

FALL GUIDE

Mother & Son Dance pg 7

Heroes Appreciation pg 8

Segway Tours pg 13



Hayride with a Naturalist plus **NEW** Mini-Hayrides pg 6

Registration begins August 5th!

WEST BLOOMFIELD

HEALTH & REHABILITATION CENTER



FIVE-STAR RATED CARE... WITH FIVE-STAR AMENITIES

When it comes to your recovery, there is no substitute for quality.

West Bloomfield Health & Rehabilitation Center is the only facility in the area to have received the highest possible [Five-Star rating from the Centers for Medicare & Medicaid Services](#). Come visit us and see how our leading edge approach to therapy creates the perfect environment for your rehabilitative, short-term and long-term care needs.

- Private luxury rooms
- Advanced rehabilitative therapy and equipment
- Starbucks coffee
- A dedicated on-site concierge
- Extensive dining options including Mediterranean and Kosher offerings
- International TV channels





@wbparks



@wb_parks



@wb_parks

GENERAL INFORMATION

Welcome

to West Bloomfield Parks' Fall Guide. Inside, you'll find great programs for you and your family to enjoy now through December.

Mother-Son Dance pg 7

COMMISSIONERS

Merv Aronoff
David Barash
Robert V. Brooks
Michele Hembree

Vincent C. Kirkwood
Gerald J. Sukenic
Sally Wenczel

2019 COMMISSION MEETINGS

August 22
September 19
October 24
November 21
December 19

All meetings are at 7 pm at Town Hall (4550 Walnut Lake Rd.).
They are open to the public and can be viewed online live at civiccentertv.com.

West Bloomfield Parks Recreation Activities Center
4640 Walnut Lake Road
West Bloomfield, MI 48323

Office Hours:

Monday - Thursday, 8 am - 7 pm
Friday, 8 am - 4:30 pm
For park hours, see page 4

*We're open late
Monday-Thursday!*

Phone: (248) 451-1900

Fax: (248) 738-2529

Community Transit: (248) 706-2411

To schedule a ride; service for residents who are disabled or 55+.

Email: info@wbparks.org

Registration:

To register for a program, call (248) 451-1900, register online at wbparks.org or use our after hours drop box at the Recreation Activities Center. To view our customer service guidelines or refund policy, visit www.wbparks.org/registration-information.

Staff Contact Information:

Contact information for individual staff as well as personnel bios can be found at: wbparks.org/staff.

TABLE OF CONTENTS

■ Parks and Facilities.....	4
■ Special Events.....	5
■ Youth Recreation.....	10
■ Nature Programs.....	13
■ Adult Programs	
Recreation.....	16
Trips.....	25
■ Adult 50+ Programs	
Recreation.....	28





LETTER
FROM THE



DIRECTOR

West Bloomfield Parks has been spreading the news of our upcoming new services that we will be providing to the West Bloomfield Community. We have two exciting projects that we are pushing towards for 2020.

The first is the Splash Landing Spray Park which is currently under construction at 6200 Farmington Road. The West Bloomfield Parks and Recreation Commission has been working to create a better and more efficient use of this property while continuing to offer water play for our community to enjoy on those hot summer months. Splash Landing will feature 30 interactive play features, three slides, separate areas for toddlers and older children and plenty of shade for the adults. Look for the Splash Landing Spray Park Grand Opening in early summer of 2020.

Our second exciting project is a partnership forged through a two year long process. WB Parks has partnered with the Orchard Mall to enhance and relocate the senior services to one facility. In 2018, WB Parks initiated the Senior Services Advisory Team (SSAT) to help us evaluate our senior services that we provide for our residents. Even though our programming is over 50% for our senior population, the SSAT concluded that a single location for senior activities would be a benefit to our constituents.

After looking at multiple locations, the 7,200 square foot retail space at 6335A Orchard Lake Road in West Bloomfield at the Orchard Mall met our criteria in many ways. The space would accommodate our current programming and may allow for additional offerings. Furthermore, it is in a very visible and accessible location and the Orchard Mall team has extended their hand to help our community by agreeing to a very low rental rate for three years. This three year term will help WB Parks evaluate if the community would support a larger, longer term facility at our Recreation Activities Center in the future. Renovations for the Orchard Mall space are required to make it usable for community programs and include new restrooms, flooring, lighting, fire suppression and upgrades to meet the current ADA accessibility standards. The West Bloomfield Parks and Recreation Commission has invested approximately \$141,000 for those renovations. The new location is projected to be open by the beginning of 2020.

The Splash Landing development and the Orchard Mall space are both initiatives that fall under the goals set forth in the West Bloomfield Parks and Recreation Commission Strategic Plan completed in 2017. The West Bloomfield Parks and Recreation Commission is committed to giving the residents the best return on their investment. We will continue to look for creative and efficient ways to leverage our assets. WB Parks is fortunate to have community supporters that help us to accomplish this task.

I hope to see you out in the parks, on the WB Trail, at a program or event. See you soon.

Jennifer Tucker, CPRP



Splash Landing, opening summer of 2020.

Drake Sports Park

6801 Drake Road

This 54-acre park offers something for nearly every sports enthusiast out there from skateboarding to tennis.



Recreation Activities Center

4640 Walnut Lake Road

West Bloomfield Parks' offices are located here as well as the Nature Room and Outdoor Natural Play Area. Nature Room open hours can be found on page 15. Nature trails meander through the woods behind the building.



Marshbank Park

2805 Hiller Road

The 108-acre park offers something for sports fans and nature lovers alike.



Bloomer Park

7581 Richardson Road

This 36-acre park sits next to the picturesque Middle Straits Lake and features beautiful views and natural areas.



Orchard Mall Space

6335A Orchard Lake

This rental space is currently being renovated to host all of our senior activities.



Sylvan Manor Park

2294 Woodrow Wilson Blvd.

This three-acre neighborhood park serves as the eastern trailhead to the West Bloomfield Trail and the western trailhead for the Clinton River Trail.



West Bloomfield Trail

The West Bloomfield Trail is a 63-acre linear park that goes for nearly seven miles. Parking is available at Sylvan Manor Park and at the West Bloomfield Woods Nature Preserve.



PARKS AND FACILITIES

West Bloomfield Woods Nature Preserve

4655 Arrowhead Road

This 162-acre preserve sits along the West Bloomfield Trail and features more than 100 species of birds, white-tail deer, red fox, coyote, weasel, mink and more.



Splash Landing

6200 Farmington Road

Our new spray park is currently under construction and will open in early summer of 2020.



Bloomfield Knolls

1750 Henbert Road

The two-acre neighborhood park was the first acquired by the Commission in 1976.



Karner Farm

5911 Halsted Road

This 32-acre special use park is home to our community garden and dog park. Both require annual permits.



Keith Sports Park

2750 Keith Road

This 13-acre park features baseball fields, soccer fields and tennis courts. There is also a pavilion and picnic areas.



Schulak Farm

6889 West Maple Road

The five-acre, historic Schulak property offers meeting rooms.



Parks are open 8 am to dusk, year-round.

Special Events

Sponsored by:



THE GREAT WEST BLOOMFIELD CAMP OUT

Friday, September 20 at Marshbank Park
Tent set up begins at 3pm

*This event sells out!
Register early.*

Camp Style Dinner & Breakfast included.
Camp Store featuring swag and snacks! Pre-order a "Camp Out" t-shirt at registration for \$5.

Daytime Activities (start at 4:30 pm):

Fishing | Paddle Sports | Craft | Rocket Launching | Tent Decorating Contest

Evening Activities (start at 8:15 pm):

Telescope viewing by Oakland Astronomy Club | Glow Golf | S'mores | Live Campfire Music



Register early, hayrides sell out quick!

Hayrides

Experience the changing seasons at **marshbank Park** while enjoying a tractor-drawn hayride.

WITH a NATURALIST:

OCTOBER 17 OR 18 FROM 6:30-8PM

You will learn all about Michigan plants and animals during a few special stops along the hayride route. Under the picnic shelter, delight in cider and seasonal treats, plus create a fall nature craft to take home. Participants must be at least 3 years old.

\$8/RESIDENT, \$10/NONRESIDENT

mini-HAYRIDES: NEW!

OCTOBER 17 AT 4, 4:30 OR 5 PM

This 20 minute hayride is great for ages 1 and up! Enjoy cider and a seasonal treat following the ride.

\$4/RESIDENT, \$6/NONRESIDENT

Saturday, December 7 from 1-4 pm
at Wonderland Lanes (8265 Richardson Rd, Commerce Twp)

Ages 2+

BOWL with Santa

\$15/resident
\$17/nonresident

Ho-ho-ho, boys and girls, it's Christmastime! Before Santa has to jet around the world and deliver gifts, spend an afternoon with him and his friends from WB Parks at Wonderland Lanes. See if you can beat Santa in a game, get your picture taken with him, collect a goody bag and have some great family fun!

Your afternoon will include two games of bowling, shoes, pizza, pop and a family picture.



Spectators: Everyone in your group must register for this event. Spectators can get a picture with Santa and enjoy watching their family bowl. Food and beverages are not included in the fee. Cost is \$5/resident or \$7/nonresident.

Want to bowl with another family?

Need lane bumpers?

Let us know at registration!

Must register by 12/3.



Trick-or-Treat Trail

Suggested ages:

3-12

\$7/resident

\$9/resident

Sunday, October 27 at Marshbank Park

Come Trick-or-Treat on a safe and friendly 1/2 mile paved trail. Collect goodies from costumed characters and treat stations, sponsored by local businesses and organizations. Cider and donuts, keepsake bag and pumpkin guessing game all included in registration. Choose your preferred time during registration: 3:00, 3:30, 4:00 or 4:30 pm.

2nd Annual

Mother & Son Dance

November 14 from 6-8:30 pm
at Glen Oaks Country Club

Residents \$26 | Nonresidents \$31 | Additional Sons \$21
Pricing is per person. No refunds after 10/18.

Plus:

Gourmet buffet and professional photos

Photos are available for an additional fee. Must register by 11/1.

Sponsored by:



All ages!

Hosted by:

**FREE FOR VETERANS
+ ONE GUEST**
Pre-registration required



2ND ANNUAL HEROES APPRECIATION BREAKFAST

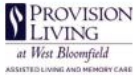
November 8 from 9-10:30 am at Orchard Mall 4655 Orchard Lk Rd.

Live Entertainment | Guest Speaker | Presentation from Honor Guards | Emceed by WB Police/Fire Chiefs

Presenting Sponsor:



Sponsored by:



Free shuttles from Drake Sports Park

Presented by:



Senior Health & Wellness Expo

October 17 from 9 am-3 pm at Henry Ford West Bloomfield Hospital

SPEAKERS | VENDORS | FITNESS ACTIVITIES | COOKING DEMONSTRATIONS | FREE BOX LUNCH*

** for the first 200 senior participants*

Sponsored by:



No pre-registration. Call (248) 451-1900 or visit wbparks.org for details on participating speakers/vendors.

Sponsored by:



COMEDY NIGHT

THURSDAY

DEC 5TH, 2019

WEST BLOOMFIELD POLICE FOUNDATION PRESENTS



Berman Center for The
Performing Arts

MC: Jason Colthrop
WDIV News Anchor

DOORS OPEN:

6 P M

COST:

\$ 25

Buy Tickets online at
comedy-wbpf.eventbrite.com



Saturday Art Camp pg 11

Youth Recreation

Soccer Academy

The Challenger Soccer Academy offers players the opportunity to train with the best as they participate in supplementary practices designed around the world's top youth academies. With no emphasis on winning, practices only have one goal: to develop and improve each individual both on and off the field! Cleats and shin guards are recommended.

Location: Drake Sports Park

Instructor: Challenger Sports Coaches

Code #	Date	Day	Time	R/NR Fee	Age
4321-1A	9/18-10/23	W	5:30P-6:30P	\$107/\$122	6-9
4321-1B	9/18-10/23	W	6:30P-7:30P	\$107/\$122	10-14

Kindermusik

Kindermusik's fun, developmentally specific and research-based music and movement classes are a joy for children and families. In Kindermusik, a trained, licensed teacher leads classes for families filled with singing, dancing, laughing, instrument playing and storytelling all backed by Kindermusik International's team of early childhood music experts and the latest research on how children learn best. The cost covers one child with caregiver, and includes a music CD and access to online materials.

