

# Oak Park

City Magazine and Recreation Program Guide • Winter 2020

## City Magazine and Recreation Program Guide

New Council Member  
Back-In Angle Parking  
Snow Emergency Preparedness  
Fall Events Recap







## Message From City Manager Erik Tungate

We are excited to start a new year with exciting projects, improved public services, and community-minded goals. On top of all we have going on, we are fully engaged with our new City Council to shape the future with a revised strategic plan for the City. This plan will set the stage for all that is to come in the next five years – building on the achievements from the previous plan that ended in 2019.

In addition, Oak Park continues to lead new strategies in community branding and marketing and has set the tone for all other communities to follow regarding its elimination of all private lead service lines throughout our water system. Attempting to be the first community to reach this goal has proven to be challenging but it will not deter us from completing this project by the end of 2020. We will be one of the first cities to do this under the most stringent drinking water guidelines in the nation set by the State of Michigan.

With all we have in the works, this is truly a great time to be an Oak Parker.

I look forward to working with you in the new year and I welcome your support in the days to come.

### CITY OF OAK PARK

MAYOR  
**Marian McClellan**

MAYOR PRO TEM  
**Carolyn Burns**

COUNCIL MEMBERS  
**Solomon Radner**  
**Regina Weiss**  
**Julie Edgar**

CITY MANAGER  
**Erik Tungate**

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and Communications

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# New Council Member Julie Edgar

“People in Oak Park don’t put on airs. It’s the kind of community where it doesn’t really matter what you have, it’s who you are that matters.”

For Oak Park’s newest City Council Member, local government was something she had an interest in for a long time, especially in her professional career.

“As a reporter covering local governments [...], I always was interested in government” said Council Member Julie Edgar in an interview with Community Engagement and Development Specialist Colton Dale. “I was happy to cover city councils because I always felt like what happens on the city level really impacts people in a direct way.”

That sentiment is what ultimately led her to run for City Council here in Oak Park.

A lifelong writer, Council Member Edgar spent years as a reporter for several local news publications, with her coverage spanning many different topics, yet always having a focus on issues of local importance.

An English major and Language minor at the University of Michigan, Edgar spent the first year of her professional career in a place far away from Metro Detroit, though – far away from the United States, even: Japan. When she finished her Bachelor of Arts degree in 1983, she decided to hop on a plane and go to

Japan to teach English for a year. After that, she decided to head back to Metro Detroit and get back to pursuing her love of writing, so she started writing as a freelancer for a local publication, the Daily Tribune. Eventually, she got hired on staff at the Tribune and covered business in the beginning.

From the Daily Tribune in Royal Oak, she then went to the Oakland Press in Pontiac. After some time there, she then went to the Detroit Jewish News in Southfield. At the Detroit Jewish News, she served not only as a Staff Writer, but as the Story Editor as well.

She then found herself with the opportunity of a lifetime to work for the Detroit Free Press, where she would spend eight years covering not just local government, but crime, courts, and various other issues, too.

“It was exciting,” Edgar said of her time with the Free Press. “Journalism and daily reporting is really fun. It’s fast-paced, but still stressful at times.”

Things in journalism have changed though over years, as large mass media companies continue to buy up local, often family-owned

newspapers and change their entire makeup, bringing a more corporate culture to them.

“When the Free Press became part of Gannett, that was the beginning of the end for me. It was no longer fun,” said Edgar. She was at the Free Press when media conglomerate Gannett Co., Inc. bought up the newspaper. They already owned the Detroit News at the time, too.

“I left the Free Press because my kids were still young and my work was getting more stressful.” After leaving the Free Press, she went back to the world of freelance journalism, which allowed her the flexibility to raise her two boys, now 16 and 20 years old, while also still maintaining her passion for writing and covering local issues.

Somewhere along the way of having a career that would take her all over Metro Detroit and beyond, she settled down in Oak Park with her husband. Now a 21-year resident of Oak Park, she said that she originally moved here for many reasons, but one of the main ones being so that she could be in walking distance of a synagogue.

“When I got married, my husband and I wanted to become more religiously observant”, she said. “So we wanted to be in a community where we could walk to synagogue [...] and so we ended up moving to Oak Park because this is really the heart of the religious Jewish community in Metro Detroit.”

Today, she says that some of her favorite things about the community span far beyond just religious aspects. She touted the city's exceptional sense of community that is unmatched in the rest of Metro Detroit, as well as its ethnic and religious diversity. The people, too, she mentioned.

“People in Oak Park don't put on airs. It's the kind of community where it doesn't really matter what you have, it's who you are that matters.”

When asked why she chose to run for office, other than her long-standing interest in what goes on in city government, she stated that it wasn't because she thought the city was headed in a bad direction, or that priorities needed to be changed. Not at all. Rather, it was that she wanted to be a part of the action. She wanted to be an active part of the positive momentum that she was seeing in her community. “What happens on the city level really impacts people in a direct way.



I was interested in the issues, and I was interested in how local people who had issues could jump in and get involved,” she said.

On Tuesday, November 5, 2019, Julie Edgar was one of two people elected to fill two City Council seats that were up for election in 2019. The other seat was filled by sitting Council Member Solomon Radner. On Monday, November 11, 2019, Edgar was sworn into office as a member of the newly formed 38th City Council of the City of Oak Park.

Edgar had the chance to travel a bit when she was young, which she says helped her see how different cities work and how drastically different people can be. One of her most formative travel memories was when her father took her to a Watergate hearing in Washington, DC. As one might recall, the Watergate scandal within the Richard Nixon presidential administration rocked the nation in the 1970s. In 1973, Edgar's father took her to see one of the many Watergate hearings live and in-person to witness this historic moment in our nation's history for herself.

“We got to sit in and listen to the impeachment inquiry of Richard Nixon”, Edgar said with great enthusiasm. “That was formative for me.” She alluded to the notion that this experience helped her find her passion for both government and journalism.

Both excited and anxious to get to work on behalf of the residents of Oak Park, Edgar says that some of her top priorities include cleaning up litter around the community, further sprucing up commercial corridors, and repairing more streets and

sidewalks. She said that she noticed these issues over the years while walking her dog, Kirby, a Brittany Setter mix. While knocking on doors and talking to voters over the summer and fall, she said she heard many of the same concerns from Oak Park residents.

“People had interesting stories to tell,” she said of her experience going door-to-door. By and large, she said that the residents she talked to were mostly content with how the city is run and how everyday services were being delivered. Nevertheless, she said that each comment – positive, negative, and neutral – will help her in her work as an elected community leader.

Aside from being Oak Park's newest Council Member, Edgar enjoys photography, reading, traveling – and walking her dog. She proudly touts her “Dogs of Oak Park” photo album on her campaign Facebook page. She met the dogs, and their humans, mostly while knocking doors in the community. Professionally, she now works as the Communications/Media Relations Specialist at the Area Agency on Aging in Southfield.

