

FALL GUIDE



September-December 2023

Registration begins August 7



Oktoberfest
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High Tops &
High Heels
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WEST BLOOMFIELD

HEALTH & REHABILITATION CENTER



QUALITY HAS ITS REWARDS

When choosing a skilled nursing facility, nothing matters more than the quality of care and service delivered. But how do you judge quality without first-hand experience?

Fortunately, you can turn to impartial third-party experts who seek excellence - publishing annual assessments that help distinguish the best in the industry. 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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Fees are listed as West Bloomfield residents first, followed by nonresidents.

Recreation Activities Center

4640 Walnut Lake Road, West Bloomfield, MI 48323

Office Hours: Monday - Friday, 8 am - 4:30 pm

Offices are closed September 4, November 23-24, December 25-January 2.

Park Hours: Parks are open daily from 8 am - dusk, year-round.

Phone: (248) 451-1900

Email: info@wbparks.org

Staff Contact Information:

Contact information for individual staff can be found at: wbparks.org/staff.


Registration:


To register for a program, call (248) 451-1900 or visit us online at wbparks.org. To view our customer service guidelines or refund policy, visit www.wbparks.org/registration-information.

Transportation Services: (248) 706-2411

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

Early Registration Discount: Save \$5 by registering at least 7 days prior to program start date. Applies to most youth and adult programs.

 Program Location

 Instructor

COMMISSIONERS

Terrance T. Adams
Merv Aronoff
David Barash
Robert V. Brooks

John A. Erich
Vincent C. Kirkwood
Sally Wenczel

2023 COMMISSION MEETINGS

August 24
September 28
October 26
November 16
December 14

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.



FROM the DIRECTOR

Embracing Change: Celebrating Nature's Transformative Beauty in the Fall

There is no better way to spend your leisure time than outside in nature in West Bloomfield. The season of change is among us as we experience the fall season with West Bloomfield Parks. Inside this edition you will find over 100 ways to create meaningful moments together with family and friends.

Groups Hayrides: Participants gave rave reviews that this is the best way to experience the bountiful beauty of Marshbank Park. One of the unique aspects is that you can invite up to 30 people to join you on your exclusive tractor pulled hayride.

Trail Walks: Whether you go by yourself, set a date to meet up with a friend or pre-plan by registering in a naturalist-led trail program, each experience is guaranteed to wow you this fall season.

Pine Lake Park: We are adding a beautiful new green space to our park system. Located at Orchard Lake and W. Long Lake, this 21 acre parcel is a diamond in the rough. Only a short 3 minute bike ride/10 minute walk from the West Bloomfield Trail, park patrons can expect some park upgrades to be made in the next three years. Thank you to Bloomfield Hills Schools for their vision and generous community collaboration to make this partnership possible.

Upgraded Amenities: The changing season also brings updated parks and facilities! Be the first to see these new spaces.

- **Connect:** While it was sad to say goodbye to our Orchard Mall space, our new 9,000 sq. foot facility officially opens on August 23 with a full slate of senior programs.
- **Skate Park at Drake:** All ramps and features were redesigned and will be replaced. This capital project had input from over 60 users and was designed by National experts. Construction is slated for early fall and will take about 2 weeks.
- **Year-round bathrooms on the West Bloomfield Trail:** This much needed amenity will enhance your trail experience as it also includes a fillable water station; conveniently located at the Nature Preserve Trailhead off Arrowhead Road. Bathrooms will open in December.

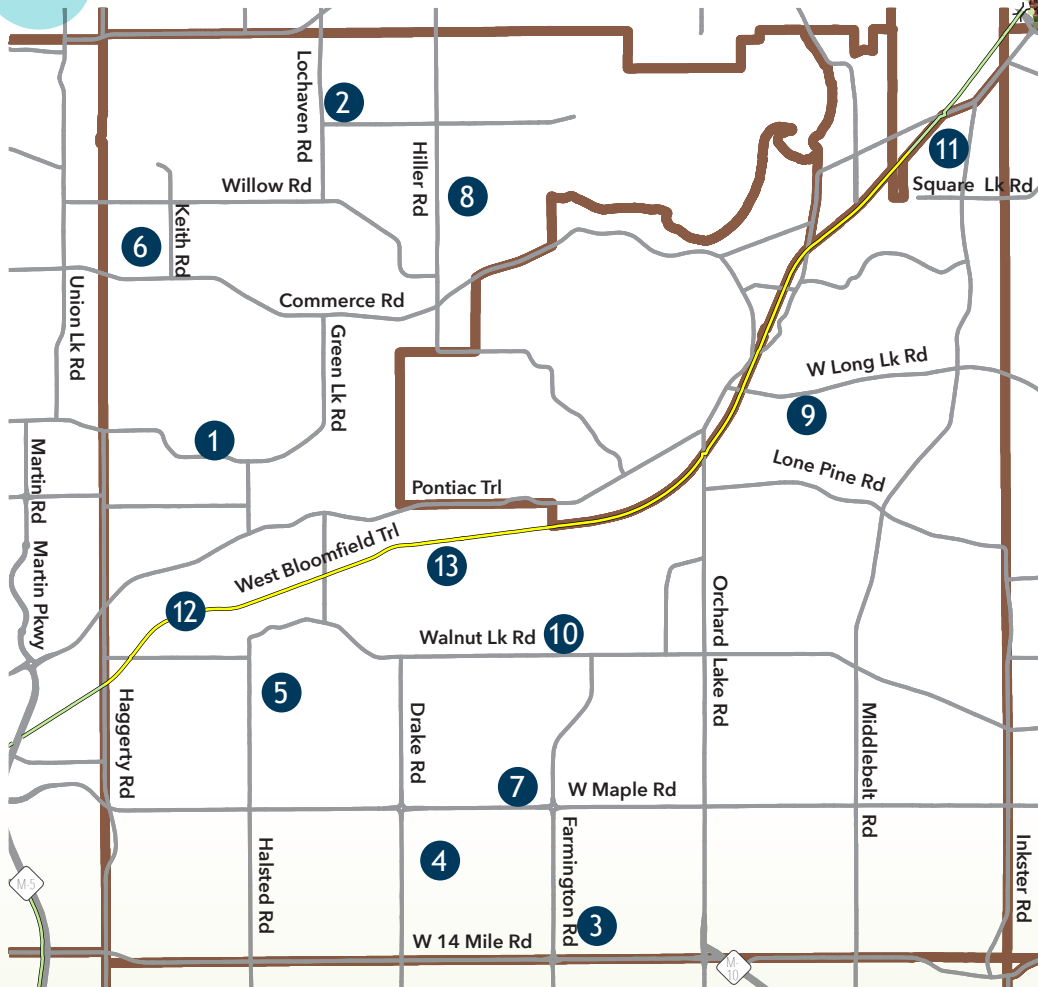
Natural Features Inventory: Scientists and experts are a quarter of the way through this two year project, documenting all the flora and fauna inside our parks. The data will help park staff design a plan to maintain any protected species as well as manage invasive species.

In closing, we hope that our staff, parks and programs inspire you to create some new traditions that you can look forward to. Spending time with family is important for building strong relationships, creating lasting memories and fostering a sense of belonging. As the fall season brings inevitable change into the colder and shorter weeks, we can continue to provide the foundation for you to discover your next adventure.