Location: Recreation Activities Center

Instructor: Judy Phillips

Code #	Date	Day	Time	R/NR Fee	Age
4300-1A	9/18-10/16	W	10:30A-11:15A	\$70/\$80	0-2
4301-2A	9/18-10/16	W	9:30A-10:15A	\$70/\$80	2-3
4300-1B	10/23-11/13	W	10:30A-11:15A	\$70/\$80	0-2
4301-2B	10/23-11/13	W	9:30A-10:15A	\$70/\$80	2-3
4300-1C	11/20-12/18	W	10:30A-11:15A	\$70/\$80	0-2
4301-2C	11/20-12/18	W	9:30A-10:15A	\$70/\$80	2-3

No class 10/9, 11/27

Study Skills Boot Camp **New!**

The Study Skills Boot Camp will emphasize the eight basic skills needed for academic success in a college prep curriculum. Students will be taught the fundamental skills of note-taking, daily studying, taking notes from a text, test preparation, test reflection and more.

Location: Recreation Activities Center

Instructor: Tailor Made Instructor

Code #	Date	Day	Time	R/NR Fee	Age
4803-A	9/17-10/29	Tu	5:30P-7:00P	\$280/\$300	11-14
4803-B	9/26-11/21	Th	6:00P-7:30P	\$280/\$300	11-14

No class 10/31

Daddy Do My Updo

Calling all father figures, haircare boot camp is here! This is your opportunity to learn some haircare basics for that special little girl in your life. You will be given instruction on simple hairstyles that you will be able to practice on your daughter during class. Girls need to come to class with their hair dry, unstyled and combed out. Please bring your own comb, brush and ponytail holders. You only need to register your child, two child maximum per adult.

Location: Recreation Activities Center

Instructor: Bennika Northington

Code #	Date	Day	Time	R/NR Fee	Age
4822	9/21	Sa	12:00P-1:30P	\$35/\$40	5-12
4826	9/21	Sa	1:45P-2:15P	\$15/\$20	1-4

Teens, volunteer to help senior citizens learn to use their technology devices.
See page 28.

Receive a \$5 discount by registering at least 7 days prior to class start date.

wparks.org



NASA Academy of Future Space Explorers

Mad Science and NASA have teamed up to bring you the excitement and wonder of space in the NASA Academy of Future Space Explorers Enrichment Program! Step into an astronaut's shoes as we travel to space, explore planet atmospheres and even participate in a live rocket launch! It's out of this world fun! In each class, children are encouraged to give science a try. The junior scientists even get to take home their science experiment to continue learning all session long!

Location: Recreation Activities Center
Instructor: Mad Science

New!

Code #	Date	Day	Time	R/NR Fee	Age
4828-A	10/12-11/2	Sa	10:00A-11:00A	\$105/\$115	6-12
4828-B	11/16-12/14	Sa	10:00A-11:00A	\$105/\$115	6-12
No class 11/30					

Preschool Science Program

Each workshop is an interactive, age-appropriate exploration of a specific science topic. From air, our animal friends and butterflies to water, weather and worms, each themed program is designed to captivate the curious nature of young children. Preschoolers enjoy engaging demonstrations, perform simple experiments and will discover how science can help us better understand the world around us! In each class, children are encouraged to give science a try. The junior scientists even get to take home their science experiment to continue learning all session long!

Location: Recreation Activities Center
Instructor: Mad Science

New!

Code #	Date	Day	Time	R/NR Fee	Age
4829-A	10/12-11/2	Sa	9:00A-10:00A	\$105/\$115	3-5
4829-B	11/16-12/14	Sa	9:00A-10:00A	\$105/\$115	3-5
No class 11/30					

CPR Certification for Youth

This class will focus on preparing youth ages 10-14 to respond in emergency situations. This is a great class for youth with younger siblings and for those who babysit. Topics covered include: injury prevention, emergency scenarios while babysitting and how to respond, how and when to call 9-1-1, child CPR and AED, infant CPR, how to help a choking infant or child and water and playground safety.

All students will receive a workbook. Snacks and water are provided but students should bring a nut-free lunch. Upon successful completion of the class, students will be issued a Heartsaver Pediatric First Aid CPR AED certification card. American Heart Association Cards are valid for two years.

Location: Recreation Activities Center
Instructor: LaToyia Shannon

Code #	Date	Day	Time	R/NR Fee	Age
4201-1	10/26	Sa	9:00A-2:00P	\$80/\$90	10-14
4201-2	11/9	Sa	9:00A-2:00P	\$80/\$90	10-14

Saturday Art Camp w/ Miss Lindsay

Miss Lindsay's Art Room is a place where kids can express themselves freely and creatively! Students will get to choose their own subjects and explore with several different mediums and techniques. Drawing, painting, clay, melting crayon art and duct tape projects are included. Please expect to make a fun mess and plan to have at least one finished art piece! A different project every Saturday, join us for all of them. Bring a snack and bottled water. Please bring a \$5 material fee paid directly to the instructor.

Location: Steinway Piano Gallery
Instructor: Lindsay Bochenek

Code #	Date	Day	Time	R/NR Fee	Age
4211-1A	9/21	Sa	1:00P-4:00P	\$45/\$50	5-12
4211-1B	10/19	Sa	1:00P-4:00P	\$45/\$50	5-12
4211-1D	11/16	Sa	1:00P-4:00P	\$45/\$50	5-12
4211-1E	12/21	Sa	1:00P-4:00P	\$45/\$50	5-12

Thanksgiving Break Art Camp

4211-1C	11/29	F	10:00A-1:00P	\$45/\$50	5-12
---------	-------	---	--------------	-----------	------

Our May Kids Komotion Concert has been rescheduled for Wednesday, September 11 at 5:30 pm.

Free inflatables, children's music and more!

Visit wbparks.org/kids-komotion for details.



KWSHOWCASE

JEFF & AMANDA KASHAT

Your Key to More Kash - At Closing!

TheKashatTeam.com | JeffKashat@kw.com | (248) 535-4333



Let us walk you and your family through a smooth journey!

Extensive Social Media Marketing

YouTube Videos & Virtual Tours

Lakes Area Specialists

Professional Aerial Photography

Door knocking and direct mail surrounding neighborhood

kw KELLER WILLIAMS REALTY

2730 Union Lake Rd., Commerce, MI 48382

DANCE PROGRAM: HAPPILY EVER AFTER

WB Parks and Premiere Plus Dance are offering an 8-month dance program that is divided into a fall session (September-December) and winter/spring session (January-April). Our dance program provides quality and affordable classes for students of all ages and abilities in a positive and fun environment. No experience required! All of our instructors are fully qualified professionals posing many years of teaching and performing experience. All teachers are dedicated to creating a caring environment for the younger child and a more challenging curriculum for older students.

THINGS TO KNOW:

- Register for course before 9/13/19 to receive a \$10 discount. Dancers must be registered by 9/20/19.
- Payments made after 9/20/19 will incur a \$10 late fee.
- In order to participate in the spring recital, each dancer must be registered for the winter/spring session by 12/20/19 as well as purchase a costume in November (ranging from \$60-\$80) with a hair styling accessory if needed (around \$5).
- Dress rehearsal will be Monday, April 20, 2020 and Recital will be Tuesday, April 21, 2020 both at the Smith Theatre of Oakland Community College.
- Fees below are for the fall session. The winter/spring session is the same price.
- Classes are held in the Community Room at Drake Sports Park.

CLASSES:

Class descriptions can be found at wbparks.org/dance.

PRESCHOOL DANCE

Code #	Date	Day	Time	1st Session Fee	Ages
4190	9/16-12/16	M	4:30P-5:00P	\$123	3-4

MOVING WITH THE MOUSE

Code #	Date	Day	Time	1st Session Fee	Age
4191	9/16-12/16	M	5:10P-5:40P	\$123	5-7

HIP HOP JAZZ/ TAP COMBO

Code #	Date	Day	Time	1st Session Fee	Age
4192	9/16-12/16	M	5:50P-6:45P	\$183	7-9

THEATRE DANCE

Code #	Date	Day	Time	1st Session Fee	Age
4193	9/16-12/16	M	6:55P-7:55P	\$195	8-12

PRESCHOOL DANCE

Code #	Date	Day	Time	1st Session Fee	Age
4194	9/18-12/18	W	4:30P-5:00P	\$123	3-4

INTRO TO DANCE

Code #	Date	Day	Time	1st Session Fee	Age
4195	9/18-12/18	W	5:10P-5:50P	\$147	5-6

INTRO TO BALLET/JAZZ

Code #	Date	Day	Time	1st Session Fee	Age
4196	9/18-12/18	W	6:00P-6:55P	\$183	7-9

No classes on 9/30, 10/9, 11/4, 11/27



FREE TRIAL:

3-6 year olds are invited to come meet our instructors and try a class on 9/12 from 6-6:45 pm. Pre-registration required.

Special thanks to our Summer
Camp t-shirt sponsors!





Pumpkin Science pg 14

Nature Programs

Segway Tours: **New!**

Anyone under 18 must be registered with a parent/guardian. Please inquire about the physical eligibility requirements at registration or view the requirements online.

Location: West Bloomfield Woods Nature Preserve

Fall Color Tour

Jump onto a segway and enjoy the splendor of Michigan's fall colors on our beautiful West Bloomfield Trail! You'll have a brief 15 minute training before being guided along the trail for the remaining time, all while viewing the trees changing colors and, if you're lucky, the various wildlife that inhabit the area.

Instructor: Great Lakes Segway

Code #	Date	Day	Time	R/NR Fee	Age
3009-1	10/3	Th	6:00P-7:00P	\$30/\$35	12+
3009-2	10/8	Tu	6:00P-7:00P	\$30/\$35	12+
3009-4	10/17	Th	6:00P-7:00P	\$30/\$35	12+
3009-5	10/22	Th	6:00P-7:00P	\$30/\$35	12+

Fall Tour With the Naturalist

The same experience as above, except you will be guided along the trail by our Naturalist who will make short stops along the way to talk about why we get the beautiful fall color and to point out the variety of trees and wildlife you may see.

Instructor: Great Lakes Segway & WB Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
3009-3A	10/12	Sa	10:00A-11:30A	\$35/\$40	12+
3009-3B	10/12	Sa	12:00P-1:30P	\$35/\$40	12+

Zip Lines and Climbing!



-SAVE-
Use Promo:
WB TREES



Plan your Adventure!
Groups - Families
Corporate Outings
Ages 3 and Up!

TreeRunnerWestBloomfield.com

Family Programs

The instructor for nature programs is one of our Park Naturalists. All classes are held in the Nature Room, unless stated otherwise. Children must be accompanied by an adult. All children and adults must register.

Horseback Riding & Campfire Lunch

Meet our Naturalist at the Recreation Activities Center. From there we will head to Brighton Riding Stables for an exciting and beautiful horseback ride! Enjoy a hayride to the campfire where lunch will be cooked using pie-irons (vegetarian options available). Are you a beginner rider? That's okay, instruction is given before trotting on the trails. Riders must be 8 years or older, weigh under 240 lbs and wear long pants. Shoes must be close-toed with no heel. Approximately one hour will be spent on horseback. Transportation, food and fun are all provided.

Code #	Date	Day	Time	R/NR Fee	Age
3305	9/7	Sa	9:15A-2:15P	\$65/\$75	8+

Pumpkin Science

It's the season for pumpkins so let's explore them in the Nature Room! Explore pumpkin seeds and how they grow. You will make pumpkin slime and together we will make a pumpkin volcano! Each participant will take home their own uniquely decorated pumpkin.

Code #	Date	Day	Time	R/NR Fee	Age
3223	10/22	Tu	6:00P-7:15P	\$8/\$13	3+

Mommy & Me Hikes Free!