She maintains that her passions for both government and writing will help guide her in her future work on City Council, saying also that resident input will assist her in deciding which community priorities to focus on.

“It's important to me that citizens are engaged in the life of the City, as they are the City's lifeblood,” she said. “And I'm looking forward to getting to work on behalf of Oak Park's residents.”



# Municipal Elections

## Election Day 2019 was on Tuesday, November 5. On this election's ballot were

our Mayoral seat, two City Council seats, an Oakland Community College operating millage renewal, and an operating millage increase for those who live in the Berkley School District.

Overall, the election ran smoothly thanks to a lot of diligent preparation and hard work from the City Clerk's Office and many dedicated poll

workers. There were no major reported issues, and vote totals got delivered to the Oakland County Clerk's Office on time that evening.

Congratulations to Mayor Marian McClellan, Council Member Solomon Radner, and our new Council Member Julie Edgar on their electoral wins! Together with Mayor Pro Tem Carolyn Burns and Council Member Regina Weiss, they create the City of Oak Park's 38th City Council!

Remember, 2020 will bring us three elections: the presidential primary election in March,

the regular primary election in August, and the general election in November. Make sure you're registered and prepared to vote!

### ELECTION DAY 2019: BY THE NUMBERS

Marian McClellan, Mayor: 3,244 votes  
Julie Edgar, City Council: 2,846 votes  
Solomon Radner, City Council: 2,654 votes

Oakland Community College  
Millage Renewal: 76.14% Yes

Berkley School District  
Millage Increase: 70.93% Yes

City of Oak Park Total Turnout: 14.3%  
Oakland County Total Turnout: 19.9%




## CENSUS COUNTS 2020

### Health clinics. Fire departments. Schools. Even roads and highways.

The Census can shape many different aspects of our community and region. With the 2020 Census coming soon, the City of Oak Park wants to make sure that you're prepared to participate in it.

The 2020 Census will be the twenty-fourth United States Census. National Census Day, the reference day used for the census, will be April 1, 2020. By that date, all households should have received an invitation to partic-

ipate in the 2020 Census. You'll have three options for responding: online, by phone, or by mail. Please don't delay filling out your survey. The quicker the U.S. Census Bureau gets the results back, the better.

And remember, all people living in the United States, Puerto Rico, American Samoa, Commonwealth of the Northern Mariana Islands, Guam, and the U.S. Virgin Islands are required by law to be counted in the 2020 Census.

When your household receives a Census, please fill it out and submit it, as the more people that are counted in Oak Park, the more

funding we can obtain in the future for public infrastructure, schools, and more! Get counted!

### CENSUS TIMELINE

- **January 2020:** The Census Bureau begins counting the population in remote Alaska.
- **April 1, 2020:** Census Day is observed nationwide. By this date, households will receive an invitation to participate in the 2020 Census. You'll then have three options for responding: online, by mail, or by phone.
- **April 2020:** Census takers begin following up with households around selected colleges and universities. Census takers also begin conducting quality check interviews.
- **May 2020:** The Census Bureau begins following up with households that have not responded.
- **December 2020:** The Census Bureau delivers apportionment counts to the president.



# Back-In Angle Parking

With the addition of back-in angle parking on Nine Mile Road as part of the Nine Mile Redesign Project, the City of Oak Park wants to make sure that all of our community's residents and visitors become experts on how to utilize this type of parking safely and correctly.

Back-in angle parking uses the same process and motions as parallel parking, but is much safer and allows for the creation of more parking spaces. Getting into a back-in angle parking space is as easy as 1-2-3.

With a clearer line of sight and easier maneuverability than typical on-street parking, back-in angle parking provides motorists with better vision of bicyclists, pedestrians, other cars, and commercial trucks as they exit their parking space and enter moving traffic. Back-in angle parking also eliminates the risk that is present in parallel parking situations of a motorist opening their car door into the path of a bicyclist. It allows safer access to trunk space and allows passengers to enter and exit the vehicle safely.

## Step 1: Signal

When you spot an open parking space, immediately turn your right turn signals on to indicate that you will be slowing down to back into that space.

The motorist behind the vehicle trying to park should be sure to give the person in front of them plenty of space to maneuver. Remember, be patient and be courteous.

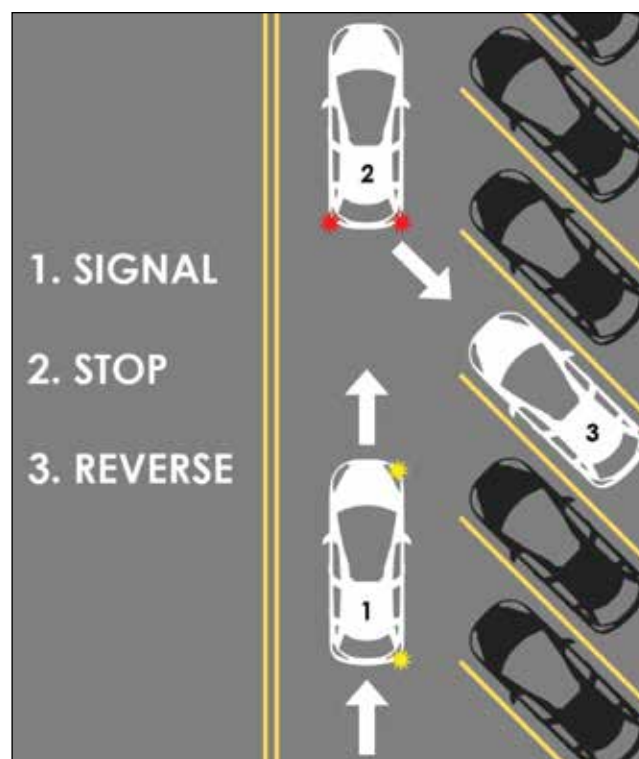
## Step 2: Stop

Stop just ahead of the space like you would when parallel parking. Next, turn your steering wheel to the right to prepare yourself for backing in. Be sure to check your mirrors for pedestrians and cyclists.

## Step 3: Reverse

Carefully reverse into the space, making sure to pull back far enough so that you're fully in the space and the front end of your vehicle isn't sticking out in traffic.

For a video on back-in angle parking, visit the City's Youtube channel or check out this link: [www.bit.ly/BackInAngleParkingVideo](http://www.bit.ly/BackInAngleParkingVideo).





# Snow Emergencies

If winter this year is anything like it was last year, we can expect some sub-zero temperatures, whiteout snowstorms, and potentially even another Polar Vortex.

**This means that 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](http://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](http://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](http://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](http://www.bit.ly/OakParkSignUp).
- **Text Message Notification:** Enroll to receive text message notification, visit [www.bit.ly/OakParkSignUp](http://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 channels, numbers 15 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.



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.

- **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.

