



City of Sterling Heights
Parks & Recreation Department
Adaptive Recreation Services

Mayor - Michael C. Taylor
Mayor Pro Tem - Liz Sierawski
Council: Deanna Koski, Michael V. Radtke Jr.,
Maria G. Schmidt, Nate Shannon
and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

September - December 2018

Sterling Special

Happy fall,

I hope that your summer was full of new memories and fun. I cannot wait to hear about everyone's grand adventures as we start getting back into the school year routine. From the parks and Recreation end, I am happy to report that the 2018 summer programming schedule was once again a success, and we thank all the participants and staff for another great year! While we believe we hit the mark this summer, we would also love to hear from you! If you liked something this summer, we want to hear about it. If there was something you thought could be better, we also want to hear about that. Is there a program you would like to see us offer in the future, tell us about it. Please use the contact information below to share your feedback with us so we can make sure we are providing the best services possible to our participants.

So many exciting things are happening in Parks and Recreation, highlighted by the construction of the new community center at the corner of Utica Road and Dodge Park Road. We have less than one and a half years before we cut the ribbon and start enjoying our new "home." I cannot wait to start that new chapter and create new memories and fun! Stay tuned for more information on grand opening details.

While it feels like summer is still with us (because it is ☺), fall programming is just around the corner. Please carefully read the information within this booklet for all of the upcoming program information, and don't forget to pre-register for those programs that require. Many of our fall programs are expected to sell out, including some new trips added to the calendar. Don't delay in registering or you may miss out on all the fun. If you have any problems with registration, please contact us right away so we can assist.

Contact and Registration information:

- Rachel Mulawa, CTRS: 586-446-270, rmulwa@sterling-heights.net
- Main Office: 586-446-2700
- Website: www.shpr.net
- Registration email: recreation@sterling-heights.net
- Fax number: 586-276-4064

Sincerely,
Rachel Mulawa, CTRS



THANK YOU!!




Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in 2017/2018.


Special Thanks to :

Father Heary Knights of Columbus, On-Sight Event Photography, St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, Jets Pizza 18 & Ryan, St. Michael's Knights of Columbus, Shuert Technologies, Macomb/St. Clair Autism Society and Sterling Heights Regional Chamber of Commerce and Industry for your donations to the Adaptive Recreation programs.


Save the Date

---Tear out this page, to remember upcoming events!---

SEPTEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
						1
2	3 Buildings closed, Happy Labor Day	4 	5	6	7	8
9	10 Dance Exercise 6:00-7:30pm	11	12 Bowling Begins! 4:00-5:30pm	13 	14	15
16	17 Dance Exercise 6:00-7:30pm	18 Cooking Abundance of Apples 5:30-7:00pm	19 Bowling 4:00-5:30pm	20	21 Fall Dance 6:30-9:30pm	22 
23 30	24 Dance Exercise 6:00-7:30pm	25	26 Bowling 4:00-5:30pm	27	28	29

OCTOBER						
Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Dance Exercise 6:00-7:30pm	2 Cooking 5:30-7:00pm	3 Bowling 4:00-5:30pm	4	5	6
7	8 No Dance Exercise buildings closed	9	10 Bowling 4:00-5:30pm	11 Daddy Daughter Dance 6:00-8:30pm	12	13
14	15 Dance Exercise 6:00-7:30pm	16 Cooking Sweet and Sassy Potatoes 5:30-7:00pm	17 Bowling 4:00-5:30pm	18	19	20 Sterling Frights
21	22 Dance Exercise 6:00-7:30pm	23	24 Bowling 4:00-5:30pm	25	26 Halloween Dance 6:30-9:30pm	27 
28	29 Dance Exercise 6:00-7:30pm	30 Cooking Pumpkin Palooza 5:30-7:00pm	31 NO BOWLING, HAPPY HALLOWEEN			

NOVEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
				1 Basketball Starts! 6:00-8:00pm	2	3
4	5 Dance Exercise 6:30-7:30pm	6	7 Bowling 4:00-5:30pm	8 Basketball League 6:00-8:00pm	9	10
11	12 Dance Exercise 6:30-7:30pm	13 Cooking Possibilities with Potatoes 5:30-7:00pm	14 Bowling 4:00-5:30pm	15 Basketball League 6:00-8:00pm	16 Fall Fun Dance 6:30-9:30pm	17 Marvel Live 3:00pm
18	19 Dance Exercise 6:30-7:30pm	20	21 NO BOWLING	22 Happy Thanksgiving NO BASKETBALL, HAPPY THANKSGIVING	23 Parks and Rec closed	24
25	26 Dance Exercise 6:30-7:30pm	27 Cooking Tasty Turkey 5:30-7:00pm	28 Bowling 4:00-5:30pm	29 Basketball League 6:00-8:00pm	30	

