

WINTER GUIDE



January - April 2024

Registration begins December 4, 2023



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WINTER GUIDE

GENERAL INFORMATION

January - April 2024 Registration begins December 4, 2023

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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 December 23-January 2, January 15.

Connect Hours: 8:30 am-4 pm

Park Hours: Parks are open daily from 8 am - dusk, year-round. Certain parks may close early when hosting special events. These events include the Egg Scramble and Touch-A-Truck. See website for complete details.

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

UPCOMING COMMISSION MEETINGS

December 14 at 7 pm All meetings are at 6 pm at Town Hall (4550 Walnut Lake Rd.). They are open to the public and can be viewed online live at civiccentertv.com.
January 25
February 22
March 28
April 25



FROM the DIRECTOR

THE VITAL ROLE OF COMMUNITY WELLNESS SPACES: WHERE RECREATION AND TOGETHERNESS THRIVE

Public wellness spaces are the foundation of a vibrant community. They are where we come together to celebrate, exercise, socialize and find comfort. Their role in promoting physical and mental health, fostering social connections and providing gathering spaces for neighbors and families cannot be overstated.

Over the years, West Bloomfield residents have recognized the value of recreation and parks and have supported our continued growth to keep this community thriving. Since our inception in 1970, the population has doubled. This is why we continue to create and revitalize recreational spaces throughout the Township; we must evolve as our residents' needs change.

Here's what we've been working on as of late:

CONNECT, a gathering space for senior citizens, is now open. Since the re-opening of Connect, it has maintained a destination for over 100 seniors per day (on average). It is a place for seniors to attend a class to learn something new, exercise or meet friends. Our programs contribute to healthy aging and deceleration of the aging process.

PINE LAKE PARK master planning is on-going. Within the next three to five years, the park will be

re-established and the spaces re-imagined to provide opportunities for sport, play and walking, elements essential for maintaining a healthy lifestyle.

The **RECREATION ACTIVITIES CENTER** expansion planning is in its initial stages. Our long-term goal is to bring Connect to the West Bloomfield Civic Center Campus, establishing one space for residents to gather, socialize and participate in wellness activities. The remodeled facility would have new and expanded amenities such as multipurpose rooms, a dedicated senior lounge and an expanded nature center including an outdoor teaching space.

All of the above aforementioned spaces play a pivotal role in fostering the health and well-being of individuals and strengthens the bonds within our community. These spaces, along with our other parks and 13 miles of trails are where recreation and togetherness thrive, contributing to a happier and healthier West Bloomfield.

