



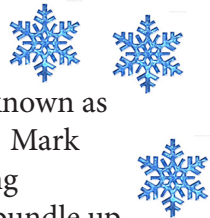
City of Sterling Heights
Parks & Recreation Department
Adaptive Recreation Services

Mayor - Michael C. Taylor
Mayor ProTem - Liz Sierawski
Council: Deanna Koski, Michael V. Radtke Jr.,
Maria G. Schmidt, Henry Yanez
and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

January - April 2020

Sterling Special

Warm Winter Greetings,



Welcome to the Sterling Heights Parks and Recreation Adaptive Recreation program. This publication known as the Sterling Special allows those that are looking for adaptive programs to find them all in one location. Mark your calendar as you venture through the following pages, and don't forget to pre-register for the exciting opportunities created with you in mind. All of our services are open to residents and non-residents, so bundle up and come on out, we look forward to seeing you.

If you do not see a class or program you are interested in, make sure to check the Sterling Heights Magazine, as all of our programs are inclusive. If you need assistance or accommodations to participate in any of our Parks and Recreation programs, please let us know at registration so we can properly assist you. You can find all of our programs including adaptive programming on our website as well at www.myshpr.net. A special note on May 3rd we will be taking a trip downtown to Detroit to the Fox Theater to see Trolls Live. The details as they become available will be shared on our website and social media.

If you are interested in receiving information regarding events, programs and updates, we invite you to sign up for our email contact list, and adaptive mailing list. You can also follow the Parks and Recreation Department on Twitter and like us on Facebook.

Now for the question that is on everyone's mind... "When is the new Community Center opening?" Well I am excited to let you know we will be open to the public March 2, 2020. It has been a wonderful adventure and things are coming along quickly. Make sure to pay close attention when reading this publication to where classes are located and for what dates. The first sessions will be at our temporary locations until noted when they move. For now we look forward to seeing you at Fillmore for a couple more months. Another item to note is that financial assistance for classes and payment plans are available, please contact our office directly 586-446-2700 ext. 0 to learn more. Have a wonderful, safe and warm winter.

Sincerely,

Rachel Mulawa, CTRS
586-446-2703
rmulawa@sterling-heights.net



THANK YOU

Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in 2019/2020. A special thanks to Jewell Photography, St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, St. Theresa's Knights of Columbus, & St. Michael's Knights of Columbus for your donations to the Adaptive Recreation programs.

Save the Date

---Tear out this page, to remember upcoming events!---



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
2	3	4	5	6	7	8
	Dance Exercise		Bowling	Basketball	Valentine's Dance	
9	10	11	12	13	14	15
Registration Starts Monday for Softball	Dance Exercise	Cooking- On the Border	Bowling	Basketball	Happy Valentine's Day	
16	17	18	19	20	21	22
	No Class City Inservice Day		Bowling	No Basketball Mid Winter Break		
23	24	25	26	27	28	29
	Last Day Dance Exercise	Cooking- Not Too Fancy	Bowling	Basketball- Tentatively 1st game New Community Center	Tinny Tots Science Center Trip ages 1-4	



January 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
	All City Buildings Closed- Happy New Year	All City Buildings Closed- Happy New Year				
5	6	7	8	9	10	11
	Dance Exercise		Bowling	First Basketball Game- Schedule also online		
12	13	14	15	16	17	18
	Dance Exercise	Cooking- Stewed	Bowling	Basketball		
19	20	21	22	23	24	25
	No Classes Buildings Closed		Bowling	Basketball	Snowball Dance	
26	27	28	29	30	31	1
	Dance Exercise	Cooking- Cozy Up	Bowling	Basketball		



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
5	6	7	8	9	10	11
			No Bowling Spring Break	Knitting		
12	13	14	15	16	17	18
	Dance Exercise in Community Center 6-7p.m.	Cooking- Outside the Kitchen	Bowling- Banquet			
19	20	21	22	23	24	25
	Last Class Dance Exercise in Community Center 6-7p.m.				Spring Dance	
26	27	28	29	30	1	2
	New Session Dance Exercise Community Center 6-7p.m.					



