Oak Park City Magazine and Recreation Program Guide - Fall 2022



City Magazine and Recreation Program Guide

Oak Park Welcomes Transit-Oriented Housing Development Public Safety Welcomes and Farewells Gardner Street Temporarily Closed



Message From City Manager Erik Tungate

In Oak Park we are creating a community of culture.

A culture that is supportive. A culture that is innovative. A culture that is forward-thinking. A culture that is based on our community here in Oak Park.

The City of Oak Park culture is our mission statement put into action, which states:

"We strive to provide the highest quality of life for our residents in everything we do. We pride ourselves on the richness of our cultural diversity and our safe and secure neighborhoods. We actively encourage residential and business growth."

With the groundbreaking of The Nine transit-oriented development we are witnessing another example of the City's commitment to actively encouraging residential and business growth. Once complete, this 30-unit apartment development will provide live/work spaces with easy access to various transportation options. The Nine will be situated directly behind a bus stop; there are also bikes lanes and a MoGo Bike Station on Nine Mile Road. Such multimodal options allow easier access to a host of local businesses along Nine Mile Road.

The Nine development is also located down the street from one of our more recent, and certainly innovative, projects: The Nine Mile Linear Park. This park, while not traditional in its layout, has proven to become a fast favorite for many. The Nine Mile Linear Park encourages movement, play, sensory development and for park-users to explore more of the Nine Mile corridor.

Our 11 Mile corridor is also experiencing the benefits of forward-thinking policy decisions. Several years ago, the City of Oak Park moved away from its "dry City" designation and began to allow alcohol to be served in local establishments. Such a decision has certainly impacted the growth of the Water Tower Social District, which is home to Berkley Coffee, Dog and Pony Show Brewing, Oak Park Social, Unexpected Craft Brewing Company and the future Oak Parker and Salud 11 restaurants. These businesses are located in a social district which allows people to freely, and safely, enjoy outdoor space while also enjoying their alcohol from the establishments.

Looking even farther into the future, the City is hoping to further improve upon the social district by providing amenities such as fire pits, benches, yard games and more. These listed improvements are still in the planning phase and public input regarding them will certainly shape the future of that space, and our City.

The amenities and programs offered in Oak Park are based off the needs and wants of our residents, and supported by both the City Council in their policy decisions and the residents in their use of the amenities. In Oak Park we support each other. We support our neighbors. We support our businesses. We support new ideas that allow us to exemplify a culture of excellence.

Sincerely,

Oak Park City Magazine

CITY OF OAK PARK

MAYOR Marian McClellan

> MAYOR PRO TEM Julie Edgar

COUNCIL MEMBERS Carolyn Burns Solomon Radner Shaun Whitehead

> city MANAGER Erik Tungate

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The Oak Park City Magazine and Recreation Program Guide is published by:

> Department of Communications and Public Information (248) 691-7504 cflynn@oakparkmi.gov



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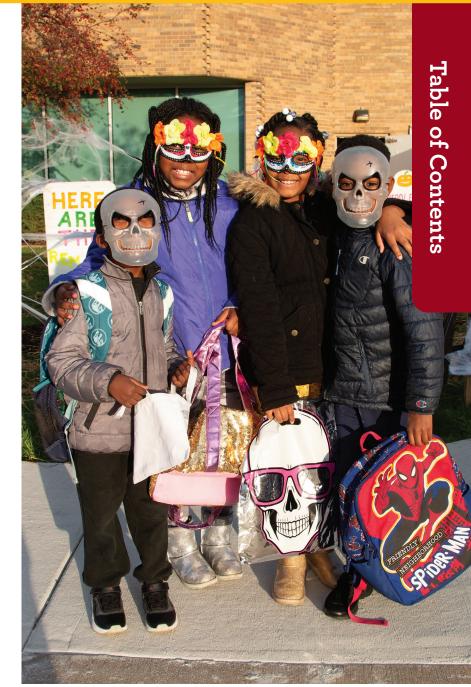
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FERLITO GROUP BROKE GROUND ON Transit-Oriented Housing Development

On Wednesday, Sept. 7, 2022 the Ferlito Group broke ground on a new 30-unit apartment development, named The Nine, in the City of Oak Park.

The Nine will be a three story, transit-oriented housing development located at 8775 Nine Mile Rd., which is directly behind a bus station. This is a welcomed development to the City as it builds on Oak Park's mission to provide diverse housing options that promote access to various resources.

"The Nine housing development amplifies our commitment to actively encouraging residential and business growth while providing the highest quality of life here in Oak Park," said City Manager Erik Tungate. "The intentional location of The Nine near a bus stop and bike lanes, coupled with its work-live concept is exactly what Oak Park needs."

In addition to The Nine being located near a bus stop and bike lanes, it is just down the street from the Nine Mile Linear Park, which has a multi-purpose path and various recreation amenities that span over several blocks. There are also two pocket parks, Sherman and Seneca, a future connector park and a MoGo bike station, all within walking distance of the development.

We are excited that the Ferlito Group chose Oak Park to make the \$4.9 million investment in the community," said Economic Development and Planning Director Kimberly Marrone "The project will help spur additional investment along the corridor as we try to attract mixed use developments within the City as we continue to grow. Increasing density with housing will allow our community to continue to grow even though we are almost entirely built out."

