City Magazine and Recreation Program Guide - Winter 2023

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Oak Park Is About To Be Elevated Snow Emergencies 2022: Picture Perfect



Message From City Manager Erik Tungate

As we embark on a new year, new projects, and the early phases of making the Elevate Oak Park plans a reality, I want to take this opportunity to remind everyone of some of our core values here at the City of Oak Park: fiscal responsibility, partnership, and serving the best interests of the community. Everything we do at the City is viewed through those three lenses (and much more of course!) to ensure we are responsibly using your tax dollars to meet and exceed the needs of our community. The various projects detailed in the Elevate Oak Park plan, also known as the Parks and Recreation Master Plan, will be no exception.

I am eager to highlight that we have already created a partnership with Oakland County to improve David Shepherd Park, while still maintaining its history and character. Oakland County announced in November that they were issuing us grant funding to improve several facilities and amenities in David Shepherd Park. This partnership, along with this funding, will allow us to invest in improved walking paths, gathering spaces, restrooms, natural resource restoration, and more.

This investment from Oakland County is an example of one of the partnerships we are working on to elevate Oak Park so we can take our recreation opportunities to new heights. As can be seen in the Elevate Oak Park plan, we have big dreams for our community—including a new recreation center, a connected trail system throughout the City, and more.

These improvements will of course require new funding, and we are already preparing to secure it. Between the Oakland County partnership, partnership opportunities with our area school districts, grants that have already been applied for (and more to be applied for in the future) and concerted efforts to work in connection with private partners—we are making strides toward improved parks and recreation opportunities every day.

Of course, City funding will need to accompany the dollars we secure through partnerships and grants. We have been hoping, and planning, for such improvements for some time so some of what is needed is already earmarked in our general fund and capital improvement plan. But, not everything. The total amount of funding we will need over the next several years is currently being identified, but I want to be transparent in this process from the get-go. The plan we will implement to identify funds will be reflective of your input, your needs and what is best, overall, for the City. In the nearly 11 years I have worked for the City of Oak Park, myself and the City Council have made fiscal responsibility a priority—as can be seen from the City's financial solvency and healthy fund balance-- and this will continue as we take our next step in elevating Oak Park.

I am eager to take this next step in Oak Park's future with you all and look forward to continuing to work together to support and improve our culture and community 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

CITY OF OAK PARK 14000 Oak Park Blvd. Oak Park, MI 48237 (248) 691-7400 www.OakParkMI.gov

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



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Interested in serving your community?

Join one of Oak Park's **Boards and Commissions!**





Scan above to learn more!

City Development



Oak Park is about to be elevated! At least, that is goal of the Parks and Recreation Master Plan that went before the Oak Park City Council on Dec. 19, 2022 for final approval. The focus areas of this now approved guiding document are:

- All parks/recreation programs in Oak Park
- Best Park
- Dewey Park
- Key Park
- Rothstein Park
- Tyler Park
- A City-wide Trail System
- And the City Complex (which includes the Community Center, the open space between the Library and City Hall and David Shepherd Park)

The Elevate Oak Park plan was based on a 10-month planning process that involved input

from the community, stakeholders, and staff, building upon the needs, concerns and wishes of these groups. The plan contains key findings and information gathered from the recently completed community needs survey, public meetings, demographic analysis, current, historic and future information and trends, and a comprehensive inventory and analysis of existing parks, facilities, recreation programs, and maintenance operations. The City of Oak Park hired the SmithGroup in January of 2022 to help to take recreation opportunities to new heights through the Elevate Oak Park Project.

As can be seen by the list above, the work to truly elevate parks and recreation opportunities in Oak Park has been, and will continue to be, expansive. The new Parks and Recreation Master Plan will impact the community for years to come, and because of its significance the City of Oak Park ensured it was not developed in a vacuum. Rather, the ideas, plans and schematics in this document were created because of meaningful input from the community and community partners through the Elevate Oak Park plan and process.

To create the plan that is going before City Council for final approval there were various community engagement sessions and opportunities held including:

- 7 Hybrid Stakeholder Meetings
- 4 Hybrid Community Engagement Meetings
- 4 Parks and Recreation Advisory Committee
 Meetings
- 4 City Council Meetings and/or Workshops
- 127 Concept Survey Respondents
- 357 Statistically-Valid Survey Respondents
- 12 (at the time this article was published) Draft Parks and Recreation Master Plan Survey Respondents
- Collaboration meetings with Berkley, Ferndale, Oak Park and Yeshiva schools and with Oakland County.

