 6 pm, Songsters 6:30 p, Brass Band 7:30 p	HLWM Bible Study 6 pm	Senior Program 9a-2p Friday @ The SAL 5-8 pm	Brass Band Rehearsals & Dinner 4pm (No Men's Breakfast.)
19	20	21	22	23	24	25
Worship Celebrate Recovery 10 am Luncheon Rehearsals Open House 2-4p Concert 4 p		Senior Program 10 am – 3:30 pm Women's Bible Study & Ministries 10, 11 am	Senior Program 9 am – 2 pm, Songsters 6:30 p, Brass Band 7:30 p	HLWM Bible Study 6 pm	Senior Program 9 am – 2 pm	
26	27	28	29	30	31	1
Worship Celebrate Recovery 10 am Fellowship & Small Groups	Memorial Day Office closed	Programs are closed. Long Weekend!	Senior Program 9 am – 2 pm, Songsters 6:30 p, Brass Band 7:30 p	HLWM Bible Study 6 pm	Senior Program 9 am – 2 pm	

Senior Program May Schedule

Time	Tuesdays	Wednesdays	Fridays
9 am		Enhance Fitness 9 am Music in Motion 5/1, 5/15, 5/29	Enhance Fitness 9 am
10 am	Exercise Video 10 am Women's Bible Study 10 am	Arthritis Fitness 10 am Bible Study 10 am Drumming 5/22, Juke Box Jive 5/8	Arthritis Fitness 10 am Bible Study 10 am
11 am	Open Bible Study 11 am Women's Ministries 11 am Arthritis Tai Chi 11: 15 am	Bingo 11 am	Bingo 11 am
Noon	Lunch 12:15 pm Bingo 12:45 pm	Lunch 12:15 pm SA Week Moments 12:45 pm 5/15	Lunch 12:15 pm, SA Week Moments 12:45 5/17
1 pm	Bingo concludes 1:30 pm Cards 1:30—3 pm SA Week Moments 1:30—1:45 pm 5/14	Specials 1 pm—Scattergories 5/1 Family Feud 5/8, Yahtzee Tournament 5/15, Farkle 5/22, Indoor Volleyball 5/29	Specials 1 pm—Bunco 5/3, Card Bingo 5/10, Double Bingo 5/15, Air Fryer Class 5/24. Live Music 5/31

SALVATION ARMY WEEK

140TH ANNIVERSARY

BRASS BAND HOMECOMING

Fulton Heights Citadel Corps will be inviting previous participants of the brass band to join us to **rehearse as a homecoming brass band on Saturday, May 18th at 4 pm.** Following rehearsal, dinner will be enjoyed in the fellowship hall. RSVP by calling, e-mailing grkettles@usc.salvationarmy.org or using the online signup sheet.

The homecoming brass band will share its musical gifts during worship on **Sunday, May 19th at 10 am** and at *Behind the Red Shield—140th Brass Band Anniversary Celebration* for a **brief 2 pm concert and a full 4 pm concert.**

Behind the Red Shield Open House 2-4 pm

2 pm Welcome and Welcome Concert
Silent Auction Bids Begin

2:20 pm Explore & Experience What Happens Behind the Red Shield
Cardio Drumming - Women's Ministries—Crafts—Cooking Class—Arthritis Fitness Class - Archery—Character-Building—Corps Cadets—Men's Ministries—Brass Band Senior Program—Pathway of Hope—Harbor Light West Michigan -
Emergency Disaster Services

3:55 pm Silent Auction Bids Close

Behind the Red Shield 140th Brass Band Anniversary Concert 4 pm
Featuring Tom and Heather Hanton

OPEN HOUSE

The Open House intends to provide an easy opportunity for our neighbors and friends to come check out what's *Behind the Red Shield*. What happens in that building we walk or drive past all the time? What does The Salvation Army look like in action?

To this end, we offer a variety of mini-experiences for guests to choose from as they visit. We look forward to sharing our story well and in a welcoming way. At the same time, we'll offer snacks and opportunities to bid on great silent auction items.

We welcome your support as inviters, hosts and donors. For more information, talk to Major Maureen: 231-577-0916.

May Notes

Senior Program Trip, May 9th to the Boulder Ridge Wild Animal Park, Departure at 9:30 am.
National Salvation Army Week, May 13-19
Creative Cooking with Miss Brown ends May 15th.
Friday @ The SAL Volunteer Recognition, May 17th.
Homecoming Band Rehearsal, May 18th. *Behind the Red Shield*, May 19th.
Memorial Day Special. Office Closed May 27th. Program Break May 28th.

DIVISIONAL MEN'S CAMP

Friday, May 3rd—Sunday, May 5th
Echo Grove Camp in Leonard, Michigan
Men aged 18 & over are welcome to attend.