The Nine is the first transit-oriented development in the City of Oak Park. Transit-oriented developments support sustainability, community health and strengthen the local economy. As more people choose to utilize public transportation and bikes the demand for transitoriented developments is anticipated to increase.

ABOUT THE FERLITO GROUP:

The Ferlito Group is one of southeast Michigan's premier sources for real estate development and investment, having brought spearheading a wide range of successful commercial buildings, healthcare facilities, and retail and food service throughout Metro Detroit.





Portion of Gardner Street Temporarily Closed

Temporary Pocket Park Installed

Gardner Street at Kingston Street will be temporarily closed for the month of October for the installation of a temporary pocket park. This temporary closure and installation is part of the City's planning process for a potential permanent pocket park in our Water Tower Social District. The closure will begin on Friday, Sept. 30 during the workday and we anticipate the road to re-open on either Monday, Oct. 31 or Tuesday, Nov. 1.

This temporary closure will allow the City to determine the impact a permanent closure could have on our road users; additional traffic studies in the area will be conducted in October to help determine the long-term impact.

We would appreciate any feedback and concerns people have about this temporary closure or a potential permanent closure. We want to hear from everyone who may be impacted by our actions. Please send any feedback to kmarrone@oakparkmi.gov.

A kickoff event for the temporary pocket park is scheduled for Saturday, Oct. 1 from 1-3 pm. There will be free hot dogs and water, as well as various family-friendly games. Additional events are planned throughout the month on evenings and weekends; a schedule of events is available online and in City facilities. Everyone is welcome to attend and let us know their opinions. We appreciate the patience of the community as we work to make long-term improvements.







Public Safety Welcomes New Faces, Gives Bitter-Sweet Farewell to Long-time Officers The Oak Park Public Safety Department may be experiencing some staff changes, but those joining the team, and retiring out, have several traits in common. The most important one? Their commitment to serving the Oak Park community to ensure safety.

"The Oak Park Department of Public Safety has always taken pride in recruiting the best and the brightest in the Public Safety profession," said Public Safety Director Steve Cooper. "There is no better illustration of this than the Officers who either have retired or are retiring in the immediate future. Each one of these Officers has carved out distinguished careers and I am extremely proud to have served alongside them. Although they will be sorely missed, we look forward to the development of our newer Officers as they prepare to take over these leadership roles. The Oak Park Department of Public Safety has always and will continue to place a premium on honesty, integrity, dedication, hard work, customer service, building positive relationships, etc."



Recent Oak Park Public Safety Retirements

- Segt. Maureen Bergman: retired after 25 years of service in Sept. 2021
- Det. Matthew Theisen: retired after 20 years of service in July 2022
- Lt. Samantha Kretzschmar: retired after 28 years of service in Aug. 2022
- Sgt. James Vernier: retired after 23 years of service in Sept. 2022
- Sgt. Walter Duncan: retired after 23 years of service in Oct. 2022

New Officers Sworn-in on Sept. 6

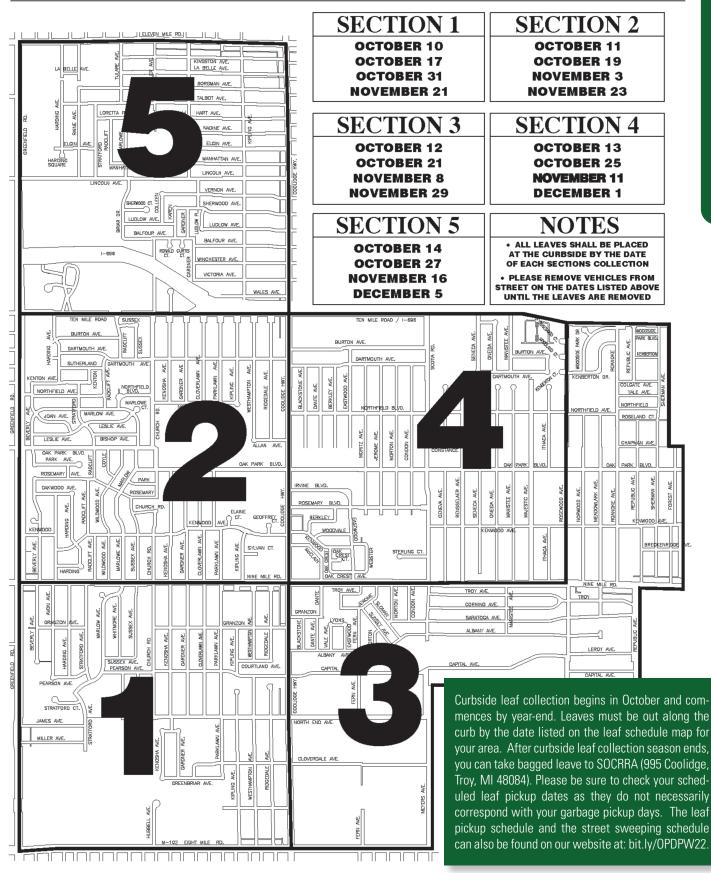
- Samuel James: joined the Oak Park Public Safety Department with six years of prior law enforcement experience;
- Brian Blackburn: joined department with five years of prior law enforcement experience.

Due to a combination of recent retirements and newly budgeted positions, the City of Oak Park continues to recruit for individuals to join the Public Safety team.