Kelly Hyer, CPRP

Explore YOUR PARKS

Parks and Facilities



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| 1 Bloomer Park | 8 Marshbank Park |
| 2 Bloomfield Knolls Park | 9 Pine Lake Park COMING SOON!
See page 6 for details. |
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Pine Lake Park DEDICATION

Help us celebrate a community partnership
and the future of Pine Lake Park.

October 11
5:45 pm

3333 W Long Lake Rd, West Bloomfield Township, MI 48323

West Bloomfield Parks will take over operations of the former Pine Lake Elementary property this fall. The West Bloomfield Parks and Recreation Commission and the Bloomfield Hills School Board of Education have entered into a 20-year lease agreement where the 21 acre plot will be maintained and improved by WB Parks while the School District will still hold ownership over the property. Visit wbparks.org/pine-lake-park for details!

At Henry Ford West Bloomfield Hospital,
we are changing healthcare.

WE ARE HENRY

We're on a mission to build a healthier community.

Our expert teams are delivering care that redefines what's possible – from neurosurgery, cardiac care and stroke treatment to robot-assisted joint replacements, cancer management and a birthing center like no other. Discover the most advanced care, close to home.

HENRY FORD HEALTH

henryford.com/westbloomfield



CW3 SOCCER ASSOCIATION



FUN & AFFORDABLE
SOCCER PROGRAMS
FOR BOYS & GIRLS
OF ALL SKILL LEVELS!



W Bloomfield Pee Wee

U4 (2020)-U5 (2019)

Sept. 8 - Oct. 28

Friday Training at Sports Club of WB
Saturday Games at Dodge

W Bloomfield Juniors

U6 (2018)-U10 (2014)

Sept. 8 - Oct. 28

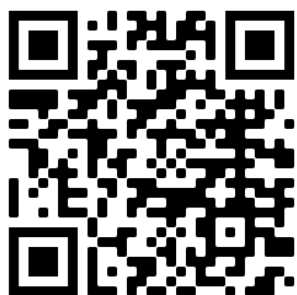
Friday Training at Sports Club of WB
Saturday Games at Dodge

Recreational

U5 (2019)-U19 (2005)

Sept. 5 - Oct. 27

*U5-U8 is internal house league
U9-U19 plays in WSSL



CW3 Soccer Association

Sports Club of West Bloomfield
Dodge Park

Registration Link

www.cw3soccer.org/programs

Building character one player at a time.



SPECIAL EVENTS

Due to the popularity of family events, nonresidents may register two weeks after the resident registration start date (residents August 7, nonresidents August 21). Refunds must be requested one week prior to each event, less a \$10 administrative fee, unless stated otherwise.

FREE!
No pre-registration needed

BEES BUTTERFLIES & BLOOMS

A FESTIVAL FOR POLLINATORS!

SUNDAY, AUGUST 27
10AM - 12PM
MARSHBANK PARK

Buzz and flutter about Marshbank Park to learn about the importance of our pollinators & what you can do to help these critters that are so important to our earth.

- MONARCH TAGGING WITH BUTTERFLY RELEASE
- SWEEP NETTING FOR NATIVE POLLINATORS
- BEESWAX CRAFT
- INTERACTIVE TALKS WITH BEES IN THE D
- LIVE CATERPILLAR DISPLAYS
- SEEDLING GIVEAWAY

SPONSORED BY:

DAVEY
Proven Solutions for a Growing World

METROEHS
PEDIATRIC THERAPY

CAMP OUT

Friday, September 22
Beginning at 3 pm
Marshbank Park

\$10/Resident
\$12/Nonresident

For one night only, WB Parks invites you to camp out at Marshbank Park!

Enjoy fishing, a craft, a tent decorating contest, nature hikes, campfire music, s'mores & more!

You can purchase your dinner from a food truck or pack a picnic.
Continental breakfast provided.

Presented by:

PROVISION LIVING
Senior Living Communities
INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE

BUSCH'S
Fresh Food, Market

SOARING EAGLE
REALTY

LEDERMAN KWARTOWITZ
Law Firm for Ophthalmology & Sports Medicine

Sponsored by:



GROUP HAYRIDES

OCTOBER 12, 13, 19, 20

TIMESLOTS BEGINNING

AT 5 PM

MARSHBANK PARK

Resident \$135
Nonresident \$150
Fee covers up to 30 people



Experience the changing seasons at Marshbank Park while enjoying a 20 minute tractor-drawn hayride!

The registration fee is for one timeslot and includes a private hayride for your group of up to 30 people, cider, donuts and 4 blankets.

Presented by:



Sponsored by:



BALL FOR ALL

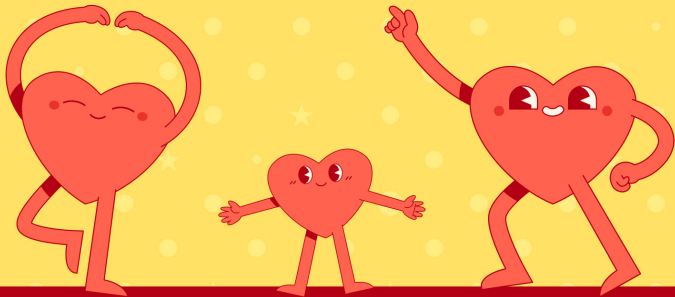
FAMILY DANCE
Resident \$22 Nonresident \$27
Price is per person.

WEDNESDAY, NOVEMBER 15

6:30-8 PM

JEWISH COMMUNITY CENTER OF METROPOLITAN DETROIT
6600 W. MAPLE RD. WEST BLOOMFIELD, MI 48322

DJ, APPETIZERS, PROFESSIONAL PHOTOS, DANCING & MORE!
Cost not included



DRESS TO THE NINES AND BRING YOUR DIMES FOR A GLAMOROUS NIGHT!
MAKE THIS A SPECIAL NIGHT FOR YOU AND ONE OTHER OR BRING YOUR WHOLE CREW TO STRUT THE NIGHT AWAY.

Special early registration discount. Register by 10/19 and save \$5/person.

EVENT PARTNERS:



MEDIA PARTNER:



HEROES APPRECIATION BREAKFAST

LIVE ENTERTAINMENT | GUEST SPEAKER | PRESENTATION FROM HONOR GUARDS
FREE FOR VETERANS + ONE GUEST

PRE-REGISTRATION REQUIRED
REGISTRATION CLOSING OCTOBER 31

TUESDAY, NOVEMBER 7

8-10:30 AM

WEST BLOOMFIELD MIDDLE SCHOOL

EVENT SPONSORS



HIGH TOPS & HIGH HEELS

Mother & Son Dance!

Resident \$35
Nonresident \$40
Price is per person

November 16

6-8 pm

JEWISH COMMUNITY CENTER OF METROPOLITAN DETROIT
6600 W. MAPLE RD. WEST BLOOMFIELD, MI 48322

Registration closes November 3



BUFFET DINNER * DANCING * PROFESSIONAL PHOTOS
Cost not included

SENIOR HEALTH EXPO

WEDNESDAY, OCTOBER 4
9 AM-2 PM

HENRY FORD WEST BLOOMFIELD HOSPITAL
6777 W. MAPLE RD., WEST BLOOMFIELD

**FREE BOXED LUNCH TO THE FIRST 200
PRE-REGISTERED PARTICIPANTS**

Enjoy expert-led discussions on a variety of health & wellness topics!
Lecture schedule available September 15 at wbparks.org/health-expo.

