

# Oak Park

City Magazine and Recreation Program Guide • Summer 2023

City Magazine and  
Recreation Program Guide

City of Oak Park Recognized with SEMCOG's  
2023 Regional Showcase Award

Elevate Your Support for  
Oak Park and the Detroit Lions

Summer Fun in Oak Park







## Message From City Manager Erik Tungate

We are entering a new era in Oak Park, one that is elevated beyond what many of us envisioned decades ago. This era will focus on a higher standard of living for our residents, which will be rooted in the public service programs we have intentionally developed over the last decade, along with an increased focus on parks and recreation opportunities.

The City of Oak Park is reaching new heights because of the sound fiscal responsibility we have exemplified year-after-year. The Fiscal Year 2023-24 Budget, which was unanimously approved by the City Council, is balanced and highlights our commitment to meeting our citizens most critical needs while also giving us the ability to continue to achieve a high quality of life for the residents of our City.

For Fiscal Year 2023-24 the City of Oak Park will do the following:

- Have a fund balance, or rainy day fund, that is approximately 20 percent of our budget, meaning that we are meeting the highest national standards;
- Bring in about \$1 million more in tax revenue than we did in the previous budget; this is a true testament to the business-friendly culture we have created in Oak Park;
- Continue to attract and increase the number of new businesses in the City, allowing for a continued increase in our tax base, beautification of vacant properties and additional employment opportunities for residents.
- Have a taxable value rate that has increased from \$432 million in 2012 to \$649 million in 2023, a gain that leads Oakland County in the most improved category.

These budget facts continue to support the idea that Oak Park is on the rise! But, in order to be at the top we still have some work to do, and in order to accomplish this we will need to rise together.

Come November, Oak Park voters will see two proposals on the ballot. One proposal will be asking voters to approve a 2.4 Mill Headlee Override for recreation. If this proposal passes, the funds would be used for the purpose of funding capital improvements for facilities, parks, amenities and general operating costs for the Recreation Department. In other words, if passed, these funds would help bring the Event Hub next to City Hall to fruition (we have already raised \$3.75 million for this space and are close to securing additional federal, state and grant funds). The funds from this millage would also allow for investment in the parks and recreation amenities you—our residents—identified as priorities in the Elevate Oak Park engagement process.

The additional question on the ballot will ask voters to approve a general obligation tax bond for up to \$40 million which, if passed, would pay for debt service. What are these capital improvements you ask? Well, that new community center you have been asking for is certainly high on that list. And, if this bond proposal were to pass and a new community center were to be built, it is important to note that staffing the community center will be necessary. The funds for increased staffing, driven by the increase in recreation opportunities we would be offering, will be supported by the passage of 2.4 mill Headlee Override.

This is a lot to digest, and trust me, in the coming months you will be flooded with information on these proposals. Town Halls will be scheduled. Postcards and flyers will be mailed. Information pieces will be available at City events, in City buildings and on all City communications platforms. All I can ask is that you ask questions and learn what approval of these two ballot proposals will mean for you, your neighbors and the City and its parks and recreation opportunities.

With these new amenities, it is my firm belief that we can bring this City to new heights. While we know it will take time, work and funding, our record of work on other City project, such as our new City Hall, has proven we are capable of managing larger projects on-time and under budget.

### 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  
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### Water and Sewer Rate Changes Effective July 1, 2023

- Water and sewer rates will increase by a combined 6%, despite a 7.5% pass down from the Great Lakes Water Authority (GLWA).
- As noted, this increase is based on the cost to purchase water from the GLWA and deliver it to our users, along with the cost to collect and send sewage to Oakland County for treatment.
- Stormwater utility rates will not increase.
- The zero-unit no usage utility bill configuration will remain.
- The rubbish collection located on monthly utility bills will not increase.

Water and sewer charges are necessary to maintain and update infrastructure, which allows us to have and access clean water.





# City of Oak Park Recognized with SEMCOG's 2023 Regional Showcase Award

## Nine Mile Redesign and Linear Park Project Creates Recreational Corridor, Spurs Development

At the June 22, 2023 meeting of its General Assembly in Taylor, SEMCOG, the Southeast Michigan Council of Governments, presented its Regional Showcase Award.

"The goal of this award is to recognize a project or initiative that has made a significant contribution to SEMCOG's vision of a connected, thriving region of small towns, dynamic urban centers, active waterfronts, diverse neighborhoods, agricultural land, and parks, trails, and natural areas," said Chris Barnett, SEMCOG Chairperson and Orion Township Supervisor. "The City of Oak Park earned this recognition for improving the Nine Mile corridor within its own borders and creating strong connections and inspiring similar enhancements along the corridor in neighboring communities."

"We are so grateful that SEMCOG selected the City of Oak Park for this award and recognized the positive impact the Nine Mile Redesign Project has had on residents, the region, and

staff morale," said Mayor Marian McClellan. "Before this project there was no 'there' along our Nine Mile corridor. But now, we are a regional example for placemaking with our Linear Park, pocket parks and trailhead, our public art, and our streetscaping. This was all made possible through a road diet, use of public easements and the implementation of a vision by our wonderful staff to elevate Oak Park," McClellan said.

## Nine Mile Redesign and Linear Park - City of Oak Park

This project supports the continued evolution of Oak Park's East Nine Mile area into a diverse business community while also encouraging both active and passive recreation. The Nine Mile Redesign and Linear Park project reduces the number of traffic lanes on Nine Mile Road and adds several enhancements to create and define new public spaces. These changes include:

- Enhanced pedestrian crossings,
- Bike lanes,
- Streetscape amenities,
- Linear park with public gathering spaces, public art, and play equipment, and
- Green infrastructure, including bioswales and native plantings.