"The City of Oak Park values the rich diverse and inclusive environment that our residents bring to our community. In an effort to mirror that diversity and inclusivity in our workforce, Oak Park continuously recruits the most qualified, diverse and experienced candidates for the position of Public Safety Officer," said Human Resources and Operations Director Megan Burke. "We understand that by having diverse perspectives 'at the table,' we will be able to better serve the best interests of ALL, instead of just a few."

For more information on open positions in the Public Safety Department visit **oakparkmi.gov**.

2022 LEAF COLLECTION DATES





The Oak Park Farmers Market wrapped up its fifth year on Sept. 28, 2022. The City, in partnership with Humana Inc., Beaumont Community Health, Dedicated Senior Medical Centers, Oakland University and the Oak Park High School continued to see tremendous growth over the years.

Fresh Michigan produce from locally sourced family farms was available at the market, as was fresh breads, baked goods, coffee, teas, soap, all natural beauty products and more!

The Power of Produce program continued to be a family favorite for young and old. Over 85 children (55 families) participated, and 45 seniors enrolled. Thank you to **Joyful Tot's Childcare & Learning Center** for their generous sponsorship of all the NEW books each family received with this program.

Our FREE outdoor yoga classes, instructed by Oak Park resident **Rachel Eckert**, had class numbers triple from last year!

Family Market Day and Senior Market Day also continued to be a favorite, with additional organizations participating to help families and seniors become aware of the nearby resources that can help them in everyday living.

And, at every Wednesday market, friends and neighbors met up to visit, have a hot lunch from **Topp Dogg** and listen to live music.

While we step back to take a breath, we are already planning for 2023 market season!

SPECIAL SHOUT OUTS

We would like to send out a special "Thank You" to our market volunteer **Jean Jones**, whose dedication, personal interest, involvement, and positive attitude helps make the market run smoothly and efficiently.

There would not be a market if it were not for the generous support, participation and vision of our Sustaining Sponsor, **Humana Inc. Beaumont Community Health** has also long been committed to fostering healthier lifestyles for our residents through their support of the market over the last five years.

New to the sponsorship line up this year was **Oakland University** with the Prescription for Health Program. This program provided much needed food voucher coupons for those identified as "in-need" through various outreach efforts with doctors' offices and social service organizations.

Dedicated Senior Medical Centers also came onboard to help our seniors in and around Oak Park learn about the programs and services "senior centered" medical facilities can provide.

Truly, we are giving a heartfelt thank you to our sponsors, vendors, Oak Park High School staff and most of all to YOU, our market attendees.

See you in 2023!

CITY OF OAK PARK RECREATION DEPARTMENT TRUNKOR DEPARTMENT OR DEPARTMENT OF OAK PARK RECREATION DEPARTMENT OF OAK PARK

OCT. 22, 2022

12:30 pm: Kids Costume Parade 1-3 pm: Trunk or Treat WATER TOWER SOCIAL DISTRICT, 14700 KINGSTON ST.

More Information: (248) 691–7555 or recoffice@oakparkmi.gov Vehicles must register to participate \$10 Vehicle Registration Fee

GAMES · MUSIC · TAKE HOME CRAFT ·FOOD & SNACKS FOR PURCHASE FORM TOPP DOGG

SIGNATURE SPONSOR: Curt's Service

BRING AND HAND OUT CANDY

SPONSOR: Dog and Pony Show Brewing

Oak Park Public Library

CONTACT US! (248) 691-7480 reference@oakparkmi.gov HOURS: Monday-Thursday 10 a.m. to 8 p.m. Friday 10 a.m. to 5 p.m. Saturday Closed, Sunday 1 to 5 p.m. Kimberly Schaaf, Director **f** @ Oak Park Library 🞯 @ oakparkmilibrary

CHILDREN

TOT TIME STORY & PLAY Ages 0-3 | Tuesdays, 10:15 am

New for 2022, bring your tot for a story with Miss Anna followed by play in our youth department! We'll bring out some additional age-appropriate toys just for them!

TRADITIONAL STORYTIME

Ages 0-5 | Wednesdays, 10:15 am

Join Mr. Stuart for a story, songs, rhythm, and movement!

MONTHLY TAKE-HOME CRAFT Ages 5-12

We're creating pirate ships, friendly spiders and much more this fall with our fun take-home craft kits! Available at the start of each month at the information desk!

- October: Halloween Pumpkin Lanterns
- **November:** Paper Hedgehog
- December: Penguins

GUESSING JAR CONTESTS!

Each month in the youth department, take a guess at how many items are in the jar and return your entry to the information desk! You could win a new prize each month!

Friends of the Oak Park Library

2nd Thursday of each month at 7 pm via Zoom. Interested? Email us at friends.oakparklibrary@gmail.com

Important Library Hours Notice:

On school days between the hours of 3 and 4 pm, the library is only available for the following services: computer use, printing, fax, scanning, study rooms, picking up items on reserve, or attending a specific library event. Please call upon arrival to access the above services during the 3-4 pm hour.

TEEN EVENTS

TEEN VOLUNTEER COUNCIL

Let your voice be heard and gain critical leadership skills by attending our Teen Council meetings. There are also opportunities to gain NHS volunteer hours - email reference@oakparkmi.gov or call 248-691-7480 ext. 3 for more information.

All meetings held at 4 pm at Oak Park Public Library. In partnership with Oak Park Schools. Sept. 7 & 21 | Oct. 5 & 19 | Nov. 2 & 16 | Dec. 7

TEEN E-SPORTS AT OPHS Thursdays, 3:30 pm, on school days

Play video games after school with friends! In partnership with Oak Park Recreation and Oak Park Schools

ANIME MOVIE NIGHT!