March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	New Community Center Open		Bowling	Basketball		
8	9	10	11	12	13	14
	Dance Exercise in Community Center 6-7p.m.	Cooking- Good Gravy	Bowling	Basketball 6-8p.m./ First Knitting class		
15	16	17	18	19	20	21
	Dance Exercise in Community Center 6-7p.m.	Happy St. Patrick's Day	Bowling	Knitting	St. Patrick's Day Dance	Michigan Science Center Trip
22	23	24	25	26	27	28
	Dance Exercise in Community Center 6-7p.m.	Cooking- Spicy	Bowling	Knitting		
29	30	31	1	2	3	4
	Dance Exercise in Community Center 6-7p.m.		Bowling			

☆ Dances ☆

We invite Adaptive Recreation participants 16 and older to brush off your dancin' shoes, call your friends, and get ready to rock while our DJ spins our favorite tunes from over five decades. You won't want to miss the social event of the month, with new themes each month to go along with the music, dancing, pizza, and light refreshments. Please pre-register by 3 p.m. on dance day to save money and lock in your spot. This also helps us plan for refreshments and make check-in easier so you can start the fun each month without delay.

- Online registration is for participants only
- Accompanying staff or guardians must also pay (on-line not available)



Location: Fillmore Elementary
Pre-registration Fee: \$8 Resident;
 \$11 Non-resident; \$1 Staff
At the Door Fee: \$10.25 Resident; \$14.25 Non-resident;
 \$1 Staff

* Call for group home rates

Ref#	Day	Times	Dates	Theme
5001.061	F	6:30-9:30	1/24	Snowball
5001.062	F	6:30-9:30	2/7	Valentines
5001.063	F	6:30-9:30	3/20	St. Patricks Day*
5001.064	F	6:30-9:30	4/24	Spring*

* Will be held at the Community Center

Dance Exercise For All Ages

Come and join C.C. Plus for a fun and interactive dance program, created for adults and children ages 3+ with cognitive or physical impairments. Dances are choreographed with easy, repetitive movements to songs that we all know and love dances include party dances, circle dances, and line dances. All ability levels will be accommodated, and including those in wheelchairs and walkers. Parents and caregivers are encouraged to join if their dancer needs assistance. Class may be divided by age of participants pending on the number of enrollees. No dance experience necessary, just a desire to have a good time and stay healthy!

Location: Senior Activity Center - Session I
 Community Center - Session II & III
Fee: \$36 Resident, \$54 Non-resident
Day: Monday
Time: 6:30 - 7:30 p.m. Session I
 6 - 7 p.m. Session II & III

	Ref. #	Dates
Session I	5001.038	Jan 6 - Feb 24
Session II	5001.039	March 9 - April 20
Session III	5001.040	April 27 - June 8
No Class		1/20, 2/17, 4/6, 5/25

Christmas Party



The Sterling Heights Parks and Recreation Department is ready to get everyone in the holiday spirit with the annual Adaptive Recreation Christmas Party. Participants of any age with any disability will be treated to a festive evening full of fun and great memories. Dinner, a visit from Santa, gifts, cookies, and great dancing music are awaiting you at the beautifully decorated Century Banquet Center in Sterling Heights. Please remember to pre-register by December 13 as there will be no registration taken at the banquet hall. Anyone under the age of 15 must have a guest accompany them. Pictures available for purchase \$5.00, by Jewell Photo.

Location: Century Banquet Center
 (Maple Lane Road, just north of 14 Mile)
Day/Date: Thursday, December 19
Time: 6:30 - 9:30 p.m.
Fee: \$10 Resident (Pre-registration only)
 \$15 Non-resident (Pre-registration only)
 \$10 Staff/ Guardian (Pre-registration only)
Ref. # **5003.064**

Sponsored by St. Michael's Knights of Columbus

* We will offer a special low sensory opportunity to meet Santa for those who need it from 5:30 - 6:30 p.m.

Sterling Heights Parks & Recreations
 presents



Escape for an evening into a tropical paradise with all of your friends. You will experience a luxurious evening with dinner served to your table, dancing, professional photographers, and party favors. There will be assigned seating so if you have a date or friends you would like to sit with make sure to let us know. (One picture per person is included in the cost of registration), additional photos are available for purchase for \$3.00 per photo.

Date: Thursday May 21, 2020
Time: 6 - 10 p.m.
Location: The Century Banquet Center
 (33204 Maple Ln, Sterling Heights, MI 48312)
Cost: \$19 Residents, \$28.50 Non-residents,
 \$19 Staff No registration after May 8.
Ref#: 5001.060

Outings



Family Fun Trip: Michigan Science Center

Interested in saving money, spending time as a family, relaxing, learning, exploring, laughing, getting out of the house and, having fun? This is the trip for you! Spend your Saturday at the one and only Michigan Science Center in Detroit. Let your worries go, we will handle the transportation and parking so you can reap the financial benefits of going with our group rates. No matter how young or old your children, there is something for everyone to enjoy, watch, play, and learn. Come find the excitement Science has to offer. This trip includes general admission, admission to the planetarium, transportation with front door drop off, and a designated area for lunch with a café or enjoy a bag lunch from home. If you bring your lunch it will be stored for you until you are ready to eat.