EVENT PARTNER:

**HENRY
FORD
HEALTH**

SPONSORED BY:



TRICK -or- TREAT Trail

PRESENTED BY:



SPONSORED BY:



Come in costume to 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 donut included. Suggested ages 3-12.



Resident \$7
Nonresident \$9

SUNDAY, OCTOBER 29
**SELECT FROM 4 TIMESLOTS
BEGINNING AT 3 PM**
MARSHBANK PARK

Presented by:

HENRY FORD HEALTH+

Resident: \$5/ Nonresident: \$7

Tastes & Tunes

CONCERT & LUNCH

September 7 12-1:30 pm

Marshbank Park

Live music from Sound Station!

Ages 50+

Sponsored by:

SUNRISE SENIOR LIVING

Humana

LOURDES SENIOR COMMUNITY

CARE Patrol Your Partner in Senior Care Solutions

THE AVALON OF BLOOMFIELD TOWNSHIP A GRACE MOUNT COMMUNITY

BROOKDALE SENIOR LIVING SOLUTIONS

PROVISION LIVING SENIOR LIVING SOLUTIONS

WB PARKS HAS LEASED A NEW SPACE FOR THE CONNECT SENIOR CENTER!

PLEASE JOIN US FOR OUR OPEN HOUSE TO ENJOY LIGHT REFRESHMENTS, MEET INSTRUCTORS, LEARN ABOUT OUR SENIOR SERVICES AND TOUR OUR NEW FACILITY!

Sponsored by:

Humana

BUSCH'S Fresh Food Market

Karen Faith LLC

A WEST BLOOMFIELD SENIOR GATHERING PLACE!

wb parks

CONNECT OPEN HOUSE

AUGUST 23

11 am-2 pm

CELEBRATE WITH US AT

33230 W 14 MILE RD, WEST BLOOMFIELD

ON THE CORNER OF 14 MILE AND FARMINGTON!

SPECIAL EVENTS FOR SENIORS

HARVEST DAY Lunch

Friday, November 17

12~1:15 pm

Connect

Join us for a special Harvest Day Lunch to savor traditional Thanksgiving dishes and enjoy live music and gratitude.

RESIDENT \$11
NONRESIDENT \$13

ho ho HOLIDAY LUNCH

FRIDAY, DECEMBER 1

11:30 AM-1 PM

CONNECT

Singalong, photos with Santa, a performance by The Detroit Tap Repertory & more!

Lunch will include roast beef or meatless mostaccioli, mashed potatoes and green bean amandine.

Sponsored by:

THE AVALON OF BLOOMFIELD TOWNSHIP A GRACE MOUNT COMMUNITY



Tiny Tykes Soccer.....3-5

This exciting program teaches basic soccer skills while developing strength, balance, coordination, listening skills and teamwork. Caregiver must stay.

📍 Marshbank Park

9/6-10/11 | W | 5:00-6:00P | \$149/\$164

9/6-10/11 | W | 6:00-7:00P | \$149/\$164

Mighty Tykes Soccer...6-9

The Challenger Soccer Academy offers players the opportunity to train with the best! With no emphasis on winning, practices only have one goal; to develop and improve each individual both on and off the field!

📍 Marshbank Park

9/6-10/11 | W | 6:00-7:00P | \$149/\$164

Tennis Clinic.....6-8

This class is for beginner through intermediate players. Clinic will focus on forehand, backhand, serves and volleys using drills, games and point situations.

📍 Drake Sports Park

Ages 7-10:

9/5-9/13 | Tu, W | 4:30-5:30P | \$77/\$87

Ages 10-15:

9/5-9/13 | Tu, W | 5:30-6:30P | \$77/\$87

Amazing Athletes.....2-4

Children learn the basic fundamentals of five sports (football, soccer, volleyball, baseball and basketball). Classes will focus on gross motor development, cardio fitness and nutrition. Caregiver must stay.

📍 Drake Sports Park

9/13-10/18 | W | 10:30-11:00A | \$137/\$152

Mini-Hawks

Basketball & Soccer.....4-7

Through games and activities, kids explore balance, hand-eye coordination and skill development in this multi-sport program.

📍 Bloomer Park

9/23-10/28 | Sa | 10:00-11:00A | \$125/\$140

Basketball.....8-11

This fun, skill-intensive program is designed for beginning to intermediate players. Boys and girls will learn the fundamentals

of passing, shooting, ball handling, rebounding and defense through skill-based instruction and scrimmages.

📍 Bloomer Park

9/23-10/28 | Sa | 11:15A-12:15P | \$125/\$140

Beginning Golf

Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Age appropriate golf equipment is provided.

📍 Drake Sports Park

Ages 5-7:

9/10-10/15 | Su | 10:00-11:00A | \$125/\$140

Ages 8-10:

9/10-10/15 | Su | 11:15A-12:15P | \$125/\$140

Team Handball.....8-10

Team Handball is one of the most popular Olympic sports in the world! Combining elements of soccer, basketball and water polo, The Detroit Handball Club will teach participants the “fun”-amentals of the sport, through games and activities.

📍 Drake Sports Park

9/11-10/16 | M | 6:30-7:30P | \$165/\$185

No class 9/25



Hip Hop Dance.....5-7

Kids will be moving and grooving and expressing themselves to the beats and sounds of each song. Great for learning rhythm, tempo, timing and also builds coordination. Great for both boys and girls.

📍 Drake Sports Park

9/28-11/2 | Th | 5:30-6:15P | \$125/\$140

Hip Hop Dance.....8-10

This class is great for learning rhythm, tempo, timing and also builds coordination. They will learn various hip hop moves that will be performed on the last day! Great for both boys and girls.

📍 Drake Sports Park

9/28-11/2 | Th | 6:15-7:00P | \$125/\$140

Chess Wizards.....6-10

Chess Wizards interactive, discovery-based curriculum inspires students to think ahead, visualize their goals, treat others with respect and to learn from mistakes. More than just a game of winning and losing, they make learning chess fun!

📍 Recreation Activities Center

9/26-10/24 | Tu | 6:00-7:00P | \$150/\$165

11/7-12/12 | Tu | 6:00-7:00P | \$150/\$165

No class 11/14

Art

📍 Marshbank Park

** These classes require children to be accompanied by a caregiver.*

My Favorite Art Class*.....1.5-6

Your artist will have a blast while exploring many techniques and materials including painting, drawing and clay. We'll make silly clay owls, an adorable handprint flower garden and a glow-in-the-dark dinosaur!

10/13-11/3 | F | 10:00-11:00A | \$101/\$111

Let's Draw, Paint & Sculpt5-12

We'll learn to draw a wacky llama, and we'll sculpt and paint a box full of delicious-looking donuts. We'll even create one of our most popular projects—a snow globe!

10/2-10/30 | M | 6:00-7:00P | \$101/\$111

Drawing Made Easy....4-9

Have you ever wished drawing was easy? Students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas and more. Drawing is easy, fun and anyone can do it!

10/28-11/18 | Sa | 10:00-11:00A | \$101/\$111

Grandparent and Me: Ornament Making*...1.5-6

Join us for an ornament making party. You and your grandchild will create adorable wooden Christmas trees, silly gnomes and more. These ornaments will make great keepsakes or holiday gifts!

