

# Oak Park

City Magazine and Recreation Program Guide • Fall 2021

City Magazine and  
Recreation Program Guide

Water Tower Social District Now Open

The Basics on the Oak Park Dog Park

What's on the November Ballot

Our COVID Heroes







## Message From City Manager Erik Tungate

As we fall into autumn I want to take this opportunity to reflect on the high standards and expectations we have raised here in Oak Park. In the nine years I have served Oak Park as City Manager I have witnessed a transformation for the better, and I am certain our evolution has only just begun.

The sunflower fields bring brightness and beauty to what would have otherwise been barren public spaces. The "City of Oak Park" sign that hangs over I-696 is now a hallmark symbol of our beautification and welcoming standards in this community, as further exemplified by the Keep Michigan Beautiful Award we just received for it. Our attention to detail roots even deeper into the fabric of our being as each season passes.

While we have countless reasons to be proud of our City, we are also always seeking to improve. Continuous improvement provides a framework for identifying values and putting practices into action that encompass those values. To be successful means to embrace change and evolve with time, and those who live in this City and have businesses in this City, cannot be exempt from this. To remain in-line with change for the greater good we must understand that such adaptations are forms of improvement.

I also believe in leading by example, which is why my team and I have worked so hard to meet and exceed our maintenance and beautification standards. This certainly takes both commitment and time. And while our journey has been long, I want each and every one of you to know we will remain dedicated to achieving great things on your behalf.

It is vital that we all work together to create a beautiful and safe Oak Park. I am grateful for all of those who have stepped up to participate in a neighborhood cleanup event and also for those who put in the regular effort to keep their properties and our City clean. The basics, such as an absence of litter, blight and weeds, and adherence to our Code of Ordinances, are expected of us all. To excel to a higher standard we must not only hold ourselves accountable, but others around us as well.

It takes a village, or in our case a City, to establish and meet standards of excellence, and we are well on our way.

Sincerely,

### CITY OF OAK PARK

MAYOR

**Marian McClellan**

MAYOR PRO TEM

**Carolyn Burns**

COUNCIL MEMBERS

**Solomon Radner**

**Julie Edgar**

**Shaun Whitehead**

CITY MANAGER

**Erik Tungate**

CITY OF OAK PARK

14000 Oak Park Blvd.

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[www.OakParkMI.gov](http://www.OakParkMI.gov)

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# Water Tower Social District Now Open



**The Oak Park Water Tower Social District on 11 Mile Road opened to the public in August** with a concert by the band Persuasion, accompanied by plenty of dancing and refreshments. The Water Tower Social District will continue to welcome those looking to enjoy themselves, and some of the City's newest businesses, in an open environment.

The Social District welcomes those ages 21 and above to purchase to-go alcoholic beverages from participating businesses and enjoy them in the Commons Area.

#### Hours of Operation:

Monday through Saturday: Noon-10 pm

Sunday: Noon- 6 pm

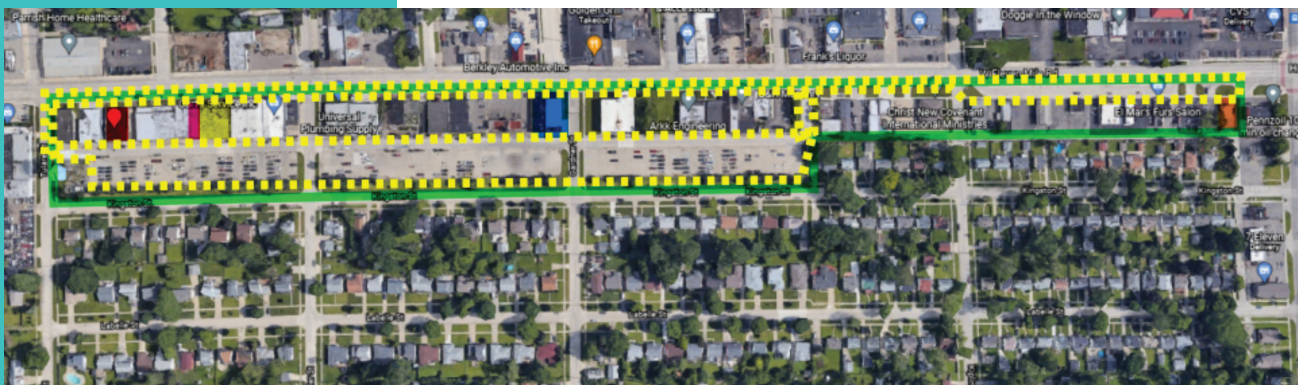
Closed on holidays recognized by the City of Oak Park

#### Participating Businesses

(at the time of publication; this is expected to expand with the addition of new business openings)

- Oak Park Social
- Dog and Pony Show Brewing

Map of the Social District is shown below. The yellow line indicates the commons areas and green shows the Social District.







## KEEPIN' IT COOL IN THE WATER TOWER SOCIAL DISTRICT



### STAY IN OUR LANES

Remain in the Social District Boundaries while drinking alcohol



### DON'T MAKE WAVES

Be respectful of the rules and others



### KEEP IT CLEAN

Dispose of used cups in the proper receptacles



### GO WITH THE FLOW

Chill out, relax and enjoy yourself



### HYDRATE

Enjoy beverages from participating businesses inside the Social District and keep water in your cup if you're leaving



Hours: Monday - Saturday Noon - 10 pm, Sunday Noon - 6 pm  
Closed on holidays recognized by the City of Oak Park

## Join Us for a Film, or More!

The Oak Park Arts and Cultural Diversity Commission, along with Oakland University, are sponsoring the City of Oak Park's first film festival on Oct. 8-10. This event will bring the spirit of filmmaking to Oak Park and showcase local filmmakers. This will primarily be an outdoor event and while exact locations were still being determined at the time of print, potential locations include Shepherd Park, pocket parks in the City and the Oak Park Water Tower Social District. Attendees are encouraged to bring chairs and blankets and enjoy a wide array of short and feature length films from local filmmakers. For more information on this exciting event visit [oakparkmi.gov](http://oakparkmi.gov).





# What to Know about the Oak Park Dog Park

## Why is the City Considering a Dog Park?

Dog Parks allow dogs to exercise and socialize safely. Well exercised dogs are less likely to engage in nuisance behaviors, and well socialized dogs react well to new situations and people. Such an amenity is a great outlet for owners to socialize and exercise with their dogs.

## What is the decision-making process?

After receiving feedback from residents, the Oak Park Dog Park Committee will make recommendations to the Parks and Recreation Commission. Upon their approval, the project will go before the City Council for final approval. Where will the dog park be located, and why? The Oak Park Dog Park will be located in Lessenger Park. This location is the furthest possible spot from residential homes and backs up to an industrial area, further decreasing potential noise concerns. The addition of the dog park will also be a key amenity in Lessenger Park.

## Where is the responsibility of the Dog Owner?

Those interested in utilizing the dog park will be required to pay a fee, which will be used for continued maintenance of the area. Dog owners will be required to provide proof of dog vaccinations and a dog license. Dogs must be

non-aggressive, socialized and respond to voice commands. Puppies under 4 months of age and females in heat are not allowed.

## Dog Park Basics

- Proposed annual membership fee: \$30-\$40
- Proposed size: 2 acres
- A small dog section will be included ( 0.15 acre)
- A shy dog section will be included ( 0.15 acre)
- Leashes not required inside the park
- Enclosed fence area will be locked; those with an annual membership will be given a key fob to enter
- Specific hours have not been identified; it will not be open 24/7
- A short mandatory course on dog park etiquette and behavior will be required

## Outreach by the Numbers

- More than 260 Dog Park Survey responses
- 300 Dog Park Town Hall Direct Mail Invites to neighbors within 300 ft.
- Social Media posts that reached more than 2,000 people
- 61% of 2018-22 Parks and Recreation Master Plan respondents said a dog park was a priority
- 30% of the City's 2020 Master Plan respondents wanted a dog park added
- Dog Park Town Hall held in the proposed location at Lessenger Park



# Keeping Oak Park Beautiful

**The City of Oak Park was recently awarded the “Michigan Award” from**

the Keep Michigan Beautiful organization. The award specifically recognizes the I-696/Coolidge Bridge Project for its beautification and site restoration.

“The beautification of the I-696/Coolidge Bridge is a point of pride in our community, and it is an honor to be recognized for it,” said City Manager Erik Tungate. “This project created a memorable gateway into the City of Oak Park for both residents and visitors while also enhancing the pedestrian experience for those crossing I-696 on foot through improved safety measures.”