DECEMBER						
SUN	MON	TUE	WED	THUR	FRI	SAT
2	3 Dance Exercise 6:00-7:30pm	4	5 Bowling 4:00-5:30pm	6 Basketball League 6:00-8:00pm	7	8
9	10 Dance Exercise 6:00-7:30pm	11 Cooking Flavors of Fall Pasta 5:30-7:00pm	12 Bowling 4:00-5:30pm	13 Christmas Dance 6:30-9:30pm	14 	15
16	17	18	19	20 Basketball League 6:00-8:00pm	21	22
23	24 Christmas Eve	25 MERRY CHRISTMAS	26	27 NO BASKETBALL	28	29
30	31 Happy New Year					

Dances

We invite Adaptive Recreation participants 16 and older to brush off your dancin' shoes, call your friends, and get ready to rock while our DJ spins our favorite tunes from over five decades. You won't want to miss the social event of the month, with new themes each month to go along with the music, dancing, pizza, and light refreshments. Please pre-register by 3 p.m. on dance day to save money and lock in your spot, help us plan for refreshments and make check-in easier so you can start the fun each month without delay.

- Online registration is for participants only
- Accompanying staff or guardians must also pay (on-line not available)

Location: Fillmore Elementary (9/21 in Dodge Park)

Pre-registration Fee: \$7.75 Resident;
\$10.75 Non-resident; \$1 Staff

At the Door Fee: \$10 Resident; \$14 Non-resident;
\$1 Staff

* Call for group home rates

Ref#	Day	Times	Dates	Theme
5003.061	F	6:30-9:30	9/21	Fall*
5003.062	F	6:30-9:30	10/26	Halloween
5003.063	F	6:30-9:30	11/9	Thanksgiving

* Fall at Dodge Park under Farmers Market Pavilion

Pizza sponsored by Shuert Technologies, Jet's Pizza & Macomb/St. Clair Autism Society

Dance Exercise Class for all ages!

Come and join C.C. Plus for a fun and interactive dance program, created for adults and children ages 3+ with cognitive or physical impairments. Dances are choreographed with easy, repetitive movements to songs that we all know and love including party dances, circle dances, and line dances. All ability levels will be accommodated, and wheelchairs and walkers are welcomed. Parents and caregivers are encouraged to join if their dancer needs assistance. Class may be divided by age of participants pending number of enrollees. No dance experience necessary, just a desire to have a good time and stay healthy!

Location: Senior Activity Center

Fee: \$35 Resident, \$52 Non-resident

Day: Monday

Time: 6:30 - 7:30 p.m.

	Ref. #	Dates	
Session 1	5003.038	9/10 - 10/22	(6 weeks)
Session 2	5003.039	10/29 - 12/10	(6 weeks)
No Class 10/8, 11/12			

Christmas Party

The Sterling Heights Parks and Recreation Department is ready to get everyone in the holiday spirit with the annual Adaptive Recreation Christmas Party. Participants ages 13 and over with cognitive and physical impairments will be treated to a festive evening full of fun and great memories. Dinner, a visit from Santa, gifts, cookies, and great dancing music are awaiting you at the beautifully decorated Century Banquet Center in Sterling Heights. Please remember to pre-register as there will be no registration taken at the banquet hall.

Location: Century Banquet Center
(Maple Lane Road, just north of 14 Mile)

Day/Date: Thursday, December 13

Time: 6:30 – 9:30 p.m.

Fee: \$10 Resident (Pre-registration only)
\$15 Non-resident (Pre-registration only)
\$10 Staff/ Guardian (Pre-registration only)

Ref. #5003.064

Sponsored by St. Michael's Knights of Columbus & Shuert Technologies

Creative Cooking

Join us in preparing meals to celebrate "Fall Festivities". This class is designed to help participants 16+ prepare basic and new meals with each class. Adaptive Recreation participants must be able to follow basic directions or bring an assistant. Class limited to 12 people. Each week we will have two recipes that revolve around the week's theme.

Location: Senior Activity Center Kitchen

Fee: \$8.50 Resident / \$12.75 Non-resident

Day: Tuesday

* Note these are duplicate classes. Sign up for only one time slot.