Through the process described above it was determined that some key priorities for the Oak Park community were:

- New walking trails and greenways
- A new community recreation center
- Improving existing park restrooms
- Improving existing parks

Come 2023 these priorities, and the others outlined in the document and by Oak Park's City Council and Administration will begin to become a reality. The adopted Parks and Recreation Master Plan is a multi-year project, allowing different pieces of the project to be staggered and project spending to occur over several years. Through a multi-pronged funding approach that includes grant funding, leveraging of public and private partnerships and a responsible use of tax dollars the needs of residents will be met.

The Parks and Recreation Master Plan, coupled with Asset Management Study, will allow the City of Oak Park to effectively and efficiently elevate Oak Park's quality of life.

To learn more about the plan, additional priorities and the next steps in elevating Oak Park visit the City's website at oakparkmi.gov.





Snow Emergencies

For more information about Snow Emergencies, please contact the Department of Public Works at (248) 691-7497. Residents should be ready to act when conditions are extreme and snow emergencies are called in the City.

When is a Snow Emergency Declared?

A snow emergency is declared when four or more inches of snow falls or other hazardous conditions necessitate. When a snow emergency is declared, parking is not permitted on City streets until the snow emergency has been lifted. This allows for the Department of Public Works to efficiently clear the roadways.

What Should You Do During a Snow Emergency?

Until the Snow Emergency has been lifted by City Manager Erik Tungate, all vehicles must be removed from curbside and parked off street. The City has eight areas within the City designated for overflow parking, they are:

- Eleven Mile Off-Street Parking Lots
- Victoria Park Parking Lots
- Shepherd Park Parking Lots
- City Complex Parking Lots
- Best Park Parking Lot
- Key Park Parking Lot
- Lessenger Park Parking Lot
- Dewey Park Parking Lot

For a map of available snow emergency parking locations within Oak Park, visit **www.bit.ly/OPSnowEmergencyMap.**

How Will You Know When a Snow Emergency Has Been Declared?

As a general rule, if a significant snow event is anticipated, City Manager Erik Tungate will proactively declare a Snow Emergency in advance to allow residents to properly prepare.

There are several ways in which residents can become informed of a Snow Emergency, they include:

- Website: Log onto the City's website at www.oakparkmi.gov. An alert will be posted in the lower right of your screen.
- Community eBlast: Enroll to receive Community eBlasts that arrive in your email. To enroll, visit www.bit.ly/OakParkSignUp.
- Robo Call Notification: Enroll to receive robo calls on your landline or your cell phone. To enroll, visit www.bit.ly/OakParkSignUp.
- Text Message Notification: Enroll to receive text message notification, visit www.bit.ly/OakParkSignUp.
- Social Media Posts: Follow us on the City's Facebook or Twitter accounts
 @CityOfOakPark.
- **Cable TV Stations:** Tune into the City's Comcast Cable TV15 and 16.
- Local TV Stations: The City notifies the following local television stations of snow emergencies: ABC, CBS, NBC and Fox2Detroit.
- Local Radio Stations: The City notifies the following local radio stations of snow emergencies: WWJ and WJR.

How is Snow Removal Prioritized?

During snow emergencies the Department of Public Works prioritizes the roadways.



In general, the City crews treat and plow roadways in the following order:

- **Primary Roadways:** Primary routes are the first priority for plowing and de-icing. Primary routes include major streets, snow emergency routes, around schools and around medical facilities. These roadways include the I-696 service drives, Greenfield, Coolidge, Eleven Mile Road, and Nine Mile Road.
- Secondary Roadways: Secondary routes are main and heavily traveled thoroughfares. These include streets like Oak Park Boulevard, Scotia, Rosewood, Church, Capital, Lincoln, and Northfield.



Oak Park Warming Center Oak Park Community Center 14300 Oak Park Blvd Oak Park, MI 48237

Throughout the winter months, keep an eye out for alerts from City Manager Erik Tungate about Oak Park's Warming Center.

The Warming Center will be operational when the weather forecast calls for real-feel temperatures of 10°F or below.