## How is Snow Removal Prioritized?

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

### 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 p.m. 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.

**Erik Tungate**  
City Manager

**COMMUNITY CENTER**

**CITY OF OAK PARK**  
MICHIGAN

A Message from the City Manager  
**City of Oak Park**

**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.





# Fall Events Recap



## With fall wrapping up and winter weather on its way, the City of Oak Park would like to thank all

residents, friends, neighbors, and business owners who played a part in making all of our fall 2019 events and activities spectacular! Whether you attended, sponsored, helped plan, or volunteered for Boo Bash, the Nine Mile Redesign Kickoff, or any other event or activity, we thank you!

Boo Bash, held on Saturday, October 26 from 5:00pm to 8:00pm at the Community Center was great, despite the rainy conditions outside. Inside, plenty of parents and children could be found in fun and spooky costumes collecting candy, eating cider and donuts, and enjoying great tunes from DJ Truth. This year, for the first time ever, we also presented the winners of our new Boo-Tification Awards with their yard signs! Congratulations to all winners for going above and beyond to beautify your home with the Halloween spirit! Thank you to all who braved the rain to attend this year's Boo Bash, and thank you to our many sponsors. See you next year!

The Nine Mile Redesign Kickoff event took place on Tuesday,

October 29 from 3:00pm to 7:00pm. There were activities all along Nine Mile Road, with nodes of activity at the new Sherman Pocket Park, the new Seneca Pocket Park, the future connector park. At the Sherman Pocket Park, attendees could play giant chess or cornhole toss, and listen to music while shopping some local vendors. At the Seneca Pocket Park, there was a great blues band, tons of free food, the Public Safety Ice Cream Truck, and a ribbon-cutting ceremony at 6:00pm. The future connector park had games and music, as well as a chalkboard where attendees could tell us what they wanted to see there in the future. The trailhead was where we had information about the Nine Mile Redesign project and where Public Safety Officer Robert Koch lead his bike safety course. Despite some clouds and sprinkles, this event was a hit! Thank you to everyone who came out to celebrate the completion of this project with us!





FREE ADMISSION | FREE ACTIVITIES | FREE PARKING | FREE ICE SKATING




**WINTERFEST 2020**  
Sunday, January 26, 2020 • 2 TO 5 P.M.  
**OAK PARK COMMUNITY CENTER**





**KIDS AREA**  
Craft  
Face Painting  
Music



**FAMILY FUN**  
Meet up with neighbors



**S'MORES**  
Sloppy Joes  
Hot Chocolate  
Cookie Decorating



**ANIMALS**  
Reindeer

**SPONSORSHIP AVAILABLE!**

**MARALEE (248)691-2357**



In partnership with Oak Park Recreation

**OAK PARK COMMUNITY CENTER**

14300 Oak Park Blvd., Oak Park, MI 48237  
www.OakParkMI.gov | (248) 691-7555




**Dinner  
Dance  
Photo Booth  
Corsage**

**Daddy  
Daughter  
Dance**

♥♥♥  
**RSVP NOW!**

Sunday, February 9, 2020  
5 to 7 p.m.

**MUST REGISTER**  
through Recreation Office!

\$30 per couple  
\$12 for each additional  
participant



**Oak Park Recreation**  
(248) 691-7555





## UPCOMING EVENTS

### STORY TIME!

**Tuesdays, 10:30 a.m. | Ages 2-6**

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

### BABY AND TODDLER PLAY TIME

**Fridays, 10 a.m. to 12 p.m.**

Bring the little ones and enjoy extra toys and activities in our play area!



### COLORING AND CONVERSATION

**Tuesdays, 6 p.m. | Adults**

Meet some other adults in the community while relaxing and coloring! Supplies provided.

### INTRO TO COMPUTERS

**Mondays, 9 a.m. | Adults and Seniors**

Join Irina for a basic introduction to computer use or to practice the skills you've been building.

### MEET LIBBY

**Tuesday, January 7 at 6 p.m. | All Ages**

Curious about how to use the library's digital books and audiobooks? Come learn about the Libby app, an easy to use way to get access to digital content. Feel free to bring your device to follow along with the installation steps. You will need a valid Oak Park library card as well!

### ALEXANDRIA'S NATURE BUS-CREATURES OF THE NIGHT

**Tuesday, February 18 from 1 to 3 p.m. | Grades 3-6**

Ever wonder what goes bump in the night in Michigan backyards? This after-dark themed program focuses on the adaptations and behaviors of our nocturnal bird and mammal neighbors. This program utilizes the Howell Nature Center's mobile classroom of hands-on activities, and will feature live animals!

### Engineering Challenge: Bridge Building

**Thursday, February 6 at 4 p.m. | Grades 3-6**

Who can build the best bridge? How sturdy is it? How much weight can it hold? We'll provide all the supplies to see who the best amateur engineer is!



**CRAFT DAY: BUTTON MAKING****Thursday, January 9 from 4 to 5 p.m. | Grades 3-8**

Create up to four buttons of your own design.

**VALENTINE'S DAY CRAFT & TEA PARTY****Friday, February 14 from 11am-12pm | Ages 2-6**

You are cordially invited to the Oak Park Library's Valentine's Day Tea Party. Feel free to dress to impress or just be your fabulous self. You can also create your own Valentine's Day cards! We'll provide all the supplies; you supply the creativity!

**FAMILY GAME NIGHT****Monday, March 16 from 4 to 7 p.m. | All Ages**

Family game night is a great excuse for the whole family to enjoy a fun-filled evening, together. It's a time when the Oak Park Library unleashes their game collection for game lovers of all ages and abilities to create memories that last.

**MOVIE NIGHT****Select Mondays, 5:30 p.m. | All Ages**

Come join us on our twice a month Movie Nights at the Oak Park Library and watch PG-rated movies on our big screen. Our movies are family appropriate and fun - a great excuse to spend quality time with the family away from home! See the library for the movie schedule!

**Lego Club****Select Thursdays, 4 p.m. | Grades 3-8****January 23, February 20, and March 19**

Come build with friends!

**BOOK CLUBS!**

**Our Adult book club meets the first Wednesday of each month at 6 p.m. Visit the Library for a current book list!**

**SUNDAY CONCERTS!**

**Join us on select Sundays at the Oak Park Library for a variety of musical performances!**

**THE BEL CANTO CHORUS****January 19 | 3 p.m.**

16 singers accompanied by piano will present a varied program of songs ranging from classical to pop!

**IN THE TRADITION****February 9 | 3 p.m.**

Known as the foremost African Centered Jazz group of its kind in the world today, "In The Tradition" is well known for their dynamic concert appearances as they are for their top-rated recordings. Their performances are eagerly awaited in the Jazz, World Beat and political communities.