Location: Michigan Science Center, Downtown Detroit
Date: Saturday, March 21, 2020
Time: Check in at the Recreation Center 9 - 9:25a.m.
Bus Departs at 9:30 a.m. Return at 3:45 p.m.
Ages: All ages and abilities welcome
Cost: \$14 Resident, \$16 Non-resident
Ref # 4000.021

Adaptive Recreation Day Camps



We offer a fun & exciting day camp opportunity for individuals between the ages of 5-12 & 13-26, who have cognitive or physical impairments, including an autism specific camp. Check out the Spring/Summer magazine for details, including scholarship opportunities.

Registration begins April 28 for Sterling Heights residents;
April 29 for non-residents



Mark your Calendar for June 12, 2020

This will be an adventure you won't want to miss. This exciting Friday night will include mini bowling, food, fun and friends. Details will be in the Spring/Summer Magazine and the Spring Sterling Special.



Creative Cooking

A class designed to help 16-year-olds through adults learn meal preparation skills. Adaptive Recreation participants must be able to follow basic directions or bring an assistant. A cookbook of all our recipes will be given to each participant on the last day. This session we will go beyond just cooking basic meals, we will explore new fun recipes that can be made for breakfast, lunch and dinner!

Location: Sterling Heights Senior Center
Fee: \$8.75 Resident / \$13 Non-resident
Day: Tuesday

Ref#	Food	Time	Date
5001.070	Stewed	5:30-7 p.m.	1/14
5001.071	Stewed	7-8:30 p.m.	1/14
5001.072	Cozy Up	5:30-7 p.m.	1/28
5001.073	Cozy Up	7-8:30 p.m.	1/28
5001.074	On the Border	5:30-7 p.m.	2/11
5001.075	On the Border	7-8:30 p.m.	2/11
5001.076	Not too Fancy	5:30-7 p.m.	2/25
5001.077	Not too Fancy	7-8:30 p.m.	2/25
5001.078	Good Gravy	5:30-7 p.m.	3/10
5001.079	Good Gravy	7-8:30 p.m.	3/10
5001.080	Spicy	5:30-7 p.m.	3/24
5001.081	Spicy	7-8:30 p.m.	3/24
5001.082	Outside the Kitchen	5:30-7 p.m.	4/14
5001.083	Outside the Kitchen	7-8:30 p.m.	4/14



SPORTS

Bowling



Does a low impact sport designed around friendly competition and socialization sound like a good time to you? Then register today for our Adaptive Bowling League. This league is exclusively for those who have cognitive or physical impairments. You can sign up with friends you want to bowl with or be placed on a team and meet new people. Even though the league starts in September you can sign up late as long as we still have space on team's available. Call Rachel Mulawa the Adaptive Recreation Supervisor for more information, 586-446-2703.

Do you like the idea of competing against your own scores each week and focus more on socializing than the expertise of bowling? Our open bowling is the place for you to sign up. As with the league it is created with those who have disabilities in mind but if you would like to have a friend or family member join with you they are more than welcome to. This is also open to register any time during the season September - April.

Location: Sterling Lanes
(14 Mile & Schoenherr)
Fee: \$31 Resident
\$40 Non-resident

This fee is paid once per season (season is Sept. 2019 – April 15, 2020). There is also a \$3 per person fee each week. This includes two games and shoe rental. Bowling starts promptly at 4 p.m.

Join the Challengers Junior Wheelchair Basketball Team

Learn the basics of basketball, shooting techniques, rules and ball-handling skills. All young people, 21 and under, or attending elementary through high school, with physical challenges are welcome. The team plays at Conference, Regional and National Tournaments.

Come hoop it up with the Challengers!

Join this awesome team of young athletes today by calling: Diane Winterstein at 586.212.6196 or Email: michallengers@gmail.com

Practices: Mondays
Location: Carleton Middle School
Time: 7:00 – 9:00pm

Season: September 2019 – April 2020



Northeast Adaptive Recreation



Softball League



Sterling Heights Adaptive Recreation teams will play in the American and National Leagues of the Northeast Adaptive Recreation Softball League.