Residential Intersections: Tertiary
priority is made to residential intersections so that vehicles can properly stop
and proceed safely at intersecting roadways. Residential roadways are plowed
when appropriate, typically when four or
more inches of snow is present or other
circumstances necessitate.

WHAT ARE THE CITY'S SNOW REMOVAL REQUIREMENTS?

The following are snow removal provisions contained in Chapter 66 Section 166-167 of the Code of Ordinance:

- Snow and ice must be removed from all sidewalks.
- Snow and ice must be removed within 12 hours when it stops snowing during daylight hours.
- Snow and ice must be removed by 6:00 pm the next day when it stops snowing during night time.
- It is considered a public nuisance to allow ice and snow to accumulate on sidewalks.
- Failure to remove snow and/or ice from all sidewalks within the time frames above may result in citations being issued or City removal at the homeowner's expense.

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'S EVENTS



THE HISTORY AND INFLUENCE OF AFRICAN MUSIC WITH MS. AUDREY! Sunday, Feb. 26, 2 pm

Family event! Celebrate Black History Month with a special concert with The Storytellers! Ms. Audrey will share music and play instruments from around the world, and we'll learn about the lasting impact of traditional African music and storytelling! **Registration required.**

TODDLER STORYTIME Ages 0-3 | Thursdays, 10:15-10:45 am

Bring your tot for a story and song with Miss Anna followed by play in our youth department! We'll bring out some additional age-appropriate toys just for them! No registration required.

Session 1: Weekly, Jan. 12-Feb. 16 Session 2: Weekly, March 9-April 13

FAMILY STORYTIME,

Ages 0-5 | Tuesdays, 10:15-10:45 am

Read, sing, rhyme and have fun as your child builds important early literacy skills. No registration required.

Session 1: Weekly, Jan. 10-Feb. 14 Session 2: Weekly, March 7-April 11

FAMILY BOOK BASH Grades 1-3 & Caregiver March 6, 6:30-7:30 pm

Join us for fun activities that strengthen literacy skills. Kids and caregivers have fun together and get a free book to take home! Space is limited. **Registration required.**

CREATE YOUR OWN COMIC Grades 4 & 5

March 20, 6:30-7:30 pm Does your child love graphic novels? This is the program for them! Kids will make their own comic to take home. Space is limited. **Registration required.**

IMPORTANT Library Hours Notice:

On school days between the hours of 3-4 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.

Public Library

TEEN EVENTS

TEEN VOLUNTEER COUNCIL

Let your voice be heard, plan events, gain critical leadership skills and attend our Teen Council meetings! There are also opportunities to gain National Honor Society volunteer hours at the library. Please email vwexler@oakparkmi.gov or text 248-579-9736 for more information.

All meetings held at 4 pm at Oak Park Public Library. In partnership with Oak Park Schools. Jan. 18 | Feb. 1 & 15 | March 1 & 15

TEEN BOOK CLUB

Join us for a fun and stimulating discussion once a month at 5 pm at the library. Text 248-579-9736 for the latest book selection. Light refreshments will be served! Jan. 9 | Feb. 6 | March 6

TEEN BOOK BOX

Grades 6 - 12

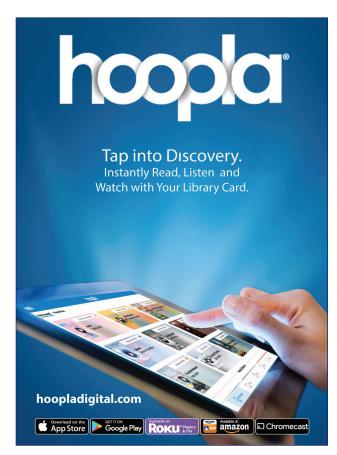
March 1-7, pick up during library hours.

Register by Feb. 24 for a Book Box and pick it up the first week of March. The box contains a FREE book and snacks to eat while you read. Space is limited. **Registration required.**

TEEN E-SPORTS AT OPHS

Thursdays, 3:15-4 pm, on school days

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





ADULT EVENTS

PHIL HALE TRIO – FREE JAZZ CONCERT! Sunday, April 16, 2 pm

Thanks to the generosity of the Jazz Foundation of America, we're hosting a FREE Jazz concert with Phil Hale! Bring the whole family for a fun Sunday afternoon of music. **Registration required.**

LEGAL SERIES WITH LAKESHORE LEGAL AID

Lakeshore Legal Aid is a not-for-profit law firm providing a range of free civil legal services to people who are low income, seniors, and survivors of domestic violence and sexual assault in our communities. Lakeshore provides free direct legal representation in southeast Michigan.