12/1 | F | 10:00-11:00A | \$37/\$42

Handmade for the Holiday.....5-12

This is your child's chance to come and create hand-crafted gifts. Great gifts that mom, dad, grandma, grandpa or teacher would love to receive. We'll be making picture frames, wooden trinket boxes, clay mosaics and more.

11/14-12/5 | Tu | 6:00-7:00P | \$101/\$111

Caricature Workshop....8-13

Is your child ready to learn to sketch cartoon faces quickly? This class shows how to visualize the face in a simplified way, what is needed to capture a person's likeness and tips so one can make fast decisions. Kids will leave with increased knowledge about drawing, a caricature of themselves and the caricatures they created.

11/11 | Sa | 2:30-4:30P | \$40/\$45

Robotics

📍 Marshbank Park

RoboPets.....4-7

Children will begin their exploration into the world of robotics by building simple, animal-inspired machines that are controlled by unique, icon-based program codes. We will teach your little learner some fundamental engineering and programming concepts as they build goofy animals and then code them to move.

10/18-11/9 | W | 5:30-6:30P | \$81/\$91

Volunteer with WB Parks!

We need your help at the following events:

- Bees, Butterflies & Blooms Festival
- Camp Out
- Teens Helping Seniors w/ Technology
- Trick-or-Treat Trail
- High Tops & High Heels & Ball for All

Sign up at
wbparks.org/volunteer

Winter Holiday.....5-10

Students will work together to build holiday-inspired robotic models, play games with their models modify their work to learn the basics of robotics and create unique memories that will last much longer than just the holiday season!

12/2 | Sa | 9:30A-12:30P | \$63/\$73

Health & Safety

CPR Certification.....11-14

This course covers: injury prevention, babysitting emergencies, 9-1-1 calls, child/infant CPR and AED, how to help a choking child, water and playground safety. This is a great class for youth with younger siblings, those who babysit, or require certification for school activities. Students will receive a certification card.

📍 Recreation Activities Center

9/30 | Sa | 1:00-4:00P | \$60/\$70

10/28 | Sa | 1:00-4:00P | \$60/\$70

11/18 | Sa | 1:00-4:00P | \$60/\$70

12/9 | Sa | 1:00-4:00P | \$60/\$70

Safe Sitter Class.....11-14

Safe Sitter is designed to help students stay safe when they are home alone watching younger siblings or babysitting. The class teaches essential skills such as; safety, child care, first aid/rescue and life/business skills.

📍 Marshbank Park

10/15 | Su | 10:00A-3:30P | \$125/\$140

Fall Soccer: Liverpool

Location: Drake Sports Park

Registration Dates: 8/1-9/1

Dates: Saturdays, 9/9-10/21

Practices: Select Wednesdays from 5-6 pm

Ages: 4-12

Cost: \$168 / \$188 ages 4-7, \$216 / \$236 ages 8-12, includes shirt

Volunteer coaches needed!

This beginners level soccer program introduces basic skills via fun activities during a once per week training session followed by an in-house game on the weekend. Practices and games will be split up by birth year and gender.



Winter Soccer: WB Jr. Jaguars

Game Location: Total Sports Wixom

Registration Dates: 8/7-10/25

Dates: Fridays, 11/3-1/19

Practices: Fridays at 6:30 pm at The Sports Club of West Bloomfield

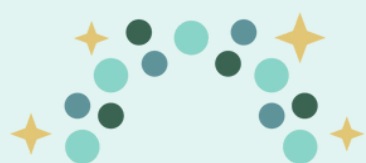
Ages: 6-10

Cost: \$360 / \$380, uniform additional

This program places a priority on the advancement of technical skills and building a passion for the game. The goal is to provide players a competitive, fun and creative learning environment. Teams are split up by age and gender.



Registration and complete details available at wbparks.org/soccer.



ROCKIN' ROBOT
PARTY CO

YOUR EVENT ROCKS
ONCE WE ROLL IN



EST. 2011

TOP RATED BALLOON DECOR | WEST BLOOMFIELD & BEYOND
ROCKINROBOTPARTY.COM





All programs take place at the Recreation Activities Center and are led by WB Parks Nature Staff, unless stated otherwise. Family programs require all adults and children to register.

Teen Nature Notes.....13+

Do you love nature and like crafting? Join a Naturalist in making your very own nature notebook. We will end the day by walking the trails in search for some natural items to add to our nature notes! This is a drop off program, adults do not need to stay.

9/18 | M | 5:30-7:00P | \$7/\$9

Spooky Animal Storytime....3+

Join us for a spooky good time on this fun reading adventure! Enjoy stories that feature a specific animal. After, meet the live animal that looks like the main character. All books will revolve around the magic of fall and the Halloween season. After the program, explore the Outdoor Natural Play Area!

Frightened Frogs

10/10 | Tu | 6:00-6:45P | \$3/\$5

Turtle Terror

10/17 | Tu | 6:00-6:45P | \$3/\$5

Scaredy Snakes

10/24 | Tu | 6:00-6:45P | \$3/\$5

Pumpkin Patch.....5+

Join us in carving pumpkins for

the Recreation Activities Center. You will receive a prize when you complete your pumpkin design. Your pumpkin will be proudly displayed in the weeks leading up to Halloween! Pumpkin and supplies provided.

10/15 | Su | 10:00-11:30A | \$7/\$9

Live Animal Show: Animals After Dark.....5+

What goes bump in the night? Nocturnal animals! Meet some live owls and gather around the campfire for s'mores and a story. End the night with a flashlight hike while learning about the owls that call the Civic Center Trails home!

🌿 Stage Nature Center

11/14 | Tu | 6:00-8:00P | \$11/\$16

Campfire Cookout.....5+

Quesadillas, pizza pockets and cheesecake are what you can expect during this cooking experience. Learn the basics of campfire tools, such as a pie iron, and how to make a 3 course meal over an open flame!

11/17 | F | 6:00-7:30P | \$12/\$14

Toss or Turn?

Recycle Right!.....3+

Prepare for an afternoon of fun and learning about how to become more "green" at home! What is the most important "R"? What can go into the recycle bin? Where does it go after that? Includes examples, an activity and a meet and greet with Rocky from Paw Patrol.

🌿 Green for Life

11/18 | Sa | 10:00-11:30A | \$2/\$4

Nature Craft Workshops.....6+

Join a Naturalist in making nature crafts! We will use items found in nature and upcycled items as our artistic medium. A small nature walk is included, weather permitting. This program is intended for crafters of all skill levels, adults and families welcome.

Build-A-Bird Feeder

11/30 | Th | 5:00-6:30P | \$7/\$9

Pinecone Mobile

12/14 | Th | 5:00-6:30P | \$7/\$9

Wild Ornaments

12/21 | Th | 5:00-6:30P | \$7/\$9

Nature Appointments

Naturalist-guided services are available year-round for your group. We welcome families, schools, youth groups, preschoolers, homeschoolers, boy/girl scouts and other community organizations.

wbparks.org/natureappointments

Fishing

📍 Marshbank Park

“Like, Totally!” 1980s

Fishing Night.....5+

Join us for fun, family fishing. Celebrate the radical, bodacious and wicked 1980s. The family that best represents everything 80s will win a prize. Fishing equipment and bait will be provided.

