



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, Nate Shannon  
and Barbara A. Ziarko  
City Manager - Mark D. Vanderpool

January - April 2019

# Sterling Special

Happy Holidays,

The cold has officially arrived, but we do not want you to just stay bundled up at home and hibernating. Instead, we encourage you to get out, be active, and socialize with others at one or more of our many Adaptive Recreation opportunities. And don't just stop there, as there are many other great events and programs available through the Parks and Recreation Department that are geared for everyone, including great fitness classes for the whole family. If being outside in the cold is more your thing, make sure to stop by one of the City's 26 developed parks and enjoy what they have to offer in the winter time. A listing can be found in the City Magazine or at [www.myshpr.net](http://www.myshpr.net).

The Parks and Recreation Department will continue to conduct business out of Fillmore Elementary in 2019. We recognize that there are some challenges with this building, but we are so grateful to be able to continue offering our services to the public while we wait for the new community center to be completed, which will be done before we know it! Some of the challenges include available space for our monthly dances. We continue to recommend registering in advance so that you can guarantee a spot. Once the spaces are sold out (which may be all in advance), there will be no additional registrations taken at the door. We ask that you please contact us with any questions regarding programs and their associated capacity, and we humbly ask for your patience while we operate under this temporary arrangement. We know it will all be worth it once the new community center is open!

As you read this letter, please also note that I will be out of the office for the first three weeks of January. The Parks and Recreation staff is prepared to keep the programs going and answer any questions that come up during that period of time. Please call the main office at 586-446-2700 or email [recreation@sterling-heights.net](mailto:recreation@sterling-heights.net) during that time.

Sincerely,  
*Rachel Mulawa, CTRS*

586-446-2703  
[rmulawa@sterling-heights.net](mailto:rmulawa@sterling-heights.net)



**Mark Your Calendars!**  
**CJ Barrymores on Hall Road**  
**June 7, 2019**

Look for details in the Spring/Summer edition or online once it gets closer!!



*Thank you to the following organizations for supporting the Sterling Heights Adaptive Recreation program in 2018/2019.*

*A special thanks to  
Father Heary Knights of Columbus,  
St. Michael's Knights of Columbus,  
St. Isidore's Knights of Columbus,  
St. Lawrence's Knights of Columbus,  
Jet's Pizza (18 & Ryan),  
Sterling Heights Regional Chamber  
of Commerce & Industry,  
The Autism Society,  
Oakland/Macomb and  
Shuert Technologies*

# Save the Date

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

## FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	Exploring Employment 6:30-7:30pm Dance Exercise 6:30-7:30pm	Cooking - Dinner on a Budget 5:30-7pm, 7:30pm 8:30pm	Exploring Employment 11-12pm Bowling 4-5:30pm	Basketball		
10	11	12	13	14	15	16
	Exploring Employment 6:30-7:30pm Dance Exercise 6:30-7:30pm		Exploring Employment 11-12pm Bowling 4-5:30pm	Basketball	Valentine's Dance 6:30-7:30pm	
17	18	19	20	21	22	23
Red Wings Vs Philly Flyers 3:30pm	No class Mid Winter Break		No class / No bowling	NO Basketball		
24	25	26	27	28		
	Dance Exercise 6:30-7:30pm	Cooking - Sauces 5:30-7pm, 7-8:30pm	Bowling 4-5:30pm	Job Fair for Exploring Employment Class 1pm Basketball		

## APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7	8	9	10	11	12	13
	Dance Exercise 6:30-7:30pm	Cooking- Fire up the Grill 5:30-7pm, 7-8:30pm	Bowling 4-5:30pm			
14	15	16	17	18	19	20
	Dance Exercise 6:30-7:30pm		Last day of Bowling 4-5:30pm			
21	22	23	24	25	26	27
	Dance Exercise 6:30-7:30pm				Spring Dance 6:30-9pm	
28	29	30				

## JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	7	8	9	10	11	12
	Exploring Employment 6:30-7:30pm Dance Exercise 6:30-7:30pm	Cooking - Soup 5:30-7pm, 7-8:30pm	Exploring Employment 11-12pm Bowling 4-5:30pm	First Basketball Game		
13	14	15	16	17	18	19
	Exploring Employment 6:30-7:30pm Dance Exercise 6:30-7:30pm		Exploring Employment 11-12pm Bowling 4-5:30pm	Basketball		
20	21	22	23	24	25	26
	NO CLASS BUILDING CLOSED	Cooking - Comfort Food 5:30-7pm, 7-8:30pm	Exploring Employment 11-12pm Bowling 4-5:30pm	Basketball	Snowball Dance 6:30-9:30pm	
27	28	29	30	31		
	Exploring Employment 6:30-7:30pm Dance Exercise 6:30-7:30pm		Exploring Employment 11-12pm Bowling 4-5:30pm	Basketball		

## MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
		Cooking - All about Gravy 5:30-7pm, 7-8:30pm	Bowling 4-5:30pm	Basketball Tournament and awards		
10	11	12	13	14	15	16
	Dance Exercise 6:30-7:30pm		Bowling 4-5:30pm		St. Patrick's Day Dance 6:30-9pm	
17	18	19	20	21	22	23
	Dance Exercise 6:30-7:30pm	Cooking - Hot or Not 5:30-7pm, 7-8:30pm	Bowling 4-5:30pm			
24	25	26	27	28	29	30
	Dance Exercise 6:30-7:30pm		Bowling 4-5:30pm			
31						

# ★ 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, lock in your spot, help 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, pay at door. They are unable to pay online.

Pizza sponsored by  **SHUERT TECHNOLOGIES**

**Location:** Fillmore Elementary

**Day:** Fridays

**Time:** 6:30-9:30 p.m.

*Pre-register & Save Money*

**Pre-registration Fee:** \$7.75 Resident/\$10.75 Non-resident, \$1 Staff

**At the Door Fee:** \$10 Resident/\$14 Non-resident, \$1 Staff

\* Call for group home rates



Ref#	Dates	Theme
5001.061	1/25	Snowball
5001.062	2/15	Valentine's
5001.063	3/15	St. Patrick's
5001.064	4/26	Spring



## 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 including party dances, circle dances, and line dances. All ability levels will be accommodated, and wheelchairs and walkers are welcomed. Parents and caregivers are encouraged to join if their dancer needs assistance. No dance experience necessary, just a desire to have a good time and stay healthy!

**Location:** Senior Activity Center

**Day:** Monday

**Time:** 6:30 - 7:30 p.m.

**Fee:** \$35 Resident/\$52 Non-resident

Ref. #	Dates
5001.038	1/7- 2/25
5001.039	3/11 - 4/22
5001.040	4/29 - 6/10
No Class 1/21, 2/18, 4/1, 5/27	

Sterling Heights Parks & Recreations  
*presents*



**2019 Adaptive Recreation Prom Dance**

**Thursday,  
May 23 6 -10 p.m.**

Ladies and Gentlemen, it is time to dust off your suits and ties and shine your tiaras. We have a spectacular evening planned with family style dinner, dancing, professional photos and favors. You may bring a date to this unforgettable event but it is not required.

This event is co-sponsored by Shuert Technologies and the Autism Society of Greater Macomb/Oakland

**Location:** Century Banquet Center (33204 Maple Ln, Sterling Heights, MI 48312)

**Date:** Thursday May 23, 2019

**Time:** 6 -10 p.m.

**Fee:** \$18 Resident/\$27 Non-resident  
\$18 **Staff**

No registration after May 10

**Ref#:** 5001.060

# Activities

## Family Fun Trip: Red Wings vs Philadelphia Flyers

This is another family fun adventure you won't want to miss and is appropriate for individuals of all ages and abilities. All you do is sign up and enjoy the trip. We will provide curb side drop off to the arena, Labatt Blue Club Level seats (concessions available in the seating area), a \$10 food or beverage concession credit and a \$10 gift card to use at any of the restaurants in the concourse that day. \*(This trip is an inclusive trip and is not restricted to adaptive recreation participants only. If a participant cannot navigate a stadium alone they should sign up with a friend or family member.)

