

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 2021

Sterling Special

Welcome to MYSHPR Adaptive Programs,

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 some new programs this fall as well as your old favorites. Don't delay in registering to save your spot for all the fun this fall. You will find the details to Fitness Stars, Yoga, Kickball, In Real Life- social awareness group, Theater, Basketball, Dances, Cooking, and Crafting. With all these exciting things we also know that we are still battling the COVID-19 pandemic. Due to that, everything is subject to change as we will continue to stay in compliance with state and federal guidelines as they change. We are doing our best to make sure you stay safe and healthy while still having interaction with others outside your home, but please know this may look different at times throughout the year. As of right now, everything is planned for in person. If this has to change at any point, we are ready and will switch to virtual programs as necessary. The best way to know what we have going on and to stay up to date is to like us on Facebook, follow us on Twitter or Instagram. You can also view our website which will continue to be updated as things change. We thank you for your patience and hope to see everyone this fall with our new exciting schedule.

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. I thank you for your understanding and kindness.

Sincerely,
Rachel Mulawa, CTRS

Contact:
• 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

**THANK
YOU!!**

Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in 2021.

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



Save the Date

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

September 2021							September 2021							October 2021													
							Su	Mo	Tu	We	Th	Fr	Sa								Su	Mo	Tu	We	Th	Fr	Sa
Aug 29																											
30																											
31							5:30pm Bike Club							6:00pm Kickball (Donovan Park)													
5							5:30pm Bike Club							6:00pm Kickball (Donovan Park)							11						
6							6:00pm In Real Life (C.C.)														Crafting class						
12							6:30pm Fitness Stars Exercise (CC)							10:00am Yoga (CC)							9:00am Open Gym for Adaptive Participants only						
13							5:30pm Yoga (CC)							6:00pm Kickball (Donovan Park)							18						
14							5:30pm Bike Club							6:00pm In Real Life (C.C.)							9:00am Open Gym for Adaptive Participants only						
19							6:30pm Fitness Stars Exercise (CC)							6:00pm Kickball (Donovan Park)							25						
20							5:30pm Yoga (CC)							10:00am Yoga (CC)							9:00am Open Gym for Adaptive Participants only						
21							6:00pm Meal Prep Cooking Class (CC)							6:00pm Kickball (Donovan Park)							2						
22							5:30pm Bike Club							6:00pm In Real Life (C.C.)							2						
23							6:00pm In Real Life (C.C.)							10:00am Yoga (CC)							2						
24							6:00pm In Real Life (C.C.)							6:00pm Kickball (Donovan Park)							2						
26							6:30pm Fitness Stars Exercise (CC)							6:00pm In Real Life (C.C.)							2						
27							5:30pm Yoga (CC)							10:00am Yoga (CC)							2						
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October 2021							October 2021							November 2021													
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11							5:30pm Yoga (CC)							6:00pm In Real Life (C.C.)							9:00am Open Gym for Adaptive Participants only						
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14							6:00pm In Real Life (C.C.)														Sterling Frights!!						
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22							6:00pm In Real Life (C.C.)							6:00pm In Real Life session 2							9:00am Open Gym for Adaptive Participants only						
24							6:30pm Fitness Stars Exercise (CC)							6:00pm Meal Prep Cooking Class							6:00pm Costume Party Dance (C.C.)						
25							6:00pm Meal Prep Cooking Class							6:00pm In Real Life session 2							9:00am Open Gym for Adaptive Participants only						
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Social



Adaptive Theater

(Ages 16+)

Can you picture it? You're on center stage, you have gained the confidence and focus you need and you're escaping into the drama. These 75 minute classes, for 10 weeks will be filled with theater fun and taught by the instructors of "All The World's A Stage" Theater Company. Participants will explore improvisation using theatre games and exercises, teaching skills needed to create strong improvised and performance scenes. The games and exercises assist in strengthening life skills needed for socialization and confidence. Created for those who want the opportunity to perform, we will wrap up the session with a performance during our December holiday event on December 9.

Time: 10:30 - 11:45 a.m.

Day: Wednesdays

Dates: 10/6 – 12/8 (No Class: 11/24)

Where: Community Center

Fee: \$60 Resident / \$90 Non-resident

Ref.#: 5000.100

(Ages 16 +)

Join us once a month for special a themed party that will let you "Dance the Night Away" to classic hits throughout the decades! This is a great opportunity to stay involved, get connected and be active! Light refreshments will be available, provided by Shuert Technologies.