We invite you and your child to join our Naturalist on a nature discovery and exercise walk. September and October hikes are at the Recreation Activities Center Nature Room. After the walk, you may explore our Outdoor Natural Play Area. The trail is unpaved so only all-terrain strollers are recommended. A baby backpack/carrier is suggested for infants. November and December walks are at Marshbank Park. We will meet in front of the Lodge and walk the paved trail. Depending on the weather and temperature we may have indoor activities and shorter outdoor activities. Pre-registration is required for all participants.

Code #	Date	Day	Time	R/NR Fee	Age
3150-1	9/5	Th	10:30A-11:30A	\$0/\$0	All
3150-2	10/3	Th	10:30A-11:30A	\$0/\$0	All
3150-3	11/7*	Th	10:30A-11:30A	\$0/\$0	All
3150-4	12/5	Th	10:30A-11:30A	\$0/\$0	All

*The November hike is a costume hike! Wear that Halloween costume one more time.

MI Trails Week Hike

Join us for Michigan Trails Week. This family-fun game hike is planned to celebrate our wonderful nature trails in West Bloomfield. Explore with our Naturalist all that the West Bloomfield Woods Nature Preserve has to offer. We will be making stops along the trail to play games such as Woods Bingo, "I Spy" and more! The hike will be approximately 45 minutes.

Location: West Bloomfield Woods Nature Preserve

Code #	Date	Day	Time	R/NR Fee	Age
3272	9/24	Tu	6:00P-7:00P	\$2/\$4	3+

Explore LOCAL HISTORY

FALL 2019 LOCAL HISTORY PROGRAMS

- September 18** Petticoat Surgeon: The Extraordinary Life of Dr. Bertha Van Hoosen
West Bloomfield Library **September 18 • 7 pm**
- October 20** Autumn Nature Walk
Orchard Lake Nature Sanctuary, 4700 Pontiac Trail **October 20 • 2-3 pm**
- October 22** Black History Tour of Midtown
WB Parks Activities Center **October 22 • 9:45 am-3:30 pm**
- November 3** Dr. Harold A. Furlong: Humanitarian and Michigan's only official
WWI Medal of Honor Recipient
West Bloomfield Library **November 3 • 2 pm**
- November 8** Heroes Appreciation Breakfast
Orchard Mall **November 8 • 9-10:30 am**

For more details and a complete list of events, visit gwbhs.org/events.



This ad is brought to you by:



Monthly Open Houses Second Sundays • 1-4pm • Orchard Lake Museum • 3951 Orchard Lake Road

45th Anniversary **Sept 8 • Stone Tools Oct 13 • WWII Letters Nov 10 • Sinterklaas Traditions Dec 8**

GWBHS.org
248.757.2451

Nature Special Events

These are family programs, ALL children AND adults MUST REGISTER for these programs.

Father and Son Bow Day

Bring your favorite bro to our archery day! Fathers and sons can let their inner Robin Hood or Hawkeye fly. Both first time archers and experienced archers are welcome. Equipment, snacks and an archery-themed craft will be provided.

Location: Detroit Archery Club, 5795 Drake Rd

Instructor: WB Parks Nature Staff

Code #	Date	Day	Time	R/NR Fee	Age
3055	11/3	Su	10:00A-12:00P	\$22/\$27	6+



Live Animal Show: Nocturnal Pets

The Nature Night Alliance will be presenting "Nocturnal Pets: Roommates That Will Keep You Up All Night." They are bringing live animals including a snake, a hedgehog and a few more surprises. See exotic nocturnal animals that are common in the pet trade and are commonly relinquished. Our goal is for prospective pet owners to make informed decisions regarding all of these animals' requirements. This live animal show will also include a craft.

Location: Marshbank Park

Instructor: Nature Night Alliance

Code #	Date	Day	Time	R/NR Fee	Age
3170	11/7	Th	6:00P-7:00P	\$8/\$13	3+



Nature Room and Outdoor Natural Play Area

Open Hours

West Bloomfield Parks' Nature Room is located inside the Recreation Activities Center. You can explore and enjoy hands-on activities, educational displays, read nature-themed story books under the insect canopy and visit live animals. Seventy plus acres of natural land behind the building offer great nature trails to walk and explore. For even more to explore, visit the Outdoor Natural Play Area. The space features a sensory garden and natural elements for play, intentionally designed to engage children with nature. Dress kids in clothes that can get messy. We invite you and your family to come check out all the Nature Room and Outdoor Natural Play Area have to offer. Our Naturalist will be on hand to answer your nature questions and help you make a craft. No registration required and best of all - IT'S FREE!!

Date	Day	Time
8/20	Tu	3:00P-6:00P
9/17	Tu	3:00P-6:00P
10/4	F	1:00P-4:00P
10/15	Tu	3:00P-6:00P

The Nature Room will be closed November-January for a remodel. Follow us on Instagram for updates as the remodel progresses!



No registration required and IT'S FREE! Children must be accompanied by an adult at all times.



Slow Flow Yoga pg 19

Adult Recreation

Pilates Mat

Pilates is a full body workout focusing on the core muscles, abdomen and the spine. If you have an injury or special issue with your upper body, such as neck or shoulder, lower back problems, osteopenia or osteoporosis, you will learn the proper way to exercise the core muscles in a safe and healthy way. This class is for all fitness levels.

Location: Recreation Activities Center

Instructor: Lisa Fein

Code #	Date	Day	Time	R/NR Fee	Age
1230-1A	9/16-10/21	M	9:00A-10:00A	\$60/\$70	18+
1230-1B	9/16-10/21	M	6:15P-7:15P	\$60/\$70	18+
1230-1C	9/18-10/23	W	9:00A-10:00A	\$60/\$70	18+
1230-2A	11/4-12/9	M	9:00A-10:00A	\$71/\$81	18+
1230-2B	11/11-12/9	M	6:15P-7:15P	\$60/\$70	18+
1230-2C	11/6-12/11	W	9:00A-10:00A	\$71/\$81	18+

No class 9/30, 10/9

Strength Training

Core training is the best way to speed up your metabolism (yes, even better than cardio). It improves bone mass, is essential for preventing and improving osteoporosis and increases flexibility. You will be coached to make sure you are using the correct form when performing the exercises that will target all major muscle groups from head to toe, just like having your own personal trainer! Free weights, Dyna-Bands and your own body's resistance will be used. Open to all ability levels.

Location: Recreation Activities Center

Instructor: Lisa Fein

Code #	Date	Day	Time	R/NR Fee	Age
1231-1A	9/16-10/21	M	10:00A-11:00A	\$60/\$70	18+
1231-1B	9/18-10/25	F	9:00A-10:00A	\$71/\$81	18+
1231-2A	11/4-12/9	M	10:00A-11:00A	\$71/\$81	18+
1231-2B	11/8-12/13	F	9:00A-10:00A	\$60/\$70	18+

No class 9/30, 11/29

Health & Fitness

Cardio Combo

All three fitness components will be covered in this class: cardiovascular, strength training and flexibility. Have fun while getting a great workout for your heart and lungs by doing low impact aerobic steps. Speed up your metabolism with strength training for the upper body and lower body and strengthening the abdominal muscles and back. Stretching will keep the muscles flexible and prevent injury. Bring a mat.

Location: Recreation Activities Center

Instructor: Lisa Fein

Code #	Date	Day	Time	R/NR Fee	Age
1260-1A	9/18-10/23	W	6:30P-7:30P	\$60/\$70	18+
1260-2A	11/6-12/11	W	6:30P-7:30P	\$60/\$70	18+

No class 10/9, 11/27

PoundFit

In this "Rock Out Work Out," you will participate in exercises that engage the whole body. The workout combines yoga and pilates-inspired movements, while using Ripstix ©, lightly weighted drumsticks engineered specifically for exercising! Designed for all fitness levels, POUND © provides an atmosphere for rockin' out to music while getting a great cardio workout, relieving stress and having fun together!

Location: Recreation Activities Center

Instructor: Melissa Renaud

Code #	Date	Day	Time	R/NR Fee	Age
1204-1	9/17-10/22	Tu	6:30P-7:30P	\$65/\$75	16+
1204-2	11/12-12/10	Tu	6:30P-7:30P	\$55/\$65	16+

FREE TRIAL

Code #	Date	Day	Time	R/NR Fee	Age
1204	9/10	Tu	6:30P-7:30P	\$0/\$0	16+

Receive a \$5 discount by registering at least 7 days prior to class start date.

wbpc.org



Adult Tap

Learn or refresh your dance skills for fun and exercise. You will have the opportunity to learn rhythm, basic tap progressions and fundamentals. This class is "no pressure"...so if you've always wanted to dance, now is the time. Dancers must have previous tap experience or have completed the beginner class to enroll in the intermediate level. Dancewear or workout wear is preferred. Tap shoes are strongly suggested.

Location: Community Room at Drake Sports Park

Instructor: Liz Mortens

Code #	Date	Day	Time	R/NR Fee	Age
--------	------	-----	------	----------	-----

Beginner

1270-1A	9/19-10/24	Th	11:30A-12:15P	\$65/\$75	18+
1270-2A	11/7-12/12	Th	11:30A-12:15P	\$45/\$50	18+

Intermediate

1270-1B	9/19-10/24	Th	12:15P-1:00P	\$65/\$75	18+
1270-2B	11/7-12/12	Th	12:15P-1:00P	\$45/\$55	18+

No class 11/21, 11/28

Arms & Abs Through Bellydance!

This class will get your upper arms and stomach toned through the world's oldest and most interesting dance -- bellydance! The best part of this low impact class is that it tones the body while teaching you to dance Egyptian style bellydance by a friendly instructor who performs around the world. No rhythm? No problem. Give us three weeks and we will have your hips moving in ways you never thought possible.

Location: Recreation Activities Center

Instructor: Lana Mini

Code #	Date	Day	Time	R/NR Fee	Age
1220-1A	9/18-10/23	W	6:00P-7:00P	\$60/\$70	18+
1220-2A	11/6-12/11	W	6:00P-7:00P	\$60/\$70	18+

No class 10/9, 11/27

WERQ Dance Fitness

WERQ is the fiercely fun dance fitness workout class based on pop and hip hop music. The WERQ warm up previews the dance steps used in class and the WERQ cool down includes balance and yoga-inspired poses. Burn between 500-900 calories this class! Wear workout clothes and gym shoes. Bring a towel and water too.

Instructor: Kasia Bailey

Code #	Date	Day	Time	R/NR Fee	Age
--------	------	-----	------	----------	-----

Location: Recreation Activities Center

1390-1A	9/16-10/21	M	7:45P-8:45P	\$55/\$60	All
1390-2A	11/11-12/9	M	7:45P-8:45P	\$55/\$60	All

Location: Community Room at Drake Sports Park

1390-1B	9/18-10/23	W	7:45P-8:45P	\$55/\$60	All
1390-2B	11/6-12/11	W	7:45P-8:45P	\$55/\$60	All

No class 9/30, 10/9, 11/27

FREE TRIAL

1390	9/11	W	7:45P-8:45P	\$0/\$0	All
------	------	---	-------------	---------	-----

Zumba!

New location!

We take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Come ready to sweat and prepare to leave empowered and feeling strong.

Location: Community Room at Drake Sports Park

Instructor: Brenda Pamela Zarinana

Code #	Date	Day	Time	R/NR Fee	Age
1241-1A	9/17-10/22	Tu	6:45P-7:45P	\$71/\$81	18+
1241-2A	11/12-12/10	Tu	6:45P-7:45P	\$60/\$70	18+

No class 10/15

Zumba Gold: Gentle Exercise

Perfect for adults who are looking for a modified Zumba® class that recreates the original moves at a lower-intensity. This low impact class is designed with easy-to-follow choreography that focuses on balance, range of motion and coordination.