9/29 | F | 5:30-6:30P | \$8/\$10

Storytime & Fishing w/ Bassquatch.....6+

Join Mike McKinstry, the host of The Bassquatch Hunter from the Discovery Channel, in this family fun event! Mike will read his book, “The Adventures of Seth-Squatch”, do a fun craft activity and then hit the docks to fish!

10/6 | F | 5:00-6:45P | \$5/\$7

Hikes

Canine Companions...3+

Bring your precious pooch for a hike on the Civic Center Trails! You will be joined by a Naturalist and a special guest from Dogology University who will share some tips and tricks on hiking with your dog. All dogs must be licensed and remain on a leash at all times. There must be 1 adult for every dog.

9/2 | Sa | 10:00-11:30A | \$0

Haunted Hike.....13+

Join us for some spooky good fun

on the Civic Center Trails! Expect a night hike, scary stories, a campfire, apple cider and s'mores. This program will include a nature talk about the scariest thing of all - invasive species.

10/21 | Sa | 9:00-10:30P | \$10/\$12

Hero Hike.....3+

Hike with a Naturalist and one of WB's very own heroes, a local Army sergeant! Come dressed as your favorite hero or in camouflage. We will make a craft and interview our guest hero after the hike.

11/8 | W | 5:30-7:00P | \$2/\$4

Astronomy Hike.....13+

Experience the trails after dark! The Oakland Astronomy Club will bring telescopes for viewing Saturn, Jupiter, the Andromeda Galaxy and more (weather permitting).

11/18 | Sa | 7:00-8:30P | \$7/\$9

Little Hikers.....All Ages

Join our Naturalist on a nature discovery walk. Enjoy silly songs and fun activities to keep all ages engaged. After, families can explore in the Nature Room and Outdoor Natural Play Area. This program has a reservation fee. When you attend, the fee is returned to your account for a future program.

9/7, 10/5, 11/2, 12/7 | Th | 10:30-11:30A | \$5/\$7 per family

Senior Seasonal Hikes

Join our Naturalist on a nature discovery walk. Each walk ranges from 1-1.5 miles. Explore various trails and observe the changing seasons.

📍 WB Woods Nature Preserve
9/13 | W | 2:00-3:30P

Senior Hayride.....50+

Experience the changing seasons at Marshbank Park while enjoying a 20-minute, tractor-drawn hayride. You'll encounter a few nature knowledge stops along your route for an added adventure. After the ride enjoy cider and a donut from Franklin Cider Mill.

10/19 | Th | 3:00-3:45P | \$5/\$7

Nature Open Hours

Come check out all the Nature Room and Outdoor Natural Play Area has to offer. The Nature Room inside the Recreation Activities Center has animal ambassadors (turtles, frogs and more), crafts, nature books and activities.

Free!

The Outdoor Natural Play Area features natural elements for play, designed to engage children with nature. Naturalist staff will be on hand to answer your nature questions.

Saturday, September 9 from 10 am-12 pm

Tuesday, September 26 from 4-6 pm

Thursday, October 5 from 4-6 pm

Saturday, October 21 from 3-5 pm

Thursday, November 2 from 2-4 pm

Tuesday, November 21 from 12-2 pm

Thursday, December 7 from 2-4 pm

Saturday, December 16 from 10 am-12 pm

📍 Drake Sports Park

10/11 | W | 2:00-3:30P

📍 Marshbank Park

11/15 | W | 2:00-3:30P

📍 Recreation Activities Center

12/13 | W | 2:00-3:30P

Free!

BROOKSTONE REALTORS

CLIENTS FIRST

Maria Auterman
Senior and Military Specialist
(248) 509-4318
mauterman@gmail.com

Don't miss the Bees, Butterflies & Blooms Festival on page 8!



ADULT RECREATION

Pre-paid, individual classes are available for most fitness classes.

Pilates Mat

A full body workout focusing on the core muscles, abdomen and spine. If you have an injury or special issue with your upper body, or have lower back problems (osteopenia or osteoporosis), you will learn the proper way to exercise the core muscles safely.

Recreation Activities Center

Lisa Fein

9/11-10/16 | M | 9:00-10:00A | \$65/\$75
9/11-10/16 | M | 6:30-7:30P | \$65/\$75
9/13-10/18 | W | 9:00-10:00A | \$77/\$87
10/30-12/11 | M | 9:00-10:00A | \$77/\$87
10/30-12/11 | M | 6:30-7:30P | \$77/\$87
11/1-12/13 | W | 9:00-10:00A | \$77/\$87
No class 9/25, 11/6, 11/8

Strength Training + Abs

This is the best way to speed up your metabolism (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 exercises that target all major muscle groups from head to toe.

Recreation Activities Center

Lisa Fein

9/12-10/17 | Tu | 9:00-10:00A | \$77/\$87
9/15-10/20 | F | 9:00-10:00A | \$77/\$87
10/31-12/12 | Tu | 9:00-10:00A | \$77/\$87
11/3-12/15 | F | 9:00-10:00A | \$77/\$87
No class 11/7, 11/24

Zumba

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.

Drake Sports Park

Brenda Pamela Zarinana

9/13-10/18 | W | 6:30P-7:15P | \$71/\$81
11/1-12/13 | W | 6:30P-7:15P | \$71/\$81
No class 11/8

Zumba Gold

Join us for a modified Zumba® class that recreates the original moves, at a lower-intensity. This low impact and easy-to-follow choreography focuses on balance, range of motion and coordination.

Drake Sports Park

Brenda Pamela Zarinana

9/15-10/20 | F | 11:30A-12:15P | \$71/\$81
11/3-12/15 | F | 11:30A-12:15P | \$71/\$81
No class 12/8

Cardio Combo

A complete workout; strength training for the upper and lower body, cardio and flexibility. You'll get great conditioning for your heart and lungs with low impact aerobics and you'll speed up your metabolism strengthening your abdominal muscles and back. Stretching will keep the muscles flexible and prevent injury.

Recreation Activities Center


Lisa Fein


9/11-10/18 | W | 6:30-7:30P | \$77/\$87
11/1-12/13 | W | 6:30-7:30P | \$65/\$75
No class 11/8, 11/22

Yang Family Tai Chi

This style of Tai Chi is gentle and graceful, will help relax the mind and body, relieve stress and tension and develop balance, flexibility, and muscle tone. The advanced class is only for those that have

previously taken class with the instructor. We will practice Yang Style Saber form and Hand forms. Beginner = 9 am, Intermediate = 10 am, Advanced = 11 am

 Drake Sports Park

 Han Hoong Wang

9/23-10/28 | Sa | \$65/\$75


11/4-12/16 | Sa | \$65/\$75

No class 11/25

Essentrics

This class will rebalance your body, unlock tight joints, restore connective tissue, and relieve tension in overworked muscles. Distilled from Tai Chi, dance technique and physiotherapy. Class is done barefoot and consists of standing, floor and chair exercises.

 Drake Sports Park

 Lauren Bauer

9/14-10/19 | Th | 10:00-11:00A | \$71/\$81

 Robin Gillis

11/2-12/14 | Th | 10:00-11:00A | \$75/\$85

No class 11/23

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”.