Ref#	Food	Time	Date
5003.070	Abundance of Apples	5:30-7 p.m.	9/18
5003.071	Abundance of Apples	7-8:30 p.m.	9/18
5003.072	Peaches & Pears	5:30-7 p.m.	10/2
5003.073	Peaches & Pears	7-8:30 p.m.	10/2
5003.074	Sassy Sweet Potatoes	5:30-7 p.m.	10/16
5003.075	Sassy Sweet Potatoes	7-8:30 p.m.	10/16
5003.076	Pumpkin Palooza	5:30-7 p.m.	10/30
5003.077	Pumpkin Palooza	7-8:30 p.m.	10/30
5003.078	Possibilities w/Potatoes	5:30-7 p.m.	11/13
5003.079	Possibilities w/Potatoes	7-8:30 p.m.	11/13
5003.080	Tasty Turkey	5:30-7 p.m.	11/27
5003.081	Tasty Turkey	7-8:30 p.m.	11/27
5003.082	Flavors of Fall Pasta	5:30-7 p.m.	12/11
5003.083	Flavors of Fall Pasta	7-8:30 p.m.	12/11

Marvel LIVE!

Join the Parks and Recreation department in another grand adventure. Let us take care of transportation, parking and getting great tickets, while you enjoy watching your favorite super heroes come to life. Marvel LIVE is a spectacular show that will keep your imagination soaring while keeping you at the edge of your seat. Watching the super heroes battle it out live on stage in front of you will not disappoint. This show is child and family friendly, we welcome all age groups and those with all abilities to join us. You must register ahead of time so don't wait get your tickets reserved and favorite Marvel T-shirt ready, you won't want to miss this trip to Little Caesars Arena.

Date: Saturday, November 17

Time: Bus leaves at 9:45 a.m. from Senior Center

Cost: \$31 Residents / \$33 Non-resident

Reference #: 4003.022

(Event is at Little Caesars Arena)



Disney on Ice presents the blockbuster hit Frozen in a spectacular production that promises to delight and exhilarate fans old and young.

The story of two royal sisters, kept apart by a terrible secret, Frozen is about family, sticking together through thick and thin and accepting who you are. Join Elsa and Anna, with all your favorites, including the hilarious Olaf, adorable Kristoff and his trusty reindeer Sven. This is going to be an astonishing show, from the world-class talent that will be whizzing through the wintry wonderland, to the special effects that will transport you straight to Arendelle and beyond.

Come with us we will take care of parking, transportation and getting the tickets with great group rates. All you have to do is register and prepare for a magical afternoon.

Date: Friday, October 19

Time: 11a.m. show, transportation will be leaving at 9:30 a.m. from the Senior Center

Fee: \$22.00 Resident / \$24.00 Non-resident

Ref#: 4203.002

"Sterling Frights" Halloween Event @ City Hall October 20, 2018 10 am - 12:30 pm

Check out the exciting events,
attractions & cast coming this October to
the 5th Annual "Sterling Frights"
Halloween Party!

• • • • •

"A Sterling Christmas" Family Holiday Event @ Dodge Park December 1, 2018 5:45 - 8:30 p.m.

Everyone is invited to ring in the holiday
season with a variety of family fun holiday
activities! Please bring your camera!
Each family will be given a special picture
frame for a 4x6 photo.

Northeast Adaptive Recreation Basketball League



Sterling Heights Adaptive Recreation teams play in the Northeast Adaptive Recreation Basketball League. Players with developmental and physical impairments, ages 12 years through adult are welcome to join.

Practices and home games are played on Thursdays at Flynn Middle School. Register early as space is limited. Away Games will be played in Warren.

Day/Date : Thursday, Nov. 1 - March 7

Practices: Nov. 1 - Dec. 20 6 -8 p.m.

Games: Jan.10 - March 7 6 -8 p.m.

Registration deadline is: Monday, Oct. 15

Fee: \$40.00 Resident/\$52.00 Non-resident

Ref. # 5003.042

No Activity 11/22

***Registration starts Aug. 30 for residents**

Aug. 31 for non-resident, This does fill quickly.

2018 Michigan Challengers Junior Wheelchair Basketball Team Bowling Tournament Sunday, November 18

Sterling Lanes
33200 Schoenherr Rd,
Sterling Heights, MI 48312

Registration Fee: \$20.00

Check In at 1 p.m.
Bowling Begins at 1:45 p.m.

Includes pizza, pop, bowling and raffle prizes.

All donations go directly to support the
Michigan Challengers Junior
Wheelchair Basketball Team.