Location: Recreation Activities Center

Instructor: Brenda Pamela Zarinana

Code #	Date	Day	Time	R/NR Fee	Age
1240-1A	9/16-10/21	M	11:15A-12:00P	\$60/\$70	18+
1240-2A	11/4-12/9	M	11:15A-12:00P	\$71/\$81	18+

No class 9/30

Motown Ballroom

This unique and popular style of ballroom dance stems from the "Baby Boomer" generation and is done in some of the most popular night spots. It is a combination of the Social and the Cha-Cha. You will learn basic ballroom steps and several dance combinations. Individuals and couples are welcome. It's a great class to take for upcoming weddings or if you want to dance for exercise! The last class of each session will run from 6:30 to 8:30 pm.

Location: Recreation Activities Center

Instructor: Byron Johnson

Code #	Date	Day	Time	R/NR Fee	Age
1040-1A	9/19-10/24	Th	6:30P-7:30P	\$75/\$85	18+
1040-2A	11/7-12/19	Th	6:30P-7:30P	\$75/\$85	18+

No class 11/28

Popular Hustles

New time!

Learn popular hustle dances that are done in clubs, at parties and social events. The hustle is a form of line dancing with a variety of moves and turns. It is fun and great exercise. Individuals and couples are welcome.

Location: Recreation Activities Center

Instructor: Byron Johnson

Code #	Date	Day	Time	R/NR Fee	Age
1030-1A	9/19-10/17	Th	7:30P-8:30P	\$55/\$65	18+
1030-3A	9/18-10/16	W	12:30P-1:30P	\$55/\$65	18+
1030-2A	11/7-12/12	Th	7:30P-8:30P	\$55/\$65	18+
1030-3B	11/6-12/4	W	12:30P-1:30P	\$55/\$65	18+

No class 11/28

Free Trial Classes

Thinking about signing up for a class? The following classes offer free trials:

PoundFit

WERQ Dance Fitness

Essentrics

Fuse45

Check specific class descriptions for details.

Simplified Tai Chi: Seated

An excellent exercise for all ages and abilities; centuries of experience demonstrate that Tai Chi improves flexibility, mobility, vigor and one's sense of well-being. The seated class emphasizes relaxation of mind and body, improvement of gross coordination and motor control. The standing class focuses on balance and balance recovery strategies in standing and stepping. Both classes use Professor Cheng Man-ching's 37 postures to strengthen the mind-body connection, sharpen the mind and cultivate a stillness that serves to increase focus, reduce stress, and boost cognitive skills.

Pick and choose the days you want, all classes are \$10 and pre-registration is required. Early registration discount does not apply. There are no classes for the month of November.

Location: Community Room at Drake Sports Park

Instructor: Catherine (Runjie) Yu

Mondays 11:00A - 12:00 P (Standing)

9/23, 10/7, 10/21, 10/28, 12/9, 12/16

Wednesdays 1:00P-2:00P (Seated*)

9/18, 9/25, 10/2, 10/23, 10/30, 12/4, 12/11, 12/18

Fridays 11:00A-12:00P (Standing)

9/20, 9/27, 10/4, 10/11, 10/25, 12/6, 12/13, 12/20

*All movements are performed using a chair.

Tai Chi Yang

This style of Tai Chi is gentle and graceful, will help relax the mind and body, relieve stress and tension, develop balance, flexibility and muscle tone. To Ms. Wang, the pursuit of knowledge, understanding, and excellence in Tai Chi is a life-long journey; she has traveled extensively throughout the U.S. and to China to study with the world's top masters. Han Hoong Wang is a certified Senior Instructor in Traditional Yang Style Tai Chi and has been teaching for more than 35 years.

The 9 am class is for beginners with limited experience; the 10 am class is for students who have taken the beginner class before and have a strong understanding of the basics; the 11 am class is for advanced students with a thorough understanding of the material. Wear comfortable loose clothing and rubber sole shoes.

Location: Community Room at Drake Sports Park

Instructor: Han Hoong Wang

Code #	Date	Day	Time	R/NR Fee	Age
1200-1A	9/21-10/26	Sa	9:00A-10:00A	\$59/\$69	16+
1200-1B	9/21-10/26	Sa	10:00A-11:00A	\$59/\$69	16+
1200-1C	9/21-10/26	Sa	11:00A-12:00P	\$59/\$69	16+
1200-2A	11/9-12/14	Sa	9:00A-10:00A	\$50/\$55	16+
1200-2B	11/9-12/14	Sa	10:00A-11:00A	\$50/\$55	16+
1200-2C	11/9-12/14	Sa	11:00A-12:00P	\$50/\$55	16+
No class 11/30					

Essentrics: Aging Backwards

Essentrics draws on the flowing movements of Tai Chi which create health and balance, the strengthening theories behind ballet which create long, lean, flexible muscles, and the healing powers of physiotherapy which promote a pain-free body. It simultaneously combines strengthening and stretching to develop a strong, toned body. You will gain the ability to move each joint and muscle freely, and with a full range of motion. The routines are done barefoot and consist of standing and mat work. Bring a yoga mat.

Location: Recreation Activities Center

Instructor: Robin Gillis

Code #	Date	Day	Time	R/NR Fee	Age
1203-1A	9/18-10/23	W	10:15A-11:15A	\$55/\$65	16+
1203-2A	11/6-12/11	W	10:15A-11:15A	\$65/\$75	16+
No class 10/9					
FREE TRIAL					
1203	9/11	W	10:15A-11:15A	\$0/\$0	16+

West Bloomfield Striders New!

This fun, free program is designed to encourage fitness opportunities while enjoying the recreational parks and trails West Bloomfield has to offer. Stride events or walks are scheduled for Tuesdays at 7 pm in August and September throughout the greater West Bloomfield area. The walks range from 2.5-3.5 miles in length. Stride events or walks will be held rain or shine unless there is severe weather. Come join our staff and your neighbors for leisurely walks in your community.

Visit wbparcs.org/adult to view the walk schedule.

Fuse 45

Fuse45 is partnering with WB Parks to bring together seniors and fitness in a whole new way. This class includes 45-minutes of low-impact circuit training that you can modify to fit your level of fitness using rowing, biking and skiing motions as well as strength training exercises involving your arms, core and legs. Whether your goal is to increase endurance and stamina, build strength and power, improve balance and flexibility, or increase coordination and accuracy, Fuse45 class is an ideal choice for you.

Instructor: Alison Baldonado

Location: Fuse45, 6381-D Orchard Lake Rd., in the Orchard Mall

Code #	Date	Day	Time	R/NR Fee	Age
2145-1T	9/10-10/22	Tu	10:30-11:15am	\$88/\$98	50+
2145-1W	9/11-10/23	W	10:30-11:15am	\$88/\$98	50+
2145-2T	11/5-12/10	Tu	10:30-11:15am	\$88/\$98	50+
2145-2W	11/6-12/1	W	10:30-11:15am	\$88/\$98	50+
No class 10/8, 10/9					
FREE TRIAL					
2145	9/3	Tu	10:30-11:15am	\$0	50+

Be an INCREDIBLE volunteer!

You don't have to have super powers to be an Incredible Volunteer! WB Parks is calling out for amazing volunteers to come help us at some of our fall events. Visit wbparcs.org/volunteer for a current list of opportunities. You can sign up for a volunteer shift right from our website! Ages 12+.



Receive a \$5 discount by registering at least 7 days prior to class start date.

Integrated Yoga

Yoga postures, meditation, breathing exercises and mindfulness are combined to create a safe and fun approach to calm the mind and find ease of movement. Not strenuous, yet still challenging, this class is a "work in" not a "work out." All levels of experience are welcome.

Location: Recreation Activities Center

Instructor: Katherine Schaefer

Code #	Date	Day	Time	R/NR Fee	Age
1210-1A	9/16-10/21	M	10:30A-12:00P	\$70/\$80	18+
1210-1B	9/18-10/23	W	7:15P-8:45P	\$70/\$80	18+
1210-2A	11/4-12/9	M	10:30A-12:00P	\$83/\$93	18+
1210-2B	11/6-12/11	W	7:15P-8:45P	\$57/\$67	18+

No class 9/30, 10/9, 11/20, 11/27

Gentle Yoga for Health

Focus on the gentle therapeutic benefits of yoga for both the body and mind. The emphasis on this class will include foundational poses, basic breathing techniques, deep relaxation, inner awareness and alignment to avoid injury. Come join us as we move toward greater health and well-being. No prior experience necessary. Participants must be able to get down and up from the floor on their own.

Location: Community Room at Drake Sports Park

Instructor: Julie Levinson, ERYT, C-IAYT

Code #	Date	Day	Time	R/NR Fee	Age
1212-1A	9/17-10/22	Tu	9:00A-10:00A	\$65/\$75	18+
1212-2A	11/12-12/10	Tu	9:00A-10:00A	\$65/\$75	18+

No class 10/15

Integrated Yoga Therapy

This class is adapted for those who have injuries or physical limitations. Chairs are available if getting down and up off the floor is not doable. Most of the class involves standing, moving in a variety of ways, balancing and use of the wall. A lot of focus is on the feet, joint mobility and balance. A fun and safe way to feel better!

Location: Recreation Activities Center

Instructor: Katherine Schaefer

Code #	Date	Day	Time	R/NR Fee	Age
1211-1A	9/19-10/24	Th	2:00P-3:30P	\$83/\$93	18+
1211-2A	11/7-12/12	Th	2:00P-3:30P	\$70/\$80	18+

No class 11/28

Yoga for Rejuvenation

Reduce stress while strengthening and improving your flexibility and mobility. This is a slow, safe and gentle class with most poses executed while seated or reclining on the floor. Use of hatha yoga postures, breath work and meditation are tools to move toward greater health and well-being. No prior yoga experience necessary.

Location: Community Room at Drake Sports Park

Instructor: Julie Levinson, ERYT, C-IAYT

Code #	Date	Day	Time	R/NR Fee	Age
1213-1A	9/17-10/22	Tu	5:30P-6:30P	\$65/\$75	18+
1213-2A	11/12-12/10	Tu	5:30P-6:30P	\$65/\$75	18+

No class 10/15

Yoga Pump

New!

Yoga Pump combines yoga poses with upper body weight training for a full body workout. While practicing standing and single leg balancing yoga asanas, you will incorporate light to moderate dumbbells to work your arms, shoulders, chest, back and core. The result is a full body shaping, toning and sculpting routine. Hand-weights are available to borrow or you can bring your own.

Location: Marshbank Park

Instructor: Alicia Long, RYT-200

Code #	Date	Day	Time	R/NR Fee	Age
1215-1A	9/18-10/23	W	10:00A-11:00A	\$65/\$75	16+
1215-2A	11/6-12/11	W	10:00A-11:00A	\$65/\$75	16+

Yoga and More

Bring together your body, mind and spirit in this yoga class emphasizing alignment and safety. Address your health and well-being in this class which draws on several different styles of yoga incorporating yoga postures, breath work and meditation. Come join us and reap the benefits! Some yoga experience suggested.

Location: Community Room at Drake Sports Park

Instructor: Julie Levinson, ERYT, C-IAYT

Code #	Date	Day	Time	R/NR Fee	Age
1214-1A	9/17-10/22	Tu	10:15A-11:15A	\$65/\$75	18+
1214-1B	9/19-10/24	Th	10:15A-11:15A	\$77/\$87	18+
1214-2A	11/12-12/10	Tu	10:15A-11:15A	\$65/\$75	18+
1214-2B	11/7-12/12	Th	10:15A-11:15A	\$65/\$75	18+

No class 10/15, 11/28

Slow Flow Yoga

We will move through a series of poses that gently engage and open all the major muscle groups. Spinal integrity is a key area of emphasis in this class. The six movements of the spine are incorporated into every flow, contributing to spinal health, improved posture and all well-being.

Location: Marshbank Park

Instructor: Alicia Long, RYT-200

Code #	Date	Day	Time	R/NR Fee	Age
1215-1C	9/18-10/23	W	11:15A-12:15P	\$65/\$75	16+
1215-2C	11/6-12/11	W	11:15A-12:15P	\$65/\$75	16+



Art & Enrichment

A supply list for the art classes is available upon registration. Discounts at Miller's Art Supplies when you bring in your supply list.
Location: Schulak Farm House, unless noted otherwise

Drawing

Learn all the fundamentals of drawing with an emphasis on: expressive line, the four basic shapes, proportion shading to show volume, 1, 2, and 3 point perspective, drapery, reflective surfaces, rendering heads, hands, positive and negative shapes. There is always individualized instruction.

