

SENIOR



WEST BLOOMFIELD

PARKS + RECREATION COMMISSION

HAPPENINGS



TASTES & TUNES CONCERT PG. 8

June 2023

Our new Connect location is opening soon!
Check out pg. 3 for more information.



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Information printed considered accurate.

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INSTRUCTOR SPOTLIGHT

THEA SAILER

Thea Sailer has been volunteering at WB Parks for 10 years as our Stretch and Tone instructor! She started as a faithful participant and has grown with the program, advocating for its success.

We asked her the questions below to get to know her a little better!

1. How long have you been an instructor?

10 years.

2. What inspired you to become involved with WB Parks?

Stretch and Tone Fitness.

3. Where were you born? Or where did you grow up?

I was born in downriver Michigan.

4. What's your favorite West Bloomfield Park?

I have been to Drake Sports Park.

5. What is your favorite hobby?

I love cooking nutritious and healthy food.



THEA SAILER

We would also like to introduce instructor Gayle Taub! Gayle is new to WB Parks this year and will be helping lead Stretch and Tone. She is a national board certified health and wellness + nutrition coach.

STRETCH AND TONE

Join this free, low-impact exercise class for seniors! This program uses a comprehensive exercise routine which encourages the use of light hand weights to maintain strength and fitness and will be the inaugural program at the launch of our new Connect space!

Tuesdays and Thursdays 9:30-10:30A. Located at Connect beginning June 1, 2023.

Pre-registration once per season is encouraged to ensure accurate roster information.



GAYLE TAUB



Line Dance updates



NEW REGISTRATION PROCESS:

Register for only the date(s) you want and pay once!

\$5/person

Register in-person at the Recreation Activities Center, by calling (248) 451-1900 or online at wbparks.org.

Starting in May, instructors will no longer handle payments. All transactions must be made with a Customer Service Representative.

Same class format, same instructor!

Location will change June 2 to the new Connect space located at 33230 W 14 Mile Rd., West Bloomfield.

Starting June 2, both Friday and Tuesday classes will be held at this location.

CONNECT UPDATE

We are thrilled to share that our Connect Senior Center has a new location! Come check out the new Connect located at 33230 W. 14 Mile Rd., West Bloomfield within Simsbury Plaza, starting August 23rd. Hours are 8:30 am - 4 pm.

This location will be the primary site for all senior programs and events as well as house senior services staff.



CONNECT OPEN HOUSE

Make sure to join us August 23rd for our Connect Open House from 11 am - 2 pm. Meet program instructors, learn about Connect senior services, enjoy light refreshments or just pop in and say hi! Learn all about our updated Connect space and get a tour of the new location.

MAKE A CONNECTION WITH THE CONNECT SENIOR SERVICES TEAM

The Connect team is excited to welcome members back to Connect this fall. For any questions you might have, see your friendly Connect staff for help.

Please allow time for your emails to be processed as Connect staff work varying shifts.

Connect staff bios can be found at wbparks.org/staff.



CONNECT STAFF FROM RIGHT TO LEFT: KAY, JUDY, BEN, HEIDI & SHEILA

Kailyn (Kay) McMahon, CDP	Senior Services Manager	kmcmahon@wbparks.org
Judy St. Amand	Senior Programmer	jstamand@wbparks.org
Ben Bur, CDP	Transportation Coordinator	bbur@wbparks.org
Heidi Russell	Senior Operations Coordinator	hrussell@wbparks.org
Sheila Nittmann	Membership Manager	snittmann@wbparks.org

BEAT THE HEAT!- FEATURED INDOOR PROGRAMS

EXERCISE YOUR MIND-NEW & FREE!

WHAT TO KNOW ABOUT MEDICARE?- Join a Medicare Expert who will discuss topics related to Medicare to help you understand your benefits and options better.

ASK THE EXPERT-August 3rd is your chance to get answers to your questions about Medicare. Join a Medicare Expert who will lead a discussion and Q&A.