The I-696/Coolidge Bridge project is a beautification project the City embarked on in 2017 to improve and beautify the I-696 overpass bridge at Coolidge Highway. The project turned the once bland and blighted bridge, marked by old and worn-down cyclone fencing, into a welcoming monument to all those approaching the City of Oak Park via the highway.



The bridge features a grand fabricated metal design on both sides, the leaf from Oak Park’s City seal, as well as decorative sidewalk lighting and black mesh fencing where the cyclone fencing once was. In addition, alongside the service drive leading up to the bridge are patches of sunflowers in the summer that further accent the City of Oak Park signs and provide an enhanced visual aesthetic.

The origins of this project began in September 2017 and stemmed from a necessity to fix parts of the fencing on the bridge that had become dilapidated. This basic upkeep then grew into an opportunity to brand and beautify the City, as well as improve the pedestrian experience. The project was completed in 2020 and has become notable to many who live in Oak Park and travel through it on I-696.

## Oak Park Low-Cost Pet Immunization Clinic

**Saturday, October 9, 10 a.m. to 2 p.m.**

Presented by All About Animals Rescue Michigan  
[www.AllAboutAnimalsRescue.org](http://www.AllAboutAnimalsRescue.org)



Scheduled Vendor



## Immunizations

Health Screens - Free  
Microchip Implants - \$20  
Heartworm Tests - \$20  
Vaccines - \$10

Vaccines include Rabies, DHLPP for dogs, Bordetella, Distemper and Feline Leukemia

## Animal Licenses

Cash / Check ONLY

1 Year Dog/Cat License:  
Spayed/Neutered - \$7  
Non-Spayed/Neutered - \$16

3 Year Dog/Cat License:  
Spayed/Neutered - \$15  
Non-Spayed/Neutered - \$30

Must bring previous vaccination records to event. Avoid \$10 late fee by obtaining animal license by December 27. Cash and check only for license purchase.

David H. Shepherd Park  
Pavilion #2  
Oak Park, MI • (248) 691-7450





# What's on the Ballot?

Remember to  
vote on or before  
November 2, 2021

## Voters will be selecting one candidate for

Mayor and two candidates for City Council Member. The Mayor will be elected for a 2-year term and the two City Council Member seats will each be for 4-year terms. These positions are vital to the conduct of our City government and it is important that you, as an Oak Park resident, participate in this, and every, election.

Oak Park voters will also be given the opportunity to vote on two millage renewals, the Public Safety Headlee Override Millage Renewal and the Solid Waste Headlee Override Millage Renewal.

## Dates to Remember

- **Monday, Oct. 18:** Last day to register to vote in any manner other than in-person. To check your registration status visit: [Michigan.gov/vote](https://Michigan.gov/vote).
- **Oct. 19-Nov. 2:** Register to vote in-person with the City Clerk; proof of residency is required.
- **Friday, Oct. 29:** Last Day to request an absent voter ballot by mail.
- **Saturday, Oct. 30:** Clerk's Office open for absentee voting from 8 am- 4 pm.

## Monday, November 1 by 4 pm:

Last day to request an Absent Voter Ballot in-person. Voters who request a ballot must vote in-person at the Clerk's Office.

## Tuesday, November 2:

General Election polls open from 7 am to 8 pm. In-person voter registrations with proof of residency are accepted until 8 pm. Absentee Ballots can be returned until 8 pm on Election Day.

## Am I Qualified to Vote Absentee?

To vote absentee, an Absent Voter Ballot application must be filed in advance of each election. To learn about the Absent Voter Ballot process, visit [bit.ly/OPAbsentee](https://bit.ly/OPAbsentee) or call the Clerk's Office at (248) 691-7544.

## Where can I learn more?

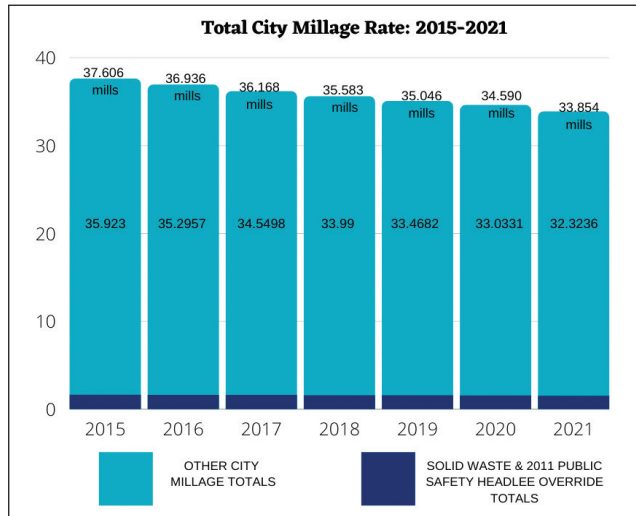
- City website: [bit.ly/OPElections](https://bit.ly/OPElections)
- Oakland County website: [Oakgov.com/clerkrod](https://Oakgov.com/clerkrod)
- State website: [Michigan.gov/vote](https://Michigan.gov/vote)
- Visit the City Clerk's office at 14000 Oak Park Blvd.
- Contact the City Clerk's office at (248) 691-7544



## 2021 Oak Park Millage Renewals

### Millage Renewal Facts

- Two renewal questions to appear on the Nov. 2 ballot;
- The proposed millage renewals are not a tax increase;
- Even if these renewals are passed, residents will see a decrease in the City's millage rate due to statutory millage rollbacks. In fact, the City's millage rate has decreased by almost 10% since 2015 due to these rollbacks and the responsible refinancing of debt;
- The City will lose about \$835,000 of revenue annually if these millages are not renewed. (see graph below)



### Public Safety Headlee Override Millage Renewal 1.065 Mills (\$1.065 per \$1,000 Taxable Value)

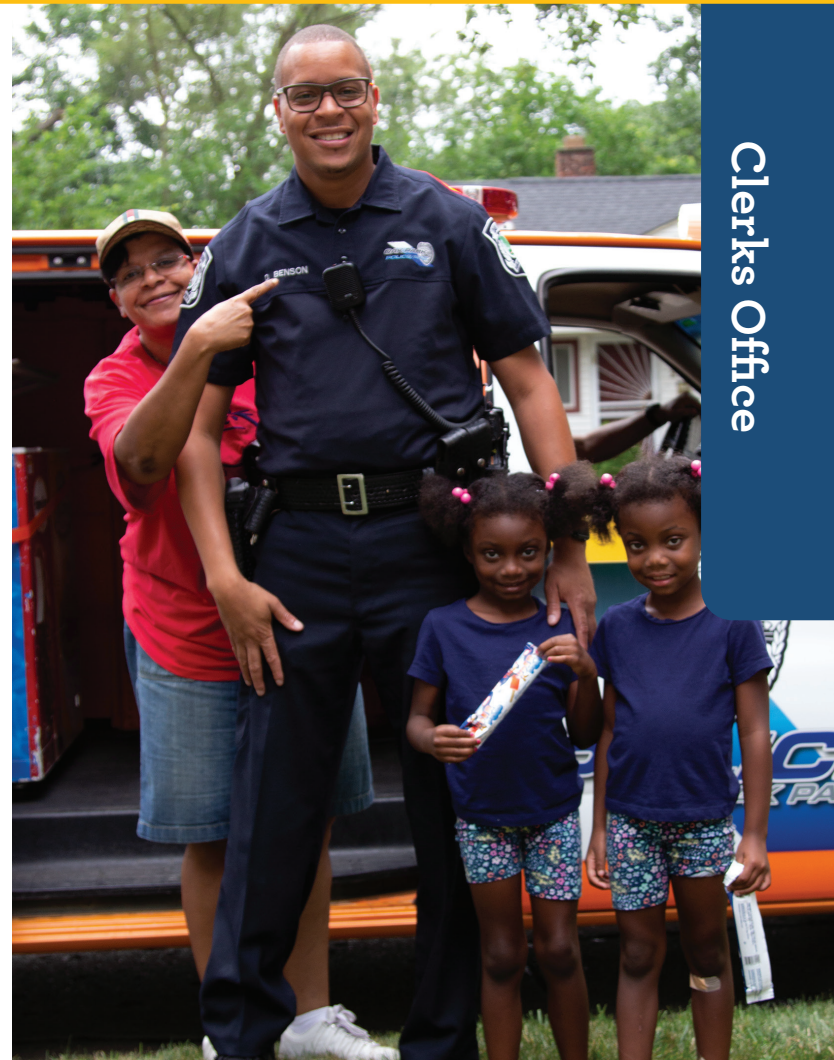
Originally approved in 2011 to help fund personnel, equipment and operations of the public safety department.