Players with developmental and physical impairments, ages 12 years through adult are welcome to join. Players will be placed on a team in either the American or National League by the Adaptive Recreation Staff upon review of the player evaluations, which have been completed over the past years, or at the first practice.

Practices and Home Games:

American League: Gerald N. Donovan Park #1
National League: Gerald N. Donovan Park #2

Away Games will be played in Clinton Township, Warren, Grosse Pointe, St. Clair Shores and Shelby Township.

Registration opens on February 4 for residents & February 5 for Non-residents

Days: Tuesdays

Dates: May 12 - July 28, 2020

Time: 6:30 – 8:30 p.m.

Fee: \$51 per Sterling Heights Resident
\$66 per Non-Resident
*Family Rates Available

Registration Deadline is Friday, April 10, 2020

Ref. # 5001.042 American League
5001.043 National League

American League: For players with limited playing ability including: the need for verbal and/or physical assistance to participate, the need to use a batting tee, limited ability in picking up, catching, hitting, and throwing the ball. Teams play with 15-20 players at a time and batters receive 5 pitches before using the batting tee.

National League: For players with fair skills in hitting and fielding the ball, good physical ability and balance, possess coordination of movements to run, ability to attempt to field the ball, know to raise glove to field fly balls or place glove on the ground to field grounders. Games are played with 10 players on the field at a time and balls and strikes are called. Players, who are eligible to play on able-bodied teams, are not eligible for this league.



Class / Trip Registration Form

Head of Household (First & Last Name): _____ Date of Birth: _____ Male / Female

Address: _____ Apt #: _____

City: _____ Zip _____ Email: _____

Phone: (Primary) _____ (Secondary) _____ (Other) _____

Emergency Contact #1 (Req.)

Name: _____ Relation: _____

Primary #: _____ Alt. #: _____

Emergency Contact #2 (Req.) - *Not living in household*

Name: _____ Relation: _____

Primary #: _____ Alt. #: _____

For Special Recreation Participants: Participant's name: _____

Primary Disability: _____ Does the participant use a wheelchair? YES / NO

Shirt Size: (Needed for programs that include shirts or uniforms) _____

Participants Name	DOB	M/F	Program Name & Activity Number	Fee
				\$
				\$
				\$
				\$
				\$
				\$
			Total Due	\$

Payment Method: Cash Check payable to: **Treasurer City Of Sterling Heights # _____** Charge

Credit Card Info.	Visa/MC/Discover # _____ + 3 digit _____ Exp. Date: _____
	For Visa/MC/Discover charges please sign here: _____

DEPARTMENT OF PARKS AND RECREATION RELEASE, WAIVER AND PARTICIPATION AGREEMENT

In consideration of the City of Sterling Heights, City of Sterling Heights Department of Parks and Recreation ("City") allowing me to participate in the City programs, I agree to the following: (A) I assume all risks of injury and property damage and accept all responsibility in case of accidents, injury or death. (B) I release and agree not to sue the City, employees and others acting on its behalf, for any claim, damages, costs or cause or action which I may have or suffer or may in the future have or suffer as a result of any accident, injury including death or damages sustained or incurred while participating in any City program. (C) I also agree that in the event that my participation in the program is terminated, I will be responsible for my transportation expenses home. I acknowledge I have read and understand the above release, waiver and participation agreement and agree to abide by its terms and conditions.

Participant or Parent/Guardian Signature Date Name (Print) DOB

I do not wish to have pictures of myself, child, or legal guardian used for departmental use, including publications.

Mail form to: City of Sterling Heights Parks & Recreation, 40555 Utica Rd. PO Box 8009, Sterling Heights, MI 48311-8009. **Credit card payments only can also be:** fax: (586) 276-4064 **OR scan & email to:** recreation@sterling-heights.net.



Save Time Register Online!