**RJ AND T-BONE****March 15 | 3 p.m.**

Classic blues, swing, and world jazz...from Detroit! Lifelong friends RJ Spangler and T-Bone Paxton, formerly of the Sun Messengers, have toured the east coast, Midwest, and deep south. They are favorites at festivals, art fairs, jazz clubs, brew pubs, private parties as well as libraries.



## OAK PARK RECREATION DEPARTMENT

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

(248) 691-7555  
www.OakParkMI.gov

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

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

### FOLLOW US ON:



@CityOfOakPark

### PAYMENT METHODS

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

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

## 5 Ways to Register for Recreation Programs

### ONLINE REGISTRATION

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

When registering online, follow these easy steps:

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

### MAIL-IN REGISTRATION

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

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

### IN-PERSON REGISTRATION

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

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

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

April 5, May 3, 17, 31, June 14, 28.

### AFTER HOURS DROP BOX REGISTRATION

How to register via drop box:

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. Drop in secure drop box, located next to the Recreation office.

### 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.





## YOUTH PROGRAMS

### SPRING SOCCER

Registration Begins January 6

Registration Ends March 12

Games are every Saturday and some week nights. Practices take place in Oak Park, games will be in Ferndale. Oak Park teams play for the Quad-City Alliance Soccer League, and compete with teams from Ferndale, Hazel Park and Pleasant Ridge. Participants are provided with jerseys, shorts, and soccer socks. Shin guards are not provided but must be worn at all games and practices, cleats are recommended but not required. This is a co-rec soccer league.

#### U4 SPRING SOCCER

9 to 11 a.m. | Fee: \$40 Res./\$45 Non-Res. | Age: 3

Course: U4Soccer20 - Saturday, April 11 to May 16, 6 weeks

#### U6 SPRING SOCCER

9 to 11 a.m. | Fee: \$50 Res./\$55 Non-Res. | Ages: 4 to 5

Course: U6Soccer20 - Saturday, April 11 to May 16, 6 weeks

#### U8 SPRING SOCCER

9 to 11 a.m. | Fee: \$60 Res./\$65 Non-Res. | Ages: 6 to 7

Course: U8Soccer20 - Saturday, April 11 to May 16, 6 weeks

#### U10 SPRING SOCCER

9 to 11 a.m. | Fee: \$65 Res./\$70 Non-Res. | Ages: 8 to 9

Course: U10Soccer20 - Saturday, April 11 to May 16, 6 weeks

### SPRING YOUTH BASEBALL

Registration Begins Jan. 6 | Registration Ends April 30

Games are week nights in Ferndale, Oak Park, and Hazel Park. Practices in Oak Park. Teams will play in the Quad City Alliance Baseball League, competing with teams from Ferndale, Hazel Park, and Pleasant Ridge. This is a co-rec league. Players are provided with jerseys and ball caps. Teams will be provided bats, balls, and batting helmets. Coaches are responsible for choosing practice times and locations.

#### T-BALL 5/6

Fee: Res. \$45/Non-Res. \$50 | Ages: 5 to 6

Course: Tball20 – June 6 to July 24

#### COACH PITCH 7/8

Fee: Res. \$45/Non-Res. \$50 | Ages: 7 to 8

Course: CoachPitch20 – June 6 to July 24

#### PONY 9/10

Fee: Res. \$55/Non-Res. \$60 | Ages: 9 to 10

Course: Pony20 – June 6 to July 24

#### MINOR 11/12

Fee: Res. \$55/Non-Res. \$60 | Ages: 11 to 12

Course: Minor20 – June 6 to July 24

#### MAJORS 13/14

Fee: Res. \$65/Non-Res. \$70 | Ages: 13 to 14

Course: Major20 – June 6 to July 24

## CLINICS

### YOUTH SOCCER

May 2, 10 a.m. to 12 p.m. at Tyler Park

Registration Begins March 2 | Free | Ages 4 to 10

Offered free to all Oak Park residents between the ages of 4 to 10. Each participant will receive professional soccer training from former Oak Park Public Safety Officer, T.J. Gore. Officer Gore has had an extremely successful soccer career ranging from earning ALL-State Honors at Dakota High School to playing professionally for the Rochester Rhinos. This free clinic will focus on skill development in a fun and safe atmosphere.

## Make a Difference!

### BECOME A SPONSOR

Interested in becoming a sponsor for a recreation event, or program? Please contact Laurie Stasiak, Recreation Director, for more information at (248) 691-7576.

### BECOME A VOLUNTEER COACH

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. For more information, contact David Pitts at dpitts@oakparkmi.gov or call the Recreation Office (248) 691-7555.

### OTHER VOLUNTEER OPPORTUNITIES

WE NEED YOUR HELP! Oak Park Recreation has a number of opportunities for volunteers; individuals, groups, or organizations. Please call our Recreation Office at (248) 691-7555 to volunteer for a program, sport, or event.



## DRAGON'S EIGHT KARATE

### DRAGON'S EIGHT YOUTH KARATE

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

**\$55 Resident/\$60 Non-Resident**

**Ages: 4 to 10**

**8 weeks**

Dragon's Eight Youth Beginner Karate is an introductory class specifically designed for children and beginners. It enhances a child's focus, memory, teamwork skills, discipline, self-control, fitness, balance, and coordination. All of this is achieved through exciting and fun games and activities.

Wear loose fitting clothes. A responsible adult must remain in attendance during class. Instructor: Grand Master Robb Hogan.

**Course: KarateJan20** – Tuesday, Jan. 7 to Feb. 25

**Course: KarateMar20** – Tuesday, March 3 to Apr. 28

### DRAGON'S EIGHT KARATE

**Tuesday and Thursday, 7 to 8 p.m.**

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

**Ages: 8 and Up (Depends on Experience)**

**8 weeks**

Students are challenged in 16 classes of the Dragon's Eight fighting system, a traditional, street-oriented approach to the martial arts.

There are eight life skills that are incorporated in this sport: focus, memory, teamwork, discipline, self-control, fitness, balance and coordination. Students should dress comfortably for class.

Instructor: Grand Master Robb Hogan

**Course: AdvKarate** – Jan. 20 – Jan. 7 to Feb. 27

**Course: AdvKarateMar20** – March 3 to May 7

## REVOLUTION MARTIAL ARTS & FITNESS

Located at 21020 Coolidge, Oak Park, MI 48237.

Head Instructor: Conell Loveless.

Note: One time \$25 paid directly to the instructor for uniform.

### YOUTH

**Monday and Wednesday, 6:15 to 7 p.m.**

**\$65 Resident/\$70 Non-Resident | Ages 6 & Up | 8 weeks**

Our emphasis for our youth students will be on character, promoting good grades, safety-smart kids, handling bullies, and fitness. All students will participate in various martial arts activities and games that will improve the students balance, coordination, discipline, confidence, courtesy, self-defense and endurance, all while having fun.