Join us once a month at 6 pm for a special showing of an anime favorite! Sept. 26 | Oct. 24 | Nov. 21 | Dec. 19

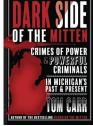


ADULT EVENTS

DARK SIDE OF THE MITTEN WITH AUTHOR TOM CARR! Oct. 25, 6 pm

Recreation Room 4

Author Tom Carr tells stories of murder, robbery and mayhem through the ages in the Great Lakes state. Delivered in a lively manner with irreverence and historical context, the stories include crimes of passion, greed, insanity and just plain awfulness. Carr is an award-winning reporter



and columnist, and worked at daily newspapers in Michigan for more than 25 years and has freelanced for NPR, the New York Daily News, and the Detroit Free Press. Registration required.

ESL Conversation Group with Siena Literacy Tuesday evenings, starting Nov. 22, 6 pm via Zoom

We've partnered with Siena Literacy Center of Detroit, to provide those learning English an opportunity to strengthen



their skills in a group setting. You'll meet virtually to start, with the possibility to move to an in-person meeting if there is sufficient demand. **Registration required.**

SIENA LITERACY CENTER

COMPUTER CLASSES WITH IRINA 2nd and 4th Thursday of each month, 9 am

Bi-weekly computer classes are back at OPPL starting Thursday, Sept. 8 through Nov. 17! Bring your questions about computers, laptops, computer programs, eReaders, or email accounts. You may bring your own laptop, or use a library computer during the class, which will meet in our computer lab. Wireless internet will be available. Ideal for those new to technology and those looking to brush up on their skills. Limited to Oak Park residents only. **Registration required.**



What's New in Medicare 2023 Oct. 13. 6 pm | Recreation Room 2

The Area Agency on Aging 1-B's Medicare Medicaid Assistance Program (MMAP) will



provide an overview of the different parts of Medicare and highlight some of the benefits and services Medicare provides. We will then update you on the changes that will be taking place effective January 1, 2023. We will also discuss how we can help you better understand your Medicare options and make changes to your plans during the Annual Open Enrollment Period, October 15th-December 22nd, 2022. MMAP is the State Health Insurance Assistance Program (SHIP) for the State of Michigan. **Registration required.**

FAMILY EVENTS



CAMERON ZVARA: COMEDY MAGICIAN & ENTERTAINER! Nov. 13, 2 pm

Join us for an afternoon of FUN with Comedy Magician & Entertainer-Cameron Zvara! Cameron's show is filled with mind blowing magic, comedy, juggling, music, and TONS of audience participation. You do not want to miss out.

Registration required.

FAMILY MOVIE NIGHTS! Family movie nights are back at OPPL!

Oct. 20, 6 pm | Halloween theme Dec. 1, 6 pm | Winter theme





8430 W. Nine Mile Oak Park, MI 48237

Curiosity starts here.

248-629-7065

Looking for a child care where your child can learn and grow at their own pace? A child care filled with adventure and where active learning fuel creativity? Are you seeking an environment where your little one is safe to explore and discover? Look no further.

- Arts & Crafts
- Language & Literacy
- Active Learning
- Movement & Music
- Nurturing Teachers

Contact us Today for \$100 Tuition Credit!



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.

- AMERICAN RESCUE PLAN ASSISTANCE (517) 373-8080
 WWW.HOUSE.GOV/HFA
- COVID EMERGENCY ASSISTANCE (CERA)
 1-888-441-1742
 WWW.OAKLANDHOMELESS.ORG/CERA
 196 CESAR EAST CHAVEZ AVE, PONTIAC, MI 48342
- DETROIT WATER PROJECT
 DETROITWATERPROJECT.ORG
- DHS-MADISON HEIGHTS (248) 542-5860 HTTPS://BIT.LY/3xG450Q 30755 MONTPELIER, MADISON HEIGHTS, MI 48071
- HOSPITALITY HOUSE FOOD PANTRY (248) 960-9975 PROGADMIN@HHFP.ORG
- MICHIGAN HOMEOWNER ASSISTANCE 1-866-946-7432
 WWW.STEPFORWARDMICHIGAN.ORG PO BOX 30632 LANSING MICHIGAN 48909
- OAKLAND COUNTY CARES ACT (248) 858-0730
 OAKGOV.COM/COVID/GRANTS
- OAKLAND COUNTY FAIR HOUSING 1-888-350-0900 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

WWW.OAKPARKMI.GOV 🟅

Oak Park Recreation



4 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**. 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. Oct. 14 and 28, Nov. 11, Dec. 9. Closed on Nov. 24 and 25, Dec. 23, 26, 29 and 30.

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 Director, Recreation Department (248) 691-7576 LStasiak@OakParkMI.gov

> MATT CLUNIS Recreation Coordinator (248) 691-7562 MClunis@OakParkMI.gov

MARALEE ROSEMOND Recreation Coordinator (248) 691-2357 MRosemond@OakParkMI.gov

RECREATION DEPARTMENT CITY OF OAK PARK 14300 Oak Park Blvd. Oak Park, MI 48237

> (248) 691-7555 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®, MastarCard® or Vica®

EVENTS

TRUNK OR TREAT WITH **COSTUMED CHILDREN'S PARADE!** Saturday Oct. 22 | 12:30-3pm | \$10/parking space **11 Mile Road Water Tower Social District Parking Lot**

Join the first-ever Oak Park Trunk or Treat event to enjoy a Halloween parade, trunk-or-treating and games. Participants will also can win prizes for several different categories, including cash prizes for the top five trunk-or-treat stations.