If passed, this renewal will continue to fund important initiatives like community policing, department-wide body cameras, the K-9 unit, purchasing a new firetruck and basic operations.

### Solid Waste Headlee Override Millage Renewal 0.4655 Mill (\$0.4655 per \$1,000 Taxable Value)

Originally approved in 2011 to help support the solid waste fund.

If passed, this renewal will continue to fund items that help keep Oak Park clean and environmentally responsible, such as street sweeping, leaf pick-up, recycling efforts and compost bins for residential use.



## Where Do I Vote?

### Precinct 1, 2 and 3

Norup International School: 14450 Manhattan St.

### Precinct 4

Pepper Elementary School: 24301 Church St.

### Precincts 5 and 6

Oak Park Community Center: 14300 Oak Park Blvd.

### Precincts 7 and 8

Oak Park High School: 13701 Oak Park Blvd.

### Precincts 9 and 10

Einstein Elementary School: 14001 Northend Ave.

### Precinct 11

Temporarily moved from Oak Park Alternative Education Center (Lessenger School) to Oak Park Preparatory Academy at 3261 Scotia Rd.

### Precincts 12 and 13

Oak Park Preparatory Academy: 3261 Scotia Rd.

### Precinct 14

John F. Kennedy School: 24220 Rosewood St.

### Precincts 15 and 16

CASA (Jackson Center): 23561 Rosewood St.





# MoGo in Oak Park

**The City of Oak Park has five MoGo Stations and the numbers show that our community knows how to ride!**



Oak Park had the highest usage of any community in the surrounding expansion communities. We hope that our residents continue to utilize this service offered through the City's partnership with MoGo!

Some exciting events MoGo has planned for the fall include:

- A Free Ride Day on Oct. 21
- Election Day activations (Nov.2)
- Black Friday sale in November

For those looking to get on a MoGo bike and ride, the Oak Park stations are located at:

- West 11 Mile Road and Tyler Street
- Lincoln Street and Greenfield Road
- Coolidge Highway and Lincoln Street
- Oak Park Boulevard and Parklawn Street
- West Nine Mile Road and Manistee Street

To stay up-to-date on MoGo News visit their website at [mogodetroit.org](http://mogodetroit.org) or follow them on social media (@MoGoDetroit)!



# Public Safety Department Employees Continue to Shine

## Dwaine Green was recently promoted to the position of

Detective in the Oak Park Public Safety Department. This promotion became effective on March 8, 2021 for the 6-year Oak Park Public Safety Department veteran. Det. Green is a highly decorated and respected officer, as is highlighted by the numerous citations he has throughout his career. He also serves as a Field Training Officer for newly hired recruits and is a select member of the Comeback Quick Response Team, which supports "Hope Not Handcuffs" and the "Families Against Narcotics Program," both programs assist citizens who are challenged by substance use disorder.

The decision to promote Green to Detective was based not only on his successes as an Officer, but also on his personality traits. Det. Green is intelligent, knowledgeable and possess a keen sense of awareness, all valuable skills for a

Detective. He also has a natural ability to relate with all citizens.

Det. Green is a key asset to the Investigation Bureau and the Public Safety Department is proud to have him.

In addition to promoting Det. Green, the Public Safety Department also welcomed **Michael Foster** as a new Parking Enforcement Officer in July of 2021. Foster is an Oak Park resident and has several years of Parking Enforcement experience with the City of Ferndale. He has strong communication skills, which are further enhanced by his great personality.

Oak Park Public Safety Officer **Evan Beauchamp** was presented with a Director's Commendation by Public Safety Director Steve Cooper at the Monday, Aug. 23 Council Meeting. Officer Beauchamp is one of the Department's newest officers and completed the Fire Academy as the #1 Academic Recruit amongst 23 fellow graduates.



## Contracts Highlight Commitment to Recruitment, Retention

The City of Oak Park recently ratified four, three-year union contracts. "The nature in which all parties engaged in negotiations was amicable and based around authentically representing the needs of the bargaining units and the City as a whole," said City Manager Erik Tungate.

"These finalized documents honor the hard work the public servants of Oak Park perform daily, ensuring this community receives the services they deserve and expect. We also worked to ensure that the wages, benefits and conditions of work for the City's many vital positions were brought in line with the competitive workforce that we are seeing today. Furthermore, we were able to accomplish these significant milestones while remaining within our means, as set by the City budget."

The City of Oak Park is not only committed to attracting top-talent, but also to retaining it, and we recognize that requires a culture of excellence. The City stands by providing the employees of Oak Park the opportunities to thrive and grow, these contracts mirror just that.

The four contracts ratified at recent City Council meetings were:

- Technical and Professional Office Workers of Michigan (July 6, 2021)
- Police Officers Labor Council (July 6, 2021)
- Police Officers Association of Michigan (June 21, 2021)
- Dispatchers Association/Police Officers Association of Michigan (June 21, 2021)





# Appearance & Maintenance



## Meeting & Exceeding Expectations

### City of Oak Park Code of Ordinances: Chapters 18, 38

The City of Oak Park Municipal Code is the collection of laws approved by the Oak Park City Council. Several of these laws, often referred to as ordinances or the code of ordinances, set forth the regulations and expectations property owners must meet to ensure a safe and appealing environment for the public. Chapter 18 of the Oak Park Municipal Code details building regulations and Chapter 38 provides in-depth explanations on what is considered blight and what occurs to a property and a property owner if blight goes unaddressed. The City's Code can be found at: [www.bit.ly/2QOaEMH](http://www.bit.ly/2QOaEMH)



#### Blight

- Storage of building material, unless the property has a construction permit.
- Accumulation of junk, trash, rubbish, which includes parts of machinery, vehicles and unused appliances.
- Existence of a no longer habitable structure.
- Items including stagnant water, which can include cans, buckets and clogged gutters.



#### Weeds

- All premises and exterior property shall be maintained free from weeds or plant growth in excess of eight inches.
- All noxious weeds are prohibited.
- Weeds are grasses, annual plants and vegetation, other than trees or shrubs provided; Cultivated flowers and gardens are not considered weeds.



#### Upkeep

- Ensure all trash/dumpster areas are cleaned, maintained.
- Remove all blight, litter, overgrowth from the property.
- Promptly remove graffiti.
- Keep all sidewalks and walkways clear of snow, ice and other hazards.
- Ensure adherence to sign and window signage requirements.

City of Oak Park Technical and Planning Department  
(248) 691-7450 | [oakparkmi.gov](http://oakparkmi.gov)



# Remembering Those We've Lost



USE CAMERA PHONE TO  
ACCESS INFORMATION

**In recognition of the unprecedented times and the immense loss so many** have experienced, the

City of Oak Park will create a space that allows for reflection on the pandemic and remembrance of those who lost their lives to COVID-19. We recognize each individual has their own story on how COVID-19

impacted them and that each story has affected our community. Some of the greatest impacts felt have been by those who lost a loved one to COVID-19. To ensure victims of the virus are properly remembered, the

City will be installing a thoughtful and permanent memorial. We invite Oak Park residents to share their input on what an appropriate COVID-19 Memorial may be, where it should be installed and, most importantly, provide information on Oak Park residents who fell victim to the virus. The City will continuously take the information of those lost to COVID-19 to ensure their memory is preserved.

Information can be provided by utilizing the QR Code on this page; pictures of Oak Park residents who died from COVID-19 can be sent to Communications Director Courtney Flynn at [cflynn@oakparkmi.gov](mailto:cflynn@oakparkmi.gov).

We thank you for your valued input and are humbled at the opportunity to provide a space for our community to honor and remember their loved ones.