In part, these elements are intended to encourage safer driving behavior and to lower speeds, reducing pedestrian injuries and fatalities. They also serve to increase economic development and recreation opportunities, providing residents and visitors with an amenity that promotes healthy lifestyles, outdoor recreation, equitable access, economic vitality, placemaking, and environmental stewardship.

Furthermore, these efforts were initiated by both an understanding of city residents' needs and through collaborative efforts with Oak Park's surrounding communities and stakeholders.

## 2023 Regional Showcase: Oak Park Nine Mile Redesign

The Nine Mile Redesign project highlights the importance of collaboration, as partnership with Ferndale, Oakland County, Hazel Park, Southfield, Farmington Hills, and Farmington has enabled a multi-community corridor. The Nine Mile corridor is now characterized by safe and equitable transportation options, connected green spaces, access to core services, along with improved accessibility and aesthetics.

One example of development spurred by this project is The Nine, which is the City of Oak Park's first transit-oriented development. The Nine is comprised of 30 apartment units and is the outcome of an investment of almost \$5 million. The Nine Mile Redesign Project highlights how a community does not need to have a traditionally-designed downtown/town square to offer economic opportunities, leisure activities and safe and enjoyable places for residents and non-residents to enjoy.

"The City of Oak Park is honored to receive this award as it highlights not only our commitment to continuously improving the quality of life for our residents but also our dedication to fostering regional partnerships," said Oak Park City Manager Erik Tungate. "The Nine Mile Redesign Project was born out of a need to create safer multi-modal transportation options, accessible parks and recreation opportunities, and increased economic development in the area. The success of this project was driven by our desire to apply creative solutions to the common issues we face as a region. A once unused public easement, gathering weeds and trash, has been turned into a community asset for all to enjoy and I couldn't be more proud of all the work that went into turning this dream into a reality," Tungate said.

The Regional Showcase Award was established to highlight projects that implement the strategies and recommendations in SEMCOG's regional plans adopted by its member communities.

The goal of this award is to recognize a significant contribution to SEMCOG's vision of a connected, thriving region of small towns, dynamic urban centers, active waterfronts, diverse neighborhoods, agricultural land, and parks, trails and natural areas.



SEMCOG has awarded the Regional Showcase Award to six projects over the last six years.  
**Scan here to see the video!**





# Tailgate and Elevate



**Sept. 7, 2023 | 6 PM | Water Tower Social District**

Watch the Detroit Lions season opener and join a pre-game warmup

Enter the raffle and win various prizes

Support local businesses who will be offering specials and outdoor entertainment

Enjoy locally crafted beer with proceeds supporting the Elevate Oak Park Project



**JOIN US at  
the Water Tower  
Social District!  
6 pm**

**Detroit Lions vs  
Kansas City Chiefs  
Thursday, Sept. 7**

## Elevate Your Support for Oak Park and the Detroit Lions

Mingle with your fellow Detroit Lions fans, enjoy a beer specially crafted to support your City (Oak Park) and chat with some familiar faces serving as guest bartenders, all while watching the Detroit Lions season opener!

The Detroit Lions faceoff against the reigning Super Bowl Champions, the Kansas City Chiefs, at 8:30 pm on Thursday, Sept. 7, and we know just the spot to tailgate and watch this highly anticipated game!

Beginning at 6 pm the Water Tower Social District on 11 Mile Road will become your go-to tailgate spot, with a large outdoor screen for ready for game viewing and specials offered by local businesses, including Curt's Service, Berkley Coffee & Oak Park Dry, Dog and Pony Show Brewing, Oak Park Social, TRV Fit and Unexpected Craft Brewing Company. In fact, the two breweries are crafting a beer or two to support our Elevate Oak Park fundraising campaign! In addition, TRV Fit will offer a special pre-game warmup at 6 pm, Berkley Coffee & Oak Park Dry will host outdoor entertainment between

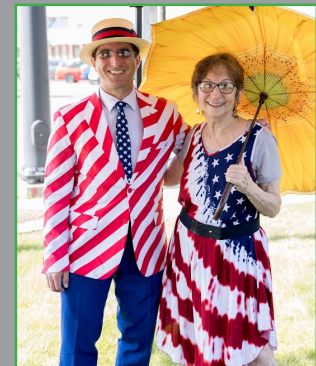
6-8:30 pm, Oak Park Social will have specials and Curt's Service will donate to the raffle!

Unexpected Craft Brewing Company and Dog and Pony Show Brewing will each have a beer on tap, with proceeds benefiting the Elevate Oak Park Project, particularly the City's efforts to build an event hub between City Hall and the Library. This planned event hub will be home to an amphitheater, four seasons farmers market and event space, green space and a memorial garden. The City has already secured \$3.75 million through grants and general fund dollars to help build this key piece of the City's future parks and recreation opportunities. The proposed Oak Park Event Hub is expected to cost about \$8.5 million to build.

To take this tailgating event even one step further, Oak Park officials will serve as guest bartenders at Dog and Pony Show Brewing and Unexpected Craft Brewing Company. These officials will be happy to answer questions about the Elevate Oak Park Project or even provide their Lion's season predictions.

And, while we don't for sure how the Lion's will fair this coming fall, we do know that is an event you don't want to miss! So save the date now to tailgate and watch the Detroit Lions season opener in the Water Tower Social District, all while supporting local businesses and the City of Oak Park!





## SUMMER FUN IN OAK PARK

Summer in Oak Park is always welcomed with a celebration! This year we officially kicked off the season with our annual Summer Blast event, which also hosted the third annual Juneteenth Jubilee Celebration. As we waved goodbye to the Ferris wheel and all the rides the Skerbeck Family Carnival brought for Summer Blast we quickly changed gears to prepare for Oak Park's signature event...the Fourth of July Parade. It was a morning filled with smiles, music and candy! The morning started with the Mayor's 5k, which had 60 plus participants, and was followed by the much loved Oak Park Youth Assistance Pancake Breakfast. Then, our City Council members, City Manager Erik Tungate, Public Safety Director Steve Cooper and several community groups walked the parade route, amplifying the spirit of the Fourth of July before the annual Fun Fest opened up to continue the day's activities. Summer in Oak Park is certainly a special time that lends itself to creating many memories!