BANKRUPTCY BASICS CLASS April 4, 6:30 pm

Attorney Joon Sung will discuss Chapter 7 and 13 consumer bankruptcies, including their benefits and drawbacks. **Registration required.**

EXPUNGEMENT ASSISTANCE April 11, 6:30 pm

Attorney Mary Novrocki will present on criminal record expungement, including recent changes in Michigan law regarding expungement, eligibility, and how to begin the process of expungement. **Registration required.**

DEBT COUNSELING & COLLECTION April 18, 6:30 pm

Attorney Andrea Enright will discuss common questions and concerns pertaining to general debt collection, garnishments, and fair debt collection practices. **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 presentation may not constitute the most up-to-date legal or other information.

DTE SINGERS Sunday, May 21, 2 pm

DTE SINGERS

Founded in 1932, DTE Singers (a.k.a. "Detroit Edison Glee Club") continues to entertain audiences with a varied repertoire spanning genres including choral novelty, pop, classical, jazz, folk, and selections from screen and stage! **Registration required.**

OAKLAND COUNTY SMALL BUSINESS COUNSELING

Did you know Oakland County provides FREE business counseling for Oak Park entrepreneurs? Contact Business Forward consultant Daryl Pequese at (248) 931-8046 or

email peguesed@oakgov.com for more information.



FRIENDS OF THE LIBRARY

Spring Book Sale Announced! April 26 – 28, limited 3-day only event.

COMPUTER CLASSES WITH IRINA 2nd and 4th Thursday of each month, 9 am Limited to Oak Park residents.

Bi-weekly computer classes are back at OPPL starting Thursday, Jan. 5! 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.**

OAK PARK BOOK CLUB

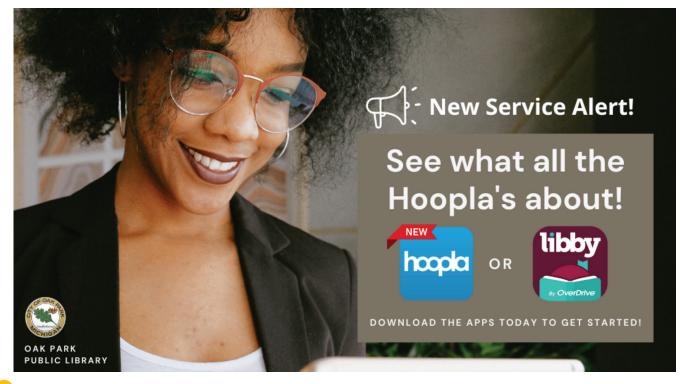
Our growing group of readers meet in-person and virtually on the first Wednesday of each month at 6pm! Copies of each book are available at the circulation desk one month before we meet.

Upcoming Selections:

Feb. 1: *The Joy Luck Club*, by Amy Tan March 1: *Lila*, by Marilynne Robinson April 5: The Original Ginny Moon, Benjamin Ludwig



Friends of the Oak Park Library meet on the 2nd Thursday of each month at 7 pm via Zoom. Interested? Email us at friends.oakparklibrary@gmail.com



Winter 2023 • Volume 7 | Issue 1













2022: PICTURE PERFECT

We made plenty of memories in 2022, Oak Park!

Here are just a few of our picture perfect moments from throughout the year. To see a larger recap you can review our 2023 calendar or scroll through our Facebook albums.



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.OakParkMl.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) Open every other Friday, 8 am to 4 pm Jan. 6 and 20, Feb. 3 and 17, March 3, 17 and 31. Closed on Jan. 16.

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.

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

LAURIE STASIAK Director, Recreation Department (248) 691-7576 Istasiak@oakparkmi.gov

MARALEE ROSEMOND Recreation Coordinator (248) 691-2357 mrosemond@oakparkmi.gov

KEVIN GEORGE Recreation Coordinator (248) 691-7562 kgeorge@oakparkmi.gov

TRACY EATON Administrative Clerk (248) 691-2358 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 EXCELLENCE IN OUR PROGRAMS, ACTIVITIES, PARKS AND SERVICES.