## Remembering Our COVID Heros

City Manager Erik Tungate recently had the honor of recognizing several of Oak Park's own COVID Heroes during a July City Council meeting. The selfless service and dedication these Heroes provided to our community not only helped so many in Oak Park, but saved lives too. The individuals and organizations that deserve a heartfelt thank you for their heroic contributions throughout this pandemic include:

- Andrew Attisha, Shell Gas Station
- Matthew Louissa, Value Wholesale
- Janay Scott, Henry Ford Health System
- Tyler Prentiss, Henry Ford Health System
- John Zervos, Henry Ford Health System
- Henry Ford Health System
- Craig Tungate, Advanced Chemical Concepts
- Oak Park Schools MI
- Forgotten Harvest





*All For*

**GETTING YOU BACK TO NORMAL AS QUICKLY AS POSSIBLE**

## Henry Ford Health System COVID-19 Vaccination Clinic



In partnership with  
The City of Oak Park  
14300 Oak Park Blvd., Oak Park

**Every third Wednesday from 9 a.m. to 4 p.m.**

Open to anyone age 12 or older. People under 18 must be accompanied by a parent or legal guardian.

No insurance needed, but bring your insurance card if you have insurance. Vaccinations are free.

Walk In Clinic.



**ALL FOR YOU**



## Utility Bill Assistance Organizations and Programs

If you are in need of utility bill assistance consider contacting one of the organizations below. This list can also be found at [oakparkmi.gov](http://oakparkmi.gov).

- **AMERICAN RESCUE PLAN ASSISTANCE**  
(517) 373-8080  
[WWW.HOUSE.GOV/HFA](http://WWW.HOUSE.GOV/HFA)
- **COVID EMERGENCY ASSISTANCE (CERA)**  
1-888-441-1742  
[WWW.OAKLANDHOMELESS.ORG/CERA](http://WWW.OAKLANDHOMELESS.ORG/CERA)  
196 CESAR EAST CHAVEZ AVE, PONTIAC, MI 48342
- **DETROIT WATER PROJECT**  
[DETROITWATERPROJECT.ORG](http://DETROITWATERPROJECT.ORG)
- **DHS-MADISON HEIGHTS**  
(248) 542-5860  
[HTTPS://BIT.LY/3xG450Q](https://bit.ly/3xG450Q)  
30755 MONTPELIER, MADISON HEIGHTS, MI 48071
- **HOSPITALITY HOUSE FOOD PANTRY**  
(248) 960-9975  
[PROGADMIN@HHFP.ORG](mailto:PROGADMIN@HHFP.ORG)
- **MICHIGAN HOMEOWNER ASSISTANCE**  
1-866-946-7432  
[WWW.STEPFORWARDMICHIGAN.ORG](http://WWW.STEPFORWARDMICHIGAN.ORG)  
PO BOX 30632 LANSING MICHIGAN 48909
- **OAKLAND COUNTY CARES ACT**  
(248) 858-0730  
[OAKGOV.COM/COVID/GRANTS](http://OAKGOV.COM/COVID/GRANTS)
- **OAKLAND COUNTY FAIR HOUSING**  
1-888-350-0900  
[OAKGOV.COM/FAIRHOUSINGSURVEY](http://OAKGOV.COM/FAIRHOUSINGSURVEY)
- **OLSHA-OAKLAND**  
(248) 542-5860  
30755 MONTPELIER, MADISON HEIGHTS 48342
- **OUR LADY OF FATIMA**  
**ST. VINCENT DE PAUL**  
(248) 545-2310
- **PEOPLE'S WATER BOARD COALITION**  
(833) 882-7766
- **SALVATION ARMY**  
(248) 585-5600  
3015 NORTH MAIN, ROYAL OAK, MI 48073
- **THE HEAT AND WATER FUND (THAW)**  
1-800-866-8429  
535 GRISWOLD ST, STE 200, DETROIT 48226
- **WRAP PROGRAM**  
(313) 386-9727  
[WAYNEMETRO.ORG/WRAP](http://WAYNEMETRO.ORG/WRAP)



[WWW.OAKPARKMI.GOV](http://WWW.OAKPARKMI.GOV)





## CHILDREN'S PROGRAMS

### IT'S STORY TIME

**Wednesdays, starting October 6 | 10:15-11am**

**Ages 0-6 | FREE**

Our story time is a registration-only program for parents with children under the age of 6. Come make friends, bond with your child, and learn to play. Story time develops listening, literacy and pre-reading skills while exposing your child to letters, numbers, shapes, colors, animals and more. During story time, we read, sing, dance, move and play! All children must be accompanied by an adult and registration is required.

### GUESS HOW MANY CANDIES IN THE JAR CONTEST

**Daily throughout October, All Day**

**Ages: 12 and under | FREE**

Closest without going over wins and the winner gets to keep the candy and the jar. All candy is kosher. One guess per person please! Drawing on October 29.

### SPOOKY TAKE HOME CRAFT

**October 6-10**

**Ages 12 and under | FREE**

Swing by the library to pick up a Witch Themed craft kit to help kick off a Spooky Fall season!

### PUMPKIN CARVING CONTEST

**October 11-15**

**Ages 12 and Under | FREE | Must Register**

Pick up a free pumpkin! Decorate or carve your pumpkin and submit a photo of it to our website by October 22. All entries will be part of a drawing for a variety of prizes and may be featured on the Library's Facebook Page!

### FIND THE HIDDEN TURKEYS

**Daily throughout November, All Day**

**Ages 12 and under | FREE**

Find the turkeys hidden throughout the library. Each winner gets a small prize!

### TURKEY TAKE HOME CRAFT

**November 1-5**

**Ages 12 and under | FREE**

Swing by the library to pick up a Turkey Themed craft kit!





## ADULT PROGRAMS

### COMMUNITY MOSAIC PROJECT

Select puzzle piece October 11-25; return to OPPL by Nov. 14.

We're not complete without you! Sign up for this collaborative art project and receive one piece of a large puzzle that you can take home to decorate! There is an adult project and a teen project. Adults will be entered to win a gift card from Book Beats.

**Theme for Adults:** Vision of Oak Park

**Theme for Teens:** Vision of my Future

(Teens will be entered to win a Chromebook)

### DETROIT STYLE: CAR DESIGN IN THE MOTOR CITY 1950-2020

Tuesday, October 26 | 7pm via Zoom

Presented by the DIA

Experience the iconic car styles of Detroit over the past 60 years through the eyes of the car designers who created them. Feel the excitement of designing cars for the future, the impact of incorporating cultural style trends and technologies and the responsibility of creating comfortable and efficient vehicles. Registration required.



### BIRDING 101

Tuesday, November 9 | 6:30pm via Zoom

Presented by MSU's Kellogg Bird Sanctuary

Please join Lisa Duke of the W.K. Kellogg Bird Sanctuary to learn how to identify birds out in nature using 4 keys of sight, sound, behavior, and habitat. These keys will help you use your observations and identify birds using a field guidebook or app. From your window or local trail, birding is a great hobby to become more active in! Registration required.

## BOOK CLUBS!

### ADULT BOOK CLUB

Meets First Wednesday of Month at 6 p.m. | Adult | FREE

Come read with us at the library in the Community Center, Room 4. Join us for lively literature discussions. As always, the Library welcomes new members.



# TECH TROUBLE?

PHONE | TABLET | PC

MAKE AN APPOINTMENT AND ASK A LIBRARIAN!

248-691-7480

## Study Rooms

>>> by appointment

Oak Park Public Library

ASSISTANCE - WHEN YOU NEED IT!

## Creating a Resume or Cover Letter?

Make an appointment with a librarian - we can help!

Oak Park Public Library

248-691-7480  
reference@oakparkmi.gov



# Oak Park Recreation



## 5 Ways to Register for Recreation Programs

### ONLINE REGISTRATION

Register online for activities by clicking on the "Click Here to Register" button on the Recreation Department's page of the City's website, at [www.OakParkMI.gov](http://www.OakParkMI.gov). Or, go directly to the online registration page at <http://bitly.com/OPRegisterOnline>.

When registering online, follow these easy steps:

1. Visit <http://bitly.com/OPRegisterOnline>.
2. Enter the required information to generate your customer identification and password.
3. Click on the activities you want to register for.
4. Pay with a credit card, print your receipt, and receive an instant email confirmation of your purchase.

### MAIL-IN REGISTRATION

A mail-in registration is available for most activities, except when athletic contracts are required for registration. For athletic contracts, register in person. To register via mail:

1. Complete the Recreation Registration Form, see form on adjacent page.
2. Include check or money order payable to the City of Oak Park. Do not include cash or credit card numbers.
3. When a birth certificate is required for registration, a copy of the birth certificate can be mailed or the original can be delivered in-person to the Recreation Department.