The event kicks off with a Children's Costume Parade at 12:30. The Trunk or Treat portion of the event will begin immediately after the parade. Limited to the first 60 cars

Families, sign up for your parking space to provide an over-the-top trunk or treat station. Call the Recreation Office today to register your vehicle for this great new interactive Halloween event!

4th ANNUAL BOOtification AWARDS Nominations due by Oct. 13 Winners notified by Oct. 27

We are looking forward to seeing the Halloween spirit in our community through our residents decorating their homes. Does your house frighten all the little ghosts and ghouls that walk by? Are your decorations a scream? Decorate your house in the "Spirit" of Halloween! If you think you have the most boo-tiful house on the street, then send in your nomination for Oak Park's fourth annual Boo-tification Awards!

NEW THIS YEAR! We are changing things up! To create some additional fun and excitement we are asking our residents to iudge the houses that are decorated this year. JOIN THE FUN and decide who has the best Halloween Themed House in Oak Park!

B00-tification Awards Kickoff Event Sunday, Oct. 23 | 6:30-7:30pm | Community Center

Bring the entire family for some cider and donuts, receive a map with the locations of the decorated homes, and a iudging scoresheet so you can view the homes at your leisure. Judging will take place from Sunday, Oct. 23 through Wednesday, Oct. 25 from 6:30-9pm. The yard sign awards will be given to the top 5 winners.





THE 3rd ANNUAL HOLIDAY DECORATION AWARDS Nominations due by Wednesday, Dec. 14 Winners notified by Dec. 15

Do you have the most festive home in your neighborhood? The City of Oak Park wants to see you shine!

NEW THIS YEAR! We are changing things up! To create some additional fun and excitement we will be asking our residents to judge the houses that are decorated this year. JOIN THE FUN and decide who is has the most festive, lighted, animated and inflatable display in the City!

Holiday Decoration Awards Kickoff Event Sunday, Dec. 11 | 5:30-6:30pm | Community Center

Bring the entire family for hot chocolate and cookies. At this time you can pick up a map with the locations of the decorated homes and a judging scoresheet. With these tools in hand you can go out at your leisure to view the displays. Judging will take place from Sunday Dec. 11 through Wednesday, Dec. 14 from 5:30-9pm. The yard sign awards will be given to the top five winners.

SAVE THE DATE



WINTER BLAST Sunday, Jan. 29 from 1 to 4pm Mark your calendar for Winterfest! An Oak Park favorite for many years. Free ice skating, hot chocolate, S'Mores, chili, a take home craft and more.

DADDY DAUGHTER DANCE Sunday, Feb. 5 from 4-6pm





MARTIAL ARTS

GO-TI YOUTH MARTIAL ARTS

Tuesday and Thursday, 7:15 to 8:30 p.m. \$65 Resident/\$70 Non-Resident | 6 weeks Ages: 8-13 | Community Center

GO-TI Youth Karate is a class specifically designed for beginner through intermediate skill levels. 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. Students should dress in gym attire. Participants will be assessed on their overall skills on the first day of class. A responsible adult must remain in attendance during class. Instructor: Grand Master Dereke Batten.

Nov. 10-Dec. 15 (no class 11/24)

YOUTH BASKETBALL

Registration Begins: Sept. 6 Registration Ends: Nov. 30

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 & 2nd GRADE

Games are on Saturday Mornings Fee: \$65 Resident/\$70 Non-Resident Jan. 14 to March 25

3rd & 4th GRADE

Games are on Saturday mornings with a few Monday and Wednesday games Fee: \$75 Resident/\$80 Non-Resident Jan. 14 to March 25

5th & 6th GRADE

Games are on Saturday mornings with a few Tuesday and Thursday games Fee: \$75 Resident/\$80 Non-Resident Jan. 14 to March 25

7th & 8th GRADE

Games are on Saturdays. Location TBA. Fee: \$75 Resident/\$80 Non-Resident Jan. 14 to March 25

PRESCHOOL BASKETBALL

Monday 6-6:45pm | Ages: 3-5 | Community Center Room A Fee: \$32 Resident/\$37 Non-Resident | 5 weeks

This course focuses on teaching various basic skills, which includes passing, dribbling and shooting. We are excited to help these little ones develop a love of the great game of basketball!

Nov. 21-Dec. 19

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.

BECOME A SPONSOR

Interested in sponsoring a team? Donate money to your favorite youth sport and get your logo on the back of each player's jersey. Contact our office at (248) 691-7555.

ADULT ACTIVITIES

DODGEBALL TOURNAMENT Oct. 15 from 12-7pm

\$40/team | Ages 18+

Teams will consist of 5 players on the court with a maximum of 8 players on the roster. Each team is guaranteed 2 best of three games. Games will be 10 minutes long and you will try to get the most wins during that time. The format will be a double elimination tournament. Come on out and show us that you're the best team in Oak Park!