Time: 6 - 9 p.m.

Where: Community Center

Fee: \$8.50 Resident / \$11.50 Non-resident

Theme:

Date:

"Fall"-ing in Love with Autumn

9/24

Ref.#: 5003.061

Costume Party

10/29

Ref.#: 5003.062

It's a Jungle Out There

11/19

Ref.#: 5003.063

Holiday Dance

(Ages 12 +)

Dress up in your festive holiday outfits and get ready to enjoy an evening that includes a light meal, a visit and professional pictures with Santa, DJ hosted dancing and craft.

Time: 6 - 9 p.m.

Date: Thursday 12/9

Where: Community Center

Fee: \$15 Resident / \$23 Non-resident

Ref.#: 5003.064

IN REAL LIFE

IRL is where you want to be on Wednesday nights. Take this opportunity to meet new friends and hang out with others who understand you "in real life". Play games that are created to encourage appropriate social skills, learn ways to deal with transitioning from the teen years to a young adult. Work on the skills needed to make personal connections and develop valued relationships both in the group and elsewhere in life. If you have a developmental disability, these years can be even harder and leave you feeling anxious, alone and unsure. Supported by a recreation therapist, this friendship group will keep you connected and give your social life a mid-week boost. Designed for individuals who have a cognitive impairment with neurodiversity.

Day: Wednesdays

Time: 6 – 7:30 p.m.

Location: Community Center

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

Ref.#: **Date:**

5003.091 9/8 – 10/13

5003.092 10/27 – 12/8*

No Class: 11/24



PREP LIKE A PRO PLAN, PREP AND FREEZE

(All Ages - Families Welcome)

Cooking can be more than just attempting recipes! Join us for one (or all) of our Prep Like a Pro classes and learn how to pair spices with your favorite foods, create weekly meal plans and prep meals in advance, making dinner time easy!

Classes will be held once a month and will teach meal prepping basics through different recipes. Each participant will take home three meals for two at the end of class to freeze and prepare at home. You can choose to add meat later or leave it as is. Main ingredients and zip lock bags will be provided. This class is inclusive and designed for all ages and abilities. Anyone under 16 or that needs 1 on 1 assistance following directions must bring someone to assist them.

Time: 6 – 7:30 p.m.
Day: Tuesdays
Location: Community Center
Fee: \$20 Resident / \$30 Non-Resident

Theme:	Dates:
Throw it in the Skillet Ref. #:5003.070	9/21
Warmin' it Up – "Chili" Ref. #:5003.071	10/26
Cozy Crock Pot Meals Ref. #:5003.072	11/16
Cookie CRAZE Ref. #: 5003.073	12/14

IMAGINE. DESIGN. CREATE

(Ages 5+)

Create crafts worth keeping! Each month we will have a trendy project that can be adjusted for all skill levels. For two hours a month spend quality time for yourself, with friends or with the family. Children ages 12 and under must have adult supervision. This class is inclusive and designed for participants with all abilities. All materials are provided in fee. Individuals who need assistance following directions, fine motor skills, attention or behavior must have an assistant.

Time: 10 a.m. - noon
Day: Saturdays
Location: Community Center
Fee: \$35 Resident / \$48 Non-Resident

Theme: **Crayons Aren't Just for Kids**
Date: **9/11**
Ref. #: 3002.026
 \$20 Resident / \$30 Non-Resident

Reversible Wood Decor **10/16**
Ref. #:3002.027
 \$30 Resident / \$45 Non-Resident

Wreaths **11/13**
Ref. #:3002.028
 \$40 Resident / \$60 Non-Resident

Crafts-A-Glow **12/11**
Ref. #:3002.029
 \$20 Resident / \$30 Non-Resident

(All Ages)



Play TRIVIA in the comfort of your living room! Each themed trivia game will feature 40 questions of FUN and a special prize for the winner! You must pre-register by noon the day prior to each event. In order to play you will need a device to watch the livestream and a smart phone. Thursdays, 8 p.m. on ZOOM!

Fee: Free for Residents / \$5 Non-residents

Theme	Date:
90's Music Trivia Ref. #: 8003.050	9/23
"Sunny Days" Sesame Street Trivia Ref. #: 8003.051	10/21
Acronyms All-Around Us Ref. #: 8003.052	11/18
Christmas Movie Trivia Ref. #: 8003.053	12/16

Northeast Adaptive Recreation Basketball League

(Ages 12 +)

Sterling Heights Adaptive Recreation teams play in the Northeast Adaptive Recreation Basketball League. Enjoy competition and fun between our own teams and those from other cities. Register early, space is limited. All playing levels welcome.