### IN-PERSON REGISTRATION

Register in-person during regularly scheduled business hours. The Recreation Department is located in the City's Community Center at **14300 Oak Park Blvd., Oak Park.**

**Office Hours:** Monday - Thursday, 9 a.m. to 5 p.m. (Closed 1 to 2 p.m.)

Open every other Friday, 8 a.m. to 4 p.m.

October 1, 15 and 29, November 12 and Dec. 10.

Closed on November 25 and 26, and December 23, 24, 30 and 31.

### BY PHONE

Register by phone with a credit card (American Express®, Visa®, MasterCard® or Discover®) by calling (248) 691-7555.

Classes are filled on a first-come, first-serve basis. Register early! Refund policies apply.

## OAK PARK RECREATION DEPARTMENT

**LAURIE STASIAK**  
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(248) 691-7576  
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**RECREATION DEPARTMENT**  
CITY OF OAK PARK  
14300 Oak Park Blvd.  
Oak Park, MI 48237

(248) 691-7555  
[www.OakParkMI.gov](http://www.OakParkMI.gov)

**Hours:**  
Monday-Thursday  
9 a.m.-1 p.m. and 2-5 p.m.  
Every Other Friday  
8 a.m.-4 p.m.

**THE MISSION OF THE RECREATION DEPARTMENT IS TO ENRICH THE QUALITY OF LIFE FOR OUR DIVERSE COMMUNITY WHILE ESTABLISHING A HIGH STANDARD OF EXCELLENCE IN OUR PROGRAMS, ACTIVITIES, PARKS AND SERVICES.**

### FOLLOW US ON:



**@CityOfOakPark**

### PAYMENT METHODS

**We accept checks or money orders made payable to the City of Oak Park, cash paid in-person, and the following credit cards:**

American Express®, Discover®, MasterCard®, or Visa®





## EVENTS

### AUTUMN FEST

**October 2 | FREE Admission and FREE Parking**

**Oak Park Social District on 11 Mile Rd.**

**11 a.m.-5 p.m. (Family Fun activities)**

**5 p.m.-9 p.m. ( Live music, food court and more)**

The day is packed with activities for people of all ages. The Annual BBQ Battle, where amateur grillers will vie for the title of BBQ Pitmaster with their award winning ribs. Live music, corn hole competitions, food court, fun fall activities for the family, petting farm, fall produce and décor for purchase and so much more!

### BOO BASH

**Saturday, October 23 from 5 p.m.-8 p.m.**

Mark your calendar for the return of the Oak Park Boo Bash! This event is designed for those families that have children between the ages of 3-12 and who want to get more use out of those "ghoulish" costumes!

Embrace the outdoor scenes surrounding the grounds of the Community Center, trick-or-treat through the various activity rooms and enjoy the decorations while filling your trick-or-treat bags with sweet treats.

### PUMPKIN CRAFTS

**Thursday, October 28 from 6-7 p.m. | FREE | Ages: 6-12**

**David Shepherd Park, Shelter 1**

It's Halloween season! Participants will carve and paint their pumpkins. Each participant is required to bring their own pumpkin, we will provide the paint. Parents must accompany their children. Dress warm; this will be an outdoor activity. Pre-registration is required.



## SUMMER RE-CAP

### OAK PARK FARMERS MARKET

The Oak Park Farmers Market was a huge success this past season. We were lucky enough to have our veteran vendors return and we saw an increase in new vendors as well! Much of our longer-term vendors also continued to be well received, such as the Power of Produce Club, which was at maximum capacity, and the Yoga at The Market series with instructor Rachel Eckert. Music and surprise guests, such as the Dynamic Divas pulling off a successful Flash Mob, also ensured a fun Market season for all.

We would like to acknowledge a very special **THANK YOU** to our Signature Sponsor **Humana Inc**; as well as our Supporting Sponsor **Beaumont Health**, to whom, without their support and participation the market would not be possible.

## SAVE THE DATE

### WINTER BLAST

**Sunday, January 16 from 2 p.m. to 5 p.m.**

Mark your calendar! Join your friends and neighbors for a fun filled afternoon. Enjoy a wagon ride through the park, visit the reindeer pen, enjoy chili, hot chocolate and make your own S'Mores and crafts. There will also be face painting and free ice skating!







## YOUTH SPORTS

### WINTER YOUTH BASKETBALL

**Registration ends Friday, November 15.**

Registration Ends Friday, Nov 12. Teams will play in the Tri-City Alliance Basketball League, competing with teams from Ferndale and Hazel Park. Games are played on Saturdays in Ferndale, with select games during the week in Oak Park and Hazel Park. All practices are in Oak Park. This is a co-ed basketball league focusing on skill development in a fun and safe atmosphere. Practices begin in December.

#### 1st AND 2nd GRADE BASKETBALL

Games are on Saturday Mornings

**Fee:** \$65 Resident/\$70 Non-Resident

**January 8 to March 12**

#### 3rd AND 4th GRADE BASKETBALL

Games are on Saturday mornings with a few Monday and Wednesday games

**Fee:** \$75 Resident/\$80 Non-Resident

**January 8 to March 12**

#### 5th AND 6th GRADE BASKETBALL

Games are on Saturday mornings with a few Tuesday and Thursday games

**Fee:** \$75 Resident/\$80 Non-Resident

**January 8 to March 12**

#### 7th AND 8th GRADE BASKETBALL

Games are on Saturdays.

Location TBA.

**Fee:** \$75 Resident/\$80 Non-Resident

**January 8 to March 12**

## HIGH SCHOOL BASKETBALL LEAGUE

This is a co-ed high school league that will give students, who do not participate in varsity basketball league, the opportunity to play in an organized league. Practices begin in December and games are in January. Registration ends Friday, Nov. 12.

### 9th and 10th Grade Basketball

**Fee:** \$75 Resident/\$80 Non-Resident

**January 8 to March 12**

### 11th and 12th Grade Basketball

**Fee:** \$75 Resident/\$80 Non-Resident

**January 8 to March 12**

## YOUTH BASEBALL BATTING PRACTICE

**October 7 from 6-7:30 p.m. | FREE | Ages 6-12**

Want to swing like the pros? Come to batting practice at Joe Forbes Field, in Shepherd Park (Field by the pool)! Oak Park Recreation baseball coaches will be on site to give you technical advice and help you improve your baseball swing. Ages 6-12, on Thursday, Oct. 7 from 6-7:30pm, under the lights! Dress warm! Bats and helmets will be provided by Oak Park Recreation. Bringing your own bats and helmet is encouraged.

## MARTIAL ARTS

### GO-TI BEGINNER MARTIAL ARTS

**Tuesday, 6:15 to 7 p.m.**

**Res. \$55/Non-Res. \$60**

**Ages: 4 to 10 | 6 weeks | Room A, Comm. Ctr**

GO-TI Eight Youth Beginner Karate is an introductory class specifically designed for beginner children. It enhances a child's focus, memory, teamwork skills, discipline, self-control, fitness, balance and coordination. All of this is achieved through exciting and fun games and activities. Wear gym attire and dress warm; this class will be outside throughout October. A responsible adult must remain in attendance during class.

Instructor: Grand Master Dereke Batten.

**Tuesdays, November 2 to December 7**

### GO-TI ADVANCED MARTIAL ARTS

**Tuesdays/Thursdays, 7 to 8 p.m.**

**Res. \$65/Non-Res. \$70 | 6 weeks**

**Ages: 8 and Up (depends on experience)**

**Location: Room A, Comm. Ctr.**

Students are challenged in 16 classes of the GO-TI fighting system, a traditional, street-oriented approach to the martial arts. There are eight life skills that are incorporated in this sport: focus, memory, teamwork, discipline, self-control, fitness, balance and coordination. Students should dress in gym attire and layer-up; this class is outside throughout October.

Instructor: Grand Master Dereke Batten.

**Tuesdays, November 2 to December 7**



## ADULT ACTIVITIES

### ESPN FANTASY BASKETBALL LEAGUE

Teams will draft the best NBA players and compete against each other, throughout the NBA season. The point system is head-to-head and points are earned based on points scored, rebounds, blocks, steals and turnovers. Fourteen teams will compete and the top six teams make the playoffs at the end of the regular season. The start of the 2021-2022 NBA regular season is October 19. The league will be played on the ESPN Fantasy Sports app.

**Deadline: October 8 | Draft Date: October 15 at 6:30 p.m.**

**Fee: \$10 entry fee**

## ESPORTS

**October 9-November 6 | November 13-December 18**

Think you have skills? Put them to the test! Each participant must own a gaming console, the games and have an internet connection. **WE DO NOT PROVIDE ANY GAMING DEVICES.** This is a completely virtual league where gamers can compete in the comfort of their own homes. Champions receive a championship T-shirt and bragging rights! Please contact our Recreation Office at (248) 691-7555 for more information.