Registration required

Location: Connect

Sponsored by:

7/13 | Th | 12:00P-1:00P
8/3 | Th | 12:00P-1:00P



OPEN GAME ROOM

Monday and Tuesday afternoons come play any game you wish. Light refreshments are served. Please bring your own game supplies and your fellow players. Free for Connect members and a \$2 drop-in fee for non-members. Open Game Room will be held at our new Connect location starting May 30th!

Mondays and Tuesdays from 1:00-4:00P.

Pre-registration once per season is encouraged to ensure accurate roster information.

PING PONG

Beat the heat indoors with this Connect favorite! Our brand new tables will be ready for play on Thursday June 1st, 2023 at our new Connect location.

Free for Connect members and a \$2 drop-in fee for non-members.



Thursdays and Fridays from 1:30-4P.

Pre-registration once per season is encouraged to ensure accurate roster information.

OPEN STUDIO ADULT ART CAMP-NEW!

Join us for this four day Open Studio Art Camp where anything goes. Finish started art projects, or create something new with an award winning instructor. All mediums are welcome. Help will be individualized for each student. Students must provide their own supplies. Please bring your lunch. Pre-registration required.

Location: Sheiko Elementary School

Instructor: Fran Seikaly

7/18-7/21 | 10:00A-2:00P | \$169/\$175

COMPANION PLANTING- NEW!

Summer is here! Have you heard of themed condensed companion planting for veggies and flowers? This workshop will include a “plan along” which will be fun to nurture and grow, plus you will have a unique harvest at summers end.

The ideal space needed for your garden is a 2 foot circle, which can be circle box or barrel (12 inch spacing). Each participant will choose from one of three companion planting themes: indigo garden, italian garden or salsa garden. Pre-registraton required.

Location: Recreation Activities Center

Instructor: Timothy Farris

6/20 | Tu | 2:00P-3:30P | \$5/\$7



FEATURED OUTDOOR PROGRAMS Pre-registration required

SENIOR SEASONAL HIKE

Join our naturalist on a nature discovery walk!

Monthly walks range from 1-1.5 miles and features easy to moderate terrain. Explore various trails in West Bloomfield and observe the changing seasons. Hiking poles provided.

Location: West Bloomfield Woods Nature Preserve

7/12 | W | 2:00P-3:30P | FREE



SENIOR KAYAK

Fun on the water doesn't have to end as you age. Join us as we explore Cass Lake, the largest and deepest lake in Oakland County. There will be options for single and double kayaks!

Participants must be able to get in and out of a kayak with minimal assistance. All equipment is provided, including life jackets.

Location: Meet at Maple Ridge Shelter (Marshbank Park)

8/16 | W | 10:00A-11:30A | \$38/\$43

VETERANS PICNIC

Welcome all West Bloomfield and area veterans. Join other vets for our Veterans Meetup, enjoy each other's company and swap stories.

Join us at the Bloomer Park Shelter for a summer picnic lunch, catered by Meals on Wheels. Choice of burger (beef, turkey or veggie) with a side salad, chips and watermelon.

Location: Bloomer Park

7/12 | W | 11:00A-12:00P | Free for Vets, Guests \$7/\$9



CONNECT MEMBERSHIPS

BECOME A CONNECT MEMBER

Memberships are not required to utilize Connect’s programs but there certainly are benefits to having one! Unless posted otherwise, drop-in programs start at \$2 per activity for non-members and almost all are free for members. Other membership benefits include: free coffee & tea, reduced fees for select programs, classes, trips and special Connect member events!

Annual Membership Rate:

\$15 resident/\$25 resident couple

\$25 non-resident/\$45 non-resident couple

Memberships are for 12 months; couple memberships are limited to two people in a household.

Join in-person or over the phone by calling (248) 451-1900. Become a member today!

UPCOMING CONNECT MEMBER EVENTS & PROGRAMS

ICE CREAM

Floats



CONNECT MEMBER EVENT

AUGUST 10

2-3:30 PM

CONNECT

33230 W 14 MILE RD, WEST BLOOMFIELD

Join us for a root beer float, Boston Cooler or scoop of ice cream!

Pre-registration required!

ubparks

CONNECT

BINGO

CONNECT MEMBERS ONLY


Join us at our new Connect space for Bingo!

Meet other Connect members and play for free.