 Recreation Activities Center

 Katherine Schaefer

9/11-10/16 | M | 10:30A-12:00P | \$75/\$85

10/30-12/11 | M | 10:30A-12:00P | \$103/\$113

No class 9/25


Brisk Weather Walkers

Join our free walking program led by volunteers that will meet at various locations throughout West Bloomfield on Saturday mornings at 9:00am sharp and Thursday/Sunday afternoons at 2pm sharp. Pre-register to receive schedule.

Program starts August 19 and runs through October 5.

Popular Motown Hustles

Learn popular hustle dances that are done in clubs and social events. The hustle is a form of line dancing with a variety of moves and turns. Individuals and couples are welcome.

 Recreation Activities Center

9/14-10/12 | Th | 7:30-8:30P | \$55/\$65

11/2-12/7 | Th | 7:30-8:30P | \$55/\$65

No class 11/23

Motown Ballroom

This popular style of ballroom dance stems from the “baby boomer” generation and combines the “Social” and the “Cha-Cha” dancing used at weddings and other social events. You will learn basic ballroom steps and several dance combinations. Individuals and couples are welcome.

 Recreation Activities Center

9/14-10/19 | Th | 6:30P-7:30P | \$75/\$85

11/2-12/14 | Th | 6:30P-7:30P | \$75/\$85

No class 11/23

Pickleball

Full descriptions available at wbparcs.org/pickleball. Due to popularity, nonresidents may register two weeks after the resident registration start date (residents Aug. 7, nonresidents Aug. 21). Early reg. discounts don't apply.

 Drake Sports Park

Pickleball 100

 Jan Walton

9/5 | Tu | 4:00-5:30P | \$25/\$30

Pickleball 105


 Maureen Nelson

9/12 | Tu | 4:00-5:30P | \$25/\$30

9/19 | Tu | 4:00-5:30P | \$25/\$30

Pickleball 200


Pre-requisite: Pickleball 100

 Jan Walton

9/5 | Tu | 6:00-7:00P | \$20/\$25

Pickleball 250


Pre-requisite: Pickleball 200

 Jan Walton

9/13 | W | 4:00-5:00P | \$20/\$25

Oil Painting

Beginners and experienced artists will learn the rules of composition, color theory, value, use of mediums and how to frame a finished painting. Demonstrations and individual instruction will help you discover your own unique style.

 Marshbank Park

9/5-10/24 | Tu | 1:00-4:00P | \$245/\$270

10/31-12/19 | Tu | 1:00-4:00P | \$215/\$240

No class 11/8

Pastels

Fabulous color, rich luminosity and beautiful renderings are all features of working with soft pastels (colored chalks). Learn how to layer pastels and to use colors and hues to create depth and interest. Learn how to properly frame your finished pastel.

 Marshbank Park

9/14-10/26 | Th | 1-4P | \$215/\$240

11/2-12/21 | Th | 1-4P | \$215/\$240

No class 11/24

Knitting Inspiration

Are you looking to begin knitting or for inspiration for new projects? All levels are welcome, so come learn a new skill, tackle a tricky pattern or rekindle your love of knitting.

 Recreation Activities Center

9/20-10/25 | W | 10:00A-12:00P | \$87/\$97

No class 10/5

Canasta

This class is for beginners who have never played before or for those who have just learned but need to sharpen their game. There will be a \$10 material fee collected the first day.

 Recreation Activities Center

10/23-11/13 | M | 9:00-11:00A | \$65/\$75

Canasta Advanced

Special and Splash hands, as well as 7's, Aces and Wilds will be discussed. There will be a \$10 material fee collected the first day.

 Marshbank Park

9/11-10/9 | M | 9:00-11:00A | \$65/\$75

No class 9/25, 10/16



Heartsaver: First Aid/CPR/AED

This course teaches the critical skills needed to respond to and manage an emergency until medical services arrive. The class covers: First aid; choking relief and sudden cardiac arrest in adults, children and infants. Must pass written exam/skills test. For anyone who needs a course completion card to meet job, regulatory or other requirements.

📍 Recreation Activities Center

9/30 | Sa | 9:00A-12:00P | \$70/\$80
10/28 | Sa | 9:00A-12:00P | \$70/\$80
11/18 | Sa | 9:00A-12:00P | \$70/\$80
12/9 | Sa | 9:00A-12:00P | \$70/\$80

BLS for Healthcare Workers

This course allows you to participate in simulated clinical scenarios. The class covers: adult, child, and infant CPR; ventilations with a barrier device; 1 and 2 rescuer techniques; use of the bag-valve mask; use of AED (automated external defibrillation); relief of foreign body airway obstruction (choking) for adults and infants. Must pass written exam/skills test.

9/7 | Th | 5:00-8:00P | \$70/\$80
10/19 | Th | 5:00-8:00P | \$70/\$80
11/16 | Th | 5:00-8:00P | \$70/\$80
12/7 | Th | 5:00-8:00P | \$70/\$80



Meet Your Neighbors

A multicultural celebration!

Thursday, September 28
4-7 pm

Connect Senior Center
33230 W 14 Mile Rd, West Bloomfield 48324

Stop in anytime for an evening of community,
conversation and celebration!



Hosted by:


The West Bloomfield Diversity Task Force is a partnership between WB Parks, the WB Public Library, WB Township and community volunteers.
Visit wbparks.org/diversity



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2730 Union Lake Rd,
Commerce, MI 48382

Finance & Legal Seminars

📍 Connect

Successor Trustee Workshop

This class will examine what it means to be a "successor trustee". The instructor will outline the responsibilities of a trustee for a living trust and how to manage those responsibilities and administer the trust.

9/13 | W | 2:00-4:00P | \$5/\$7

Estate Planning Basics

Learn the benefits and goals of proper estate planning. The instructor will explain important legal documents; such as revocable living trusts, durable powers of attorney and patient advocate designations.

10/11 | W | 2:00-4:00P | \$5/\$7

Investing for Income

The interest rate cycle is rising. Understanding how that impacts your income investments is vital. Learn what options and strategies can be used to benefit you.

10/26 | Th | 3:00-4:30P | \$5/\$7

Get Financially Organized

This interactive financial program will assist participants to get financially organized for 2024. You will be introduced to some wealth strategies and checklists that can be incorporated.

11/16 | Th | 3:00-4:30P | \$5/\$7

Michigan Municipal Bonds & Tax Free Income

Learn the benefits of tax free bonds to provide regular interest and income. Discuss how to invest in local schools, universities and cities, as well as, methods to earn higher tax free interest on cash at your local bank.

9/20 | W | 3:00-4:30P | \$5/\$7

Insurance Planning

Learn strategies to improve your insurance program, maximize benefits, lower premiums and monitor your program. Topics will cover life insurance, long term care, auto insurance, home insurance, umbrella coverage and more.

10/19 | Th | 3:00-4:30P | \$5/\$7



SENIOR RECREATION

All programs require pre-registration and take place at Connect, unless noted otherwise. Connect is located at 33230 W 14 Mile Rd.

Tech Programs

Tech Talk

Let our teen volunteers help you navigate your technology questions with patience and knowledge. Classes are on select Mondays from 4-5:30 pm.

WB Township Public Library
10/2 - iOS 17 Wallpapers/Open Q&A
12/4 - Amazon/Open Q&A

Teens Helping Seniors with Technology

Volunteers will help you troubleshoot technological hurdles you've been struggling with. Learn how to navigate apps, email, camera, the internet, photos and more.