# Oak Park Public Safety

## Officer Michael Hodakoski Named Police Officers Association of Michigan Officer of the Year (2023)

Officer Hodakoski has 24 years of law enforcement experience, 22 of which he has served with the City of Oak Park. As the department's first Canine Officer, President of the Oak Park Police Officers Association, a Field Training Officer and highly decorated Officer who has received numerous citations and awards throughout his distinguished career, Officer Hodakoski has certainly led by example. In his time at Oak Park, Officer Hodakoski also served as a Detective in the Investigations Bureau and Vice President for the Oak Park Police Officers Association.

He is a valued member of the Public Safety team who continues to provide outstanding service to the Oak Park community on a daily basis," said Public Safety Director Steve Cooper. "We are extremely proud and fortunate to have him as a member of our Oak Park family."

## Promotions

- **Lt. Shawn Tetler** was promoted to the rank of Deputy Director following the retirement of Deputy Director Mike Pinkerton. Deputy Director Tetler has served in law enforcement for 27 years, 25 of which he has spent with the City of Oak Park. While serving Oak Park, Deputy Director Tetler has held several positions within the department, including his most recent position of Administrative Lieutenant /Fire Marshal. Prior to joining the Oak Park team, Deputy Director Tetler was an officer with the Detroit Police Department.
- **Sgt. Brian Barker** was promoted to the rank of Lieutenant. He has 19 years of Public Safety

experience with the City of Oak Park and has held several positions within the department.

- **Jay Chwalek** was promoted to the rank of Sergeant. He has served as a Field Training Officer and Detective in the Investigations Bureau. He has six years of Public Safety experience with the City of Oak Park.
- **Jeffrey Motta** was promoted to the rank of Detective. He has served as a Field Training Officer and is currently a Firearms Range Instructor. He has nine years of Public Safety experience with the City of Oak Park.

## Newly Hired Officers

- **Brendan MacDonald:** former Detroit Firefighter.
- **Robert Davis:** formerly worked in the private sector before deciding on a career in Public Safety.
- **Nathan Meloche:** currently a firefighter and is now enrolled in the Police Academy.
- **Matthew Murphy:** served five years in the US Coast Guard.
- **Saeed Rizvee:** moved to the US from Bangladesh in 2013. Since then, he learned to speak English as a second language and speaks fluent Pakistani, Bangladeshi and Arabic.
- **Heritier Ndere:** previously worked for the Detroit Police Department for three years and Detroit Public Schools for a year. Moved to the US from France 15 years ago.
- **Zachary Harper:** served two-and-a-half years in the US Army National Guard.
- **Jacob Przybylowicz:** previously worked as security officer for the 45th District Court and spent six years in the US National Guard.

## Newly Hired Dispatcher

- **Zanneta Gardner:** former 911- Detroit dispatcher.





# Best Friends Child Care



*Building Early Childhood Foundations that Last a Lifetime!*

8430 W. Nine Mile  
Oak Park, MI 48237

248-629-7065



## Curiosity starts here.

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!



Scan with your Camera



# Oak Park Public Library

**CONTACT US!**  
(248) 691-7480  
reference@oakparkmi.gov

**HOURS:** Monday-Thursday 10 am to 8 pm  
Friday 10 am to 5 pm  
Saturday Closed, Sunday 1 to 5 pm

**Kimberly Schaaf, Director**  
f @ Oak Park Library  
@ oakparkmilibrary

## CHILDREN & FAMILIES

### TINY ART SHOW

**Tuesday, Aug. 1 through Tuesday, Aug. 15.**

Stop by the library and check out the art created by our community! Featuring art pieces by community members of all ages.

### TODDLER STORYTIME

**Ages 0-3 | Thursdays, 10:15 am | Aug. 31 – Sep. 28**

Bring your tot for a story and song with Ms. Anna followed by play in our Youth Department! We'll bring out some additional age-appropriate toys just for them.

**No registration required.**

### FAMILY STORYTIME

**Ages 0-5 | Tuesdays, 10:15 am | Aug. 29 – Sep. 26**

Read, sing, rhyme and have fun with Ms. Melissa as your child builds important early literacy skills! **No registration required.**

**Pop-Up Book Sale!**  
**Fill a provided bag for \$3.00!**  
**September 11 - 15**

Friends of the  
**OAK PARK**  
LIBRARY

Fill a bag for \$3!

## TEEN EVENTS

### GRAB & GO KIT: BACK TO SCHOOL!

**Grades 6-12 | Monday, Aug. 28 through Monday, Sept. 4**

One registration and one kit per student. Let us help get your child hyped about the new school year! Kits include fun supplies and a free book. Register for a kit now and pick it up the week before school.

## ADULT EVENTS

### COMPUTER CLASSES WITH IRINA

**2nd and 4th Thursday of each month, 9 am | Starting Sept. 14.**

Bi-weekly computer classes continue this Fall! 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. Ideal for those new to technology and those looking to brush up on their skills. **Registration required. Limited to Oak Park Residents.**

### ENGLISH LANGUAGE CONVERSATION CLASS

Classes available for new learners and intermediate/advanced speakers. We've partnered with Siena Literacy Center of Detroit to provide those learning English an opportunity to strengthen their skills in a group setting. In-person and virtual classes available. Contact the library at 248-691-7480 for more information.

**Registration required.**



SIENA LITERACY CENTER

### SMART PHONE ASSISTANCE CLASSES

**iPhone Basics: Wednesday, Aug. 16 at 2 pm**

**Android Basics: Wednesday, Aug. 9 at 2 pm**

These helpful classes are dedicated to helping you use your smart phone! Whether you're new to smart phones or just want to brush up on your skills, these classes are for you! Bring your phone and any questions you have. There will be time for Q&A after each class, which will last 90 minutes. Registration required.