Registration is due April 19th! Fee: \$75

There will be no meal on Friday evening at the camp. The corps will provide transportation from FHC and the group will stop for supper. (Departure will likely be at 3:15 pm, but the time is subject to change.) Typically, participants must bring sheets and towels. The tentative schedule is provided below. For more details, talk to Major R.C. Duskin!

Friday, May 3, 2024

Registration & Sports Sign Up	5:30 - 7:15 p.m.	Gym
Froggies Snack Bar Open	5:30 - 7:15 p.m.	Froggies
Session 1	7:30 p.m.	Chapel
Meet & Greet with Snacks	9:00 p.m.	Dining Rooms 2 & 3
Cards & Table Games	9:30 p.m.	Dining Room 1
Basketball	9:30 p.m.	Gym or Outside Court

Saturday, May 4, 2024

Early Bird Coffee	6:00 a.m.	Dining Rooms 2 & 3
Breakfast Buffet	7:30 a.m.	Dining Rooms 2 & 3
Session 2	9:00 a.m.	Chapel
Break	10:30 a.m.	Dining Rooms 2 & 3
Session 3	11:00 a.m.	Chapel
Lunch	12:30 p.m.	Dining Rooms 2 & 3
Free Time Activities	1:00 - 5:00 p.m.	Various Locations
Froggies Snack Bar Open	1:30 - 3:30 p.m.	Froggies
Dinner	5:30 p.m.	Dining Rooms 2 & 3
Session 4	7:00 p.m.	Chapel
Snacks & Sports Awards	9:00 p.m.	Dining Rooms 2 & 3
Cards & Table Games	9:30 p.m.	Dining Room 1
Basketball	9:30 p.m.	Gym or Outside Court

Sunday, May 5, 2024

Early Bird Coffee	6:00 a.m.	Dining Rooms 2 & 3
Breakfast Buffet	7:30 a.m.	Dining Rooms 2 & 3
United Sunday School	8:30 a.m.	Chapel
Break	9:30 a.m.	Dining Rooms 2 & 3
Session 5	10:00 a.m.	Chapel
Closing Lunch	12:00 p.m.	Dining Rooms 2 & 3

TERRITORIAL WOMEN'S RETREAT

October 11-13, 2024

For more info check out: uscwomensministries.com

Location: Green Lake Conference Center, Green Lake, WI

Registration is now open. There are a total of 700 spots.

Early Bird Registration through 3/31 \$175.

From April 1 to September 9th (or full) \$250

- Includes meals, housing, bedding, towels, amenities
- FHC will provide transportation from the corps (until full).
- Travel meals and spending money are your own cost.

We are not able to “hold spots”; all registrations must be for committed delegates, aged 18 or over (by 10/11).

Housing

- Make roommate requests as housing will involve shared spaces.
- ADA housing is at the hotel, which has an elevator. Houses and cottages have steps.
- Mothers may bring babies 12 months or younger (not older!!!) and must bring portable beds and supplies with them.

Dress Code: Uniform is not required at all.

It will be easiest for us to enter your registration for you, please consult with Denise.Gorsline@usc.salvationarmy.org or Maureen.Diffley@usc.salvationarmy.org asap for early bird registration by visit, call, or email.

Weekday Spring Bible Studies

Tuesdays

- Women's Bible Study @ 10 am with Major Maureen.
- Open Bible Study @ 11 am with Major RC & Jim Lenters.

Wednesdays

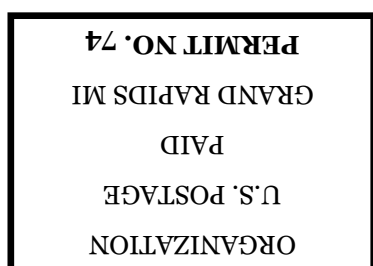
- Open Bible Study @ 10 am. The 2nd Journey of Paul with Jim Lenters.

Thursdays

- Closed Bible Study @ 6 pm at Harbor Light West Michigan

Fridays

- Open Bible Study @ 10 am. The Gospel of Mark with Jim Lenters.



Address Service Requested

Grand Rapids, MI 49503

1235 Fulton Street East

Fulton Heights Citadel Corps

The Salvation Army

MISSION STATEMENT

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

FULTON HEIGHTS CITADEL CORPS

Corps Officers / Co-Pastors & Co-Directors
Major Maureen Diffley & Major R.C. Duskin

Community Center Ministries Director
Denise Gorsline

@ THE SAL

We aim to be great neighbors who love and share Jesus freely and joyfully. We are grateful to let you know about a wide variety of opportunities this spring—and to know that more will be added as we go!

The Salvation Army at Fulton Heights community worships, plays, makes music, laughs, eats, serves others, prays, learns and grows together.

Looking forward to another great season together!