All activities are available online for registration. You will find online at:
www.myshpr.net

Online registration begins at 8:30 a.m.:

REFERENCE #	PROGRAM	DATE	RES.	NON-RES	STAFF
5003.001	***STERLING SPECIAL MAILING LIST ***		FREE	FREE	FREE
4000.021	Michigan Science Center	3/21/2020	\$14.00	\$16.00	\$14.00
5001.038	DANCE EXERCISE SESSION 1	1/6/2020	\$36.00	\$54.00	
5001.039	DANCE EXERCISE SESSION 2	3/9/2020	\$36.00	\$54.00	
5001.040	DANCE EXERCISE SESSION 3	4/27/2020	\$36.00	\$54.00	
5001.042	NORTH EAST ADPATIVE SOFTALL - AMERICAN LEAGUE	5/12/2020	\$51.00	\$66.00	REGISTER FEB. 4TH
5001.043	NORTH EAST ADPATIVE SOFTALL - NATIONAL LEAGUE	5/12/2020	\$51.00	\$66.00	
5001.060	PROM DANCE	5/21/2020	\$19.00	\$28.50	\$19.00
5001.061	SNOWBALL DANCE	1/24/2020	\$8.00	\$11.00	\$1.00
5003.064	CHRISTMAS PARTY	12/19/2019	\$10.00	\$15.00	\$10.00
5001.062	VALENTINE'S DANCE	2/7/2020	\$8.00	\$11.00	\$1.00
5001.063	ST PATRICK'S DANCE	3/20/2020	\$8.00	\$11.00	\$1.00
5001.064	SPRING DANCE	4/24/2020	\$8.00	\$11.00	\$1.00
5001.070	5:30PM COOKING -Stewed	1/14/2020	\$8.75	\$13.00	
5001.071	7:00PM COOKING-Stewed	1/14/2020	\$8.75	\$13.00	
5001.072	5:30PM COOKING -Cozy Up	1/28/2020	\$8.75	\$13.00	
5001.073	7:00PM COOKING- Cozy Up	1/28/2020	\$8.75	\$13.00	
5001.074	5:30PM COOKING - On the Border	2/11/2020	\$8.75	\$13.00	
5001.075	7:00PM COOKING- On the Border	2/11/2020	\$8.75	\$13.00	
5001.076	5:30PM COOKING- Not too Fancy	2/25/2020	\$8.75	\$13.00	
5001.077	7:00PM COOKING- Not too Fancy	2/25/2020	\$8.75	\$13.00	
5001.078	5:30PM COOKING - Good Gravy	3/10/2020	\$8.75	\$13.00	
5001.079	7:00PM COOKING- Good Gravy	3/10/2020	\$8.75	\$13.00	
5001.080	5:30PM COOKING - Spicy	3/24/2020	\$8.75	\$13.00	
5001.081	7:00PM COOKING- Spicy	3/24/2020	\$8.75	\$13.00	
5001.082	5:30PM COOKING - Outside the Kitchen	4/14/2020	\$8.75	\$13.00	
5001.083	7:00PM COOKING- Outside the Kitchen	4/14/2020	\$8.75	\$13.00	
5003.031	OPEN BOWLING	9/13/2019	\$29.00	\$38.00	
5003.032	LEAGUE BOWLING	9/13/2019	\$29.00	\$38.00	

Softball Uniform Number: _____

(Circle the size you need)

Youth Softball Shirt Size: Small (6-8) Medium (10-12) Large (14 - 16)

Adult Softball Shirt Size: Small Medium Large XLarge 2Xlarge

First & Last Name of Friends to sit with at Sweet Moments Prom

City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
P.O. Box 8009
Sterling Heights, MI 48311-8009

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OR CURRENT RESIDENT



Our neighboring communities are offering several recreational activities for people with disabilities. Please contact each community for a complete description of their programs.

Macomb Township Parks and Recreation
Contact Michelle Duda at 586-992-2900

Warren Parks and Recreation
Contact Christine Bary at 586-268-8400

Shelby Township Parks and Recreation
Contact Joe Youngblood at 586-731-0300

Clinton Township Parks and Recreation
Contact Tami or Emily at 586-286-9336

**Romeo-Washington-Bruce Township
Parks & Recreation**
586-752-6543 Contact Grace
or www.rwbparksrec.org.

OUCARES programs
www.oakland.edu/oucares.....248-370-2424

Therapeutic Horseback Riding843-263-2004

Hippotherapy Stable Possibilities
www.stablepossibilities.com586-292-8472

Pride of Trilogy Special Needs Cheerleading
www.AllStarTrilogy.com.....586-532-4171

Elite Cheer Michigan
www.elitecheer-Michigan.com586-948-5867

Play Place for Autism
www.autisticplayplace.org586-254-6533

AYSO VIP Soccer586-726-8612

Faith, Fun and Friends.....586-264-5469

Families ExploringDown’s Syndrome
www.FamiliesExploringDownSyndrome.org

Down Syndrome Guild of Southeast Michigan
www.dsgsemi.org