FOLLOW US ON:



@CityOfOakPark

PAYMENT METHODS

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

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



EVENTS

WINTERFEST

Sunday, Jan. 29 from 1 to 4 pm | FREE

The highlight of the winter months is the Oak Park Winterfest! FREE skating at the ice rink, hot chocolate and donuts, chili to warm the spirit and fire pits to huddle around and make S'mores... this is THE winter event! Ice carvers dwindle down two 400lb blocks of ice and turn them into beautiful statues and a horse drawn wagon offers rides through David H. Shepherd Park. Face painting and a make and take craft all are also included in the lineup of events. Sponsorships are available, call 248-691-2357.

SAVE THE DATE



SUMMER BLAST - JUNE 16-18 Amusement Rides, virtual games, music, food court, mini pub and more. Mark your calendar for the kick-off to the Summer 2023 Season!

DADDY DAUGHTER DANCE

Sunday, Feb. 5 from 4 to 6 pm Resident: \$35/couple, \$12 each additional child. Non-Resident: \$40/couple \$12 each additional child

Dinner, Dance, Photo Booth and keepsake flower. RSVP NOW! This event sells out very quickly, attendees must register and pay in advance through the Recreation Office. **No tickets sold the day of, at the door.**

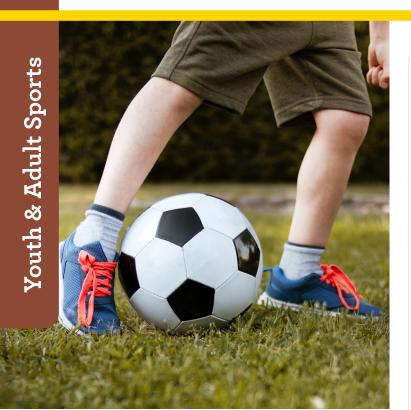
MOTHER/SON DANCE

Friday, May 5 from 6 to 8 pm at the Community Center Resident: \$35/couple; \$12 per additional son Non-Resident: \$40/couple; \$12 per additional son Reservations due by May 1.

Come celebrate Mother's Day weekend at the Mother/Son Dance at the Community Center! Included is dinner, dance, photo booth and a rose for mom! You can register in advance by calling the Recreation Office at: (248) 691-7555. **No tickets sold the day of, at the door.**



15



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.

Jan. 10-March 2 March 7-April 27

SOCCER

Week of April 10 to Week of May 15

Oak Park will participate in the Quad-City Alliance Soccer League. They compete with teams from Ferndale, Hazel Park and Pleasant Ridge. This is a co-ed soccer league. Participants are provided with jersey, shorts, and soccer socks. Shin guards are not provided but must be worn at all games and practices.

U4 SOCCER

Games are on Saturday Mornings Fee: \$40 Resident/\$45 Non-Resident

U6 SOCCER

Games are on Saturday Mornings With a few Monday and Wednesday Games **Fee:** \$50 Resident/\$55 Non-Resident

U8 SOCCER

Games are on Saturday Mornings With a few Tuesday and Thursday Games **Fee:** \$60 Resident/\$65 Non-Resident

U10 SOCCER

Games are on Saturdays. Location TBA. **Fee:** \$65 Resident/\$70 Non-Resident3

Leagues (Coming Spring/Summer 2023)

BASEBALL

Week of June 5 – Week of July 17

Teams will play in the Quad City Alliance Baseball League, competing with teams from Ferndale, Hazel Park, and Pleasant Ridge. This is a co-ed baseball league. Players are provided with jerseys and ball caps. Teams will be provided bats, balls, catcher's gear, and batting helmets. Coaches are responsible for choosing practice times and locations.

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

KICKBALL LEAGUE

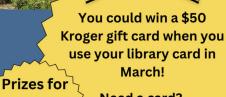
Games will be played at Joe Forbes Field and City Park #2. This is a coed double header league (16 games) game league plus end of season playoff tournament. For more information, please contact the Recreation Office at (248) 691-7555.

Fridays, June 2-Aug. 11 (no games June 16) Mondays, June 5-Aug. 7 (no games July 3)



March is Reading Month!

