

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

September - December 2020

Sterling Special

Happy fall everyone,

If you are new to our programming and are curious about what Sterling Heights Parks and Recreation has to offer, this publication lays out all of our Adaptive Programs. Although we have an array of programming for adults and children that everyone is welcome to join, we also have specific programs that are designed just for individuals with varying abilities. The majority of the adaptive programming is geared toward individuals with developmental, cognitive and/or physical impairments and Autism. We pride ourselves on having one of the most well established Adaptive Programs in Macomb County and have since the late 70's. If you or your loved one is in need of recreational activities in an environment that is welcoming and full of positive energy. Look no further, Sterling Heights Parks and Recreation is here and we can't wait to meet you.

For those of you that are not new to our programs, you will find many new activities this fall including many virtual programs. If a program is virtual that means it is being held online typically using an app called Zoom. With the app you can open a link that is emailed to you then log in with the information given. After that, you will be able to see other people who are participating and the instructor. Due to the COVID-19 pandemic we are unable at this time to host our activities inside our building. We are doing our best to make sure you stay safe and healthy while still having interaction with others outside your home. For those that are able to get out we do have some classes that will be meeting outside in Dodge Park until the weather gets too cold.

If you have any questions please feel free to contact myself or our Parks and Recreation office staff as needed. It is important for you to take note that we are still rotating days in the office and working remotely to maximize our social distancing and safety. With that, we ask for your patience and encourage you to follow our Facebook page or Twitter account for the most up to date information on programs and changes. You can also find all of the information on our website at www.myshpr.net.

Contact and Registration information:

- Rachel Mulawa, CTRS: 586-446-2703 , rmulawa@sterling-heights.net
- Main Office: 586-446-2700 • Website: www.myshpr.net
- Registration email: recreation@sterling-heights.net
- Fax number: 586-276-4064

Sincerely,
Rachel Mulawa, CTRS

**THANK
YOU!!**

Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in 2019/2020.

Special Thanks to :
St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, St. Michael's Knights of Columbus, for your donations to the Adaptive Recreation programs.



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4 Hangout 11-12 Dance Exercise 6:30-7:30	5 I.R.L. 6-7 Cooking 5:30-7	6 Hangout 6-7	7 Fitness Stars 9:30-10:30 Kickball 6-7	8 Fitness Stars 9:30-10:30 Kickball 6-7	9 Hangout 11-12
	11 Building Closed Staff In-service	12 I.R.L. 6-7	13 Hangout 6-7	14 Fitness Stars 9:30-10:30 Kickball 6-7	15 Fitness Stars 9:30-10:30 Kickball 6-7	16 Hangout 11-12 Artist Inside 1-2:30 Scavenger Hunt 3-5
	18 Hangout 11-12 Dance Exercise 6:30-7:30	19 I.R.L. 6-7 Cooking 5:30-7	20 Hangout 6-7	21 Fitness Stars 9:30-10:30 Kickball 6-7	22 Fitness Stars 9:30-10:30 Kickball 6-7	23
	25 Hangout 11-12 Dance Exercise 6:30-7:30	26 I.R.L. 6-7	27 Hangout 6-7	28 Kickball 6-7	29 Virtual	30 Happy Halloween!!!
			Check the website for info on Halloween Event			

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 Closed Happy Labor Day	7 Cooking 5:30-7	8 Hangout 6-7	9 Fitness Stars 9:30-10:30 Kickball 6-7	10 Virtual	11 Hangout 11-12
	13 Hangout 11-12 Dance Exercise	14 Hangout 11-12 Dance Exercise	15 I.R.L. 6-7	16 Fitness Stars 9:30-10:30 Kickball 6-7	17 Fitness Stars 9:30-10:30 Kickball 6-7	18 Hangout 11-12
	20 Hangout 11-12 Dance Exercise	21 I.R.L. 6-7 Cooking 5:30-7	22 Hangout 6-7	23 Fitness Stars 9:30-10:30 Kickball 6-7	24 Fitness Stars 9:30-10:30 Kickball 6-7	25 Hangout 11-12 Artist Inside 1-2:30 Scavenger Hunt 3-5
	27 Hangout 11-12 Dance Exercise	28 I.R.L. 6-7	29 Hangout 6-7	30 Hangout 6-7		