**Registration required.**



**DETROIT: AN ILLUSTRATED TIMELINE****An Evening with Local Author Paul Vachon!****Tuesday, Sept. 26: 6:30 pm**

Attention local history enthusiasts! Described as an "incredible book" by CBS Detroit, local resident Paul Vachon's "book points out many of the seminal events and noteworthy turning points of Detroit's long journey," including, "the city's fall to the British during the War of 1812,



the existence of slavery in Detroit as late as the 1820s, and Mayor Hazen Pingree's aggressive advocacy for the everyday citizen against corporate interests." **Registration required. Limited Seating.**

**COMPUTER SCAMS: HOW TO AVOID THEM!****Wednesday, Sept. 27 at 6:30 pm**

Expert technology instructor Mike Wilson will be on-hand for a 60 minute class for adults geared toward computer safety, security, and knowing what and what not to do while online.

A great class for computer beginners and long-term users looking to keep their skills current. **Registration required.**

**FINDING YOUR****BLACK ANCESTORS****Tuesday, Oct. 3 at 6:30 pm**

African American genealogy presents unique challenges for modern researchers, so we're excited to welcome Rozlyn Kelly, the president of the Farmington Genealogical Society, who will provide guidance and best practices when doing your family history. **Registration required. Limited seating.**

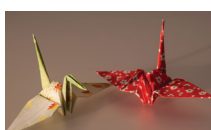
**ESTATE PLANNING CLASSES****Tuesday, October 10 at 6:30 pm****and Wednesday, Nov. 8 at 2:00 pm**

Please join Lakeshore Legal Aid staff attorney Hammad Khan for presentations on the value of estate planning, including an overview of wills, medical and financial Power of Attorney, and Lady Bird Deeds. Lakeshore Legal Aid is a nonprofit law firm serving people with low income, seniors, and survivors of domestic violence and sexual assault throughout Michigan. **Registration required.**

*The information provided in these presentations does not, and is not intended to, constitute legal advice; instead, all information, content, and materials available are for general informational purposes only. Information in this webinar may not constitute the most up-to-date legal or other information.*

**GRAB & GO KIT: CELEBRATE WORLD ORIGAMI DAY****Adults & Families | Monday, Nov. 6 through Friday, Nov. 10**

One kit per person, while supplies last. November 11 is World Origami



Day! Explore the Japanese art of paper folding with this fun, take-home bag filled with paper and instructions to make various shapes like a jumping frog, a crane, lotus flower, and more!

**OAK PARK BOOK CLUB**

Our growing group of readers meet in-person on the first Wednesday of each month at 6:00 pm. Copies of each book are available at the circulation desk one month before we meet.

**Upcoming Selections:**Sept. 6: *Shards of Earth*,

by Adrian Tchaikovsky

Oct. 4: *The Big Dark Sky*, by Dean KoontzNov. 1: *Eternal*, by Lisa Scottoline

**OAK PARK PUBLIC LIBRARY**  
**SUMMER READING CHALLENGE 2023**

# FINALE PARTY!

**Sunday, August 6 | 1 pm - 4 pm**

FOWLING | INFLATABLES | NERF SPORTS  
 SOCCER DARTS | DRAGON SLIDE | & MORE!

**WINNERS ANNOUNCED!**  
**NO REGISTRATION REQUIRED**



# 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)





RECREATION DEPARTMENT  
CITY OF OAK PARK  
14300 Oak Park Blvd.  
Oak Park, MI 48237  
(248) 691-7555  
[www.OakParkMI.gov](http://www.OakParkMI.gov)

LAURIE STASIAK  
Director, Recreation Department  
(248) 691-7576  
[lstasiak@oakparkmi.gov](mailto:lstasiak@oakparkmi.gov)

MARALEE ROSEMOND  
Recreation Coordinator  
(248) 691-2357  
[mrosemond@oakparkmi.gov](mailto:mrosemond@oakparkmi.gov)

TRACY EATON  
Administrative Clerk  
(248) 691-2358  
[teaton@oakparkmi.gov](mailto:teaton@oakparkmi.gov)

Hours:  
Monday-Thursday  
9 am-1 pm and 2-5 pm  
Every Other Friday  
8 am-4 pm

THE MISSION OF THE RECREATION  
DEPARTMENT IS TO ENRICH THE QUALITY OF  
LIFE FOR OUR DIVERSE COMMUNITY WHILE  
ESTABLISHING A HIGH STANDARD OF EXCEL-  
LENCE 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®



# 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](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 am to 5 pm (Closed 1 to 2 pm)  
Aug. 4, 18, Sept. 1, 15, 29, Oct. 13, 27.  
Closed on Sept. 4.

### 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.





## MARTIAL ARTS

### GO-TI YOUTH MARTIAL ARTS

**Tuesday and Thursday, 7:15 to 8:30 pm**

**\$65 Resident/\$70 Non-Resident | 8 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.

**Sept 5-Oct. 24**

**Oct. 26-Dec. 19 (no class 10/31 or 11/23)**

## YOUTH SOCCER

**Week of Aug. 26 to Week of Oct. 28. Registration ends Aug. 4.**

Oak Park will participate in the Quad-City Alliance Soccer League. This is a co-ed soccer league they compete with teams from Ferndale, Hazel Park and Pleasant Ridge. Jersey will be provided, shin guards are not provided but must be worn at all games and practices. Games are played in Ferndale every Saturday, and you practice once a week at Key Park in Oak Park.

