

January - April 2022

Sterling Special

Happy Holidays!

As we enter the season of thanks and reflection, the Sterling Heights Parks and Recreation Department would like to take this opportunity to express our gratitude to all of our Adaptive Recreation participants and families, for sticking with us over the last twenty months despite an inconsistent schedule of programs and enough changes to make us all go crazy. While the COVID-19 virus is still here, we are proud to see a number of our activities coming back into the fold, and seeing all of the smiling faces at the Halloween Costume Party helps remind us of the important work that we do.

Over the next few months, we will be bringing back even more of the programs that were missed in 2020, and looking towards the future for new exciting opportunities. As always it is our goal to find ways for our participants to experience socialization, fitness, skill building and teamwork activities while also providing opportunities for integrated recreation. While we hope that there is at least one thing for everyone in the following pages, we strongly encourage you each to step out of your normal boundaries and try different activities as you never know who you will meet or how much fun you can have! If there is something we are not offering that you would like to see, please let us know either by calling or emailing at the information on this page and we will gladly assess what is required to add the new program to our catalog.

Lastly, you may or may not know that our Adaptive Recreation Supervisor, Rachel Mulawa, is out on a medical leave until the end of January. During her absence, we are fortunate enough to have Brendan Shiemke coordinating adaptive programs. Brendan is a recent graduate from Central Michigan University and has jumped right in to ensure that we don't skip a beat. Brendan can be reached at 586-446-2703 or by email at bshiemke@sterling-heights.net. Please connect with him for all of your adaptive recreation questions or concerns.

Again, all of us here at Sterling Heights Parks and Recreation would like to wish you a Happy Holiday Season, and a wonderful start to 2022!

Sincerely,
Kyle R. Langlois, CPRE
Parks and Recreation Director



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

Special Thanks to :



**St. Lawrence's Knights
of Columbus**



Shuert Technologies



STAY CONNECTED:

Phone: 446-2700

Online: www.myshpr.net

Facebook: www.facebook.com/shparksandrec

Twitter: @sterlingheights

Instagram: @cityofsterlingheights

Save the Date

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

2022


CALENDAR YEAR

JANUARY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31 	01 Community Center CLOSED New Year's Day
02 Community Center CLOSED	03	04	05 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	06 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	07 6 - 7:30 p.m. Game & Puzzle Night Must pre-register	08 
09	10 6:30 - 7:30 p.m. Fitness Stars Must pre-register	11 5:30 - 6:30 p.m. Adaptive Yoga Must pre-register	12 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	13 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	14	15
16 Community Center CLOSED Martin Luther King, Jr Day	17	18 5:30 - 6:30 p.m. Adaptive Yoga	19 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	20 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games 3 p.m. Table	21 6 - 9 p.m. Bowling Marquette Dance Must pre-register	22 10 a.m. - 12 p.m. Imagine, Design, Create Must pre-register
23 	24 6:30 - 7:30 p.m. Fitness Stars	25 9:30 - 10:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Prep Like A Pro Must pre-register	26 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	27 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	28	29 
30	31 6:30 - 7:30 p.m. Fitness Stars	01	02	03	04	05

2022





CALENDAR YEAR

FEBRUARY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01	02	03 5:30 - 6:30 p.m. Adaptive Yoga	04 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	05 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	06 6 - 7:30 p.m. Game & Puzzle Night Must pre-register	07 
08	09 6:30 - 7:30 p.m. Fitness Stars	10 5:30 - 6:30 p.m. Adaptive Yoga	11 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	12 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	13 6 - 9 p.m. Be My Valentine Dance Must pre-register	14 12 p.m. For the LOVE of BINGED Must pre-register
15 	16 6:30 - 7:30 p.m. Fitness Stars HAPPY VALENTINE'S DAY!	17 5:30 - 6:30 p.m. Adaptive Yoga	18 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	19 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games 3 p.m. Table	20	21 10 a.m. - 12 p.m. Imagine, Design, Create Must pre-register
22	23	24 9:30 - 10:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Prep Like A Pro Must pre-register	25 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	26 12 - 2 p.m. Family Gym 5 p.m. NCAH Basketball Games	27 5:30 p.m. Pinesroad Derby	28 
29 	30 6:30 - 7:30 p.m. Fitness Stars Registration begins for Adaptive Softball TOURNAMENT	01	02	03	04	05
06	07	08	09	10	11	12