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

Day: Thursdays
Practice Dates: 11/18, 12/2, 12/16
Game Dates: 1/6 – 2/24 6 – 7:30 p.m.

Fee: \$43 Resident
 \$55 Non-resident

Ref. #: 5003.042



Adaptive Kickball

(Ages 10 +)

Looking to stay active, get outside and socialize? This non-competitive kickball league is for you! Starting September 2 at Donovan Park from 5:30 - 7 p.m., teams are comprised of individuals who have developmental disabilities along with friends and family. Long sleeve t-shirts will be provided. All experience levels and abilities are welcome. * All those who plan to play must register

Time: 5:30 - 7 p.m.
Location: Donovan Park
Fee: \$35 Resident / \$48 Non-Resident
Day: Thursday, 9/2 - 10/7

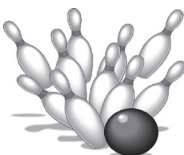
Open Adaptive Basketball



To find the current hours and reserve a time, check www.myshpr.net under gym schedule.

Adaptive Bowling at Sterling Lanes

Contact Sterling Lanes for details! Bowling to start in the fall. Call 586-979-5200.



Where fitness meets fun! This fitness class focuses on gross motor skill development and overall wellness. While improving the level of fitness and activity our "stars" will also learn the importance of a healthy and active lifestyle. We know how to capture our stars' attention and turn exercise into an adventure. Physical nutrition information is emailed out each week with class.

Time: 6:30 – 7:30 p.m.
Where: Community Center
Fee: \$40 Resident / \$60 Non-resident

Ref#:	Day:	Dates:
1003.352	M	9/13 - 10/25*
1003.355	M	11/8 – 12/13
		*No Class: 10/11

Adaptive Yoga (Ages 12 +)

Need a place where you don't feel out of place if you need some extra assistance with balance or direction? This yoga class is modified for individuals who need extra guidance due to sensory stimulation, special awareness, balance and understanding multi step directions. You don't have to worry about being flexible enough or strong enough. Instructor: Liz Wilk

Fee: \$40 Resident / \$60 Non-Resident
 \$34 Resident / \$46 Non-Resident (5 Weeks)
Location: Community Center

Ref. #:	Day:	Dates:	Time:
5003.038	T	9/14 - 10/19	5:30 – 6:30 p.m.
5003.039	TH	9/16 - 10/21	10 - 11 a.m.
5003.040	T	11/9 – 12/14**	5:30 – 6:30 p.m.
5003.041	TH	11/4 – 12/16*	10 - 11 a.m.
No Class: 11/11, 11/25			
** 5 Week Class			

Motor City Wheelz Junior Wheelchair Basketball

Diane Winterstein
 Contact 586-212-6196





Save Time Register Online!

All activities are available online for registration.

**Scan to
Register Now!**



**Sterling Heights
PARKS &
RECREATION**

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.)

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

Name: _____ Relation: _____

Name: _____ Relation: _____

Primary #: _____ Alt. #: _____

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.**

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

**PRESORTED
STANDARD**
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Sterling Hgts., MI
Permit No. 60

Or Current Resident



Why celebrate each holiday separately? Join us for "HAPPY EVERYTHING" Bingo and enjoy Halloween, Thanksgiving and Christmas all at once! Our event will feature five games of Bingo, prizes and refreshments.

Saturday, 11/13
All Ages

Fee: \$5 Resident / \$8 Non-Resident
Location: Community Center

Happy Everything Bingo Ref. #: 1003.205

B	I	N	G	O
5	30	36	46	68
2	47	35	58	67
9	27	☆	60	70
6	24	31	52	64
13	20	40	47	73

CARD 1

"STERLING FRIGHTS"

Halloween

Check out the exciting events, attractions and cast of characters coming this October to the 7th Annual "Sterling Frights" Halloween Party.



Saturday, October 23
10 a.m. - 1 p.m.
Dodge Park

Ages - 12 years and younger

"A Sterling Christmas"

Everyone is invited to ring in the holiday season with a variety of family fun activities at the 44th Annual "A Sterling Christmas"!

Saturday, December 4
5:45 - 8:30 p.m.
Dodge Park