**Date:** Sunday February 17, 2019  
**Time:** Check in at the Senior Center from 3:30-3:50p.m.  
 Bus will leave promptly at 4p.m.  
**Fee:** \$81 Resident / \$83 Non-resident  
**Ref#:** 4000.025

## Family Fun Trip! Paw Patrol Live! "Race To The Rescue"



Are you and your child in love with the fun loving animation of Paw Patrol? Using their unique skills and teamwork, the pups show that "no job is too big, no pup is too small" as they make heroic rescues on their race to the finish line and share lessons for all ages about citizenship, social skills and problem-solving. Price includes your ticket to the show and transportation to and from the Fox Theatre. Tickets will be on the main floor section F5. This trip is intergrated and not restricted to Adaptive Recreation only.

**Location:** Fox Theater  
**Date:** Saturday, March 2, 2019  
**Time:** Check in at the Senior Center from 8-8:20a.m.  
 Bus will leave promptly at 8:30a.m.  
 Expect to return by 12:30p.m.  
**Fee:** \$32 Resident/\$34 Non-resident  
**Ref #:** 4000.020



## Adaptive Storytime

A small group storytime designed for children ages 3 to 10 who have special needs. The rhythm, movement, & sensory-friendly activities at this program are especially suited for children with autism or other sensitivities. Register through the Sterling Heights Library website.

**Location:** Sterling Heights Library  
**Dates:** Saturdays - Jan. 5, Feb. 2, Mar. 2, Apr. 13  
**Time:** 10:30 a.m.

## Summer Day Camp Information

Day Camp will be here before we know it! We will be offering an exciting camp opportunity for kids 5-12 years with cognitive impairments or impairments in our junior camps. If you are 13-26 years old, look for our Senior Camps, as well. Details will be in the Summer issue, coming in April!

**Fee:** \$170 for Resident  
 \$286 Resident Family  
 \$255 for Non-residents  
 \$429 for Non-resident Family



Registration begin: May 1 for Sterling Heights Residents, May 2 for Non-Sterling Heights Residents

## Creative Cooking - Become a Home Chef



A class designed to help 16-year-olds and up 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 & explore new fun recipes that can be made for breakfast, lunch & dinner!

**Location:** Sterling Heights Senior Center  
**Fee:** \$8.50 Resident / \$12.75 Non-resident  
**Day:** Tuesday



Ref#	Food	Time	Date
5001.070	"No Can" Soup	5:30-7 pm	1/8
5001.071	"No Can" Soup	7-8:30 pm	1/8
5001.072	Comfort Food	5:30-7 pm	1/22
5001.073	Comfort Food	7-8:30 pm	1/22
5001.074	Dinner on a Budget	5:30-7 pm	2/5
5001.075	Dinner on a Budget	7-8:30 pm	2/5
5001.076	Sauces	5:30-7 pm	2/26
5001.077	Sauces	7-8:30 pm	2/26
5001.078	All About Gravy	5:30-7 pm	3/5
5001.079	All About Gravy	7-8:30 pm	3/5
5001.080	Hot or Not Cooking	5:30-7 pm	3/19
5001.081	Hot or Not Cooking	7-8:30 pm	3/19
5001.082	Fire up the Grill	5:30-7 pm	4/9
5001.083	Fire up the Grill	7-8:30 pm	4/9

# SPORTS

## Bowling

It's not too Late to  
Join the Second  
1/2 of the Bowling  
Season!

**Open:** A bowling program for individuals of any age who have cognitive or physical impairments and their family members. Young children

and individuals with limited abilities may use bumpers.

**League:** A competitive bowling league for persons who have cognitive or physical impairments. All skill levels are welcome. Ages 13 & older.

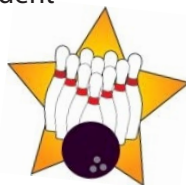
**Location:** Sterling Lanes (14 Mile & Schoenherr)  
It is wheelchair accessible & has electronic scoring!