**Course: RevYouth1W20** - Jan. 6 to Feb. 26

**Course: RevYouth2W20** - Mar. 2 to Apr. 22

### ADULTS

**Tuesday and Thursday, 6:15 to 7 p.m. or 7 to 8 p.m.**

**\$65 Resident/\$70 Non-Resident | Ages 17 & Up | 8 weeks**

Our adult students will participate in various martial arts activities that will focus on the student's balance, coordination, discipline, confidence, self-defense and endurance.

**Course: RevAdult1W20** - Jan. 7 to Feb. 27

**Course: RevAdult2W20** - Mar. 3 to Apr. 23

### LIL DRAGON'S PROGRAM

**Saturday, 11 to 11:30 a.m.**

**\$65 Resident/\$70 Non-Resident | Ages 3-5 | 8 weeks**

Our Lil Dragon's Class isn't just about kicking and punching. Classes include life and safety skills, "I CAN DO" Attitude, balance and coordination drills, and fun games and activities. Additional emphasis on character, promoting learning, safety-smart kids, handling bullies and fitness.

**Course: LilDragon1W20** - Sat, Jan. 11 to Feb. 29

**Course: LilDragon2W20** - Sat, Mar. 7 to Apr. 25



## ADULT SPORTS

### BASKETBALL

**Men's C/D** – Tuesdays from 6 to 10 p.m. | Ages: 18+  
Fee: \$350 + \$50 refundable forfeit fee. | 13 weeks  
Registration ends February 13.

**Course: MENSBBALL20** - March 3 to June 2  
(No Games Memorial Day week)

**Co-Rec** - Thursdays from 6 to 10 p.m. | Ages: 18  
Fee: \$350 + \$50 refundable forfeit fee. | 13 weeks  
Registration ends February 13.

**Course: CorecBBALL20** - March 5 to June 4  
(No games Memorial Day week)

## LEAGUES

### KICKBALL

**6 to 10 p.m. | \$350 + \$50 Refundable Team Forfeit Fee**

**David Shepherd Park | Age: 18+ | Registration Begins March 2**

The Oak Park adult co-ed kickball league is an organized, great way to stay active and have fun. Teams are provided shirts, scorebooks, and two WAKA regulation kickballs. Teams pay a \$13 umpire fee at each game in addition to the league fee. Season ends with a single elimination playoff. No games week of July 4.

**Monday League:** Begins June 1 to Aug. 24

**Friday League:** Begins June 5 to Aug. 28

### ADULT SOFTBALL

**6 to 10 p.m. | \$450 + \$50 Refundable Forfeit fee**

**David Shepherd Park | Registration Begins March 2**

Softball is back in Oak Park! Tuesday (men's senior league) and Thursday men's double header league. Both leagues operate under USSSA softball rules with minor modifications and bat regulations. No games the week of July 4. We will also offer Fall Softball, contact David Pitts at dpitts@oakparkmi.gov or call us at (248) 691-7555

**Senior League 50+ League (Tuesday):**

June 2 to Aug. 25

**Co-Rec Double Header 18+ League (Wednesday):**

June 3 to Aug. 26

**Men's C/D Double Header 18+ League (Thursday):**

June 4 to Aug. 27

### 8v8 ADULT SOCCER

**6 to 10 p.m. | \$350 + \$50 Refundable Forfeit Fee**

**Registration Begins March 2 | Ages 18+**

Oak Park will now be offering Adult Soccer Leagues for both Men/Women/and Co-rec divisions! Teams will play at the Tyler Park Soccer Fields beginning at 6:00pm. This is a 12-week league plus end of season playoff tournament. No games week of July 4. For more information, please contact David Pitts at dpitts@oakparkmi.gov or call us at (248) 691-7555.

**Men League:** Tuesdays, June 2 to Aug. 25

**Women's League:** Wednesdays, June 3 to Aug. 26

**Co-Rec League:** Thursdays, June 4 to Aug. 27



## FUN FOR THE FAMILY

### PISTONS BASKETBALL GAMES AT LITTLE CAESARS ARENA

Includes a game ticket, a \$10 food voucher, and transportation to and from Little Caesars Arena. Limited space available, contact David Pitts at dpitts@oakparkmi.gov.

**January 24 – vs Memphis Grizzlies at 7 p.m. | \$50**

**February 8 – vs New York Knicks at 7 p.m. | \$50**

**March 7 – vs Utah Jazz at 7 p.m. | \$61**

**April 3 – vs Miami Heat at 7 p.m. | \$50**

## TOURNAMENTS

### ADULT SOFTBALL TOURNAMENT

**June 5 and 6 at 9 a.m. | \$150 + \$50 refundable forfeit fee**

**David Shepherd Park | Registration Begins March 2**

Each team will receive two guaranteed double headers plus 1 guaranteed playoff game. Playoffs are single elimination. For more information, please contact David Pitts at dpitts@oakparkmi.gov

### ADULT KICKBALL TOURNAMENT

**May 16 and 17 at 9 a.m. | \$150 + \$50 refundable forfeit fee**

**David Shepherd Park | Registration Begins March 2**

Each team will receive two guaranteed double headers plus 1 guaranteed playoff game. Playoffs are single elimination. For more information, please contact David Pitts at dpitts@oakparkmi.gov

### PING PONG TOURNAMENT

These are singles tournaments and include three guaranteed games plus a playoff bracket for top players. Number of playoff seeds will depend on the number of players that sign-up. Games up to 21, and best 2 out of 3. For more information, contact David Pitts at dpitts@oakparkmi.gov.

#### Senior Division

April 24, 6 to 8 p.m. | \$10 | Age: 60+

Oak Park Community Center | Registration Begins March 2

**Course: SeniorPong20**

#### Adult Division

April 24, 6 to 8 p.m. | \$10 | Age: 18+

Oak Park Community Center | Registration Begins March 2

**Course: AdultPong20**



## 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, Mich. Call (248) 691-7555 for more information.

#### HOURS

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

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

#### MONDAY

Quilters Club, 10 a.m. to 2 p.m., Free  
Ping Pong, Noon to 2 p.m., Free  
Bingo, second and fourth Monday, Noon to 2 p.m., Inquire about fee

#### TUESDAY

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

#### WEDNESDAY

Bingo, Noon to 2 p.m., Inquire About Fee  
Ping Pong, Noon to 2 p.m., Free  
Scrabble Club, Noon to 5 p.m., Free

#### THURSDAY

Drop-In Hustle, 10 to 11 a.m., \$4 res./\$5 non-res.  
Pickleball, 11:30 a.m. to 3 p.m., \$2  
Bid Whist, 1 to 4 p.m., Free

## LET'S DO LUNCH

The Lunch Bunch trips have been overwhelmingly popular this past year as evidenced by the quick sell out of every date. Please check the lobby of the Community Center located across from the Recreation Department office for continuous information.