### NBA 2k League

**(Xbox One/PlayStation 4)**

\$20/person | Ages: 18+ | Four week league + playoffs

### Madden NFL Leagues

**(Xbox One/PlayStation 4)**

\$20/person | Ages: 18+ | Four week league + playoffs

### Rocket League Duos

\$20/person | Ages: 10+ | Four week league + playoffs

## TEENS DROP-IN ESPORTS

**Every Thursday from 3:15-4:30 p.m.**

In collaboration with the Oak Park Library, we will be hosting drop in Esports night at the **Oak Park High School!** Come enjoy your favorite games including Rocket League, Super Smash Bros., NBA 2k21 and Madden NFL 2021! Game tournaments will be added to the schedule at a later date! Contact the Recreation Office at (248) 691-7555 for more information.



## OAK PARK TEEN COUNCIL

We are inviting all of our teens the opportunity to join our teen council! We will be hosting two meetings per month at the Oak Park High School. This will allow teens the chance to help us develop new, fun, and innovative programs for their age group, and themselves. In addition, there will be volunteer opportunities throughout the community, special events, and development workshops! So, start brainstorming, and together we will come up with a strategy to help you prepare for the next step! Please contact the Recreation Office for more information at (248) 691-7555. All meetings start at 4 pm.

### Upcoming Teen Council Meeting Dates

- September 29
- October 13 and October 27
- November 10
- December 1 and December 15

## Make a Difference in the Lives of Our Youth

### BECOME A VOLUNTEER

Are you interested in making a difference in the lives of the youth of our community? Become a volunteer coach. Even if you are not an expert in the sport, we need more positive role models in the lives of our youth to help them develop into well-rounded individuals. Oak Park administrators will help provide you with practice plans and provide you with the equipment you need. If you have any interest, Please contact the Recreation Office at (248) 691-7555.





## CLASSES

### BASIC HATHA YOGA

Thursday from 10:30 to 11:30 a.m.

Ages 50 and up | \$32 Resident/\$37 Non-Resident

There must be a minimum of five participants for this class to run. This class provides a basic yoga foundation; instruction is personalized around the unique needs of those enrolled. Don't forget to bring your own mat. Instructor: Bob Smith.

**Course: Hatha Yoga September 21 -**

Thursday, September 9-October 28, 8 weeks

**Course: Hatha Yoga October 21 -**

Thursday, November 4-December 16, 7 weeks (fee adjusted)

### GENTLE CHAIR YOGA

Mondays from 11 a.m. to 12 p.m.

Ages 50 and up | \$24 Resident/\$29 Non-Resident

There must be a minimum of five participants for this class to run. Gentle Chair Yoga provides gentle therapeutic yoga exercise while reducing stress on joints and muscles. Instructor: Bobby Calhoun.

**Course: Gentle Chair Sept21 -**

September 13-November 1, 8 weeks

**Course: Gentle Chair Nov21 -**

November 8-December 13, 6 weeks (fee adjusted)

### TAI CHI FOR BEGINNERS

Tuesdays from 10 to 10:45 a.m.

Ages: 18 and Up | \$56 Resident/\$61 Non-Resident

There must be a minimum of five participants for this class to run. Learn the ancient Chinese system of exercise and movement meditation to develop flexibility and coordination, and to slow down the aging process. All experience levels are welcome! Instructor: Holly Malloy.

**Course: Tai Chi Beg Sept. 21 -**

September 14-November 2, 8 weeks

**Course: Tai Chi Beg Nov. 21 -**

November 9-December 14, 6 weeks (fee adjusted)

### TAI CHI FOR RETURNING STUDENTS

Tuesdays from 11:30 a.m. to 12:15 p.m.

Ages: 18 and Up | \$56 Resident/\$61 Non-Resident

There must be a minimum of five participants for this class to run. This class utilizes the ancient Chinese system of exercise and movement meditation to develop flexibility and coordination while striving to improve the aging process. Practice the ancient art of Tai Chi. This class is for experienced students only. Instructor: Han Hoong Wang.

**Course: Tai Chi Ret Sept21 -**

September 7-October 26, 8 weeks

**Course: Tai Chi Ret Nov21 -**

November 9-December 14, 6 weeks (fee adjusted)

### YOGA IS FOR EVERY BODY

Mondays from 7:15 to 8:45 p.m.

Ages: 18 and up | \$56 Resident/\$61 Non-Resident

There must be a minimum of five participants for this class to run. Yoga is for EVERY BODY! This course is designed to fit the needs of the beginner as well as the returning student. Emphasis is placed on stretching and strengthening the muscles, improving posture, breathing and deep relaxation. Reducing stress is an important benefit! Bring a mat and wear loose clothing. Instructor: Sherry Stone.

**Course: Yoga Every Body Sept. 21 -**

September 13-November 8, 8 weeks

**Course: Yoga Every Body Nov. 21 -**

November 15-December 13, 5 weeks (fee adjusted)





**ZUMBA GOLD (Morning Session)****Tuesdays from 9 to 10 a.m.****\$48 Resident/\$53 Non-Resident**

It's time to live your life like it's golden! This is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class introduces easy to follow choreography that focuses on balance, range of motion and coordination. Whether you are new to Zumba or just looking to have fun and move, come ready to sweat and prepare to leave feeling empowered and strong!

**Course: ZumbaGoldAM Sept. 21 -**

September 14-November 9, 8 weeks

**Course: ZumbaGoldAM Nov. 21 -**

November 16-December 14, 5 weeks (fee adjusted)

**ZUMBA GOLD CHAIR****Thursdays from 5 to 6 p.m.****\$48 Resident/\$53 Non-Resident**

Zumba Gold can be done standing or sitting in a chair. This class is perfect for people who have mobility or balance problems or for people who just want to start in a chair. These classes typically run 30 minutes; you will be surprised on just how much can be done in a chair! Let's have fun dancing to some great music while in a chair!

**Course: Zumba Chair Sept. 21 -**

September 16-November 4, 8 weeks

**Course: Zumba Chair Nov. 21 -**

November 11-December 16, 6 weeks (fee adjusted)

**ZUMBA GOLD (Evening Session)****Thursdays from 6 to 7 p.m.****\$48 Resident/\$53 Non-Resident**

It's time to live your life like it's golden! This is perfect for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. The class introduces easy to follow choreography that focuses on balance, range of motion, and coordination. Whether you are new to Zumba or just looking to have fun and move, come ready to sweat and prepare to leave feeling empowered and feeling strong!

**Course: ZumbaGoldPM Sept. 21 -**

September 16-November 4, 8 weeks

**Course: ZumbaGoldPm Nov. 21 -**

November 14-December 16, 6 weeks (fee adjusted)

**ZUMBA FOR ALL****Tuesdays from 6 to 7 p.m.****\$25 Resident/\$30 Non-Resident | 6 weeks**

Forget your working out and join a dance party atmosphere full of Latin and international music. Zumba combines high energy and motivating music to create a fun and energetic workout that is just infectious! Bring a towel, water and yourself. Ditch the workout and join the party!

**Course: Zumba Sept21 -** September 2-October 26**Course: ZumbaNov21 -** November 9-December 14**MIDDLE EASTERN BELLY DANCE****Mondays and Wednesdays from 6 to 7 p.m.****\$75 Resident/\$80 Non-Resident | Ages: 20 and Up**

There must be a minimum of five participants for class to run. This class attracts participants of all shapes and sizes who come dressed in comfortable clothing to learn the art of belly dance. Express yourself through dance and learn fun ways to maintain health. Enjoy the physical and personal benefits of belly dancing - abdominal toning, leg strengthening, self-esteem, and an essence of sensuality. No experience necessary.

**Course: BellyMonSept21 -**

September 13-November 8, 8 weeks

**Course: BellyMonNov21 -**

November 15-December 13, 5 weeks (fee adjusted)

**Course: BellyWedSept21 -**

September 15-November 3, 8 weeks

**Course: BellyWedNov21 -**

November 10-December 15, 5 weeks (fee adjusted)

**CALLING ALL TEENS!****HIP HOP DANCE CLUB****Wednesdays from 3:15-4:15 p.m. | FREE**

Are you interested in Hip Hop!? Instructor Robert Gilmore will be teaching a weekly class hip-hop dance class at the Oak Park High School! The class will include the evolution in the Hip Hop culture, starting from its roots. This program is sponsored by the Oak Park Recreation Department, Oak Park Public Library and Oak Park Schools District. Please contact the Recreation Office for more information or to sign-up at (248) 691-7555.