You will be given three cards to play at a time in six rounds of bingo and prizes will be given!

Location: Connect

7/21 | F | 1:00-2:00P
8/11 | F | 1:00-2:00P



NEW STAFF FEATURE

Please join us in welcoming a new face to our WB Parks team. Diane Slater has been volunteering at WB Connect for about a year. She has a can-do attitude and has recently become a site-supervisor for our Stretch and Tone program!

1. WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH SENIORS?

I enjoy making seniors feel comfortable!

2. WHAT INSPIRED YOU TO WORK FOR WB PARKS?

I was a volunteer previously and felt inspired by the staff.

3. WHAT IS YOUR FAVORITE SENIOR PROGRAM?

The volunteer program is my favorite.

4. FUN FACT ABOUT YOURSELF.

I am a senior, myself!



DIANE SLATER



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ON THE CONCERT HILL THIS SUMMER!

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MARSHBANK
music

Wednesdays at Marshbank Park
 5:30 – 8:30 pm

*Food service starts at 5:30,
 music kicks off at 6:00*

LINEUP

July 12: Collision Six Favorites from the 60s–today	July 26: Detroit Retro Society Soul, Funk, R&B and more
July 19: The Insiders Tom Petty Tribute	August 2: Katmandu Bob Seger Tribute

FOOD
 Plus two new trucks each week








Presented by:
HENRY FORD HEALTH

Tastes & Tunes

CONCERT & LUNCH

Resident: \$5/ Nonresident: \$7
 Picnic lunch included!

September 7 from 12–1:30 pm

Marshbank Park

Live music from Sound Station!
 Ages 50+





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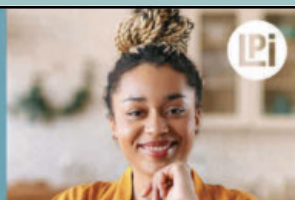
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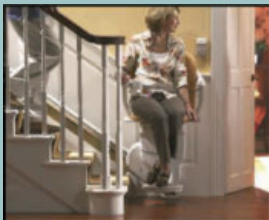
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We are proud to announce that once again, both *Newsweek* and *U.S. News & World Report* have each named **West Bloomfield Health & Rehabilitation Center** to their respective lists of **"Best Nursing Homes"** for 2023. It's just more affirmation that quality has its rewards.

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PICNIC IN THE PARK



**Resident- \$5/Nonresident-\$7
Registration closes June 5**

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**JUNE 8
12-1:30 PM**

**MARSHBANK
PARK**

FOOD TRUCK

11:30am-1:30pm



TUESDAYS

The Great Greek	5/16
Simply Spanish	5/23
The Potato Bar	5/30
Posamscafe	6/6
Hearth, Wood, Fire Pizza	6/13
The Potato Bar	6/27
Vedged Out Food Truck	7/11
The Grilled Wrap	7/18
Monkey Business	7/25
Cousin's Maine Lobster	8/1
Posamscafe	8/8
Vedged Out Food Truck	8/15
The Krepe Kart	8/22
D & W Street Eatery	8/29
The Potato Bar	9/5
Regina's Food Truck	9/12
Cousin's Maine Lobster	9/19
D & W Street Eatery	9/26

New Location!

Tent between the Library & Recreation Activities Center!
 In the Civic Center Complex
 4640 Walnut Lake Road,
 West Bloomfield 48323

This is an event series organized by West Bloomfield Township, Library, Police and Parks Departments.

COMMUNITY GARAGE SALE

Help reduce our
community's waste!

Saturday, August 5
8 am - 2 pm

**RECREATION ACTIVITIES
CENTER
Parking Lot**

And repurpose items
to new homes!

Become a seller for \$ 10 (Residents Only)
 Only one registration per household
WBPARKS.ORG/GARAGE-SALE
 Households can only participate in one sale per year

Registration for Aug. Sale
opens June 28



SENIOR HAPPENINGS NEWSLETTER:

West Bloomfield Parks has contracted with LPI to print this newsletter with the majority of costs covered by local business advertisements. We will be mailing this newsletter out three times annually. If you'd like to be added to our distribution list, please call 248.451.1900.