December 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Cooking 5:30-7 p.m.	2	3 Fitness Stars 9:30-10:30	4	5 Check website for Christmas activity details
6	7	8	9	10 Fitness Stars 9:30-10:30	11 Virtual Dancel	12 Artist Inside 1-2:30 p.m.
13	14 Registration for Winter Begins	15	16	17 Fitness Stars 9:30-10:30	18	19
20	21	22	23 Christmas Eve	24	25 Merry Christmas	26
27	28	29	30	31		

Looking into 2021 Keep your eyes open for the Pinewood Derby Race, more virtual programs and when restrictions are lifted in person programs again. I hope you have wonderful and safe December. See you soon!

November 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Hangout 11-12	3 Cooking 5:30-7	4 Hangout 6-7	5 Fitness Stars 9:30-10:30	6 Basketball postponed until January	7 Hangout 11-12
8	9 Hangout 11-12	10 I.R.L. 6-7	11 Closed, Thank You Veterans for your Service	12 Fitness Stars 9:30-10:30	13 Hangout 11-12	14 Hangout 11-12 Artist Inside 1-2:30
15	16 Hangout 11-12	17 I.R.L. 6-7 Cooking 5:30-7	18 Hangout 6-7	19 Fitness Stars 9:30-10:30	20 Virtual Dancel	21 Hangout 11-12
22	23	24	25 Happy Thanksgiving	26	27 Buildings Closed	28
29	30					

☆ 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. Dances are virtual at this point. We will also play games & have other activities planned along with dancing! Due to COVID-19 pre-registration is required; no day of registrations will be accepted.

Online registration is for participants

Location: Zoom

Pre-Registration Fee: \$3 Resident/\$4 Non-resident

Ref. #	Day	Time	Date	Theme
5003.062	F	6:30 - 8	10/30	Halloween
5003.063	F	6:30 - 8	11/20	Thankful to Dance



Stretch-N-Grow

Where Fitness Meets Fun! This exercise general fitness class focuses on gross motor and wellness. It helps to improve the level of fitness in our Stars and teaches them the importance of a healthy active lifestyle. We know how to capture your attention & turn it into an adventure! Physical nutrition information is emailed each week.

Location: This class will be meeting outside in Dodge Park in the Farmers Market Pavilion

Date: 9/17 - 10/22
11/5 - 12/17 (held in Dance Studio)
Age: 10 & older
Time: 9:30 - 10:30 a.m.
Fee: \$45 Resident / \$ 67 Non-resident
Ref. #: 5003.064

STAY IN HANG OUT

This is a virtual socializing and activity based fun filled program for anyone who has a cognitive impairment or developmental disability. Using Zoom you can stay active and visit with friends while staying in the comfort of your own home. We will meet three times a week for an hour each day for 10 weeks. You will have access to our Band App group where you will find instructions to crafts and other ideas that relate to our social group. Each month you will be given some basic craft supplies that you can pick up at the Community Center. You will have a list of supplies, activities and what to expect. We will play games such as Trivia and Bingo, we will go on virtual field trips, find out how things are made, get your daily dose of "dad jokes" and smiles, join group exercises, scavenger hunts and more. Payment plans available if needed.

Location: Zoom

Date: 9/28 - 11/21

Day/Time: Monday 11-12 p.m.,
Wed 6-7 p.m., Saturday 11-12 p.m.

Fee: \$120 Resident / \$180 Non-resident

Ref. #: 5003.091

Open Basketball for Adaptive Rec.



To find the current hours and reserve a time, check website under gym schedule.