Instructor: Frances Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
1150	9/12-11/7	Th	10:00A-12:00P	\$140/\$150	18+

Oil Painting

Beginners and experienced artists will learn the rules of composition, color theory, value, the use of mediums and how to frame a finished painting. Through demonstrations and individual instruction, you will discover your own unique style. Work from a still life set up, a photo reference or paint what you see outdoors at beautiful Schulak Farm.

Instructor: Frances Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
1110-1A	9/13-11/1	F	10:00A-12:30P	\$125/\$135	18+

Knitting Inspiration & Instruction

Are you looking to begin knitting? Do you need inspiration and instruction to start new projects? This class is for all levels, so come learn a new skill, tackle a tricky pattern or rekindle your love of knitting. Bring any project you are working on and our instructor will help you through it!

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
1130-1A	9/18-10/30	W	10:00A-12:00P	\$83/\$93	18+
1130-2A	11/6-12/11	W	10:00A-12:00P	\$83/\$93	18+

No class 10/9

Night Knitting: Anything Goes

In this class "anything goes!" We welcome the beginner as well as the higher level knitter! So whether you need to know what needles and yarn to choose or want to "block" pieces you have already created, our master knitter will be there to instruct you. This class gives you the one-on-one instruction in a class setting for any level and for any project while providing a warm, open atmosphere to meet new friends.

Location: Recreation Activities Center

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
1131-1	9/17-10/29	Tu	6:30P-8:30P	\$83/\$93	18+
1131-2	11/12-12/17	Tu	6:30P-8:30P	\$83/\$93	18+

No class 10/8

New!

Quilt Making

If you've always wanted to learn how to quilt, here's your chance. Learn the essential techniques, from start to finish, while making a beautiful Irish Chain (wall hanging or crib size) quilt. You'll use quick rotary cutting and machine piecing. Homework will be assigned. Come to the first class before you purchase your fabric. In order to participate in this class, you must provide your own portable sewing machine.

Instructor: Katherine Ligon

Code #	Date	Day	Time	R/NR Fee	Age
1140-1	9/17-10/29	Tu	10:00A-12:00P	\$83/\$93	18+
1140-2	11/5-12/10	Tu	10:00A-12:00P	\$83/\$93	18+

No class 10/8

Pastels

Fabulous color, rich luminosity and beautiful renderings are all features of working with soft pastels (colored chalks). Learn how to layer pastels, use warm and cool colors and lights and darks to create depth and interest. Individualized instruction is given along with demonstrations. Work from a still life set up or your own photo for reference. Learn how to properly frame your finished pastel.

Instructor: Frances Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
1121	11/8-12/20	F	10:00A-12:30P	\$100/\$110	18+

No class 11/29, 12/13

Colored Pencil Scribbling **New!**

Do you remember scribbling when you were a child? Then as you grew you were told to "stay in the lines." This four week class will bring back the freedom and fun of finding that expressive line. In this workshop, you will find your individual mark and have fun coloring outside of the line.

Instructor: Frances Seikaly

Code #	Date	Day	Time	R/NR Fee	Age
1170	11/21-12/19	Th	10:00A-12:30P	\$105/\$115	18+

No class 11/28

Getting Paid to Talk

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. Class participants will even have a chance to record a commercial script under the direction of our voicecoaches.com producer! This class is informative, lots of fun and a great first step for anyone interested in voice acting professionally. You will find detailed information about class content, answers to common questions and general information about the voice acting field: www.voicecoaches.com/gppt.

Location: Recreation Activities Center

Instructor: Coaches Creative Voice

Code #	Date	Day	Time	R/NR Fee	Age
1055	10/21	M	6:30P-9:00P	\$40/\$45	18+

Receive a \$5 discount by registering at least 7 days prior to class start date.

wbpark.org



Finance/Investment Seminars

Early registration discounts do not apply to these classes.

Location: Recreation Activities Center

FAQs about seminars:

Is there a sales pitch?

No, our seminars are strictly educational. While presenters may hand out their business cards or brochures to provide background on their company, guests have no obligation to engage with any speaker during or after the seminar.

Who is presenting?

We wanted to create an educational environment for our residents to become better informed around many financial decisions and interests they may have in a comfortable setting. The majority of our presenters are local professionals (attorneys, real estate agents, Certified Financial Planners and financial advisors) who offer their expertise around many of life's complicated topics.

Probate Court Basics New!

Learn about the probate court's function and purpose including its processes, what a personal representative is and what you need to know to open a "probate" estate. This class covers the different types of estates, estate administration and the benefits of having a will in place. Guardianships and conservatorships will also be discussed.

Instructor: Eric Glick Esq.

Code #	Date	Day	Time	R/NR Fee	Age
1081-1	9/16	M	2:30P-4:30P	\$5/\$7	21+
1081-2	9/16	M	6:30P-8:30P	\$5/\$7	21+

Getting Organized: Taking Control of Your Finances

This workshop will help to get you organized and more comfortable with your financial future. We will be covering: Key activities and characteristics of millionaires we all can emulate for impact; Clarifying your personal team of professionals and how to vet them; Put together a binder for key documents you need to keep together; Strategies to maximize income and purchasing power; Social security.

Instructor: Timothy Farris

Code #	Date	Day	Time	R/NR Fee	Age
1090-1	9/23	M	6:30P-8:30P	\$5/\$7	18+

Refuse to be Sheep: Avoid Scams New!

Fraudsters are always running new scams to cheat people out of their money and possessions. They often set their sights on victims who are less likely to be protected. Seniors have become prime targets in recent years, but we are all vulnerable to the scams that can cause us grief, stress and possibly a lot of money. This educational presentation will teach you about the top 10 scams and tips to avoid them. Lunch will be included.

Instructor: David Brunell

Code #	Date	Day	Time	R/NR Fee	Age
2185	9/24	Tu	12:00P-1:30P	\$0/\$0	40+

Real Estate 101: New! The Answers To All Your Questions

This course includes two great classes that will teach you all you need to know to buy and sell your properties. In the first class, titled "Preparing to Buy and Sell Your Property" the instructor will guide you through the stressful steps of selling and buying properties. In the second class, "Real Estate Inspections, Warranties and Forms," the instructor will help you make sense of all the confusing procedures and legalities of selling and buying a home. Home warranties, inspections, title insurance and the forms needed to buy and sell a property will be covered. **Instructor: Allan Mindell**

Code #	Date	Day	Time	R/NR Fee	Age
1080	10/14 & 10/28	M	6:30P-8:00P	\$5/\$7	35+

Taxes & Social Security Planning

Social security and taxes play an important role in your retirement income plan. Many Americans focus on how much money they will be getting but very few focus on the different situations that will have a dramatic impact on retirement income taxation. The instructor will be covering the following with you: Optimizing your social security benefit; Better understanding of the income tax map; How to reduce or eliminate certain taxes in retirement; Understanding different tax scenarios that can be avoided. **Instructor: Timothy Farris**

Code #	Date	Day	Time	R/NR Fee	Age
1090-3	10/7	M	6:30P-8:30P	\$5/\$7	18+

International Investing Educational Lunch

Until recently, many investors stayed clear of international stocks. We will educate on a handful of key international averages and the unique manufacturing happening around the world. At a high level, we'll discuss each continent and how to gain access in these economies. In the fun spirit of the international flair, we will be providing lunch from local international restaurants. **Instructor: Timothy Farris**

Code #	Date	Day	Time	R/NR Fee	Age
1090-5	10/15	Tu	11:30A-1:00P	\$5/\$7	25+

Smart Money Duo: Investment & Retirement Planning

This two class progressive series provides current and important investing information for the beginner (first class 10/16) and then the intermediate (second class 10/30) level investor. You will be given key market and economic resources you can use in your life and retirement planning. Each session will include an open discussion of current strategies, programs, stocks and mutual funds. Portfolio examples will also be reviewed with a question and answer period. **Instructor: Jonathan Strong**

Code #	Date	Day	Time	R/NR Fee	Age
2060-1A	10/16 & 10/30	W	6:00P-7:30P	\$5/\$7	18+

Women and Investing

New!

Not all investing strategies are created equal, and unfortunately most offer the “gender neutral” investing tools. This class is great for women new to the investment world or those that have questions or plans that need to be updated. What we will cover: Five things women should know about investing; Understanding the resources available to help streamline your process; Creating clarity and confidence for building wealth, based on a woman’s unique goals. **Instructor: Timothy Farris**

Code #	Date	Day	Time	R/NR Fee	Age
1090-2	10/21	M	6:30P-8:30P	\$5/\$7	18+

Successor Trustee Workshop

This class will examine what it means to be a “successor trustee.” The instructor will outline the fiduciary duties and responsibilities of a trustee for a living trust. He will also discuss how to manage those responsibilities and administer the trust when the time comes. **Instructor: Eric Glick Esq.**

Code #	Date	Day	Time	R/NR Fee	Age
1081-2A	11/4	M	2:30P-4:30P	\$5/\$7	21+
1081-2B	11/4	M	6:30P-8:30P	\$5/\$7	21+

Financial Planning for Life Events

Do you have kids who will need college money? How about that vacation home? Financial planning is not just for retirement! Learn how to financially plan for “life events.” The instructor will teach you techniques to help you save and show you investments that can be made to make and protect your money. **Instructor: Timothy Farris**

Code #	Date	Day	Time	R/NR Fee	Age
1090-4	11/11	M	6:30P-8:30P	\$5/\$7	18+

Estate Planning Basics

New!

Learn the benefits and goals of proper estate planning as well as the dangers of do-it-yourself techniques. The instructor will explain important legal documents such as Revocable Living Trusts, Last Will and Testaments, Durable Powers of Attorney and Patient Advocate Designations. He will also lead a discussion on how to achieve common estate planning goals. **Instructor: Eric Glick Esq.**

Code #	Date	Day	Time	R/NR Fee	Age
1081-3A	11/18	M	6:30P-8:30P	\$5/\$7	21+

Planning with Special Needs Trusts

This class will explore special needs trusts and their usefulness in achieving objectives such as providing care for affected beneficiaries of all ages. The instructor will explain how you can protect family funds while preserving a beneficiary’s opportunities to benefit from needs-based government programs such as SSI and Medicaid. **Instructor: Eric Glick Esq.**

Code #	Date	Day	Time	R/NR Fee	Age
1081-4A	12/2	M	6:30P-8:30P	\$5/\$7	21+

Pizza lunch provided for all firearm safety classes.

Location: WB Police Department

Instructor: WB Police Department

Instructors are full-time officers, NRA and state-certified firearms instructors who have attended some of the top ranked firearms schools in the country.

Inside the Home/Basic CPL

This course teaches the basic knowledge, skills and attitude essential to the safe and efficient use of a handgun for protection of self and family. It satisfies all of the training requirements to obtain your Michigan Concealed Pistol License (CPL). Topics include controlling violent confrontations, firearms and the law. Receive your CPL certification from the experts! Firearm and ammunition provided at no additional cost.

Code #	Date	Day	Time	R/NR Fee	Age
1100-1A	9/29	Su	8:00A-6:00P	\$165/\$175	18+
1100-2A	12/14	Sa	8:00A-6:00P	\$165/\$175	18+

Outside the Home/Advanced CPL

This ten-hour course teaches the essential knowledge and skills that must be mastered in order to carry and use a firearm safely and effectively for personal protection outside the home. Students will receive a legal review and spend several hours on the range drawing from a concealment holster or purse.

Prerequisites: Must be a valid CPL holder at the time of the class. Must bring a personally owned pistol and a quality leather or kydex concealment holster or purse that retains shape and allows one-handed reholstering of the pistol. No shoulder holsters will be permitted. Common caliber ammunition will be provided. Questions concerning holsters or ammunition can be directed to the police department at (248) 975-8979.