Rediscover Oak Park Public Library 248-691-7480



March 1 - 3

teens and 👌 kids, too! 🏅 Need a card? Apply today!





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 voga foundation. Instruction is personalized around the unique needs of those enrolled. Don't forget to bring your own mat. Instructor: Bob Smith.

Course: Hatha Jan2023 - Jan.12-March 2 Course: Hatha Mar2023 - March 9-April 27

GENTLE CHAIR YOGA

Mondays from 11 am to 12 pm

Ages 50 and up | Price TBD | 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.

Course: Gentle Chair Jan2023 - Jan. 9-March 6 Course: Gentle Chair Mar2023 - March 13-May 1

TAI CHI FOR BEGINNERS

Tuesday, from 10 to 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 Jan 2023 - Jan. 10-Feb. 28 Course: Tai Chi Beg Mar2023 - March 7-April 25

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 Ret Jan 2023 - Jan. 10-Feb. 28 Course: Tai Chi Ret Mar2023 - March 7-April 25

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 Jan23 - Jan. 10-March 2 Course: Seniors Mar23 - March 7-April 27

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 Jan2023 - Jan 12-March 2 Course: ZumbaChair Mar2023 - March 9-April 27

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: Lynne Cottrill.

Course: YogaEveryBody Jan2023 - Jan. 9-March 6 Course: YogaEveryBody Mar2023 - March 13-May 1

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 Jan2023 - Jan. 12-March 2 Course: ZumbaChair Mar2023 - March 9-April 27

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: ZumbaJan2023 - Jan. 10-Feb. 28 Course: ZumbaMar2023 - Mar. 7-Apr. 25

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: HustleJan2023 - Jan. 11-March 1 Course: HustleMar2023 - March 8-April 26

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: BallroomBegJan2023 - Jan. 13-March 10 Course: BallroomBegMar2023 - March 17-May 12

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: BallroomAdvJan2023 - Jan. 13-March 10 Course: BallroomAdvMar2023 - March 17-May 12

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: BellyMonJan2023 - Jan. 9-March 6 Course: BellyMonJan2023 - March 13-May 1

Wednesdays 6-7pm Course: BellyWedJan2023 - Jan. 11-March 1 Course: BellyWedMar2023 - March 8-April 26



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LET'S DO LUNCH

Please check the Recreation Lobby for the most up-to-date information on dates and restaurant locations for our lunch trips.

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.

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 pm | 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. Call 248-691-7555 to register.

Feb. 21 | 10-11 am | FREE

COTTAGE FOOD LAW WORKSHOP

Are you thinking of starting your own food business or exploring your culinary skills to possibly sell to the public, but want to start out slowly and work under the Michigan Cottage Food Law program? Then register for this FREE workshop. We will have a presenter from the health department whose specialty is the Michigan Cottage Food Law. Learn about what is and what is not allowed under this law. Get the information you need to be successful. Knowledge is powerful and helpful. Participants must register at 248-691-7555. Don't delay, this session is open to market managers, veteran vendors as well as those new to the cottage food business.

Wednesday, Feb. 15 | 1-3 pm | 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, 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

Ping Pong, Noon to 2 pm, 50 Up membership required **Bingo,** every Monday, 11:30 to 1:30 pm, Inquire about fee

TUESDAY

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

WEDNESDAY

Ping Pong, Noon to 2 pm, 50 Up membership required **Scrabble Club**, 1 to 4 pm, 50 Up membership required

THURSDAY

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

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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.

BLUES IN THE NIGHT Wednesday, March 1 Included lunch at O'Malley's \$60/person

Using music from great artists such a Bessie Smith, Duke Ellington, Johnny Mercer and Harold Arlen, this musical tells of the sweet, sexy and sorrowful experiences three women have with the lying, cheating, snake-of-a-man who wrongs them. The soul of the blues wails out full and strong with songs such as "*I Gotta Right To Sing the Blues*," "*When a Woman Loves a Man*," and "*I've Got a date With a Dream*," that are sure to bring down the house. Don't miss this performance, it's sure to be a sellout. Limited tickets. Register with the Recreation Department today!