For registration information or to join the
Challengers team call: (586) 212-6196 or email
at michallengers@gmail.com

Bowling

The Sterling Heights Parks and Recreation Department is once again hosting the adaptive bowling program in 2018-2019. Bowlers with cognitive or physical to impairments wishing to join the competitive league will be placed on teams, and will compete weekly for the title of league champions. Bowlers looking for a more casual and social experience can join the open bowling program and enjoy spending time with friends or family members who are welcome to join the fun as well. Bumpers are available for young children and individuals with limited abilities. Pre-registration is required for bowlers in both the league and open programs. The registration fee is required for all bowlers and a \$3 fee per bowler will be collected each week at the bowling alley to cover the lane fees and shoe rental. Sign up for just the first session or both, but either way, get ready to let the good times roll!

Pre-Registration:

First Session Only

Fee: \$20 Resident / \$29 Non-resident

Both Sessions

Fee: \$30 Resident / \$39 Non-resident

Location: Sterling Lanes (14 Mile & Schoenherr)

It is wheelchair accessible & has electronic scoring!



First Session Only

Ref. #		Day	Time	Date
5003.031	Open	W	4 - 5:30 p.m.	9/12 - 12/19
5003.032	League	W	4 - 5:30 p.m.	9/12 - 12/19

No Bowling 10/31, 11/21 (No Bowling Banquet)

Both Sessions

Ref. #		Day	Time	Date
5003.033	Open	W	4 - 5:30 p.m.	9/12 - 4/17
5003.034	League	W	4 - 5:30 p.m.	9/12 - 4/17

Michigan Challengers Junior Wheelchair Basketball Team

Learn the basics about basketball, shooting techniques, rules and ball handling skills. Boys and girls 5-21 years of age, and in elementary, junior and senior high school, with physical challenges are welcome. The team will play in conference, regional and national tournaments.

Location: Carleton Middle School &
Beechwood Recreation Center

Days: Monday/Wednesday

Time: 7-9 p.m. **Starts:** 9/18

Join this awesome team of young athletes by calling
(586) 212-6196 or email: dianecrash@yahoo.com
We welcome new players.



Class / Trip Registration Form

Head of Household (First & Last Name): _____ Date of Birth: _____ Male / Female

Address: _____ Apt #: _____

City: _____ Zip _____ Email: _____

Phone: (Primary) _____ (Secondary) _____ (Other) _____

Emergency Contact #1 (Req.)

Name: _____ Relation: _____

Primary #: _____ Alt. #: _____

Emergency Contact #2 (Req.)- *Not living in household*

Name: _____ Relation: _____

Primary #: _____ Alt. #: _____

For Special Recreation Participants: Participant's name: _____

Primary Disability: _____ Does the participant use a wheelchair? YES / NO

Shirt Size: (Needed for programs that include shirts or uniforms) _____

Participants Name	DOB	M/F	Program Name & Activity Number	Fee
				\$
				\$
				\$
				\$
				\$
				\$
			Total Due	\$

Payment Method: ☐ Cash ☐ Check **payable to: Treasurer City Of Sterling Heights # _____** ☐ Charge

Credit Card
Info.

Visa/MC/Discover # _____ + 3 digit _____ Exp. Date: _____

For Visa/MC/Discover charges please sign here: _____

DEPARTMENT OF PARKS AND RECREATION RELEASE, WAIVER AND PARTICIPATION AGREEMENT

In consideration of the City of Sterling Heights, City of Sterling Heights Department of Parks and Recreation ("City") allowing me to participate in the City programs, I agree to the following: (A) I assume all risks of injury and property damage and accept all responsibility in case of accidents, injury or death. (B) I release and agree not to sue the City, employees and others acting on its behalf, for any claim, damages, costs or cause or action which I may have or suffer or may in the future have or suffer as a result of any accident, injury including death or damages sustained or incurred while participating in any City program. (C) I also agree that in the event that my participation in the program is terminated, I will be responsible for my transportation expenses home.

I acknowledge I have read and understand the above release, waiver and participation agreement and agree to abide by its terms and conditions.

Participant or Parent/Guardian Signature

Date

Name (Print)

DOB

☐ I do not wish to have pictures of myself, child, or legal guardian used for departmental use, including publications.

Mail form to: City of Sterling Heights Parks & Recreation, 40555 Utica Rd. PO Box 8009, Sterling Heights, MI 48311-8009. **Credit card payments only can also be:** fax: (586) 276-4064 **OR scan & email to:** recreation@sterling-heights.net.



Save Time Register Online!