**Day/Time:**

Wednesdays, Sept. 12 - April 17, 2019. Bowling starts promptly at 4 ending by 5:30 p.m.

**Fee:** \$29 Sterling Heights Resident  
\$38 Non-resident  
Registration fee paid once per season

(season runs Sept. 2018 - April 2019)  
\$3.50 per person each week, includes two games and shoe rental.



**Ref.# 5003.031** Open Bowling  
**5003.032** League Bowling  
No class 4/3

## Exploring the World of Employment



Join us for a new and exciting class that is set up to teach you everything you need to know about employment. It is a 5 week class that will introduce you to aptitude testing, writing resumes, searching and applying for jobs, interviewing skills, what it takes to keep your employment, a field trip to work locations, and an end of the series job fair. Each class is 1 hour long and will be held at Fillmore Elementary School.

Session 1: Day time class

**Date:** Wednesdays, 1/9 – 2/13 (no class January 30)  
**Time:** 11a.m. -12 p.m.  
**Fee:** \$40 Resident / \$52 Non-resident  
**Ref#:** 1000.914

Session 2: Evening class:

**Date:** Mondays, 1/7 –2/11 (no class January 21)  
**Time:** 6:30-7:30 p.m.  
**Fee:** \$40 Resident / \$52 Non-resident  
**Ref#:** 1000.915

## Northeast Adaptive Recreation Softball League



Sterling Heights is proud to be a part of this league and want you to join in the fun. The league is separated into two divisions for safety and competitiveness. This allows us to encourage those just starting out to those with serious skills and playing ability to each find a perfect fit on a team. This league is for those who are 12 and older and love to be outside and enjoy playing softball.

**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.

**Location:** Practices and home games for both divisions at Gerald N. Donovan Park (formally Jaycee Park). Away games will vary between; Clinton Twp, Warren, Grosse Pointe, St. Clair Shores and Shelby Twp.

**Date:** May 7 – July 30, 2019  
**Times:** 6:30 – 8:30p.m.  
**Fee:** \$51 per Sterling Heights Resident  
\$66 per Non-Resident  
Family Rates Available

**Registration Deadline is Friday, April 1, 2018**  
Registration opens 2/11 for Residents & 2/12 for Non-residents

**Ref. # 5001.042** American League  
**5001.043** National League

## Join the Motor City Wheelz Junior Wheelchair Basketball Team



**Days:** Monday & Wednesday  
**Practices:** Mondays  
**Location:** Carleton Middle School  
**Time:** 7 – 9 p.m.

Join this awesome team of young athletes today by calling: Diane Winterstein at 586.212.6196 or michallengers@gmail.com or Claudia at 586. 945.0685



# 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
				\$
				\$
				\$
				\$
				\$
				\$
			<b>Total Due</b>	\$

**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](http://www.myshpr.net)

Online registration begins at 8:30 am:

REFERENCE #	PROGRAM	DATE	RES.	NON-RES	STAFF
5003.001	***STERLING SPECIAL MAILING LIST ***		FREE	FREE	FREE
4000.025	FAMILY FUN TRIP - RED WINGS	2/17/19	\$81.00	\$83.00	\$81.00
4000.020	FAMILY FUN TRIP- PAW PATROL	3/2/19	\$32.00	\$34.00	\$32.00
5001.038	DANCE EXERCISE SESSION 1	1/7/19	\$35.00	\$52.00	
5001.039	DANCE EXERCISE SESSION 2	3/11/19	\$35.00	\$52.00	
5001.040	DANCE EXERCISE SESSION 3	4/29/19	\$35.00	\$52.00	
5001.042	SPECIAL REC. SOFTBALL - AMERICAN LEAGUE	5/7/19	\$51.00	\$66.00	REGISTER FEB. 11
5001.043	SPECIAL REC. SOFTBALL - NATIONAL LEAGUE	5/7/19	\$51.00	\$66.00	
5001.060	PROM DANCE	5/23/19	\$18.00	\$27.00	\$18.00
5001.061	SNOWBALL DANCE	1/25/19	\$7.75	\$10.75	\$1.00
5001.062	VALENTINE DANCE	2/15/19	\$7.75	\$10.75	\$1.00
5001.063	ST. PATRICKS DAY DANCE	3/15/19	\$7.75	\$10.75	\$1.00
5001.064	SPRING DANCE	4/26/19	\$7.75	\$10.75	\$1.00
5001.070	<b>5:30PM</b> COOKING -NO CAN SOUP	1/8/19	\$8.50	\$12.75	
5001.071	<b>7:00PM</b> COOKING- NO CAN SOUP	1/8/19	\$8.50	\$12.75	
5001.072	<b>5:30PM</b> COOKING -COMFORT FOOD	1/22/19	\$8.50	\$12.75	
5001.073	<b>7:00PM</b> COOKING- COMFORT FOOD	1/22/19	\$8.50	\$12.75	
5001.074	<b>5:30PM</b> COOKING -DINNER ON A BUDGET	2/5/19	\$8.50	\$12.75	
5001.075	<b>7:00PM</b> COOKING- DINNER ON A BUDGET	2/5/19	\$8.50	\$12.75	
5001.076	<b>5:30PM</b> COOKING- SAUCES	2/26/19	\$8.50	\$12.75	
5001.077	<b>7:00PM</b> COOKING- SAUCES	2/26/19	\$8.50	\$12.75	
5001.078	<b>5:30PM</b> COOKING -ALL ABOUT THE GRAVY	3/5/19	\$8.50	\$12.75	
5001.079	<b>7:00PM</b> COOKING- ALL ABOUT THE GRAVY	3/5/19	\$8.50	\$12.75	
5001.080	<b>5:30PM</b> COOKING -HOT OR NOT COOKING WITH SPICE	3/19/19	\$8.50	\$12.75	
5001.081	<b>7:00PM</b> COOKING-HOT OR NOT COOKING WITH SPICE	3/19/19	\$8.50	\$12.75	
5001.082	<b>5:30PM</b> COOKING -FIRE UP THE GRILL	4/9/19	\$8.50	\$12.75	
5001.083	<b>7:00PM</b> COOKING- FIRE UP THE GRILL	4/9/19	\$8.50	\$12.75	
1000.914	EXPLORING THE WORLD OF EMPLOYMENT-DAY CLASS	1/9/19	\$40.00	\$52.00	
1000.915	EXPLORING THE WORLD OF EMPLOYMENT-EVENING CLASS	1/7/19	\$40.00	\$52.00	
5003.031	OPEN BOWLING	9/12/18	\$29.00	\$38.00	
5003.032	LEAGUE BOWLING	9/2/18	\$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 Ties & Tiaras Prom

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**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 Gordon 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**  
Contact Grace at 586-752-6543  
or [www.rwbparksrec.org](http://www.rwbparksrec.org).

OUCARES programs  
[www.oakland.edu/oucares](http://www.oakland.edu/oucares).....248-370-2424

Therapeutic Horseback Riding .....843-263-2004

Hippotherapy Stable Possibilities  
[www.stablepossibilities.com](http://www.stablepossibilities.com) .....586-292-8472

Pride of Trilogy Special Needs Cheerleading  
[www.AllStarTrilogy.com](http://www.AllStarTrilogy.com).....586-532-4171

Elite Cheer Michigan  
[www.elitecheer-Michigan.com](http://www.elitecheer-Michigan.com) .....586-948-5867

Play Place for Autism  
[www.autisticplayplace.org](http://www.autisticplayplace.org) .....586-254-6533

AYSO VIP Soccer .....[ayso190.org](http://ayso190.org)

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

Families Exploring Down's Syndrome  
[www.FamiliesExploringDownSyndrome.org](http://www.FamiliesExploringDownSyndrome.org)

Down Syndrome Guild of Southeast Michigan  
[www.dsgsemi.org](http://www.dsgsemi.org)