TEENS DROP-IN E-SPORTS

Thursday, 3:30pm, on school days

In collaboration with the Oak Park Library and Oak Park Schools, we will be hosting drop in E-sports days at the Oak Park High School! Come enjoy your favorite video games after school with friends. Contact the Recreation Office at (248) 691-7555 for more information.



ELECTION WORKERS NEEDED REQUIREMENTS

• 16 YEARS OR OLDER

VOTE

- U.S. CITIZEN
- MUST ATTEND A TRAINING SESSION
- AVAILABLE TO WORK THE ENTIRE ELECTION DAY

INTERESTED INDIVIDUALS CAN CONTACT JO LYNN WILLIAMS AT (248)691-7544 OR <u>JLWILLIAMS@OAKPARKMI.GOV</u> THE PAY IS \$210 FOR THE DAY.

REGISTERED TO VOTE IF OVER 16 YEARS OLD



*Due to the upcoming holidays some classes may be prorated to match the weeks the class is offered. All classes will begin fresh in January 2023.

CLASSES

BASIC HATHA YOGA Thursday from 10:30 to 11:30 a.m.

Ages 50 and up | \$32 Resident/\$37 Non-Resident | 8 weeks There must be a minimum of five participants for 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 Sept22 - Sept.15-Nov 3 Course: Hatha Nov22 - Nov.10-Dec.15 *(5 weeks)**

GENTLE CHAIR YOGA

Mondays from 11 a.m. to 12 p.m. Ages 50 and up | \$24 Resident/\$29 Non-Resident | 11 weeks

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

Course: Gentle Chair Oct22 - Oct. 3-Nov. 21 (8 weeks)* Course: Gentle Chair Nov22 - Nov. 28-Dec. 12 (3 weeks)*

TAI CHI FOR BEGINNERS

Tuesday, from 10-10:45am

Ages 18 and up | \$56 Resident/\$61 Non-Resident | 8 weeks

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

Course: Tai Chi Beg Nov22 - Nov. 1-Dec. 13 (6 weeks)*

PARKING YOUR E-SCOOTER

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- Hard surfaces away from pedestrian pathways
- Beside a bike rack
- On the street next to an unmarked curb
- On-street parking spaces when in neighborhoods without sidewalk space
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TAI CHI FOR RETURNING STUDENTS Tuesday, from 11:30am-12:15pm

Ages 18 and up

\$56 Resident/\$61 Non-Resident | 8 weeks

There must be a minimum of five participants for 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 Nov22 - Nov. 1-Dec. 13 (6 weeks)*

SENIORS IN MOTION

Tuesdays and Thursdays, 9 to 10 a.m.

Ages: 50 and up | \$40 Resident/\$45 Non-Resident | 8 weeks

Raymond DeFoe, the energetic guru of senior exercise will be providing these morning classes designed to energize your day! The class includes warm up, cool-down, low impact aerobics, strength and balance training and flexibility exercises. Each class maintains core fitness exercises that have been proven effective in assisting participants to maintain and improve strength, balance, posture, flexibility and stamina. The SIM program allows instructors to be creative with their aerobic routines and provide modified exercises to match the participants' varying levels of ability.

Course: Seniors Oct22 - Oct. 6-Dec. 15 (no class 11/8, 11/24, 12/6 & 12/8)

YOGA IS FOR EVERY BODY

Mondays from 7:15 to 8:45 p.m. Ages: 18 and up

\$56 Resident/\$61 Non-Resident | 8 weeks

There must be a minimum of five participants for 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: Lynne Cottrill.

Course: YogaEveryBody Oct22 - Oct. 10- Dec. 12 (8 weeks)*



ZUMBA GOLD (Evening Session) Thursdays from 6 to 7 p.m.

\$48 Resident/\$55 Non-Resident | 8 weeks

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! Instructor: Renee Wilson

Course: ZumbaGoldPM Nov22 - Nov.10-Dec.15 (5 weeks)*

ZUMBA FOR ALL

Tuesdays from 6 to 7 p.m.

\$40 Resident/\$45 Non-Resident | 8 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! Instructor: Alicia Jackson

Course: ZumbaOct22 - Oct. 4-Nov. 22 *(8 weeks)** Course: ZumbaNov22 - Nov. 29-Dec. 13

HUSTLE CLASS Wednesdays from 6 to 7 p.m.

\$40 Resident/\$45 Non-Resident | 8 weeks

Only \$5/class! This is a choreographed dance wherein a group of people dance along to a repeating sequence of steps while arranged in one or more rows. The dancers are not in contact with each other, and you do not need a partner. Each dance is usually associated with and named for, a specific song. We dance to the popular music styles of rhythm and blues, jazz and music that mixes in mild rap. Instructor: Maurice Adams

Course: HustleNov22 - Nov. 16 - Dec.14 (5 weeks)*

BALLROOM DANCE BEGINNERS Fridays from 6 to 7:15 p.m.

\$40 Resident/\$45 Non-Resident | 8 weeks

Only \$5/class! Learn Detroit Style Ballroom dance—a partner dance where the cha-cha is the basic step. It's not the formal traditional ballroom dance like the waltz and Foxtrot. The dance is easy and lots of fun. This style of dance originated over 60 years ago and is still popular, not only in Detroit, but around the country. You'll learn new dance steps get your steps in for getting into shape. Imagine the next social event where you'll be able to showcase your ballroom moves. Bring a partner or come alone. Yes, even you can learn to dance. Instructor: Maurice Adams

Course: BallroomBegOct22 - Oct. 21-Dec.16

*Due to the upcoming holidays some classes may be prorated to match the weeks the class is offered. All classes will begin fresh in January 2023.