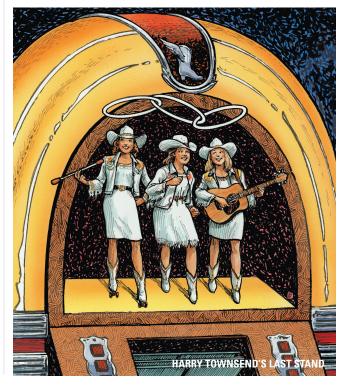
HARRY TOWNSEND'S LAST STAND Wednesday, April 5

Included lunch at Alfoccino \$55/person

Sometimes it's harder to like someone than it is to love them. Meet Harry Townsend, an incurable romantic and irascible charmer whose sharp mind and dry wit is at the center of this new play. As his prodigal son Alan, returns home, the visit raises the complexities of their relationship, placing father and son at odds. Harry Townsend's Last Stand is a MUST see new play about the inescapable ups and downs of family. Don't miss this performance, it's sure to be a sellout. Limited tickets. Register with the Recreation Department today!

HONKY TONK ANGELS Wednesday, May 10 Included lunch at Mitchell's Fish Market \$80/person

When three gutsy gals from different backgrounds take charge of their lives, they decide to follow their honky tonk dreams to the city of Nashville. Combining 30 classic country tunes, including *"Stand By Your Man," "9 to 5," "Harper Valley PTA,"* and more, the Honky Tonk Angels is a hilarious, foot-stomping good time from the creator of *Always... Patsy Cline*. Don't miss this fabulous performance! Limited tickets. Call the recreation department to reserve your spot today!



Arts and Entertainmen

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.

FIREKEEPERS CASINO TRIP

Thursday, Feb. 9 | 9am-6pm | \$51/person

Could this be your Lucky Day? We have a day long trip to FireKeepers casino package that includes a \$25 slot credit and \$5 to be used for food, slot play or gift shop. Sign up soon, this is a popular trip!

Course: Firekeepers23

FRANKENMUTH

Thursday, June 22 | 7:45am-5pm | \$97/person

Round Trip Transportation via deluxe highway motorcoach. This day long trip to little Bavaria includes all the popular spots such as:

- Bronner's Christmas Store: Be dazzled by this one acre Christmas wonderland featuring Christmas decorations from three nations around the world in religious and toy land themes.
- Bavarian Inn: Enjoy a family style lunch at this famous spot.
- Main Street: There will be free time in Frankenmuth to complete your shopping trip!

Don't delay, this trip will sell out quickly. Call the Recreation Office to secure your spot today, 248-691-7555.

Course: Frankenmuth23







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.

Springtime in the Smokies Monday, May 15 through Thursday, May 18 4 days/ 3 nights

\$1,145/per person (double occupancy)

Round trip transportation via deluxe motorcoach. Accomodatioins at Black Fox Lodge in Pigeon Forge, TN. Several meals included. Highlights: Gatlinburg's Space Needle, shopping in downtown Gatlinburg, guided mountain top tour, Dixie Stampede, museums, Tennessee River Boat lunch cruise and more! Stop in the Recreation lobby for full details.

Course:Smokies23



City of Oak Park 14000 Oak Park Blvd. Oak Park, MI 48237

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THANK YOU

The Recreation Department would like to thank our gracious sponsors that made our first ever Trunk or Treat event such a HUGE success! Their support and participation is deeply appreciated, and without their financial support family events like this one would not be possible. Please stop in and say "thank you" to our sponsors the next time you are in the area:

SPONSORS: Curts Service, Dog and Pony Brewing Company, TrvFit Fitness Berkley, RealTeam Real Estate, J&D Auto and Zeta Phi Beta Sorority.

Girl Scout Troop 77555 also deserves a BIG shoutout for providing the make and take craft at the event. Kids as well as the parents loved it!

Thank you to our volunteers for the Trunk or Treat as well, especially Ajai Tice and Juanita Bell.

Our first ever Howl-O Ween event was a "barking" success! We would like to thank our sponsors: Canine To Five, Premier Pet Supply, Zoom Room and 1-800 Self Storage.

Special acknowledgement goes out to the Recreation Commission and the Dog Park Committee as well.

A special THANK YOU also goes out to Humana, SMART and Westborn Market for co-sponsoring our Senior Holiday Luncheon event held on Dec. 12, 2022. It was a special day for our seniors in this holiday season.

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