Code #	Date	Day	Time	R/NR Fee	Age
1100-1B	10/12	Sa	8:00A-6:00P	\$165/\$175	18+

Advanced Decision Making for CPL

This training goes beyond what is taught in the basic Personal Protection Inside and Outside of the Home courses. Students will receive live-fire training on a state of the art CAPS (Canadian Academy of Practical Shooting) DVD simulator. After receiving instruction on appropriate use of force, students will use their firearm and ammunition on life-size video scenarios. Additional topics covered include proper firearms safety, malfunction clearing and maintenance. Each student will be provided with a take-home cleaning kit. Students must have a valid Michigan Concealed Pistol License, and should bring the handgun they use for protection along with 50 rounds of ammunition they have selected for self-defense.

Code #	Date	Day	Time	R/NR Fee	Age
1100-1C	11/10	Su	9:00A-6:00P	\$165/\$175	18+

Receive a \$5 discount by registering at least 7 days prior to class start date.

wbpb.org

wb

Dog Obedience:

Instructor: Elaine Chan-Whitlow

Bring small, bite-size, soft treats; proof of all current vaccines; collar or harness and a non-retractable 4-6 ft. leash.

Socialization

Socializing your dog through puppyhood and adolescence is one of the most important things you can do in order to create a confident adult dog; one that will be friendly towards people and other dogs, as well as adaptable to all aspects of life. Having a controlled and structured environment makes it easy to create many positive opportunities for your dog to learn proper social cues from other dogs. You will also learn how to read a dog's body language, how to introduce dogs safely, as well as confidence building exercises for your dog. There will be some off-leash play time however dogs that exhibit aggressive behaviors towards other dogs may be separated during this time. Early registration discount does not apply to this class.

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-F3	9/20-10/25	F	7:30P-8:30P	\$170/\$185	18+

Puppy (10w -1yr old/under 25 lbs)

Code #	Date	Day	Time	R/NR Fee	Age
1189-01	11/6	W	5:30P-6:30P	\$10/\$10	All
1189-03	11/13	W	5:30P-6:30P	\$10/\$10	All
1189-05	11/20	W	5:30P-6:30P	\$10/\$10	All
1189-07	12/4	W	5:30P-6:30P	\$10/\$10	All
1189-09	12/11	W	5:30P-6:30P	\$10/\$10	All
1189-11	12/18	W	5:30P-6:30P	\$10/\$10	All

Dogs (6mo- 2 yr old/over 25 lbs)

Code #	Date	Day	Time	R/NR Fee	Age
1189-02	11/6	W	6:30P-7:30P	\$10/\$10	All
1189-04	11/13	W	6:30P-7:30P	\$10/\$10	All
1189-06	11/20	W	6:30P-7:30P	\$10/\$10	All
1189-08	12/4	W	6:30P-7:30P	\$10/\$10	All
1189-10	12/11	W	6:30P-7:30P	\$10/\$10	All
1189-12	12/18	W	6:30P-7:30P	\$10/\$10	All

Fun Tricks & Skills

Learning new skills through positive reinforcement and clicker training makes for both a happy dog and a happy human! Teach your dog tricks that will help with overall obedience, better health and more! Channel their excessive energy into fun tricks for certification, therapy dog work, trick titles, or just for a fun activity to do with your dog. Dogs should have a basic obedience background.

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-F2	9/20-10/25	F	6:00P-7:00P	\$155/\$170	18+

Fun Tricks & Skills Introductory Class

Pre-registration required for this free class.

Code #	Date	Day	Time	R/NR Fee	Age
1189-F1	9/13	F	6:00P-7:00P	\$0/\$0	18+

Perfecting Recall: COME! New!

The "come" command, also called the recall, is a critical, lifesaving skill. Does your dog come every time, the first time you call him? If not, this is the course for you! Come, is one of the most important skills that every dog owner wants their dog to know. Just like any other behavior, you must teach the desired behavior first, then continue to practice to get consistent results. You will learn different exercises that will get your dog to LOVE coming to you!

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-F3	9/20-10/25	F	7:30P-8:30P	\$170/\$185	18+

Puppy Potty Training New!

Is your dog still having accidents in the house? Potty training a puppy or an adult dog is not impossible, you just need to know how. In this informative seminar, you will get the answers to your potty training questions. Our trainer will help you get closer to your goal of having a dog that is potty trained! You may attend this seminar with or without your dog. This is free, but pre-registration is required.

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-S1	9/8	Su	3:30P-5:00P	\$0/\$0	18+
1189-S2	10/6	Su	3:30P-5:00P	\$0/\$0	18+
1189-S3	11/3	Su	3:30P-5:00P	\$0/\$0	18+
1189-S4	12/1	Su	3:30P-5:00P	\$0/\$0	18+

Leash Manners

Walking properly on a leash without pulling isn't something that comes naturally for any dog. In this class, we will go over proper equipment that best fits your dog, learn training exercises that teach your dog how to walk nicely on a leash and how you can gain better control. With a little patience, your dog's favorite treats and practice, you will have safer and more enjoyable walks with your dog.

Code #	Date	Day	Time	R/NR Fee	Age
1189-TA	9/19-10/24	Th	6:45P-7:45P	\$170/\$185	18+

Location: Community Room in Drake Sports Park

1189-TA	9/19-10/24	Th	6:45P-7:45P	\$170/\$185	18+
---------	------------	----	-------------	-------------	-----

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

1189-WA	11/6-12/18	W	3:30P-4:30P	\$170/\$185	18+
---------	------------	---	-------------	-------------	-----

No class 11/27

Family Dog Training

Learn how you can improve your dog handling skills and relationship with your dog by teaching them basic commands (such as sit/down, stay, leave it, walk and come) as well as fun tricks. This beginner class will also help your dog learn proper social skills. We welcome dogs five months and older with little to no previous training to attend along with the entire family. At least one person must be 18 years or older to register. This class is not meant for dogs with aggression or behavioral problems. Please bring a clicker if you have one.

Location: Community Room in Drake Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
1189-TF	11/7-12/12	Th	6:45P-7:45P	\$145/\$155	18+

No class 11/28

AKC S.T.A.R Puppy Training **New!**

Socialization, training, activity and a responsible owner are the four keys to having a happy, healthy and well-behaved puppy. Puppy socialization and training should start as soon as you bring the puppy home. In this class, you will learn how to potty train your dog, how to deal with puppy biting, handling exercises and basic commands. Our trainer will also guide you on how to properly socialize your dog to create a future Canine Good Citizen. At the end of class, you will take a test to earn your puppy the AKC STAR Puppy Award. All family members are welcome to join. Puppy Orientation is required to take this session.

Location: Drake Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
1189-TC	9/19-10/17	Th	8:00P-9:15P	\$155/\$170	18+
1189-TE	11/7-12/12	Th	8:00P-9:15P	\$155/\$170	18+

No class 11/28

AKC S.T.A.R: Puppy Orientation

This will be an informative and interactive orientation to meet our dog trainer Elaine and to try out some of the exercises that will be offered in our AKC S.T.A.R. Puppy program. This class is free, but pre-registration is required and mandatory to take the session. Must bring proof of DHPP (distemper, hepatitis, parainfluenza, parvovirus) vaccinations. Recommended for pups 8 weeks to 5 months old. **Location:** Drake Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
1189-TB	9/12	Th	8:00P-9:00P	\$0/\$0	18+
1189-TD	10/24	Th	8:00P-9:00P	\$0/\$0	18+

Trick & Treat Party **Free!**

Dress your favorite canine in costume for our fun photo ops. Play games in our spooktacular treat hunt, show off your dog's wicked tricks to conjure up a prize, and celebrate fall with ghoulicious refreshments. All dogs must be on a 4-6 ft. non-retractable leash. One dog per handler for safety. Multi-dog families will need to have additional handlers at least 18yrs old. This is a family event, all are welcome and pre-registration is recommended.

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-WC	10/23	W	7:00P-9:00P	\$0/\$0	18+

Canine Good Citizen

The American Kennel Club's Canine Good Citizen program is part of the AKC Family Dog Program. It is a good standard for dog owners who choose to take the CGC as their first step in training their dog to have a foundation of polite behaviors while out in the community. This class is designed for dogs who are 6 months and older and have beginner level obedience to participate. We will teach you the behaviors your dog needs to perform in order to receive the CGC award. The CGC test will be offered at the end for those that are ready to take it. For more information you can visit the AKC website or contact Elaine Chan-Whitlow at goodchoicesdog@gmail.com.

Location: Pet Valu West Bloomfield, 33230 W 14 Mile Rd

Code #	Date	Day	Time	R/NR Fee	Age
1189-WB	11/6-12/18	W	7:45P-8:45P	\$175/\$190	18+

No class 11/27

First Aid/CPR:

Location: Recreation Activities Center

Instructor: LaToyia Shannon

First Aid/CPR/AED Heartsaver

This class teaches students critical skills needed to respond to and manage an emergency until emergency medical services arrive. Skills covered: first aid; choking relief in adults, children and infants; and what to do for sudden cardiac arrest in adults, children and infants. Must pass written exam/skills test. For anyone with limited or no medical training who need a course completion card to meet job, regulatory or other requirements. American Heart Association Cards are valid for two years. All materials provided by the instructor.

Code #	Date	Day	Time	R/NR Fee	Age
1290-1	9/21	Sa	9:00A-3:00P	\$85/\$95	14+
1290-2	10/19	Sa	9:00A-3:00P	\$85/\$95	14+
1290-3	11/16	Sa	9:00A-3:00P	\$85/\$95	14+

Basic Life Support for Healthcare Providers

In this course, students work with an American Heart Association BLS Instructor to complete BLS skills practice and skills testing, participating in simulated clinical scenarios and learning stations.

Material covered: Emphasis on high quality CPR including team dynamics; adult, child, and infant CPR; ventilations with a barrier device; 1 and 2 rescuer techniques; use of necessary equipment; relief of foreign body airway obstruction (choking) for adults and infants.

All participants will receive a current BLS Provider card which is valid for two years. A written exam/skills test is required.

Code #	Date	Day	Time	R/NR Fee	Age
1291-1	9/19	Th	5:00P-9:00P	\$75/\$85	16+
1291-2	10/17	Th	5:00P-9:00P	\$75/\$85	16+
1291-3	11/21	Th	5:00P-9:00P	\$75/\$85	16+

Family & Friends CPR

Family & Friends CPR is for people who want to learn CPR but do NOT need a CPR course certification card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters and others interested in learning how to save a life.

You will learn the lifesaving skills of: adult hands-only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR and mild and severe airway block for adults, children and infants.

Code #	Date	Day	Time	R/NR Fee	Age
1292-1	9/10	Tu	6:00P-8:00P	\$30/\$35	14+
1292-2	10/8	Tu	6:00P-8:00P	\$30/\$35	14+
1292-3	11/19	Tu	6:00P-8:00P	\$30/\$35	14+

Receive a \$5 discount by registering at least 7 days prior to class start date.

Trips

Due to the popularity of trips and the often limited seating on buses, registration is limited to enrolling two people at a time.

Location: Bus Departs from the Recreation Activities Center
Home pick-ups and returns can be arranged by calling (248) 706-2411.

Chaperone: West Bloomfield Parks Staff

Murder on the Orient Express & Lunch

Meadow Brook Theatre - Agatha Christie's Murder on the Orient Express and lunch at Kruse and Muer on Main, in Rochester. Just after midnight, a snowdrift stops the Orient Express in its tracks. An American tycoon lies dead in his compartment, stabbed a dozen times, his door locked from the inside. Isolated and with a killer in their midst, detective Hercule Poirot must identify the murderer, in case he or she decides to strike again. Please note: You will choose between three entrées at Kruse and Muer on Main. Selections include: Raspberry Chicken Salad, Pasta Primavera or Parmesan Encrusted Flounder.