### U4 SOCCER

**Fee:** \$40 Resident/\$45 Non-Resident

### U8 SOCCER

**Fee:** \$60 Resident/\$65 Non-Resident

### U6 SOCCER

**Fee:** \$50 Resident/\$55 Non-Resident

### U10 SOCCER

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

## YOUTH BASKETBALL

**Jan. 13 to March 23 | Registration begins Aug. 8 & ends Dec. 8.**

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 and January.

### 1st & 2nd Grade Basketball

**Saturday Mornings | Fee:** \$65 Resident/\$70 Non-Resident

### 3rd & 4th Grade Basketball

**Saturday Mornings with a few Monday and Wednesday games**

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

### 5th & 6th Grade Basketball

**Saturday Mornings with a few Tuesday and Thursday games**

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

### 7th & 8th Grade Basketball

**Saturday Game. Location TBD | Fee:** \$65 Resident/\$70 Non-Resident

## 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.





## ENTERTAINMENT SERIES

Bring your lawn chair, blanket and positive energy. Topp Dogg will be at each event with hot foods for purchase. Upcoming Concert Dates are:

**July 27: LL7 Latin Jazz**

**Aug. 3: Pat Smilie Band**

**Aug. 10: Movie: "DC League of Super – Pets"**

**Aug. 14: Park It Movie! Vendors, music, and fun! 6 pm**

## SAVE THE DATE



### 2nd ANNUAL TRUNK OR TREAT

Mark your calendars for Saturday Oct. 28 for the Oak Park Trunk or Treat! This event will once again be set up in our 11 Mile Social District area for a "Ghoulish" good time!

Last year the "Trunk or Treaters" had a great time at the event as they went trick or treating among the wonderfully decorated cars, trucks, vans! Many of the vehicle owners also came in fabulous costumes for the event.

Please register early for your spot at the Second Annual Oak Park Trunk or Treat! There will be no registration fee for vehicle participants.

## FARMERS MARKET

**Every Wednesday through Sept. 27 from 9 a.m. to 2 p.m.**

Located in the Oak Park High School parking lot, on Coolidge Highway and Oak Park Blvd. Farm fresh Michigan produce, baked goods, shea butters, coffee, teas, cooking demonstrations, market give aways, live music, hot foods and more!

### Power of Produce Program

The Power of Produce Program is back with new and exciting activities for children and seniors alike! These activities are fun, educational and best of all you earn \$3 to spend at the market each week! Pre-registration for this Power of Produce is required as there are limited spaces, and this program fills up fast.

### Senior Market Day

Senior Market Day is scheduled for Aug. 23, and it is planned the same way as Family Market Day.

### The Oak Park Farmers Market accepts:

- SNAP/EBT
- WIC coupons
- Senior Project Fresh Coupons
- Prescription for Health coupons
- Participates in the Double Up Food Bucks program.

Many if not all of our vendors accept credit cards and all will accept cash.

Visit the website at [www.oakparkmi.gov](http://www.oakparkmi.gov) to see a full listing of vendor, musical entertainment line up , special programs and more!



# Summer Pool Season Now through Aug. 19



The Oak Park summer pool season has begun and all information regarding all of our pool programs including Water Aerobics, Swim Lessons, Lap Swim, and Pool Rentals are listed below. We appreciate all suggestions from the community and are doing our best to provide the finest summer experience possible at the Oak Park Pool.

**Currently, Recreation Staff are working to extend the pool season. Please check the City's website and social media for updates.**

## DAILY RATES

### Open Swim Daily Fee - Resident:

- Ages 3 and Under, FREE
- Ages 4-54, \$4 per day
- Ages 55 & Up, \$3 per day

### Open Swim Daily Fee - Non-Resident:

- Ages 3 and Under, FREE
- Ages 4-54, \$6 per day
- Ages 55 and Up, \$5 per day

## SEASON POOL PASSES

**Resident:** Ages 4-54, \$30 | Ages 55 and Up, \$20 | 10 punches

**Non-Resident:** Ages 4-54, \$50 | Ages 55 and Up, \$40 | 10 punches

**Women's & Men's Only:** 20 punches | Resident \$50/Non-Resident \$60

**Women's & Men's Only:** 40 punches | Resident \$90/Non-Resident \$110

Resident rates apply to residents of Oak Park, Ferndale, and Hazel Park.

## HOURS OF OPERATION

Sunday, 1 to 6 p.m.  
Monday, 2 to 7 p.m.  
Tuesday, 2 to 7 p.m.  
Wednesday, 2 to 7 p.m.

Thursday, 2 to 7 p.m.  
Friday, 1 to 8 p.m.  
Saturday, 1 to 6 p.m.

## SPECIAL POOL HOURS

### WOMEN-ONLY AND MEN-ONLY SWIM

Oak Park Pool will be hosting separate female-only and male-only swim hours. For any number of reasons including faith or personal preference, some women and girls may prefer to swim without being in the presence of men. And, vice versa, men and boys may prefer to swim without being in the presence of females. More times/hours may be added throughout the pool season, check back for more details.

#### Female-Only Swim:

*Female lifeguards will be assigned during women-only swim.*

Monday-Wednesday, 7:30 to 9 p.m.

Sundays, 10:30 a.m. to 12 p.m.

**Fee:** \$3 Resident/\$5 Non-Resident or Season Pass

#### Male-Only Swim:

*Male lifeguards will be assigned during men-only swim.*

Tuesday and Thursdays, 7:30 to 9 p.m.

**Fee:** \$3 Resident/\$5 Non-Resident or Season Pass.

### ADULT-ONLY LAP SWIM

**Fee:** \$4 Resident/\$6 Non-Resident or Season Pass.

*One lane will be available. More times/hours may be added throughout the pool season, check back for more details. Additional lanes may be added based on pool attendance.*

**Morning:** Monday/Wednesday/Friday from 9 to 10:30 a.m.

**Afternoon:** Monday-Thursday from 4:30-6:30 p.m.  
Friday from 5:30-7:30 p.m.

**Weekend:** Saturday & Sunday from 3:30-5:30 p.m.







## WATER AEROBICS

Now through Aug. 19 | \$3 Resident/\$4 Non-Resident

Mondays, Wednesdays, and Fridays from 9 to 10 a.m.