## DROP-IN PROGRAMS

### 50 UP CLUB MEMBERSHIP

**Fee: \$6 Res./\$12 Non-Res. | Calendar Year Renewal**

The mission of the 50 Up Club Membership is to provide Oak Park's diverse, mature population with education, exercise, and recreation programs to challenge the mind and body to greater heights of personal achievement. Join our Senior 50 Up Club and enjoy our weekly senior drop-in sessions at the Community Center, located at 14300 Oak Park Blvd, Oak Park. Call (248) 691-7555 for more information. Membership registration will begin January 4, 2022.

#### HOURS

Monday to Friday, 9 a.m. to 5 p.m. (Closed 1 p.m. to 2 p.m. for lunch)  
Every other Friday, 8 a.m. to 4 p.m.

You must be a 50 Up Club Member to enjoy the following drop-in programs:

#### MONDAY

Ping Pong, Noon to 2 p.m., Free  
Bingo, every Monday, 11:30 to 1:30 p.m., Inquire about fee

#### TUESDAY

Watercolor Drop-In, 1 to 3 p.m., \$5/person  
Contemporary Quilters, every third Tuesday, 1 to 3 p.m., Free

#### WEDNESDAY

Ping Pong, Noon to 2 p.m., Free  
Scrabble Club, Noon to 5 p.m., Free

#### THURSDAY

Pickleball, 11:30 a.m. to 3 p.m., \$3  
Bid Whist, 1 to 4 p.m., Free

## SPECIAL CLASSES

### ESTATE PLANNING CLINIC

**Thursday, November 11 | 10:30 a.m. to 11:30 a.m. | Free**

What is Estate Planning? Why do I need it? Do I need to hire a lawyer? Is this the same as Medicaid planning? Join Paula Zimmer from Lakeshore Legal Aide as she answers these questions and more! Call the recreation Office at (248) 691-7555 to sign up today!

### MICHIGAN SENIORS: GET HELP PAYING YOUR GROCERIES

The National Kidney Foundation of Michigan will be offering SNAP application assistance to determine eligibility for SNAP benefits for seniors in and around our Oak Park community. SNAP benefits are designed to help Michigan seniors buy healthy foods at the grocery store. These sessions are designed to be one-on-one with the representative from the National Kidney Foundation and are completely confidential, and HIPAA compliant.

**Sessions are available on the following days:**

- September 28
- October 26
- November 23

Call the Recreation office at (248) 691-7555 for complete information and to reserve your spot today!

### EAT SMART, LIVE STRONG

**October 11-November 15 | 2-3pm**

**6 weeks | FREE | Registration is required**

Eat Smart, Live Strong is designed to help income eligible older adults adopt two key behaviors: increase their fruit and vegetable consumption and the amount of physical activity they engage in.

The goal of Eat Smart, Live Strong is to have older adults:

- Eat at least 3.5 cups of fruit and vegetable per day (1.5 cups of fruit and 2 cups of vegetables);
- Participate in at least 30 minutes of physical activity most days of the week.



## VIRTUAL HEALTH

**FREE Virtual Classes. Presented by Beaumont Health.**  
Visit [classes.beaumont.org](https://classes.beaumont.org) to register or call 800-633-7377.

### DIABETES PATH (Personal Action Toward Health)

#### Helping you take charge of your diabetes

Diabetes PATH is a fun, six-week workshop designed to provide skills and tools to help people living with Type 2 diabetes and their support persons live a healthier life. Led by certified instructors, this online session will help participants and their caregivers learn to manage all aspects of their diabetes, from the convenience of their own homes. This program equips participants to learn how to balance blood sugar, create healthy meal plans, manage symptoms, decrease stress, cope with fatigue and pain, improve overall health, increase energy, improve communications with family members and healthcare providers and more.

**Wednesdays, 6-8 p.m.** Informational session Wednesday, October 6.  
First class on October 13.

**Tuesdays, 10 a.m.-12 p.m.** Informational session Tuesday, October 26.  
First class on November 2.

### CHRONIC PAIN PATH (Personal Action Toward Health)

Chronic Pain PATH is a complimentary six-week workshop designed for adults living with chronic pain. Chronic pain is defined as pain lasting longer than three to six months or longer than the normal healing time of an injury. This self-management program was developed and rigorously tested by Stanford University to help participants learn techniques and strategies for day-to-day management of pain. PATH emphasizes creating personal action plans, setting achievable goals, problem solving and decision making. Topics discussed during this program include medications and evaluating treatments, physical activity and exercise, the mind-body connection, restful sleep and relaxation, emotions and depression, fatigue management and more. Studies indicate that, on average, program participants have more energy, less pain, less dependence on others, improved mental health, are more involved in everyday activities and are more satisfied with their lives compared to those who have not taken the program. Chronic Pain PATH virtual sessions allow you to participate online, from the safety and convenience of your own home.

**Tuesdays, 6-8 p.m.** Informational session Tuesday, October 12.  
First class October 19.

**Mondays, 1-3 p.m.** Informational session Monday, November 1.  
First class November 8.



### HBP Control: A Hypertension Self-Management Program

High blood pressure puts you at risk for heart disease, stroke, kidney damage, vision loss and other health complications. Controlling your blood pressure is important! Participants in this program learn about the basics of hypertension, tips for stress management, the importance of nutrition, physical activity and hypertension, medication management, personal action plans - and more. Program consists of eight weekly sessions. Fall classes available.

**Mondays, 6-7:30 p.m.** Program begins Monday, October 4.

**Thursdays, October 21, 12-1:30 p.m.** Program begins October 21.

### WALK WITH EASE

The United States Surgeon General has recognized walking as one of the single most important activities you can do for your health. Walk With Ease is a six-week, self-guided physical activity program designed to help reduce pain and improve your overall health. The goal of the program is to build up to 30 minutes of walking at least three days a week. Whether you're looking for relief from arthritis pain or just want to be more active, this program is shown to help improve balance, strength and walking pace. It also helps build confidence in your ability to be active and can help improve limitations and symptoms. If you can be on your feet for at least 10 minutes without increased pain, you can enjoy success with Walk With Ease. Virtual informational sessions available.