All activities are available online for registration. You will find online at:
www.myshpr.net

Online registration begins at 8:30 am:

Wed. August 29th for Residents/ Thurs. August 30th for Non-residents

REFERENCE #	PROGRAM	DATE	RES.	NON-RES	STAFF
5003.070	5:30PM COOKING- ABUNDANCE OF APPLES	09/18/18	\$8.50	\$12.75	
5003.071	7:00PM COOKING- ABUNDANCE OF APPLES	09/18/18	\$8.50	\$12.75	
5003.072	5:30PM COOKING -PEACHES AND PEARS	10/2/18	\$8.50	\$12.75	
5003.073	7:00PM COOKING- PEACHES AND PEARS	10/2/18	\$8.50	\$12.75	
5003.074	5:30PM COOKING - SASSY SWEET POTATOES	10/16/18	\$8.50	\$12.75	
5003.075	7:00PM COOKING- SASSY SWEET POTATOES	10/16/18	\$8.50	\$12.75	
5003.076	5:30PM COOKING -PUMPKIN PALOOZA	10/30/18	\$8.50	\$12.75	
5003.077	7:00PM COOKING- PUMPKIN PALOOZA	10/30/18	\$8.50	\$12.75	
5003.078	5:30PM COOKING -POSSIBLITES WITH POTATOES	11/3/18	\$8.50	\$12.75	
5003.079	7:00PM COOKING- POSSIBILTIES WITH POTATOES	11/3/18	\$8.50	\$12.75	
5003.080	5:30PM COOKING -TASTY TURKEY	11/27/18	\$8.50	\$12.75	
5003.081	7:00PM COOKING- TASTY TURKEY	11/2/18	\$8.50	\$12.75	
5003.082	5:30PM COOKING -FLAVORS OF FALL PASTA	12/11/18	\$8.50	\$12.75	
5003.083	7:00PM COOKING- FLAVORS OF FALL PASTA	12/11/18	\$8.50	\$12.75	
5003.031	OPEN BOWLING	09/12/18	\$30.00	\$39.00	
5003.032	LEAGUE BOWLING	09/12/18	\$30.00	\$39.00	
5003.038	DANCE EXERCISE SESSION I	09/10/18	\$35.00	\$51.00	
5003.039	DANCE EXERCISE SESSION II	11/06/17	\$34.00	\$52.00	
4003.022	MARVEL LIVE	11/17/18	\$31.00	\$33.00	\$31.00
4203.002	DISNEY ON ICE	10/19/18	\$22.00	\$24.00	\$22.00
5003.061	FALL DANCE @ DODGE PARK	09/21/18	\$7.75	\$10.75	\$1.00
5003.062	HALLOWEEN DANCE	10/26/18	\$7.75	\$10.75	\$1.00
5003.063	THANKSGIVING - DANCE	11/9/18	\$7.75	\$10.75	\$1.00
5003.064	CHRISTMAS DANCE-pre-register only	12/13/18	\$10.00	\$15.00	\$10.00
5003.042	NE ADAPTIVE BASKETBALL LEAGUE	11/01/18	\$40.00	\$52.00	<u>Shirt Size</u>

This is a reference for activities, cost and dates. This is not the registration form. YOU MUST fill out the new registration form completely and sign at the bottom. If it is not filled out completely your registration will NOT be processed. If you are registering for basketball please put your jersey size on the registration form. Thank you.

City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
P.O. Box 8009
Sterling Heights, MI 48311-8009

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STANDARD**
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Our neighboring communities are offering several recreational activities for people with disabilities. Please contact each community for a complete description of their programs.

Macomb Township Parks and Recreation
Contact Michelle Duda at 586-992-2900

Warren Parks and Recreation
Contact Christine Bary at 586-268-8400

Shelby Township Parks and Recreation
Contact Joe Youngblood at 586-731-0300

Clinton Township Parks and Recreation
Contact Tami or Emily at 586-286-9336

**Romeo-Washington-Bruce Township
Parks & Recreation**
586-752-6543 Contact Grace
or www.rwbparksrec.org.

OUCARES programs
www.oakland.edu/oucares.....248-370-2424

Therapeutic Horseback Riding843-263-2004

Hippotherapy Stable Possibilities
www.stablepossibilities.com586-292-8472

Pride of Trilogy Special Needs Cheerleading
www.AllStarTrilogy.com.....586-532-4171

Elite Cheer Michigan
www.elitecheer-Michigan.com586-948-5867

Play Place for Autism
www.autisticplayplace.org586-254-6533

AYSO VIP Soccer586-726-8612

Faith, Fun and Friends.....586-264-5469

Families Exploring Down's Syndrome
www.FamiliesExploringDownSyndrome.org

Down Syndrome Guild of Southeast Michigan
www.dsgsemi.org