WB Township Public Library
9/21 | Th | 3:30-5:00P | \$0
11/14 | Tu | 4:30-6:00P | \$0

AARP Smart Tek

This workshop offers an interactive way to stay up to date with the latest safety technology in your car. Learn what technologies are available, how they work and how they can improve your peace of mind on the road.

10/30 | M | 10:30A-12:00P | \$0

Free!

Free!

Free!

Veterans Meet-Ups

Join other Vets for our meet-ups.
Free for Veterans.

September:

Join other Veterans for a morning of conversation. Enjoy each other's company and donuts, cider and coffee.
9/13 | W | 11:30A-12:30P | Guest: \$5/\$7

November:

Check out the Heroes Appreciation Breakfast on pg 9!

December:

Join us for a presentation of Rosie the Riveter, given by the American Rosie the Riveter Association. Offered in conjunction with the WB Public Library.

WB Township Public Library
12/6 | W | 11:00A-12:15P | Guest: \$0

Sponsored by:

PROMEDICA | SKILLED NURSING AND REHABILITATION

Pumpkin Decorating

Each participant will receive their own pumpkin to paint/ decorate and all materials are included. Refreshments will be provided. Sponsored by CarePatrol.
10/18 | W | 1:00-3:00P | \$0

Free!

Friday Lunches

September 22 - Benitos Pizza buffet
November 10 - Busch's Salads
9/22, 11/10 | 11:30A-12:30P | \$9

AARP Drivers Safety

Learn defensive driving techniques, new traffic laws, rules of the road and how to adjust your driving to age-related changes in vision, hearing and reaction time.

10/30 | M | 10:30A-12:00P | \$20
AARP members/\$25 for non-members

Spanish for Seniors

Learning a new language is a great way to keep the mind sharp. This fun class will teach Spanish through games and activities. A \$12 materials fee is due on the first day of class.

9/14-10/19 | Th | 1:00-2:00P | \$60/\$70
9/14-10/19 | Th | 1:00-2:00P | \$60/\$70
No class 9/21, 11/23

Line Dance

With roots in country and western dancing, line dancers now step their dance routines to a wide variety of popular music. Pre-registration is now required.

9/12-12/19 | Tu, F | 11:00A-12:00P | \$5/\$7
No class 11/17, 12/1



Fitness Classes

These classes are eligible for \$5 early registration discount.

Gentle Yoga For Health

Enjoy this gentle mat class, designed for seniors; incorporating mindfulness, meditation and breathwork. Improve movement and mobility, with focus on balance and the core.

📍 Drake Sports Park

👤 Julie Levinson, E-RYT, C-IAYT

9/13-10/18 | W | 10:30-11:30A | \$83/\$93

11/1-12/13 | W | 10:30-11:30A | \$83/\$93

No class 11/8

Chair Exercise

This class works on both the upper and lower body of those who find it difficult to stand and exercise for an hour. Using a chair, you will work on strength, balance and stretching. Fall prevention techniques are also discussed.

📍 Recreation Activities Center

👤 Lisa Fein

9/11-10/16 | M | 1:00-2:00P | \$77/\$87

9/15-10/20 | F | 1:00-2:00P | \$77/\$87

10/30-12/11 | M | 1:00-2:00P | \$77/\$87

11/3-12/15 | F | 1:00-2:00P | \$65/\$75

No class 9/25, 11/6, 11/24, 12/8

Gentle Chair Yoga

Focus on the therapeutic benefits of yoga for both body and mind. Improve your balance, strength, flexibility and mobility. Attention to breathwork and meditation are included in this practice.

📍 Drake Sports Park

👤 Julie Levinson, E-RYT, C-IAYT

9/13-10/18 | W | 12:00-1:00P | \$83/\$93

11/1-12/13 | W | 12:00-1:00P | \$83/\$93

No class 11/8

Silver Sneakers

Various equipment is used to build endurance, balance, stability, and range of motion. Free for Silver Sneakers members. To become a member, call (888) 423-4632. WB residents only.

9/11-12/22 | M | 12:00-1:00P | \$0

No class 11/8



Meet Our FAMILY of PHYSICIANS

Maple Manor Rehab and Neuro Centers are one of the only **physician-family owned and operated** rehabilitation centers in the state of Michigan, with physicians on-site daily to direct **patient-centered care**.

Our team of physicians and therapists are on site seven days per week and specialize in a complete range of rehabilitation.

- Medical Director
- Board Certified Physicians
- Psychiatrist
- Nurse Practitioners
- Physician Assistants
- Administrators
- Rehabilitation Nurses
- Certified Nursing Assistants
- Respiratory Therapists
- Behavioral / Cognitive Therapists
- Physical Therapists
- Occupational Therapists
- Speech Therapists
- Massage Therapists
- Recreational Therapists
- Certified Brain Injury Specialists
- Social Workers
- Registered Dieticians
- Licensed Athletic Trainers



NOVI

Inpatient and Outpatient Rehabilitation

31215 Novi Road | Novi MI 48377

248.624.8800

WAYNE

Inpatient and Outpatient Rehabilitation

Assisted Living and Long-Term Living Options

3999 Venoy Road | Wayne MI 48184

734.727.0440

HOWELL Coming in 2023



MapleManorRehab.com

Exercise Your Mind

These programs are free and include lunch. Pre-registration required.

Free!

Fall Prevention

Come learn everything you need to know about fall prevention.

9/15 | F | 12:00-1:00P



Hip Pain

Learn about innovative robotic techniques and faster recovery with Dr. Michael Fleischman.

9/27 | W | 12-1:00P



Scam and Fraud Protection

Join a Medicare expert who will discuss how to protect yourself from scams and fraud during Medicare's Annual Open Enrollment Period.

10/25 | W | 12:00-1:00P



Choosing Medicare Coverage

Join a Medicare expert who will lead a discussion on how to make the right choice for your Medicare coverage.

11/29 | W | 12:00-1:00P



Senior Safety with Deputy Dave

Free!

Join WB Fire Department's Deputy Fire Marshal, Dave DeBoer for a series on Senior Safety. Deputy Dave will discuss important topics to enhance the strength and safety of seniors. Free refreshments provided.

Fall Prevention

9/18 | M | 10:30-11:30P | \$0

Drug Management

10/23 | M | 10:30-11:30P | \$0

Risk Reduction

11/20 | M | 10:30-11:30P | \$0

Orchard Lake Museum Tour

Meet at the Museum for a small group, docent-led tour. Offered in collaboration with the Greater West Bloomfield Historical Society.

9/14 | Th | 1:30-2:30P | \$5 at the door

Drop-In Classes at Connect:

Participants must register once per season for all drop in classes.

Ping Pong Tu & Th | 1:30-4:00P | Free for Members or \$2

Open Game Room* M & W | 1:00-4:00P | Free for Members or \$2

Stretch and Tone Tu & Th | 9:00-10:00A | Free | No class 11/23

Stretch & Tone is sponsored by:

ATHLETICO
PHYSICAL THERAPY

*no class 9/18, 9/20, 9/25, 10/18, 12/13

Connect Member Programs:

Bingo.....ages 60+

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

9/22 | 11/10 | F | 12:30-1:30P | \$0

Tailgate Bingo Party

Join this special bingo with more food and prizes, including one for best costume.