Sunday (Female-Only): Now through Aug. 13 from 9 to 10 a.m.

This fun and energetic class is geared towards improving your overall health and well-being. Water aerobics uses all aspects of a typical aerobics class but with the added health benefits of using water as a natural form of resistance, creating an excellent full-body workout with great heart benefits and endurance development.

## DOG DAY AT THE POOL

### DOG DAY AT THE POOL

Sunday, Aug. 20 from noon to 3 p.m.

Cost: \$15/dog pre-registered, \$20/dog day-of registration

Each registered dog receives a gift and a 55-minute dog-only swim session. Must have proof of current vaccinations and a dog license before entry is allowed. For the safety and enjoyment of the dogs, we offer separate swim times for various size dogs. They are:

#DDAP123 Small Sized Dogs (under 30 lbs.) Noon to 12:55 p.m.

#DDAP223 Medium Sized Dogs (under 30-69 lbs.) 1 to 1:55 p.m.

#DDAP323 Large Sized Dogs (70 lbs. and up) 2 to 2:55 p.m.



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- 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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## CLASSES

### BASIC HATHA YOGA

Thursday from 10:30 to 11:30 am

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: HathaAugust2023** - Thursday, Aug. 31-Oct. 19

### CHAIR YOGA

Mondays from 9 am to 10 pm

Ages 50 and up | \$29 Resident/\$34 Non-Resident | 8 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: Rachel Ekert

**Course: Gentle ChairSept2023** - Monday, Sept. 11-Oct. 30

### TAI CHI FOR BEGINNERS

Tuesday, from 10 to 10:45am

Ages 18 and up | \$84 Resident/\$89 Non-Resident | 12 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 Sept2023** - Sept. 5-Nov. 21

### TAI CHI FOR RETURNING STUDENTS

Tuesday, from 11:30am to 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 RetSept2023** - Sept. 5-Nov. 21

### SENIORS IN MOTION

Tuesdays and Thursdays, 9 to 10 am

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. Instructor: Raymond DeFoe.

**Course: Seniors August23** - Aug. 22-Oct.12

### ZUMBA GOLD CHAIR

Thursdays, 5 to 6 pm

Ages: 50 and up | \$48 Resident/\$55 Non-Resident | 8 weeks

Zumba Gold can be done standing or sitting in a chair, and is perfect for people who have mobility or balance problems, or for people who just want to start in a chair. Classes typically run 30 minutes, which is usually enough time for people. 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! Instructor: Renee Wilson.

**Course: ZumbaChair Aug2023** - Aug.31-Oct. 19

### YOGA IS FOR EVERY BODY

Mondays from 7:15 to 8:45 pm

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: Sherry Stone.

**Course: YogaEveryBody Sept2023** - Sept. 11-Oct. 30



**ZUMBA GOLD (Evening Session)****Thursdays from 6 to 7 pm****\$48 Resident/\$53 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 Aug2023** - Aug. 31-Oct. 19**ZUMBA FOR ALL****Tuesdays from 6 to 7 pm****\$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: ZumbaSept2023** - Sept. 5-Oct. 24**HUSTLE CLASS****Wednesdays from 6 to 7 pm****\$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: HustleAug2023** - Aug.30-Oct. 18**STRETCH IT OUT****\$35 Resident/\$40 Non-Resident | Ages: 20 and Up | 8 weeks**

This is a low impact, low intensity workout that will tone your muscles, increase your range of motion and flexibility, and help you to relieve stress. Through a series of stretching and toning exercises, participants will develop breathing techniques to complement this resistance training workout. This class is for everyone who would like to improve their health by practicing intentional, yet simple, movement and balance, borrowed from several disciplines, including yoga, safe therapeutic movement, and beneficial stretching. Comfortable, unrestrictive clothing suggested.

**Tuesdays 10:15 to 11am****Course: StretchAug23** - Aug. 29-Oct. 19**BALLROOM DANCE BEGINNERS****Fridays from 6 to 7:15 pm****\$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: BallroomBegSept2023** - Sept.15-Nov. 3**BALLROOM DANCE ADVANCED****Fridays, 7:30 to 9 pm****\$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: BallroomAdvSept2023** - Sept. 15-Nov.3**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

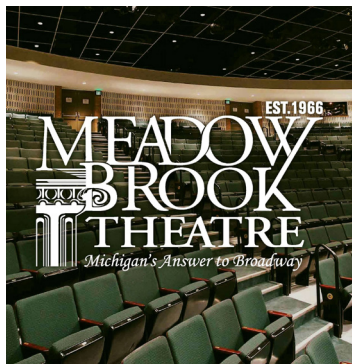
**Mondays 6 to 7pm****Course: BellyMonAug2023** - Aug. 28-Oct. 23**Wednesdays 6 to 7pm****Course: BellyWedAug2023** - Sept. 6-Oct. 25





## THEATRE

The Recreation Department has secured tickets for the entire Meadowbrook 2023-2024 season. There are 6 theatre performances throughout the season, all will include lunch.



Tickets will be limited, so register early. Information on these trips will be posted when they are received sometime in late August.

The Recreation Department has also requested tickets for numerous Broadway in Detroit theatre

performances in the 2023-2024 season. These include: Wicked, Mrs. Doubtfire, Frozen and To Kill A Mockingbird. Information will be posted as soon as it received

Please stop by the Recreation Department or visit the Recreation page on the city website under Theatre, for the most up to date information. Must be a member of the 50 Up Club.