**Thursday, October 7, 11 a.m.-12 p.m.**

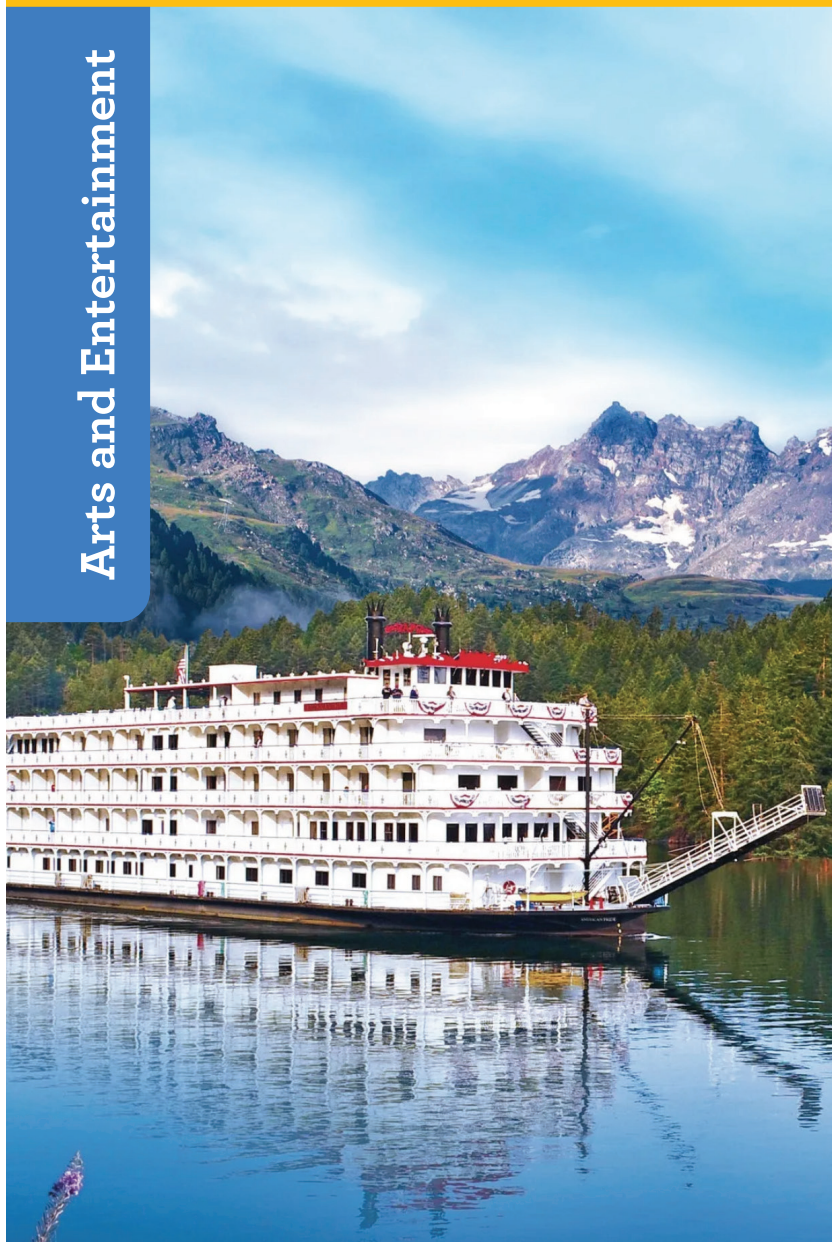
**Tuesday, November 2, 1-2 p.m.**



## LET'S DO LUNCH

The Lunch trips have been overwhelmingly popular over these past years as shown by the quick sell out of every date. When transportation logistics are completed and restaurants can accommodate groups once again, lunch trips will be scheduled monthly. Stop by the Community Center for the most up-to-date lunch trip information.





## EXTENDED TRIPS

The Oak Park Recreation Department is proud to partner with Bianco Travel and Tours to offer an exquisite line of extended trips. These trips require us to book well in advance. We are currently booking for the following tours. Contact the Recreation Department at (248) 691-7555 for more details.



### Lancaster Pennsylvania

Monday, April 18 - Thursday, April 21 | 4 Days/3 Nights  
Deluxe highway motorcoach, three nights at the Eden Resort in Lancaster, Pennsylvania. Theater, shopping, historical experiences, wine tasting and more! \$829/person/double occupancy

### Crusin' Kentucky

Wednesday, May 18 - Thursday, May 19 | 2 Days/1Night  
Featuring a tour of the National Air Force Museum, a Riverboat Dinner Cruise, tours, the aquarium, shopping and more! \$299/person based on double occupancy.

## DAY TRIPS

The Oak Park Recreation Department is proud to partner with Bianco Travel and Tours to offer an exquisite line of day trips. These trips require us to book well in advance. We are currently booking for winter tours. Full details



are available in the lobby of the Recreation Department. Contact the Recreation Department at (248) 691-7555 for more details.

## OCTOBER MYSTERY TRIP

Wednesday, October 20 from 10 a.m. to 6 p.m.  
\$77/person

Our most celebrated trips of all, and historically fills up very quickly. Reserve your Mystery Trip spot today! This day long trip is filled with breathtaking views, superb food and tours designed to stimulate your senses and allow you to experience the wonder of true craftsmanship, beauty and function. End your day in true Michigan fall style with all the finest purchases from the "sweet and crisp" to the "bubbly" and down home perfection. Comfortable clothing suggested, bring a sweater or light jacket depending on our Michigan weather. All avenues are handicap accessible.

**Course: MYSTERY Oct21**

## PARADE COMPANY & SO MUCH MORE!

Wednesday, November 17 from 9:15 a.m. to 4 p.m.  
\$90/person

Experience the thrill and excitement of the Thanksgiving Day Parade with a unique behind-the-scenes tour, as the Parade Company reveals some of its secrets to success. View one-of-a-kind floats, tour the costume shop where workers are busy sewing the beautiful costumes, try on the famous papier-mache character heads! After working up your appetite, enjoy a wonderful riverside lunch at Sinbads of Detroit. End your day with a guided stroll through The Whitney, Detroit's most iconic mansion. While sipping your glass of bubbly, explore and enjoy this beautiful historical property. The tour is completely handicap accessible.

**Course: ParadeNov21**

## FIREKEEPERS CASINO

Tuesday, Dec. 14 from 9 a.m. to 6:15 p.m.  
\$44/person

The package includes \$20 in slot credit and a \$5 voucher to be used for food, slot play or gift shop. Firekeepers offers a Las Vegas style gaming floor with over 2,680 of the latest slot and video poker games, 78 tables including Blackjack, Craps, and Roulette, a 12 table live Poker room and a 200 seat Bingo room. There are five restaurants, including everything from fine dining to heartwarming comfort foods.

**Course: Firekeepers Dec21**





## MEADOWBROOK THEATRE

### A CHRISTMAS CAROL

Wednesday, December 1 from 11 a.m.-5 p.m.

\$67/person

A seasonal mainstay for people of all ages, A Christmas Carol is just what we need to get into the holiday spirit! The day starts out with a lovely lunch in the beautifully decorated Meadowbrook Hall, followed by a self-guided tour of the magnificent mansion, then off to Meadowbrook Theater for the holiday performance! Limited tickets available, reserve your today!

**Course: Christmas Carol 21**

### NANA DOES VEGAS

Wednesday, January 19 from 11 a.m.-5 p.m.

\$60/person

Nana has taken a gamble and moved to Las Vegas, where she and her sidekick, Vera are working as seamstresses for a show... What could possibly go wrong? Everything! Plus lunch at Mitchell's Fish Market. Limited tickets.

**Course: NanaVegas22**

### WRITING KEVIN TAYLOR

Wednesday, Feb. 23 from 11 a.m.-5 p.m.

\$57/person

New York City novelist Kevin Taylor is in a rut. With two successful books to his name and a much-anticipated third book overdue, he has lost his way-and his marriage. After a very public meltdown on TV he resigns himself to being a bachelor, until a teenage super fan arrives on his doorstep offering to be his intern. This imaginative new employee hatches a very creative scheme to reunite Kevin with his wife in a hilarious, heartfelt story about finding unlikely friendship in unexpected places. Plus lunch at Lelli's. Limited tickets

**Course: KevinTaylor22**

## FISHER THEATRE

The following performances have been ordered but our confirmation dates have not been sent back at the time of this writing. Please check the Community Center lobby for the most up-to-date theater information.

### HADESTOWN

Time period between November 23 and December 5

Ticket price TBD

Welcome to HADESTOWN, where a song can change your life. Winner of eight 2019 Tony Awards including Best Musical and the 2020 Grammy Award for Best Album. HADESTOWN intertwines two mythic tales-that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone-as it invites you on a hell raising journey to the underworld and back. The beguiling melodies and poetic imagination pit industry against nature, doubt against faith, and fear against love. Performed by a vibrant ensemble of actors, dancers and singers, HADESTOWN is a haunting and hopeful theatrical experience that grabs you and never lets go.

### WHAT THE CONSTITUTION MEANS TO ME

Time period between December 14-January 2

Ticket price TBD | Very limited engagement.

Playwright Heidi Schreck's boundary-breaking play breathes new life into our Constitution and imagines how it will shape the next generation of Americans. Fifteen-year-old Heidi earned her college tuition by winning Constitutional debate competitions across the United States. In this hilarious, hopeful and achingly human new play, she resurrects her teenage self in order to trace the profound relationship between four generations of women and the founding document that shaped their lives. Winner of two Tony Awards and was hailed as "not just the best play on Broadway, but also the most important".



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## THANK YOU!

Oak Park Recreation would like to thank our gracious sponsors, that without their generous financial support and participation, many of the highlay anticipated and dearly loved events would not be possible.

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**Thank You To Our Volunteer of the Year:** A heartfelt thank you goes out to **Jean Jones**, one of Oak Park's finest! Jean was instrumental in assisting with many of the recreation programs throughout the 2020 year. From filling hundreds of Boo Bash candy bags, hand assembling the numerous weekly Brain Booster packets and monthly Comfort packages, calling the remote parking lot Bingo for our seniors, working the day before our Farmers Market packing up all supplies, to working 7 hours every Wednesday at the market and so much more! Her enthusiasm, genuine interest and love for the residents of this City is nothing short of admirable. On behalf of the Recreation Department we would like to acknowledge our gratitude for her dedicated service.



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