10/13 | F | 12:30-1:30P | \$0

Hope for the Holidays Craft

Join in a simple holiday card craft project while enjoying food and fellowship. All levels of craft experience welcome! Holiday cards will be delivered to senior living facilities and hospitals to spread cheer. Craft supplies provided.

12/12 | Tu | 10:30-12:00P | \$0

12/13 | W | 1:00-3:00P | \$0

12/14 | Th | 10:30-12:00P | \$0



Become a Connect Member!

Connect is a club within WB Parks with over 425 members to date! Discounted programming, special events offering social opportunities, club member communications and more make joining more than worthwhile.

Cost: \$15 resident/\$25 resident couple or \$25 non-res./\$45 non-res. couple

Membership includes:

- Free coffee & tea service during business hours
- One free lunch voucher for new members
- Access to members only events
- Free enrollment in most drop-in activities

Connect
Open House

pg. 11

Pickleball

Full descriptions available at wbparks.org/pickleball. Due to popularity, nonresidents may register two weeks after the resident registration start date (residents August 7, nonresidents August 21).

📍 Drake Sports Park

📍 Jan Walton

Pickleball 100

9/6 | W | 2:00-3:30P | \$25/\$30

Pickleball 200

Pre-requisite: Pickleball 100

9/13 | W | 2:30-3:30P | \$20/\$25

Talk Time*

W | 10:30A-12:00P

Free!

September 20: Living for Today

- Pain Awareness and how to “move” past it safely. Nimesh Seth, Resurgence Physical Therapy
- When and how to make a move to ensure your independence. Margo Ladd, Samaritas
- The Marvel Universe is the key to unlock your grandchildren’s world. Elizabeth Taylor, Association Services Stellar Events & Travel

October 18: Anxiety, Keep Calm & Carry On

- Understanding Anxiety. Sue Taylor, Ellie Mental Health
- Reduce Anxiety by Avoiding Computer Scams. Monique Harlan, Michigan Schools & Government Credit Union
- Removing mental health stigmas-the path to a better you.

November 15: Chicken Soup for Health & Soul

- A thriver’s heartfelt story to lift your spirit. Linda Charter, Melaleuca
- The right nutrition is the very essence of our being. Primary Care Physician, Dedicated Senior Medical
- Recipes for the embodiment of vitality at any age. Le’ah Jackson, Chefs for Seniors

December 20: Light up Your Life

- Easy to grow tips from an indoor plant pro. Shane Pliska, Planterra
- What is the flavor of your fare? Joelle Forbes, Busch’s Fresh Food Market
- Lighten up and let’s all celebrate! Kim Oderkirk, Association Services Stellar Events & Travel

Don’t miss the
Senior Hikes and
the Senior Hayride
on page 16!



Sensational Shopping

Join WB Parks for a day of shopping, browsing and lunch (cost on your own). Each trip is from 9:30A-3:00P.

Downtown Milford | 9/27 | W | \$14/\$19
Downtown Plymouth | 10/25 | W | \$14/\$19
Great Lakes Crossing | 11/22 | W | \$14/\$19
Somerset Collection | 12/6 | W | \$14/\$19

Cranbrook Gardens Tour & High Tea*

Join us for a tour of Cranbrook Gardens, a 40-acre site with extensive plantings, fountains, reflecting pools, statuary, lakes and streams. Lunch included.

9/19 | Tu | 10:30A-1:30P | \$69/\$79

Motown Museum & Lunch

Learn how Motown records got its start and singers rose from obscurity to international acclaim. Lunch will be on your own, at The Congregation.

9/28 | Th | 11:30A-3:45P | \$32/\$37

Heart of the Art in Mexicantown & Lunch*

Join us for a bus tour of murals in Mexicantown. Artist Elton Monroy Duran, will share stories of his art and our City Institute guide will offer details about the neighborhood. Lunch on your own at a Mexican restaurant.

10/10 | Tu | 8:45A-2:30P | \$61/\$71

Fall Into History & Lunch at Waterford Oaks

The land that became Waterford Oaks is jam-packed with history including a fur trading post, a dairy farm and some buried horses! Join an Oakland County Parks historian as she shares stories of this park's past. You'll also enjoy a hay wagon ride through the park and a great lunch is included!

10/18 | W | 10:15A-2:45P | \$37/\$42

Underground RR Tour & Lunch

Board the bus to experience The Underground Railroad "Flight to Freedom" tour, a storytelling re-enactment of the passage to freedom at the First Congregational

Church of Detroit. Lunch included. Offered in conjunction with Greater WB Historical Society.

10/19 | Th | 10:00A-1:45P | \$37/\$42

650 Players & Lunch

A zany musical that takes a satirical poke at Agatha Christie mysteries and musical styles of the 1930's English music hall. Players are a senior theatre group. Lunch included.

11/9 | Th | 11:00A-3:45P | \$32/\$37

Manoogian Museum & Lunch*

The Manoogian Museum contains the most significant collection of Armenian art and artifacts outside Armenia. Lunch will be included at St. John's Armenian Church.

11/14 | Tu | 10:30A-2:15P | \$66/\$76

Genitti's Holiday Show & Lunch*

The Genitti's Hole-in-the-Wall Theatre players will entertain you with their fun-filled holiday show. Included with be a seven course family-style lunch.

12/7 | Th | 10:45A-2:45P | \$54/\$64

Meadow Brook Hall & Lunch

Join us for a fabulous visit to the Tudor revival, 88,000 square-foot mansion. The outing will include lunch and a self-guided tour of the historic mansion, decorated in its full holiday charm.

12/12 | Tu | 10:00A-2:30P | \$60/\$70

Detroit Symphony Orchestra

Let's Groove Tonight: Motown & Philly Sound

Detroit's Motown defined an era. Philadelphia created its own sound with hits, like Ain't No Stoppin' Us Now, You'll Never Find Another Love Like Mine and You Make Me Feel Brand New.

10/6 | F | 9:15A-1:45P | \$87/\$97

Latin Fire

Latin Fire is a passion-filled celebration of Latin-American

Trips

All trips leave from the Recreation Activities Center.

To schedule a home pickup through Community Transit, call (248) 706-2411.



orchestral hits, matched with firework virtuosity of acclaimed Costa Rican trumpeter José Sibaja and Mexican vocalist Mónica Abrego.

10/27 | F | 9:15A-1:45P | \$87/\$97

Home for the Holidays

It's one of the most wonderful times of the year! Gather friends and family, one and all, for a celebration of the season featuring your DSO, holiday favorites and quite possible an appearance by Santa Claus.

12/15 | F | 9:15A-1:45P | \$87/\$97

Restaurant Ramblers

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. Each trip is \$5/res, \$7/nonres.

New Hudson Inn: Lyon Twp \$\$

W 10/11, F 10/13 | 11:15A-2:45P

Sapporo: Livonia \$\$

W 11/1, F 11/3 | 11:30A-2:30P

Hudson Cafe-Northville \$\$

W 11/29, F 12/1 | 11:30A-2:30P

Griffin Claw: Rochester \$\$

W 1/17, F 1/19 | 11:15A-2:45P

\$ < \$20, \$\$ = \$20-\$30, \$\$\$ > \$30

* These programs are sponsored by the West Bloomfield Chamber's Senior Resource Group, a network of professionals that look to connect seniors and with knowledge and resources on relevant topics.