## LUNCH TRIPS

The Recreation Department will be planning bi-weekly lunch trips as soon as possible. Our group loves to get out and about and to experience different restaurants and culinary opportunities. Stop by the recreation lobby for details.

## 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 Summer and Fall tours. As these and more trips come in we will post the full details in the lobby of the Recreation Department. Contact (248) 691-7555 for more details.



## CORNWELL'S TURKEYVILLE

**Tuesday, Sept. 19 | 8:45am-7pm | \$106/person**

Round trip transportation via deluxe highway motorcoach. Cornwall's Turkeyville Dinner Theater; featuring the famous Turkey lunch buffet, shopping in the Antique Barn and enjoying the performance of "Forever Plaid". This smash hit musical is a nostalgic homage to the music of the 50's.

**Course: Turkeyville23**

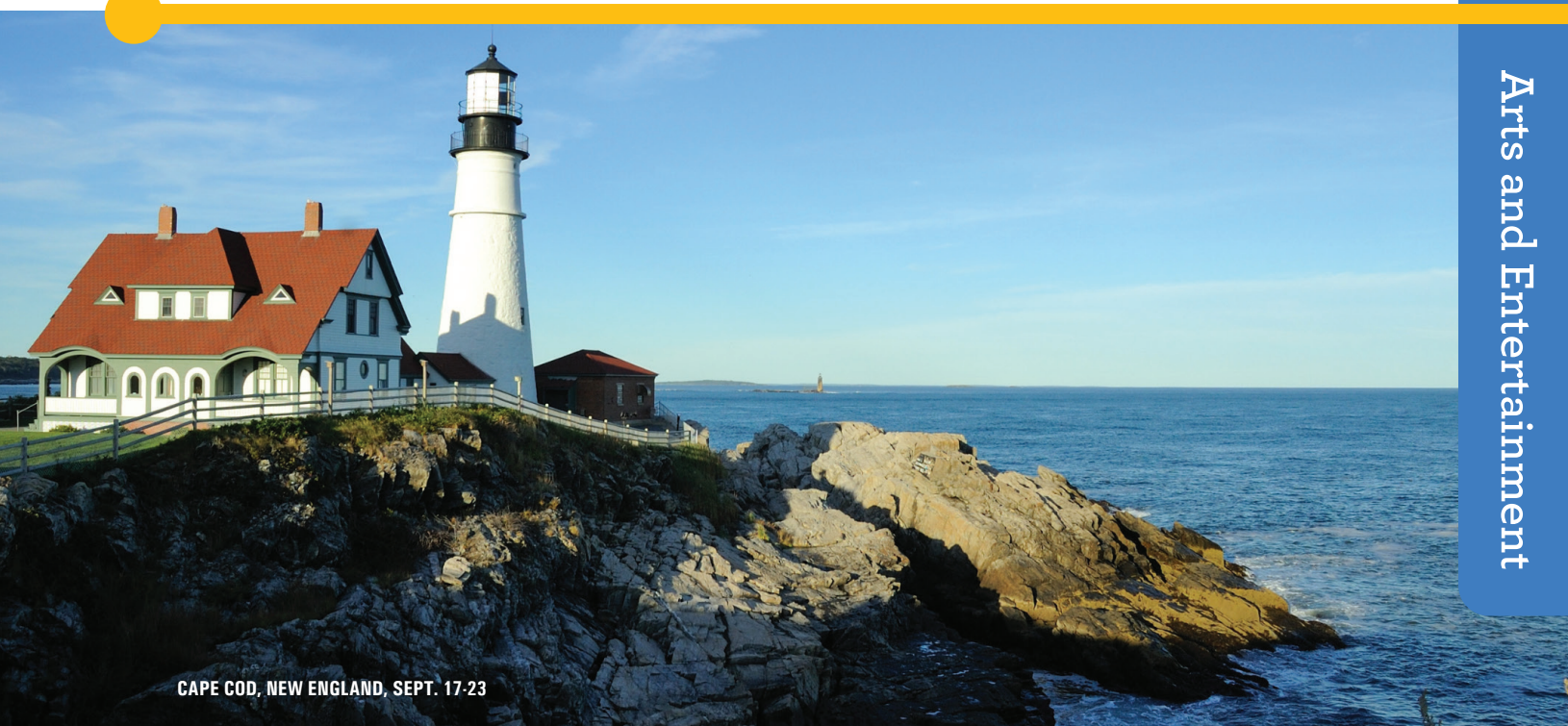
## AUTUMN ADVENTURE

**Thursday, Sept. 28 | 9:15am-5pm | \$101/person**

Round trip transportation via deluxe highway motorcoach. Enjoy a great Michigan Fall Adventure: Yates Cider Mill, Lunch at Kruse and Muer on Main in Rochester, shopping on Main in Rochester followed up with tour and wine tasting from Filipo Marc Winery! Register early, this is sure to be a sell out!

**Course: Autumn23**





CAPE COD, NEW ENGLAND, SEPT. 17-23

## 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 (248) 691-7555 for more details.



### AUTUMN IN VERMONT

**Sunday, Oct. 8 through Saturday, Oct. 14**  
**7 days/ 6 nights**

**\$1,979/per person (double occupancy)**

Picturesque east coast in fall is something to behold. Highlights include: Corning Museum of Glass, Vermont Country store, guided tour of Ben and Jerry's, VonTrapp Family Lodge, Cold Hollow Cider Mill, Goodrich Maple Farm, Downtown Burlington VT, Shelburne Museum, Spirit of Etah Allen (Narrated dinner cruise ) Maid of the Mist Boat Ride in Niagara Falls, NY. Cities visited: Corning, NY Brattleboro, VT, Burlington, VT, Niagara Falls, NY.