## ORGANIC STEPPING STONES

Please call the Recreation office at (248) 691-7555 to register for the following seminars.

### OVERALL WELLNESS WITH ESSENTIAL OILS

**Wednesday, January 22 | 7 to 8 p.m. | Free**

Are you looking to support your body more naturally? Essential oils are powerful plant allies in our quest for health and wellness. There is virtually no limit on the uses of essential oils. They are used daily: topically, aromatically, in cooking, cleaning, as a fragrance, in massage, meditation, on pets, and more. Experience the power of essential oils and learn the benefits while attending this class. There will be a raffle too.

### BEAUTY IN A HEALTHY WAY

**Wednesday, February 19 | 7 to 8 p.m. | Free**

As women, we should never compromise quality for beauty. There are products you can use that don't contain harmful chemicals, but in fact, support our bodies. If you are a DIY person there are simple ways to create your own beauty products using carrier oils, butters, essential oils and more. There will be a raffle too.

### HEALTHY HOUSEHOLD CLEANERS

**Wednesday, March 25 | 7 to 8 p.m. | Free**

Inexpensive and effective cleaning products are quick and easy to make using ingredients like white vinegar, baking soda, Thieves Cleaner, Essential oils, and Epsom salt. Commercial cleaners often are not as safe as homemade cleaners, even the cleaners marketed as "green" or "natural" may contain harmful 2-butoxyethanol (something you don't want in your cleaners). We all want a safer home, cleaner air, quality health and to save money, attend this class. You might even be a lucky raffle winner.

## SENIOR SPECIAL EVENTS

### DETROIT'S MAJESTIC

#### DOWNTOWN MOVIE PALACES!

**Tuesday, January 21 from 1 to 2:30 p.m. \$2/person**

Discover the history and the mystery of the majestic presence of the Detroit Theaters of days gone by! This interactive presentation includes photo's, memorabilia and a lively and interesting discussion! Light refreshments provided.

**Course: JanPresentation2020**

### FEBRUARY SENIOR TEA

**Friday, February 14 from 12:30 p.m. to 3 p.m.**

**\$25 Resident/\$30 Non-Resident | Community Center**

Join the Recreation Department for a "sweetheart" of a tea planned especially for the occasion. The menu will consist of everything savory and sweet. The tables will be set in a festive manner and the Detroit Institute of Arts will be on hand for a special presentation. Call to sign up today!

**Course: FebSrTeaW20**

### SENIOR SPRING TEA

**Friday, May 22 from 12:30 p.m. to 3 p.m.**

**\$25 Resident/\$30 Non-Resident | Community Center**

Step into the Spring Season with style! Join Michael Hauser as he provides the presentation "20th Century Retailing in Downtown Detroit." Step back into time when shopping for the newest fashion was "Chic". The menu will take on a fresh, spring like menu! Call to sign up today!

**Course: MaySrTeaSpr20**



## SPECIAL CLASSES

### ESTATE PLANNING CLINIC

**Thursdays, 10:30 a.m. to 11:30 a.m. | Free | Registration is required**  
Lawyers from Western Michigan University's Cooley Law School will talk about wills, power of attorney, and trusts. They will also hold a question and answer session. Register at least one week prior to the event.

**Course: 3077W20** - Thursday, February 20

**Course: 3078W20** - Thursday, April 2

### BEAUMONT GETS WALKING IN OAK PARK!

**FREE | Ongoing Program | All Ages**

Walking for as little as 30 minutes a day can benefit your joints, alleviate back problems, lessen worry and tension, and add years to your life! Beaumont and Humana want to help you make walking a part of your regular fitness routine. Gather a group of neighbors, friends, co-workers, or family and let's walk Oak Park together! All ages are welcome!

**Call Recreation Office at 248-691-7555 to register.**

### IMPROVE YOUR PET PHOTOGRAPHY

**Wednesday, February 12 | 6 to 9 p.m.**

**\$35 Resident/\$40 Non-Resident**

This session will provide an overview of how your camera works and how you can confidently use it to get that "Insta-worthy" shot of your 4-legged BFF, plus techniques to get an animal's focus. Instructor Jon Kopacz is responsible for developing and shooting the documentary series: *Under The Vest: Inside The World of Police Dogs*. Jon has 12+ years as a professional photographer/videographer and 6 years as a college photography instructor. This class is for any type of camera from DSLR to cellphone!

**Course: PetphotoW20**

### BEGINNING PHOTOGRAPHY

**Wednesdays, February 26 to March 18 | 7 p.m. to 8:30 p.m.**

**\$70 Resident/\$75 Non-Resident | 4 weeks**

This is a hands-on experience that will give you an in-depth understanding of how your digital camera works and how to best use it to create beautiful imagery. The course is classroom based, with opportunities to shoot outside of class and have your images reviewed in the next session. Please bring a digital SLR or mirrorless camera with manual mode. Please note that this course deals predominantly with capturing images in camera, and not post-processing using additional applications.

**Course: PhotoW2020**

### ADVANCED CARE PLANNING: MAKING YOUR WISHES KNOWN

**Thursday, January 9 | 10 to 11 a.m. | Free**

Advanced care planning begins with a conversation. It may not be easy to complete an advance directive, but millions of people have done it successfully and you can too! Join Beaumont and Respecting Choices for this informational hour!

**Call Recreation Office at (248) 691-7555 to register.**

### COOKING FOR ONE!

**Thursdays, January 23 to February 27 | 10 to 11 a.m. | Free**

Whether you are living on your own for the first time, a single college student, a hard working adult, or a senior on your own, cooking can be fun! Learn to make cooking for one simple and enjoyable, as well as helpful tips/tricks to making healthy choices. Participate in cooking real recipes for one person. Sign up today, limited seats available!

**Course: Cooking4oneW20**



## 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.

## TRANSPORTATION

### SMART TRANSPORTATION PROGRAM

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.

#### NEW START TIME!

Our transportation hours have a brand new start time! We now are able to begin scheduled pick-ups at 8 a.m., Monday through Friday. In addition to our regular Kroger and Meijer trip days, we are adding shopping opportunities to Target, Walmart, Aldi and Marshall's!

Qualified individuals can contact the Recreation Department to schedule transport at (248) 691-7555.



## CLASSES

### BASIC HATHA YOGA

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

\$32 Resident/\$37 Non-Resident | 8 weeks

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. Ages: 50 and up. Instructor: Bob Smith. *There must be a minimum of five participants for class to run.*

Course: 3079W20 – Jan. 30 to March 19

Course: 3080Spr20 – March 26 to May 14

### GENTLE CHAIR YOGA

Tuesdays from 12 p.m. to 1 p.m.