BALLROOM DANCE ADVANCED Fridays, 7:30 to 9 p.m.

\$45 Resident/\$50 Non-Resident | 8 weeks

Only \$5/class! Must have taken the beginner ballroom, or be familiar with the basic Detroit Style Ballroom beginner steps. This class builds from where the Beginner class left off with more sophisticated combinations of dance moves. Bring your partner or come without a partner. Instructor: Maurice Adams

Course: BallroomAdvOct22 - Oct. 21-Dec.16

MIDDLE EASTERN BELLY DANCE

\$75 Resident/\$80 Non-Resident | Ages: 20 and Up | 8 weeks 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. Instructor: Dee Watkins

Mondays 6-7pm

Course: BellyMonOct22 - Oct.3-Dec.5 (no class 10/31 & 11/7)

Wednesdays 6-7pm Course: BellyWedSept22 - Sept.28-Nov. 16 Course: BellyWedNov22 - Nov. 23-Dec. 14 (4 weeks)*

Course will resume in January 2023.

Elevate Oak Park Online Community Survey

Elevate Oak Park Community Survey today by scanning the QR Code!

Find it online here: arcg.is/0yHH4T



SENIOR MEALS

MEALS ON WHEELS "More than just a meal"

Meals on Wheels home delivery is available in Oak Park as long as you call at least one week in advance. Lunch can be served with a pre-ordered meal. For more information, call Senior Meals on Wheels at (248) 689-0001.

SMART TRANSPORTATION

The Oak Park Recreation Department provides transportation through a partnership with SMART buses for residents who are seniors, age 50 or above, and individuals who have a disability.

Our transportation hours have a brand new start time!

We now are able to begin scheduled pick-ups at 8am with return time no later than 4:30 pm (when prior arrangements are made), Monday through Friday.

In addition to our regular Kroger and Meijer days, we are adding shopping opportunities to Target, Walmart, Aldi and Marshall's! Qualified individuals can contact the Recreation Department to schedule transportation at (248) 691-7555.

LET'S DO A PICNIC LUNCH

Plans are underway to resume our monthly lunch trips, beginning in October. Please check the Recreation Lobby for the most up-to-date information on these dates and restaurant locations as they may change frequently.

SPECIAL CLASSES

ESTATE PLANNING

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 register.

Jan. 18 | Noon-4:00 p.m. | FREE

VETERANS ADMINISTRATION Q & A SESSION

Are you, a loved one or family member a veteran? Come join us for the first of three Q & A sessions where you can get information and ask your questions to a VA representative. These promise to be enlightening and resourceful. Light refreshments will be served.

Oct. 31 | 1:30-2:30 p.m. | FREE

VIRTUAL HEALTH

FREE Virtual Classes. Presented by Beaumont Health. Visit classes.beaumont.org to register or call 800-633-7377.

HBP CONTROL:

A Hypertension Self-Management Program

Are you suffering from high blood pressure? Learn strategies to control it through a workshop that will teach you the basics of hypertension, stress management, improving your nutrition, physical activity, and more. You can even enjoy it from the comfort of your own home.

CHRONIC PAIN PATH

(Personal Action Toward Health)

Chronic pain got you down? Pick yourself up with this FREE, six-week program you can enjoy from the comfort of your own home. Learn skills for day-to-day management of your pain including how to balance physical activity and rest.

WALK WITH EASE

There are so many benefits to walking including weight loss, pain relief, increased energy levels, stress relief, and boosting your immune system. With the guidance of a coach, this FREE six-week, self-guided program will help you build up to walking at least 30 minutes per day for three days out of the week to improve your overall health.

DIABETES PATH (Personal Action Toward Health) Helping you take charge of your diabetes

Are you currently living with type 2 diabetes? This FREE interactive program will help you manage all aspects of your diabetes so you can live a healthier, happier life. Take charge of your Diabetes. Learn skills to help you manage your diabetes so you can move more easily by doing exercises that work for you. Improve your nutrition and manage your stress. D0 the things YOU like to do. Be more independent. Communicate better with your health team.

DIABETES PREVENTION PROGRAM

Are you at risk for type 2 diabetes? Make healthier choices this year. Make this the year of prioritizing your health. Having #prediabetes puts you at higher risk for developing #type2diabetes. Lower your risk by 58% with the support of a lifestyle coach through the Beaumont Diabetes Prevention Program. The lifestyle coaches and fellow participants of the Beaumont Diabetes Prevention Program will help you! Join this free evidence-based program that you can enjoy from the comfort of your own home.





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, at 14300 Oak Park Blvd, Oak Park. Call (248) 691-7555 for more information. Membership registration began Sept. 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., 50 Up membership required **Bingo,** every Monday, 11:30 to 1:30 p.m., Inquire about fee

TUESDAY

Watercolor Drop-In, 12 to 3 p.m., 50 Up membership required Contemporary Quilters, every third Tuesday, 1 to 3 p.m., 50 Up membership required

WEDNESDAY

Ping Pong, Noon to 2 p.m., 50 Up membership required **Scrabble Club**, 1 to 4 p.m., 50 Up membership required

THURSDAY

Bid Whist, 1 to 4 p.m., 50 Up membership required Drop In Hustle, Noon to 1:30 p.m., \$5/resident; \$7/non-resident



SENIOR EXPLORERS BRUNCH & LEARN

NEW! The Department of Natural Resources is offering wonderful programs just for seniors. Meet on-site educators, listen to guest presenters and take part in various natural resource-themed activities. Programs will include pastries, coffee and tea upon entry. Sit back and enjoy your snack during an exciting and informative program, then wrap up with time to explore the fabulous Outdoor Adventure Center!