Save the Date

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

2022

CALENDAR YEAR

MARCH

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 27	28	5:30 - 6:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Fairy Gardens Must pre-register	01 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	02 12 - 2 p.m. Family Gym	03 6 - 7:30 p.m. Game & Puzzle Night Must pre-register	04
06	6:30 - 7:30 p.m. Fitness Stars	07	08 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	09 12 - 2 p.m. Family Gym	11	12
 13	6:30 - 7:30 p.m. Fitness Stars	14 5:30 - 6:30 p.m. Adaptive Yoga Must pre-register	15 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	16 12 - 2 p.m. Family Gym	17 6 - 9 p.m. Luck O' the Irish Dance Must pre-register	18
20	6:30 - 7:30 p.m. Fitness Stars	21 5:30 - 6:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Prep Life A Pro Must pre-register	22 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	23 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class Must pre-register	24	 25
27	6:30 - 7:30 p.m. Fitness Stars	28 5:30 - 6:30 p.m. Adaptive Yoga	29 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	30 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class 3 p.m. Time	31	02
03	04	05	06	07	08	09

2022

CALENDAR YEAR

APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	01	02
 03	04	NO YOGA CLASS	05 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	06 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class	07	08
10	11	5:30 - 6:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Fairy Gardens Must pre-register	12 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	13 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class	14 COMMUNITY CENTER CLASSES	 15
 17 HAPPY EASTER!!	18	19 5:30 - 6:30 p.m. Adaptive Yoga	20 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	21 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class	22 6 - 9 p.m. Spring Fling Dance Must pre-register	23
24	25	26 5:30 - 6:30 p.m. Adaptive Yoga 5 - 7:30 p.m. Prep Life A Pro Must pre-register	27 2:30 - 4 p.m. Basketball Open Gym Adaptive ONLY	28 12 - 2 p.m. Family Gym 6 - 7:15 p.m. Theatre Class 3 p.m. Time	29 REGISTRATION DEADLINE FOR ADAPTIVE SOFTBALL	30
01	02	03	04	05	 06	07

Social



GAME NIGHT & PUZZLE CONTEST

(Ages 6+)

Something for everyone! Play a game as a family or a small group, enter the puzzle contest or join the Bingo game. Each month we will have board/card games, puzzles and group games. Take this time to enjoy each other, make friends, get out of the house and have fun. This is a safe family space with a calming room available if needed. Prizes available for Bingo and puzzle contest winners.

Time: 6 - 7:30 p.m.

Day: Fridays

Where: Community Center

Fee: \$5 Resident / \$10 Non-resident

Ref. #:

5001.101

5001.102

5001.103

Dates:

January 7

February 4

March 4



PINEWOOD DERBY RACE

(Ages 4 – Adult)

Design, assemble, race! We will provide you with the car kit and you get to assemble it and design the car you think will be the fastest. With multiple age groups and divisions to race in this is a great event for everyone.

\$20 Resident / \$30 Non-Resident

Time: 5:30 - 9 p.m.

Day: Friday, February 25

Where: Community Center

Ref. #:

3000.108

3000.109

3000.110

3000.111

3000.112

Ages:

4 - 7 years

8 - 11 years

12 – 17 years

Grand Connections

(child & grandparent)

Adult Build-off, Ages 18+

Scan to
Register Now!



(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

Classic Saturday Morning Cartoons

Ref. #: 8000.050

Date:

1/20

"Parks & Rec." Television Trivia

Ref. #: 8000.051

2/17

The Magic of Disney Movie Trivia

Ref. #: 8000.052

3/31

Current Events in the U.S. Trivia

Ref. #: 8000.053

4/28

"Back to the Future" Movie Trivia

Ref. #: 8000.053

5/19

Social



LIFE SKILLS EXPRESSIONS WITH THEATRE

(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, not bad drama, good drama. These 75 minute classes, for 10 weeks will be filled with theatre fun and taught by the instructors of "All The World's A Stage" Theatre 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.

Time: 6 - 7:15 p.m.

Day: Thursdays

Dates: 3/24 - 5/12

Where: Community Center

Fee: \$40 Resident / \$60 Non-resident

Ref. #: 5001.100

Dance The Night Away

(Ages 16 +)

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

No Registrations will be accepted at the door.

**NEW
POLICY**

Time: 6 - 9 p.m.

Where: Community Center

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

Theme:

Date:

Snowball Masquerade

1/21

Ref. #: 5001.061

Be My Valentine

2/11

Ref. #: 5001.062

Luck o' the Irish

3/18

Ref. #: 5001.063

Spring Fling

4/22

Ref. #: 5001.064



**Saturday, February 12
12 p.m.
All Ages**

Why stay indoors on a cold, winter Saturday morning? Join us "For the LOVE of Bingo" Valentine's themed bingo event at the Community Center! Our event will feature five games of bingo, prizes and refreshments.