Location: Your House using Zoom
Fee: \$4 Resident / \$6 Non-resident
Day: Tuesdays

Captivated By Cooking

Join us in preparing meals that captivate your senses. This class is designed to help participants 16+, learn how to prepare meals appropriate for cooks from beginners to advanced skill levels. This fall, classes will be virtual using Zoom. You will be sent a grocery list, then log onto Zoom and participate at home while Mrs. Katie walks you through the process. Not Tech Savy? Don't worry! Contact Rachel directly and she will help you with set up!

Ref. #	Food	Time	Date
5003.070	Grilling Time	5:30 - 7 p.m.	9/8
5003.072	Waffle Iron	5:30 - 7 p.m.	9/22
5003.074	Blender Beyond	5:30 - 7 p.m.	10/6
5003.076	Griddle	5:30 - 7 p.m.	10/20
5003.078	Air Fryer Craze	5:30 - 7 p.m.	11/3
5003.080	Thanksgiving Leftovers	5:30 - 7 p.m.	11/17
5003.082	Pressure Cooking	5:30 - 7 p.m.	12/11

The Artist Inside



These classes will each be unique, entertaining and informative. Whether you are looking for your child to learn the basics in painting or you have always wanted to develop your own talent there is a class for you. You will receive your own set of paints, brushes and either canvas, wood or watercolor paper depending on the class you register for. Allow the artist in you to explore the possibilities with painting. These original art pieces will also make great gifts as the holiday season arrives!

Take your time and learn what you can do. These classes will teach you basics as well as intermediate skills. Each class will be adapted to the participant's individual needs. Classes will also be available via Zoom.

Ages: 15 and older
Time: 1 - 2:30 p.m.
Fee: \$30 Resident / \$43 Non-resident
Day: Saturday

Ref. #	Dates
5003.084	Sept. 26 – Acrylic on canvas*
5003.085	Oct. 17 - Water colors*
5003.086	Nov. 14 - Acrylic on wood **
5003.087	Dec. 12 - Acrylic on canvas **

* Farmers Markrt Pavilion

** Early Childhood Room or Zoom

IRL - IN REAL LIFE

Do you find yourself wishing you could make friends that understood you better? IRL is a safe space for those who have been diagnosed with; Asperger's, learning disabilities, social anxiety, dyslexia, CP, ASD, and any other neurodivergent diagnosis between the ages of 19 and 30. Is it hard for you to make genuine friendships because you have neuro-differences? Then you need to join our IRL group! With this fun and facilitated group you will learn how to be safe when meeting people on line, talk about relationships and friendships, develop social skills and work through basic issues you have had in these areas. It's also a great opportunity to get to know other young adults like yourself. This group is to help those that have gone to general education schools, have jobs, live on their own or with limited assistance learn and become comfortable with making peer relationships. Figuring out life after High School can be hard but we can help.

Location: Imus Park
 Dodge Park Rd, just south of 16 ½ mile
 (while weather permits)
Dates: Tuesdays Sept. 22 – Nov. 17
 * no group 11/3
Times: 6-7 p.m.
Cost: Residents \$10 Non-residents \$15

Northeast Adaptive Recreation Basketball League

Sterling Heights Adaptive Recreation teams play in the N.E.A.R. Basketball League. Players with cognitive impairments, ages 12 years and older are welcome to join. This league is made up of beginners, as well as skilled players. Due to social distancing requirements at this time we are postponing our start time to January 7, 2021

- Practices and home games are played on Thursdays at the Community Center
- Away games will be played in: Warren

Day: Thursdays

Practice Dates: Jan. 7 - Jan. 31 6 - 7:30 p.m.

Game Dates: Feb. - March. 4 6 - 7:30 p.m.

Fee: \$42 Resident
\$54 Non-resident



Special Needs Cheer Teams

The Pride of Trilogy is Michigan's Original Special Needs Cheerleading Team.