\$24 Resident/\$29 Non-Resident | 8 weeks

Gentle Chair Yoga provides gentle therapeutic yoga exercise while reducing stress on joints and muscles. Ages: 50 and up. Instructor: Bobby Calhoun. *There must be a minimum of five participants for class to run.*

Course: 3063W20 – Feb. 4 to March 24

Course: 3064Spr20 – March 31 to May 19

### CHAIR YOGA CLASS - NEW

Thursdays from 12:30 p.m. to 1:30 p.m.

\$24 Resident/\$29 Non-Resident | 8 weeks

Chair Yoga provides gentle therapeutic yoga exercise while reducing stress on joints and muscles. Ages: 50 and up. Instructor: Stephanie Nagy. *There must be a minimum of five participants for class to run.*

Course: ChairYoga1W20 – Jan. 9 to Feb. 27

Course: ChairYogaSpr20 – March 5 to April 23

### ENHANCE FITNESS

Monday through Friday, 9 a.m. to 10 a.m.

Free | Must register at the Recreation Office

Class size is limited to 55 participants.

Enhance Fitness is a fitness program geared toward improving the overall functional fitness and well-being of older adults. A certified fitness instructor provides opportunities for social stimulation and physical benefits Monday through Friday from 9am to 10am. This class focuses on cardiovascular conditioning, strength training, flexibility, and balance. The benefits include improved strength, boost in activity level, improved mood, and fun!

### TAI CHI FOR BEGINNERS

Tuesdays from 10 a.m. to 10:45 a.m.

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

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. *There must be a minimum of five participants for class to run.*

Course: 3075W20 – Jan. 28 to March 31

Course: 3076Spr20 – April 17 to May 26

### TAI CHI FOR RETURNING STUDENTS

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

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

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, ages 18 and up. Instructor: Han Hoong Wang. *There must be a minimum of five participants for class to run.*

Course: 3065W20 – Jan. 28 to Mar. 31

Course: 3066Spr20 – April 17 to May 26

### TOTAL BODY WORKOUT

#### (For Men and Women)

10:30 a.m. to 11:30 a.m. | 8 weeks

\$16 for Wed. Only or \$32 for Mon. and Wed. | Ages: 18 and Up

Come join this exciting total body conditioning and exercise class where participants can work at their own pace. Instructor: Suzi Skotarczyk. *There must be a minimum of five participants for class to run.*

Course: 5088W20 – Wed. Only – Jan. 8 to Feb. 26

Course: 5089Spr20 – Wed. Only – March 11 to Apr. 29

Course: 3088W20 – Mon./Wed. – Jan 6 to Mar 2,

Course: 3089Spr20 – Mon./Wed. – March 9 to Apr 29





## AEROBIC HUSTLE DANCE CLASS

Wednesdays from 7 p.m. to 8:15 p.m.

\$50 Resident/\$55 Non-Resident

Ages: 18 and Up | 8 weeks

Dance to old and new hustles that have been combined into aerobic workouts. This class is a great way to achieve 3,500 to 5,000 steps per class! Bring a water bottle and a towel. *There must be a minimum of five participants for class to run.*

**Course: 1018W20** – Jan. 22 to March 11

## YOGA IS FOR EVERY BODY

Mondays from 7:45 p.m. to 9:15 p.m.

\$56 Resident/\$61 Non-Resident

Ages: 18 and up | 8 weeks

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. *There must be a minimum of five participants for class to run.*

**Course: 2024W20** – Jan. 27 to March 23

**Course: 2025SPr20** – March 30 to May 18

## SIMPLY WELL YOGA

Wednesdays from 6:30 p.m. to 7:30 p.m.

\$55 Resident/\$60 Non-Resident

Ages: 16 and up | 8 weeks

This yoga class will focus on stress reduction, body alignment, improving balance, flexibility, developing strength and weight loss. Simply Well Yoga is a combination of meditation/relaxation and breathing exercises, and yoga poses. Instructor: Regina Crittenden-Byas. *There must be a minimum of five participants for class to run.*

**Course: WellYoga1W20** – Jan. 8 to Feb. 26

## MIDDLE EASTERN BELLY DANCE

Tuesdays and Thursdays from 6 p.m. to 7:30 p.m.

\$75 Resident/\$80 Non-Resident

Ages: 20 and Up | 8 weeks

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. *There must be a minimum of five participants for class to run.*

**Course: Belly14W20** – Jan. 7 to Feb. 25

**Course: Belly15W20** – March 3 to Apr. 28

**Course: BellyTH13W20** – Jan. 30 to March 26

**Course: BellyTH14Spr20** – April 2 to May 21

## BALLROOM DANCE (For Men and Women)

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

\$32 Resident/\$37 Non-Resident

Ages: 40 and Up | 8 weeks

Learn the latest ballroom dance steps, including Chicago Steppin', Salsa, and more. Couples and singles are welcome. No experience necessary. *There must be a minimum of five participants for class to run.*

**Course: 078FW20** – Jan. 23 to March 12

**Course: 079SPr20** – March 19 to May 7



## ZUMBA

Mondays, from 6 p.m. to 7 p.m.

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

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

**Course: Zumba4W20** – Jan. 6 to March 16

**Course: Zumba5W20** – March 23 to May 11

## SILVER SNEAKERS

### SILVERSNEAKERS YOGA

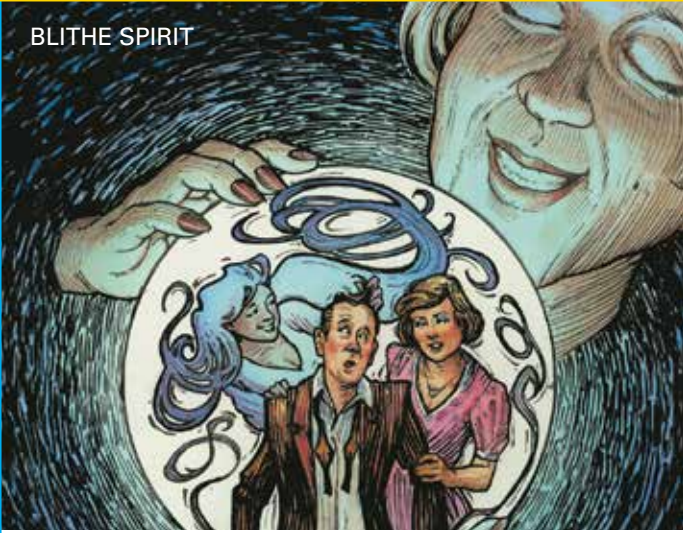
January 11 to February 29 | Saturday Mornings, 9 to 9:45 a.m.

\$32 Resident/\$37 Non-Resident

Suited for nearly every fitness level. This class offers seated and standing Yoga exercises and poses. This class is designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promotes stress reduction and mental clarity. A chair may be used for seated exercises and/or stability. Instructor: Toni Henderson. Please bring a yoga mat. Some Healthcare Providers cover this class fee, see if yours does call (866) 584-7389 for more information.