**Course: Vermont23**

### BRANSON, MISSOURI

**Monday, Nov. 27 through Sunday, Dec. 2**  
**6 days/ 5 nights**

**\$1,425/per person (double occupancy)**

Travel west for a wonderful excursion to Branson. Highlights include: Museum at the Gateway Arch, Mickey Gilley Grand Shanghai Theatre, Chateau on The Lake, Kings Caste Theatre featuring "Christmas Wonderland", Hughes Brothers Theatre, Grand Country Music Hall, Lights of Joy Christmas Drive thru, Fantastic Caverns and more.

**Course: Vermont23**

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## 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) 223-9160 - New Number**

## 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.

## SPECIAL CLASSES & EVENTS

### SENIOR SUMMER PICNIC

The summer is going strong at our Senior Summer Picnics! Good times, great food, and marvelous music for our seniors in Oak Park. Sign up early as space is limited. Picnics are held in Shelter 1 in David H. Shepherd Park. **Pre-registration is required.**

**Friday, Aug. 18 | Noon-2:30pm | \$12/person**

Lunch menu: BBQ ribs, baked beans, corn “off the cobb”, roll and butter and watermelon for dessert. Music TBD.

**Friday, Sept. 15 | Noon-2:30pm | \$12/person**

Lunch menu: Chili, corn bread, salad, beverage and dessert

### MICHIGAN COTTAGE FOOD LAW TRAINING

Michigan adopted the Cottage Food Law in 2010, providing guidelines for individuals to prepare non-potentially hazardous foods in a home kitchen. Only certain foods can be prepared and sold directly to the consumer without a license under this law. MSU Extension offers face-to-face and online classes to learn more about the law. Visit **[www.canr.msu.edu/events/michigan-cottage-food-law-2023](http://www.canr.msu.edu/events/michigan-cottage-food-law-2023)** to register for a live, virtual webinar. Participants that attend the full program will receive a Michigan Cottage Food Law/Food Safety Certificate. This is a free workshop, taught by MSU Extension Food Safety Educators and MSU Product Center Educators. Register in advance at 877-643-9882.

**Saturday, Aug. 16 at 2 pm**

**Saturday, Aug. 30 at 6 pm**

## BRUNCH & LEARN

### RIVERFRONT RAILROADS

**Oct. 12 | Detroit DNR Outdoor Adventures Building | \$7/person**

In the early to mid-1900's, the Detroit waterfront was a hub of industry served by rail lines. When issues arose with train crossings, the city decided to move the Dequindre rail line below grade-hence the Dequindre Cut! Alex Bogert, railroad aficionado and history buff, will share his knowledge and passion about the rail era that flourished here along the riverfront for several decades. He will also bring photo's and artifacts he rescued as the area began to undergo revitalization and reconstruction. Light refreshments are provided at the site. Lunch on your own at: TBD.

## VIRTUAL HEALTH

**FREE Virtual Classes. Presented by Beaumont Health.**

Visit [classes.beaumont.org](https://classes.beaumont.org) to register or call 800-633-7377.

### 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.

### DIABETES PATH (Personal Action Toward Health)

**Helping you take charge of your diabetes**

Diabetes PATH is a fun, interactive workshop that will equip all adults living with Type 2 Diabetes to live a healthier life. Patients and their caregivers will gain hands-on experience learning to manage all aspects of their diabetes from the convenience of their own home.

### WALK WITH EASE

Walk With Ease is a **FREE** six-week walking program designated to help reduce pain and improve your overall health. Spots are limited! Register now!

**Mondays, 10-11:30 a.m.** Informational session Sept. 18 (strongly encouraged) Classes start Sept. 25.

### ARE YOU AT RISK FOR DIABETES?

The Diabetes Prevention Program has been proven twice as effective as medication alone in preventing Type 2 Diabetes. During these free, virtual sessions you will learn to make lasting changes, focus on healthy eating, establish a healthy lifestyle, be more active and stay motivated!

**Call the Recreation Department today with questions on how to get involved.**



Senior Programs

## 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.

### HOURS

Monday to Friday, 9 am to 5 pm (Closed 1 pm to 2 pm for lunch)  
Every other Friday, 8 am to 4 pm

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

### MONDAY

Bingo, every Monday, 11:30 to 1:30 pm., Inquire about fee.

### TUESDAY

Watercolor Drop-In, 1 to 3 pm.

Contemporary Quilters, every third Tuesday, 1 to 3 pm.

Mah Jongg, 10 am to 1 pm, Bring own tiles.

### WEDNESDAY

Scrabble Club, 1 to 4 pm.

### THURSDAY

Dominoes, 10am to 1pm.

Bid Whist, 1 to 4 pm.

Drop In Hustle, Noon to 1pm, \$5/resident; \$7/non-resident



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## THANK YOU

**The 2023 Juneteenth Jubilee Celebration was a success yet again!** The Oak Park Juneteenth Sub-Committee would like to thank all those who made the event possible, including the following sponsors:  
**Black Level Sponsors:** Mayor Marian McClellan, The Honorable Jamie and Jeffrey Horowitz, Rep. Natalie Price, Law Offices of Adrienne C. Watts, Vibe Credit Union, Tai Fai Sushi Restaurant, Oak Park Dental Center, Radner Law Firm, Bobby Lawrence, Robert Wittenberg, Walk Fashion Show, Oak Park Huntington Woods Democratic Club; **Green Level Sponsors:** Gentle Touch Phlebotomy Education, Unlimited Care, Inc.; and **Red Level Sponsors:** Glenda Stainback and John Wesley AME Zion Church.

MICHIGAN STATE UNIVERSITY Extension

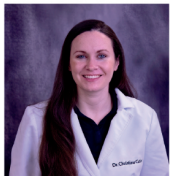
### Michigan Cottage Food Law Training

*Learn how to safely prepare and sell allowable foods to the public made in home kitchens.*

**Aug. 16, 2 p.m. EDT**  
**Aug. 30, 6 p.m. EDT**

To join by phone, call in advance to register at 877-643-9882

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