No experience necessary to participate.
All ages and abilities welcome.
Contact: 586-532-4171 or
www.AllStarTrilogy.com for more information.

Elite Cheer Michigan

Located in Chesterfield, MI offers cheerleading for all ages and abilities. Contact 586-948-5867 or www.elitecheer-Michigan.com.

Adaptive Kickball

Looking to stay active and get outside as it cools down while staying socially distanced? Kickball is the sport for you. Starting September 17 at Donovan Park, we will divide up teams based on who is able to make it each week. Classic kickball rules will apply. If you have never played that is all right, we will go over the rules and how to play on the first day. All experience levels and abilities are welcome. There will be no use of the dugouts or bathrooms, those waiting to kick will need to wear face masks until their turn. We will be taking extra precautions to maintain social distancing and disinfecting of the ball.

Due to COVID-19, please wear a mask upon arrival. A full mitigation plan is in place & must be followed you can request the details of that before registering; by emailing rmulawa@sterling-heights.net.

Mitigation plan is available to sign electronically during online registration.

Ages: 13 and older

Time: 6 - 7 p.m.

Location: Donovan Park

Fee: \$20 Resident / \$30 Non-Resident

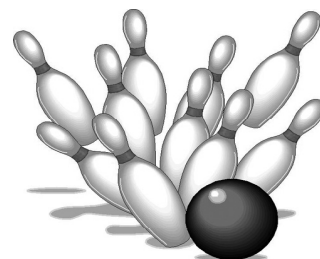
Day: Thursday

Ref. #: 5003.090



Bowling

Due to COVID-19 restrictions, we will not have a fall bowling program. As of now we are planning on starting bowling in January.





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 8089, Sterling Heights, MI 48311-8089. 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.
www.myshpr.net



Scavenger Hunts

Spend an afternoon or early evening exploring the wonderful City of Sterling Heights and our park system. On the day of the event you will receive instructions and your list of things to find and challenges to complete. This will allow you to start your adventure right from home, the team or person with the most points will win a prize. When registering, it is only necessary to sign up one team member. Teams may not exceed 5 people.

Saturday, September 26

Time: 3 - 5 p.m.

Fee: \$10 Resident / \$15 Non-resident

Ref. #: 3002.033

Saturday, October 17

Time: 3 - 5 p.m.

Fee: \$10 Resident / \$15 Non-resident

Ref. #: 3002.034

VIRTUAL



Virtual Classes

Being CREATIVE is what Parks and Recreation is all about! We now offer virtual classes for you to enjoy anywhere. In addition, we have adapted some of your favorite programs to allow for virtual participation, **if necessary**. We miss you in-person, but do not want you to miss any of the FUN!

Virtual classes include:

- Bingo
- Trivia
- Home Alone Safety*
- Scavenger Hunts*
- Skillz Classes for Teens*
- Teen Night Out*
- Sterling eSports
- Sterling Stars Dance Classes*
- Patriotic House Decorating Contest

Adaptive:

- Cooking Classes*
- Dances*
- Scavenger Hunts*
- The Artist Inside*
- IRL*
- Dance Exercise*

Nature Center:

- Virtual Field Trips
- TWIG Skeleton Challenge
- Talk LIVE
- Spooky Scavenger Hunt*
- Animal Feast*

Senior Center:

- 50+ Bingo
- Laughter and Lemonade
- Guess the Year Trivia
- Group Brain Boosters
- Health Talks
- Diabetes Prevention

* Denotes - these classes are scheduled to be offered in-person but can be adapted to be a virtual offering depending upon current Local, State and Federal restrictions.

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

**PRESORTED
STANDARD**
U.S. Postage Paid
Sterling Hgts., MI
Permit No. 60

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 Exploring Down's Syndrome
www.FamiliesExploringDownSyndrome.org

Down Syndrome Guild of Southeast Michigan
www.dsgsemi.org