**Course: SilverYoga20**

## BLITHE SPIRIT



## DAY TRIPS

The Oak Park Recreation Department is proud to partner with Bianco Travel and Tours to offer an exquisite line of day trips.



These trips require us to book well in advance. We are currently booking for winter tours. Contact the Recreation Department at (248) 691-7555 for more details.

### GREEKTOWN CASINO

Thursday, January 9 from 9:30 a.m. to 2:30 p.m.

\$6/person transportation fee.

Gambling and lunch on your own. Limited seats available.

Course:

## EXTENDED TRIPS

The Oak Park Recreation Department is proud to partner with Bianco Travel and Tours to offer an exquisite line of extended



trips. These trips require us to book well in advance. We are currently booking for the following tours. Contact the Recreation Department at (248) 691-7555 for more details.

### Ark Encounter

Thursday, May 14 to Friday, May 15 | 2 Days/1 Night

History shows us that this trip sells out incredibly fast. Call today!

\$339/ per double occupancy

Course: ArkMay2020

### Cape May, New Jersey

Monday, May 25 to Saturday May 30 | 6 days/5 Nights

This has been a popular trip with the Oak Park residents! Please stop by the Recreation Office for the full itinerary! \$1,309 per person/double occupancy

Course: CapeMay2020

### Lilac Festival, Mackinaw Island

Thursday, June 11 to Saturday, June 13 | 3 days/2 Nights

Come experience the splendor of Mackinaw Island during the Lilac Festival! Stop by the recreation office for complete information.

\$639/person based on double occupancy

Course: Lilac2020

## THEATER TRIPS

The theater season is right around the corner and it promises to be an exciting one for sure! New this year - MOST of the opera rehearsal trips will be held on THURSDAYS, instead of Fridays! Several of our trips will also have a lunch stop afterwards, with lunch being on your own.

### BLITHE SPIRIT

Meadowbrook Theater

January 22 from 11 a.m. to 4:30 p.m.

\$49/person

Includes: Transportation, ticket, and lunch at Alfocchino Restaurant.

The smash comedy hit of the London and Broadway stages, this much-revived classic from the playwright of Private Lives offers up fussy, cantankerous novelist Charles Condomine, remarried but haunted (literally) by the ghost of his first wife, the clever and insistent Elvira who is called up by a visiting "happy medium", one Madame Arcati.

Course: BlitheSpiritW20

### DANCE THEATRE OF HARLEM REHEARSAL

Michigan Opera Theatre

March 13 from 10 a.m. to 2 p.m.

\$30/person

Includes: Transportation, seat and lunch on your own.

Celebrating its golden anniversary, Dance Theatre of Harlem returns to the Detroit Opera House with a program showcasing 50 years of their commitment to access, opportunity and excellence. Using the language of ballet, they celebrate African-American culture and bring new life to the art form. Audiences have come to love their thrilling performances that empower and inspire.

Course: DTHReheasalW20

### DANCE THEATRE OF HARLEM FULL PERFORMANCE

Michigan Opera Theatre

March 15 at 1:30 p.m.

\$53/person

Celebrating its golden anniversary, Dance Theatre of Harlem returns to the Detroit Opera House with a program showcasing 50 years of their commitment to access, opportunity and excellence. Using the language of ballet they celebrate African-American culture and bring new life to the art form. Audiences have come to love their thrilling performances that empower and inspire.

Course: DTHfullperformanceW20

### CHAMPION - REHEARSAL

Michigan Opera Theatre

March 26, 2020, 11 a.m. to 4:30 p.m.

\$30/person

Includes transportation and lunch on your own.

Terence Blanchard's "opera in jazz" makes its Detroit Opera House debut March 26. Based on the real story of prized fighter Emile Griffith, Champion is a reflection on the boxer's life as he struggles with regret, prejudice and the fluidity of sexual and societal morality. Featuring opera star Denyce Graves, Champion is a self-reflective work not to be missed.

Course: ChampionW20





SWAN LAKE

**MARY JANE**

Meadowbrook Theatre

April 8 from 11 a.m. to 4:30 p.m. | \$57/person

Includes: Transportation, ticket and lunch at PF Chang's.

As Mary Jane navigates both the mundane and the unfathomable realities of caring for Alex, her chronically ill young son, she finds herself building a community of women from many walks of life. Mary Jane is a Pulitzer Prize finalist Amy Herzog's remarkably powerful and compassionate portrait of a contemporary American woman striving for grace.

Course: MaryjaneW20

**AMERICAN BALLET THEATER**

**SWAN LAKE**

Michigan Opera Theatre

April 18 at 2 p.m.

\$81/person | Includes transportation and ticket.

American Ballet Theatre and the Michigan Opera Theatre Orchestra are together again to perform the ultimate storybook ballet, Tchaikovsky's Swan Lake. The ballet features America's biggest ballet stars portraying the tragic love story of Prince Siegfried and Princess Odette and their attempt to break the spell that turns her into a swan each morning. With its iconic "Dance of the Little Swans" and its famous 32 fouetté turns, Swan Lake is a must-see ballet experience.

Course: SwanLake20

**LITTLE SHOP OF HORRORS**

Meadowbrook Theater

April 29 from 11 a.m. to 4:30 p.m.

\$58/person | Includes: Transportation, ticket, and lunch at Loccino.

The meek floral assistant Seymour Krelbon stumbles across a new breed of plant he names "Audrey II" after his coworker crush. This foul mouthed, R&B singing carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it blood! Over time though, Seymour discovers Audrey II's out-of-this world origins and intent towards global domination.

Course: littleshopW20

**SPECIAL EVENTS**

**WINTER FEST 2020**

Sunday, January 26 from 2 to 5 p.m. | Community Center

This highly anticipated community event is always a crowd favorite! Make your own S'Mores at the outdoor fire pits, lace up those skates for FREE ice skating. Sloppy Joe's, hot chocolate, cookie decorating, craft and face painting, and music. Come meet up with old friends while making new ones. Mark your calendar! Sponsorships still available! Call (248) 691-2357 for more information.



**DADDY DAUGHTER DANCE**

Sunday, February 9 from 5 to 7 p.m.

\$30 per couple/\$12 per additional child | Community Center

Show your favorite little girl just how much she means to you! The Daddy Daughter Dance will include dinner, dancing, corsage and the keepsake photo of you and your daughter. This event sells out quickly so don't delay, call the recreation office today at (248) 691-7555. No online registrations are available.



**MOTHER/SON DANCE**

Friday, May 8 from 6 to 8 p.m.

\$30 per couple/\$12 per additional child | Community Center

Reservations due by April 30. Come celebrate Mother's Day weekend at the Mother/Son Dance at the Community Center! Included is dinner, dance, photo booth, and boutonniere. For more information, please contact David Pitts at or dpitts@oakparkmi.gov or call us at (248) 691-7555.

City of Oak Park  
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