Code #	Date	Day	Time	R/NR Fee	Age
2290-1A	10/16	W	10:45A-4:30P	\$64/\$74	50+

Black History Tour of Midtown & Lunch

Board the bus for a group trip to Midtown Detroit. The history of Midtown (Brush Park, Sugar Hill, the Cultural Center and New Center) is connected to the historic Detroit Black neighborhoods of Black Bottom and Paradise Valley and was an integral part of Black life in Detroit. Join Jamon Jordan of Black Scroll Network History & Tours to gain insight about Midtown including: influential people, churches, hotels, hospitals, entertainment and much more. Please note: lunch at Garden Theatre - The Block will be at your own expense. This trip involves a lot of walking. Participants will get on and off the bus and the tour guide will speak at various locations in Midtown Detroit.

Code #	Date	Day	Time	R/NR Fee	Age
2290-2A	10/22	Tu	9:45A-3:30P	\$29/\$34	50+

Ford Field Tour & Lunch

We invite you on a tour of Ford Field for a behind-the-scenes glimpse at Detroit's crown jewel and the home of the Detroit Lions, Super Bowl XL and the 2009 NCAA Men's Basketball Final Four. Ford Field represents Detroit's history and its future in a single venue. You will experience this innovation in architecture, as Ford Field integrates the Detroit Lions stadium into the historical old Hudson's warehouse built in the 1920's. Peek at a Ford Field suite, an NFL locker room, walk down the tunnel to the field and stand on the turf for a player's view of the stadium. The tour will last about an hour. Lunch will be on your own after the tour at Hockeytown Café. Please note: This trip involves a lot of walking. There are wheelchairs you can use at Ford Field, but you will need someone to push the wheelchair.

Code #	Date	Day	Time	R/NR Fee	Age
2290-3A	11/12	Tu	10:00A-3:30P	\$15/\$20	50+

Holly Hotel Luncheon Tea

Hop on the bus for our outing to the historic Holly Hotel. Sure to be decked out for the holiday season, enjoy the three-course Queen Ann luncheon tea. The luncheon tea includes a seasonal soup, choice of entree and house-made muffins and scones. A real treat. Please note: The Holly Hotel is an historic building. There are 7-8 stairs to enter the Holly Hotel. Also, the restrooms are either on the basement level or on the second floor. There are no restrooms on the first floor, nor an elevator.

Code #	Date	Day	Time	R/NR Fee	Age
2290-4A	12/12	Th	10:00A-3:00P	\$29/\$34	50+

Due to the popularity of trips and the often limited seating on buses, registration is limited to enrolling two people at a time.

Location: Bus Departs from the Recreation Activities Center

Chaperone: West Bloomfield Parks Staff

Home pick-ups and returns can be arranged by calling (248) 706-2411.

DSO Concerts

Enjoy a morning at the Detroit Symphony Orchestra. All seats are on the main floor within the first four rows of the stage. Cost includes round trip transportation to and from the Max M. Fisher Music Center. The bus will leave at 9:15 am in time to have a quick beverage and pastry before the performance and return by 2 pm. There will be no refunds once registered.

The Queen of Soul

Featuring a special musical and video tribute to the Queen of Soul, Aretha Franklin, celebrate the reigning divas of soul and R&B. Enjoy the hits from strong, soulful women, including Tina Turner, Patti LaBelle, Gladys Knight, Etta James, Whitney Houston, Alicia Keys and Adele.

Code #	Date	Day	Time	R/NR Fee	Age
2240-1A	10/11	F	9:15A-1:45P	\$55/\$65	50+

Legends: Paul Simon Song Book

From Simon and Garfunkel to solo albums Graceland and Rhythm of the Saints, Paul Simon has distinguished himself as a unique songwriter, crafting songs that have become themes for love, family and social commentary. Hear hits like "Bridge Over Troubled Water," "Me and Julio Down By The Schoolyard," "The Sound of Silence," "50 Ways to Leave Your Lover," and "Graceland," fully orchestrated for the DSO by Jeff Tyzik.

Code #	Date	Day	Time	R/NR Fee	Age
2240-2A	11/22	F	9:15A-1:45P	\$55/\$65	50+

Home for the Holidays

Share Detroit's favorite holiday musical tradition with family and friends and thrill to the spectacle of the season. Stuart Chafetz leads a sparkling celebration with carols and classics that sells out year after year - and yes, Virginia, there will be a Santa Claus!

Code #	Date	Day	Time	R/NR Fee	Age
2240-3A	12/20	F	9:15A-1:45P	\$55/\$65	50+

Sensational Shopping

Join West Bloomfield Parks for a day of shopping, browsing and lunch. Plus, it's great exercise! The registration covers roundtrip transportation from the Recreation Activities Center. Please note: Power scooters are not available to rent for any of these trips.

Code #	Date	Day	Time	R/NR Fee	Age
Eastern Market & Signal Return					
2300-A	9/17	Tu	9:30A-3:00P	\$7/\$9	50+
Downtown Plymouth					
2300-B	10/15	Tu	9:30A-3:00P	\$7/\$9	50+
Great Lakes Crossing					
2300-C	11/19	Tu	9:30A-3:00P	\$7/\$9	50+
Twelve Oaks Mall					
2300-D	12/10	Tu	9:30A-3:00P	\$7/\$9	50+

Restaurant Ramblers

Do you enjoy food, good company and a little bit of travel? Then join this "Out-to-Lunch Bunch" as we make the reservations and provide the transportation while you choose what to eat and pay for the meal.

Advanced registration is required. Walk-in registration will be at the Recreation Activities Center starting at 7:00 am on August 29. Phone reservations will be taken after 10:00 am on that date. Because of the popularity of this program, you will be limited to registering for a maximum of five trips on August 29. Any open spots on remaining trips may be filled starting on September 5. This is being done to try to accommodate people that have not been able to secure a seat on one of the trips. This is a great way for new residents of the area to get acquainted with their neighbors.

\$- Under \$20, \$\$ Between \$20 & \$30, \$\$\$ Over \$30

Code #	Date	Day	Time	R/NR Fee	Age
--------	------	-----	------	----------	-----

Johnny Blacks - Waterford \$\$

2280-1A	10/2	W	11:15A-2:45P	\$5/\$7	50+
2280-1B-F	10/4	F	11:15A-2:45P	\$5/\$7	50+
2280-1C	10/23	W	11:15A-2:45P	\$5/\$7	50+

Big Bear Lg - Brownstown \$\$

2280-2A	10/30	W	11:00A-3:00P	\$5/\$7	50+
2280-2B	11/1	F	11:00A-3:00P	\$5/\$7	50+
2280-2C	11/6	W	11:00A-3:00P	\$5/\$7	50+

Highland House - Highland \$\$

2280-3A	11/13	W	11:00A-3:00P	\$5/\$7	50+
2280-3B	11/15	F	11:00A-3:00P	\$5/\$7	50+
2280-3C	11/20	W	11:00A-3:00P	\$5/\$7	50+

Boodles - Madison Heights \$\$

2280-4A	12/4	W	11:00A-3:00P	\$5/\$7	50+
2280-4B	12/6	F	11:00A-3:00P	\$5/\$7	50+
2280-4C	12/11	W	11:00A-3:00P	\$5/\$7	50+

DaFrancesco's - Shelby Twp \$\$

2280-5A	1/8	W	11:00A-3:00P	\$5/\$7	50+
2280-5B	1/10	F	11:00A-3:00P	\$5/\$7	50+
2280-5C	1/15	W	11:00A-3:00P	\$5/\$7	50+

Fillmore 13 - Pontiac \$\$

2280-6A	1/22	W	11:00A-3:00P	\$5/\$7	50+
2280-6B	1/24	F	11:00A-3:00P	\$5/\$7	50+
2280-6C	1/29	W	11:00A-3:00P	\$5/\$7	50+

Special thanks to our senior services sponsor:

Marvin
& Betty
Danto 
Health Care Center

Programs Sponsored by the Senior Resource Group

The Senior Resource Group (SRG) is a network of professionals connected through the West Bloomfield Chamber of Commerce that looks to connect seniors and their families with knowledge and resources on relevant topics in today's environment. Sponsors contributing to each trip help defray the cost of trips which reduces trip costs. Sponsors may chaperone trips and have an opportunity to make personal connections with participants.

Advanced registration is required. **Walk-in registration will be at the Recreation Activities Center starting at 7:00 am on August 29.** Phone reservations will be taken after 10 am on that date. Online registration also opens at 10am. Due to the popularity of trips and the often limited seating on buses, registration is limited to enrolling two people at a time. The first day of registration is typically very busy so please be patient with us.

In person: 4640 Walnut Lake Rd, 48323

On the phone: (248) 451-1900

Trips:

Monroe Day Trip & Lunch

Our day trip to Monroe will include a guided tour of the Monroe County Historical Museum, located in the heart of downtown in a circa 1911 Georgian Post Office building, on the site of General and Mrs. Custer's original home. This county museum houses one of the largest collections of 18th and 19th century artifacts relating to Southeast Michigan. Exhibits include: Native American Woodland culture, early French-Canadian settlers, Victoriana, the Civil War and Monroe County's veterans, maps, waterways, seasonal displays and many materials from local history and the life and family of Gen. George Armstrong and Libbie Custer.

Lunch will be on your own at Public House in Monroe and then a visit to the River Raisin National Battlefield, before heading back to West Bloomfield.



Code #	Date	Day	Time	R/NR Fee	Age
2270-1A	10/1	Tu	10:00A-3:45P	\$12/\$17	50+

Telly's Terrarium Workshop & Lunch

In this make-and-take workshop, participants will receive all of the components necessary to create a beautiful, low-maintenance terrarium in glass. Several thousand terrarium plants will be available to choose from to ensure that your creation is both beautiful and unique.

Lunch will be on your own, before the workshop at Sedona Taphouse, in Troy. Offering an assortment of artisan sandwiches, salads and pasta.

Code #	Date	Day	Time	R/NR Fee	Age
2270-2A	11/5	Tu	11:00A-3:15P	\$51/\$61	50+

Tea at the Whitney

Afternoon Tea is a tradition that began in 1840 by the Seventh Duchess of Bedford. The four course Traditional Afternoon Tea at the Whitney includes: duet of scones, soup and salad of the season, selected tea sandwiches, canapés and housemade seasonal truffles. Please note: the Whitney is accessible with a ramp and an elevator.

Code #	Date	Day	Time	R/NR Fee	Age
2270-3A	12/3	Tu	11:15A-3:45P	\$60/\$70	50+

Talk Time Series

Free!

Each of the sections will focus on healthy, smart financial practices and wise decision making. Beverages and a light snack will be served during each presentation. Programs are free but require pre-registration.

Code # Date Day Time Fee Age

September: Smart Aging - unique foods for longevity, staying mobile, financial strategies to not outlast your money.

2160-1A 9/18 W 1:30P-3:00P \$0/\$0 40+

October: Stopping the Brain Drain - body, mind, soul connections

2160-2A 10/23 W 1:30P-3:00P \$0/\$0 40+

Code # Date Day Time Fee Age

November: A Trio of Strategies - for diabetes, holiday foods and taxes

2160-3A 11/20 W 1:30A-3:00P \$0/\$0 40+

December: Gratitude - grateful attitude at the holidays

2160-4A 12/18 W 1:30P-3:00P \$0/\$0 40+



Adult 50+ Recreation

AARP Drivers Safety Course

Learn defensive driving techniques, new traffic laws and rules of the road. Find out how to adjust your driving to age-related changes in vision, hearing and reaction time. Auto insurance companies in most states provide a multi-year discount to AARP graduates (consult your insurance agent). Bring your lunch or go out during the half hour break around noon each day.

Location: Community Room at Drake Sports Park

Instructor: Donna Bucciarelli

Code #	Date	Day	Time	AARP Member/NM Fee	Age
2190	10/15-10/16	Tu, W	10:00A-2:30P	\$15/\$20	50+

Creative Writing Group

Do you enjoy writing? Any type of writing is welcome - including memoirs, poetry and fiction. Copies will be made of your work for reading at each session, to be followed by useful discussion and feedback.