THE EDMUND FITZGERALD: WHAT REALLY HAPPENED? Thursday Nov. 10 | 8:15-11:30am

Cost \$6/person

Presented by the National Museum of the Great Lakes. We will explore a brief history of shipping on the Great Lakes that led up to the impressive debut of the Edmund Fitzgerald. She had an exciting life during the 18 years she sailed, often carrying record breaking loads. Her loss on Nov. 10, 1975 still puzzles many to this day. Speaker: Ellen Kennedy.

FOREIGN LANGUAGE CLASS: LEARN SPANISH

Tuesdays, Oct.25-Dec. 13 from 1-2pm \$88 Resident / \$93 Non-Resident | 8 weeks

Learning a new Language is a great way to keep the mind sharp. This fun class will teach Spanish through games and activities. Let's have some fun while learning a new Language. **\$12 book fee to be paid to instructor first day of class.*

Course: SpanishOct22

MEADOWBROOK THEATRE

The Recreation Department has secured tickets for the entire Meadowbrook 2022-2023 season. Stop by the Recreation Department or visit the Recreation page on the City website under Theatre, for up to date information.

LITTLE SHOP OF HORRORS

Wednesday, Oct. 26 Included lunch at Kruse and Muer \$68/person



Meek floral assistant Seymour stumbles across a new breed of plant that he names "Audrey II" after his coworker crush. This foul mouthed, R&B singing carnivore promises unending fame and fortune to down and out Seymour as long as he keeps feeding it BLOOD. Over time, though, Seymour

discovers Audrey's out-of-this-world origins and plans for global domination. An all-time favorite you don't want to miss. Call the recreation department to reserve your spot today!

A CHRISTMAS CAROL

Wednesday, Oct. 26 Included lunch and tour of Meadowbrook Hall \$70/person

This classic holiday play tells the story of Ebenezer Scrooge, an old miser who is visited by the ghost of his former business partner Jacob Marley and the Ghosts of Christmas Past, Present and Yet to Come. After their visits, Scrooge understands the true meaning of Christmas, and is transformed into a kinder and gentler man. A holiday tradition for many, call today as these seats sellout quickly.

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 the following tours. As additional tours become available, we will add the information in the lobby of the



Community Center. Full details available in the Recreation Department lobby! **Contact the Recreation Department at** (248) 691-7555 for more details.

THE MICHIGAN PRINCESS CRUISE Thursday Oct. 13 | 8:15am-4:30pm \$117/person

This wonderful day long trip is packed with fun for everyone. Experience a beautiful fall color cruise along the Grand River, enjoy a full buffet lunch, tour the Michigan State Capitol building, and end the day with a "Super Scoop" of delicious ice cream from the M.S.U. Dairy store! Enjoy this trip with a deluxe highway motorcoach from Bianco.

Course: Princess22

NITE LIGHTS AT MICHIGAN **INTERNATIONAL SPEEDWAY** Friday Dec. 3 | 2:15pm-8:45pm \$83/person

Nite Lites at Michigan International Speedway in Brooklyn, MI is one of Michigan's largest Christmas light displays! This

animated drive-through display is over three miles long! The popular holiday display has a new home at Michigan International Speedway. Millions of dancing lights will make up 65 different themes, a 250-foot lighted tunnel and a forest of mega trees. All while driving on the track and along pit row at Michigan International Speedway.

Round Trip Transportation included via deluxe highway motorcoach. Lunch included at Jerry's Pub. Jerry's Pub is nestled on the south shore of Wampler's Lake, the deck offers spectacular views of the water. You will have a wonderful full buffet consisting of chicken kabob (tender, marinated grilled chicken, grilled seasonal vegetables, hummus and pita bread); lake perch (lightly dusted and deep fried with tartar sauce and lemon wedge); and a half slab of roasted baby back ribs.

Course: NightLightsMIS2022





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. As additional tours become available, we will add the information in the lobby of the



Community Center, Full details available in the Recreation Department lobby! **Contact the Recreation Department at** (248) 691-7555 for more details.

Amazing Akron

Wednesday, Oct. 19 through Thursday, Oct. 20 2 days/1 night

\$275/double occupancy

Round trip transportation via deluxe motorcoach provided by Bianco Tours. So many sites to see: Brandywine Falls, MAPS Air Museum, Spaghetti Warehouse, Cuyahoga Railroad, Mustill Store and Canal System and more! This is a delightful overnight trip to make wonderful memories of Akron.

Course:Akron22

Hallmark Christmas Town

Saturday, November 19 through Sunday, November 20 2 days/ 1 night

\$395 per person/double occupancy

Round trip transportation via deluxe motorcoach provided by Bianco Tours. Featuring: Das Dutch Village for shopping, Las Vegas Live! Christmas Revue (dinner and a show) Firestone Park Joy of Christmas Holiday Lights Display, Arms Family Museum featuring "Memories of Christmas Past" and more! A true holiday experience.

Course: Hallmark22

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