Fee: \$5 Resident / \$8 Non-Resident

Location: Community Center

" For the LOVE of Bingo" Ref. #: 1000.205

B	I	N	G	O
5	30	36	46	68
2	17	35	58	67
9	27	☆	60	70
6	24	31	52	64
13	20	40	47	73

CARD 1

CREATIVE



PREP LIKE A PRO PLAN, PREP AND FREEZE

(Ages 5+ - 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: **Soup**
Dates: **January 25**
Ref. #: 5001.070

Casserole
February 22
Ref. #: 5001.071

Breakfast
March 22
Ref. #: 5001.072

Grill
April 26
Ref. #: 5001.073

IMAGINE. DESIGN. CREATE

(All Ages)

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

Theme: **Winter Wonderland**
Date: **January 22**

Ref. #: 5000.084
\$20 Resident / \$30 Non-Resident

Planter Pot Creations **February 19**

Ref. #: 5000.085
\$20 Resident / \$30 Non-Resident

FAIRY GARDENS (Ages 5 - Adult)

There is always a little bit of magic in the forest. Do you ever wonder where it comes from or where the magical forest fairies and gnomes live? Whether gardening or crafting, you don't want to miss the magic of the fairy tales coming to life in our classes. Along with our creative experience, pizza dinner will be provided. \$30 Resident / \$45 Non-resident



Time: 6 - 7:30 p.m.
Day: Tuesdays
Where: Community Center

Project: **Planter Gnome Homes**
Date: **March 1**
Ref. #: 3000.100

Bird Baths, Bridges & Benches
Ref. #: 3000.101 **April 12**

Scan to
Register Now!



Northeast Adaptive Recreation Softball League

Sterling Heights Adaptive Recreation teams play in the American and National Leagues of the Northeast Adaptive Recreation Softball League. Players with developmental and physical impairments, ages 13 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.

Dates: Practice – Tuesday, May 17 & 24
Games – Tuesdays, May 31 – August 2

No Game: 7/5

Time: 6:30 - 8 p.m.

Fee: \$53 Resident / \$69 Non-resident

Ages: 13 and older

Registration begins February 28
Registration deadline April 29

Ref. #	League
5001.042	American
5001.043	National



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 May 2 for Sterling Heights residents; May 3 for non-residents.

Open Adaptive Basketball

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



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:
1000.352	M	1/10 - 2/14*
1000.355	M	2/28 - 3/28
		*No Class: 1/17

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: \$50 Resident / \$75 Non-Resident
\$44 Resident / \$66 Non-Resident (5 Weeks)

Location: Community Center

Ref. #:	Day:	Dates:	Time:
5000.038	T	1/11 - 3/1	5:30 – 6:30 p.m.
5000.039	T	3/15 - 5/3*	5:30 – 6:30 p.m.
*No Class: 4/5			

Motor City Wheelz Junior Wheelchair Basketball

Diane Winterstein
Contact 586-212-6196



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
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Permit No. 60

Or Current Resident



DODGE PARK ICE RINK



Hours of Operation

Monday - Thursday, Noon - 9 p.m.
Fridays, Noon - 10 p.m.
Saturday, 11 a.m. - 10 p.m.
Sunday, 11 a.m. - 8 p.m.

Fee:

Sterling Heights Residents :
Free (with Photo ID)*
Non-residents: \$5 per person
Cash or Credit is accepted
(Visa, Master Card & Discover)
Skate Rental: \$3 Skate Sharpening: \$5

*Adults & Teens 16 and up must show photo ID
Ages 13 - 15 must show ID if not accompanied by an adult .
Ages 12 years old & younger must be accompanied by an adult.

Holiday Hours of Operation

Dec. 24	11 a.m. - 3 p.m.
Dec. 25	Closed
Dec. 31	11 a.m. - 3 p.m.
Jan. 1	Closed
Feb. 13	11 a.m. - 6 p.m.

SPECIAL EVENTS

Special Events happening at the Dodge Park Ice Rink
this season include:

- **Cocoa with C.O.R.E.**
December 8 from 6 - 9 p.m.
- **Glow Stick Nights: 7 - 9 p.m.**
70's Night: January 8
80's Night: January 15
90's Night: January 22
2000's: January 29
- **Date Night:** Saturday, February 12 – Each couple will get a
sweet treat. Romance will be in the air!
- **Game Nights:** Friday, February 11 and 25 - 7 – 8 p.m.
Come out for an evening of games while you skate! Prizes
will be given out to the winner! I-Spy, True or False and Word
Scrambles.