Location: Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
2070-1A	9/12-10/24	Th	1:00P-3:00P	\$5/\$7	50+
2070-2A	11/7-12/19	Th	1:00P-3:00P	\$5/\$7	50+

No class Nov 28

Teens Helping Seniors w/ Technology

Teens will help you troubleshoot technological hurdles you've been struggling with. Device instructions will be limited to iPad, cell phone and laptop. Learn from the experts how to navigate apps, email, camera, the internet, transferring photos and more. Pre-registration is REQUIRED and space is limited.

Location: Recreation Activities Center

Code #	Date	Day	Time	R/NR Fee	Age
2085	9/13	Tu	5:00P-7:00P	\$0/\$0	50+

Dementia 101

New!

What is Dementia? It is an illness that changes the brain. There are 120 types of dementia, one of which is Alzheimer's disease. In this educational program, you will understand the signs and symptoms, treatments, stages, disease risk factors and tips for communicating. Learn about brain-healthy life choices, caregiver stress, depression and how it changes you. A snack will be provided.

Location: Recreation Activities Center

Instructor: Amie Schulz

Code #	Date	Day	Time	R/NR Fee	Age
1082	11/6	W	1:30P-3:00P	\$0/\$0	50+

Behind the Scene Talks Free!

These programs will be fun and interactive with time set aside for discussion. Bring your questions! These official DIA programs are led by a trained DIA docent. Light refreshments. Free!

9/25 Topic: Diego Rivera and the Detroit Industry Murals:

Learn the complex and intriguing story behind Diego Rivera and his Detroit Industry murals, which have now been declared a National Historic Landmark.

11/25 Topic: In Our Own Voice-African American Art

Enhance your awareness of the creative contributions of African Americans from the 19th century through the present day. This talk provides a lens to examine issues of race, gender, politics and culture.

Location: Recreation Activities Center

Instructor: Howard Rosenberg

Code #	Date	Day	Time	R/NR Fee	Age
2170-A	9/25	W	10:00A-11:00A	\$0/\$0	All
2170-B	11/27	W	10:00A-11:00A	\$0/\$0	All

Fitness

Chair Exercise

This class works on both upper and lower body of individuals who find it difficult to stand and exercise for an hour. While using a chair, you will work on strength, balance and stretching while sitting or standing. Fall prevention techniques are also discussed. Register for any of these classes at least 7 days prior to the session start date and receive a \$5 early registration discount.

Location: Recreation Activities Center

Instructor: Lisa Fein

Code #	Date	Day	Time	R/NR Fee	Age
1235-1A	9/16-10/21	M	1:00P-2:00P	\$60/\$70	55+
1235-1B	9/20-10/25	F	1:00P-2:00P	\$71/\$81	55+
1235-2A	11/4-12/9	M	1:00P-2:00P	\$71/\$81	55+
1235-2B	11/8-12/13	F	1:00P-2:00P	\$60/\$70	55+

No class 9/30, 11/29

Heartland's Stretch and Tone

This enjoyable hour of low impact exercise uses aerobic exercise with the addition of light hand weights to maintain strength through stretching and flexibility training. This is a free program; preregistration is not required.



Location: Temple Israel, 5725 Walnut Lake Rd.

Instructors: Theodora Sailer, Mary Suci, Judy Greenwood

Date	Day	Time	Fee	Age
9/3-12/19	Tu, Th	9:00A-10:00A	\$0/\$0	50+

No class 10/8, 11/28

Intermediate Line Dance (Drop-In)

Whatever your age or your shoe size, you'll fit in and be able to join this fun and entertaining program! A \$5 drop-in fee will be collected at the door.

Location: Recreation Activities Center

Instructor: Dolores Greenspan

Code #	Date	Day	Time	R/NR Fee	Age
2041-1A	9/13-12/20	Tu, F	11:30A-12:30P	\$5/\$5	18+

No class 10/8, 10/25, 11/5, 11/29, 12/13

Ping Pong (Drop-In)

Single or doubles; all are welcome! Paddles and balls are available but you are welcome to bring your own equipment.

Location: Community Room at Drake Sports Park

Code #	Date	Day	Time	R/NR Fee	Age
2042	9/17-12/19	Tu, Th	2:00P-4:00P	\$2/\$2	50+

No class 10/15, 11/5, 11/28

Pickleball Clinic for Beginners

Join West Bloomfield Parks as it introduces you to the game of Pickleball. In this two hour clinic, participants will learn the terminology, rules and basic skills. Equipment will be provided. Participants must wear tennis shoes and bring water.

Location: Drake Sports Park **Instructor:** Shelley St. Amand

Code #	Date	Day	Time	R/NR Fee	Age
2223-1S	9/12	Th	4:00P-6:00P	\$10/\$15	50+

Serve, Return & Third Shot Option

This clinic will focus on the first three shots of the game. The three types of serves and when to use them. The strategy involved with the return of serve and the three third shot options; the lob, the drive, and the drop. Students taking this clinic should have some proficiency with being able to directionally hit and place a ball. Participants must wear tennis shoes, bring a water bottle and a pickleball paddle.

Location: Drake Sports Park **Instructor:** Shelley St. Amand

Code #	Date	Day	Time	R/NR Fee	Age
2223-5L	9/10	Tu	1:00P-3:00P	\$10/\$15	50+
2223-5M	9/17	Tu	1:00P-3:00P	\$10/\$15	50+

Pickleball: Dink for Success

This clinic is for those individuals interested in advancing their dinking skills. Clinic will focus on body positioning, paddle positioning, dink placement, and strategies to use while at the non-volley zone line. Clinic will also introduce fun dinking skill games to make the drilling process more exciting. This is a must have clinic for those wishing to advance their game. Participants must wear tennis shoes, bring a water bottle and a pickleball paddle.

Location: Drake Sports Park **Instructor:** Shelley St. Amand

Code #	Date	Day	Time	R/NR Fee	Age
2224-5T	9/11	W	1:00P-3:00P	\$10/\$15	50+
2224-5U	9/18	W	1:00P-3:00P	\$10/\$15	50+

HARVEST DAY LUNCH

**Thursday, November 21 from 11:30 am-1:15 pm
in the Community Room at Drake Sports Park**

Get together with family and friends to savor the flavors, colors and calm of autumn with our delicious lunch prepared by Notting Hill's culinary staff. After our meal, sit back and enjoy some live music. Space is limited so reserve your spot early!

\$8/resident, \$10/nonresident

**Check out the NEW Fuse 45 class,
designed for seniors, on page 18!**

Cards & Games

Bridge Beginning

Build your bridge for the 21st century. Learn basics of bidding, playing defense and developing plays.

Location: Recreation Activities Center

Instructor: Gerald Viedrah

Code #	Date	Day	Time	R/NR Fee	Age
1180	9/12-11/7	Th	9:00A-11:00A	\$63/\$73	50+

Bridge Intermediate

Intermediate and advanced students learn: Declared Play and Defense Play, Jacoby Transfer, Weak Twos, Negative Doubles and more. This series is designed for bridge players who have a minimum of one year's experience playing bridge.

Location: Recreation Activities Center

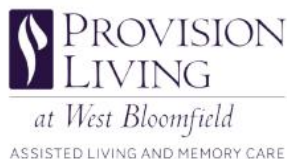
Instructor: Gerald Viedrah

Code #	Date	Day	Time	R/NR Fee	Age
1181	9/13-11/15	F	9:00A-11:00A	\$63/\$73	50+

No class 10/25

Open Game Room

Sponsored by Provision Living of West Bloomfield



Do you play Bridge, Euchre, Pinochle, Rummy or board games like Checkers, Chess, Backgammon, Mahjong or Dominos? Bring your fellow players and relax in our friendly confines.

Code #	Date	Day	Time	R/NR Fee	Age
2044-1A	9/2-12/17	M, Tu	1:00P-4:00P	\$0/\$0	50+

Location: Recreation Activities Center

Location: Provision Living of West Bloomfield

2044-1	9/5-12/19	Th	1:00P - 4:00P	\$0/\$0	50+
--------	-----------	----	---------------	---------	-----

No class 10/28, 11/5, 11/28

Canasta for Beginners New!

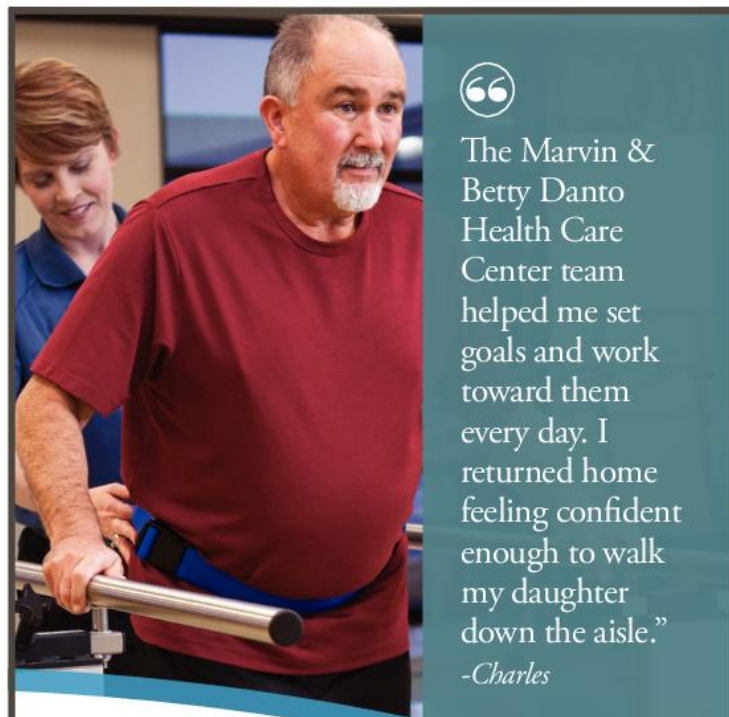
Learn the popular game of Canasta! This class is for beginners who have never played before or for those who have just learned but need to sharpen their game. This game is great for memory retention and a fun way to meet new people to socialize with. There will be a \$10 material fee collected the first day of class.

Location: Recreation Activities Center

Instructor: Ann Podolsky

Code #	Date	Day	Time	R/NR Fee	Age
2045-1	9/19-10/10	Th	11:30A-1:30P	\$45/\$55	50+
2045-2	10/17-11/7	Th	11:30A-1:30P	\$45/\$55	50+
2045-3	11/14-12/12	Th	11:30A-1:30P	\$45/\$55	50+

No class 11/28



The Marvin & Betty Danto Health Care Center team helped me set goals and work toward them every day. I returned home feeling confident enough to walk my daughter down the aisle."

-Charles

On your Road to Recovery

choose Marvin & Betty Danto Health Care Center

You chose your doctor, you chose your hospital. Make sure you choose the right rehab provider to get you back on the road to recovery.

After surgery, illness or injury, ask for The Marvin & Betty Danto Health Care Center.

heartland-manorcare.com/Danto

Marvin & Betty Danto Health Care Center
6800 West Maple Road
West Bloomfield, MI 48322
248.788.5300
danto@heartlandnursing.com



Marvin & Betty Danto Health Care Center

© 2019 HCR Healthcare, LLC

West Bloomfield Parks
4640 Walnut Lake Road
West Bloomfield, MI 48323
(248) 451-1900
wbparks.org



PRESORTED
STANDARD
US POSTAGE
PAID
ROYAL OAK, MI
PERMIT 896

Free shuttles from Drake Sports Park

Presented by:



Senior Health & Wellness Expo

October 17 from 9 am-3 pm at Henry Ford West Bloomfield Hospital

SPEAKERS | VENDORS | FITNESS ACTIVITIES | COOKING DEMONSTRATIONS | FREE BOX LUNCH*

** for the first 200 senior participants*



Sponsored by:



No pre-registration. Call (248) 451-1900 or visit wbparks.org for details on participating speakers/vendors.

**PUPPY & DOG
TRAINING**

PG 23

**SENIOR HARVEST
DAY LUNCH**

PG 29

**YOUTH DANCE
CLASSES**

PG 12