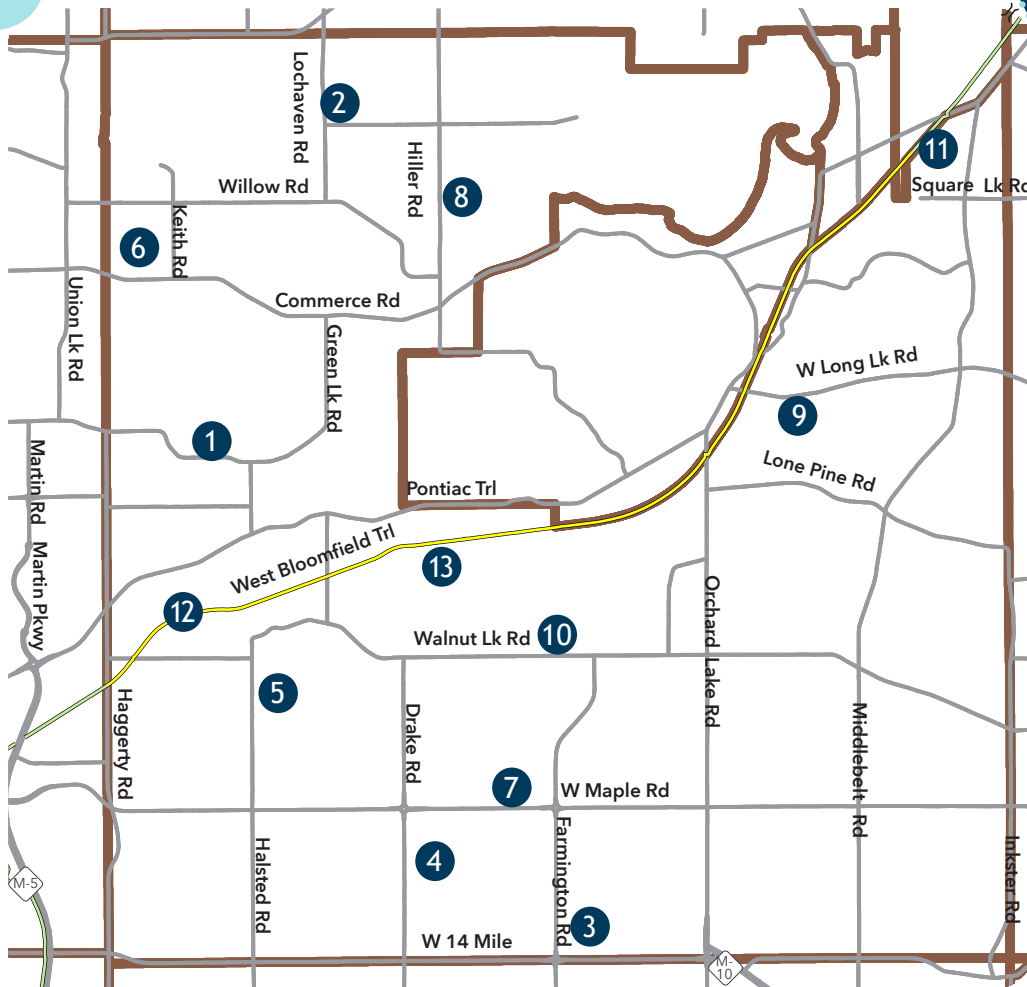
Kelly Hyer, CPRP

Explore YOUR PARKS

Parks and Facilities



SHELTER
RESERVATIONS
BEGIN MARCH 1
FOR RESIDENTS
SEE PG 18



- | | |
|---|--|
| 1 Bloomer Park | 8 Marshbank Park |
| 2 Bloomfield Knolls Park | 9 Pine Lake Park - new! |
| 3 Connect Senior Center | 10 Recreation Activities Center |
| 4 Drake Sports Park | 11 Sylvan Manor Park |
| 5 Karner Farm - see pg 18 for WB Dog Park permits | 12 West Bloomfield Trail |
| 6 Keith Sports Park | 13 West Bloomfield Woods Nature Preserve |
| 7 Lily Pad Springs (opens 5/24/24) | |



CW3 SOCCER ASSOCIATION

Winter 2 Starts Early February!

The CW3 Soccer Association is a non-profit recreational soccer club committed to providing opportunities to players of all ages and abilities within West Bloomfield and the surrounding areas.



West Bloomfield Cubs

Players Born 2019-2020

Sessions will focus on basic technical skills, body movement, fine motor skills, and FUN! Friday training played at Sports Club of West Bloomfield.



West Bloomfield Juniors

Boys & Girls 2014-2018

Priority placed on the advancement of individual technical skills and a passion for the game. Friday training & Saturday Games at Sports Club of West Bloomfield.



Michigan Juniors

Players Born 2009-2013

For players U11 through U15. Friday training at Total Sports Wixom and Saturday games played at Total Sports Novi.

Scan to
visit our
website!



Programs are also available at Commerce location

www.cw3soccer.org



SPECIAL EVENTS

Due to the popularity of family events, nonresidents may register two weeks after the resident registration start date (residents December 4, nonresidents December 18). Refunds must be requested one week prior to each event, less a \$10 administrative fee, unless stated otherwise.

WILD WINTER WALK

WALK ON THE WILD-SIDE FOR THIS NIGHT HIKE ALONG OUR GLOWING TRAIL!

SATURDAY, JANUARY 27

TIMESLOTS BEGINNING AT 6PM
RECREATION ACTIVITIES CENTER

RESIDENTS \$7 NONRESIDENTS \$9

PRESENTED BY



SPONSORED BY



TELESCOPE VIEWING MARSHMALLOW ROASTING ICE SCULPTURE DISPLAY & MORE!

2024 BLACK EXPO

Free Admission! Family Friendly! Over 50 Vendors!

SATURDAY, FEBRUARY 10
1-4 PM

ORCHARD MALL
6445 ORCHARD LAKE ROAD,
WEST BLOOMFIELD, MI 48322

In celebration of Black History Month. Demos and displays highlighting careers, resources and black-owned businesses!
For vendor list visit wbparks.org/blackexpo.

Presented by 

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



West Bloomfield
DIVERSITY TASK FORCE

Semi-Formal Attire!
Presented by: 

Daddy Daughter Dinner Dances

Registration and dinner menu available at wbparks.org/daddy-daughter

- Dinner buffet
- Interactive dj
- Games

Professional photography available for an additional fee

February 7&8
6-8:30 pm

Jewish Community Center
of Metropolitan Detroit
6600 W. Maple Rd. West Bloomfield, MI 48322

Residents \$35 each
Nonresidents \$45 each



Sponsored by: 

AGES 1-8

2024 EGG SCRAMBLE!

THURSDAY, MARCH 21
4-7 PM
DRAKE SPORTS PARK

FIRST TIMESLOT FOR AGES 1-4 ONLY
CHOOSE TIMESLOT AT REGISTRION



ALL THE EGGS ARE SPLIT AND SCRAMBLED UP!
IT'S YOUR JOB TO PUT THEM BACK TOGETHER AND TURN THEM IN FOR A TREAT!

SPONSORED BY








ACTIVITIES INCLUDE:
TRAIN RIDES
PETTING FARM
PICTURES WITH MR. BUNNY

RESIDENTS \$9
NONRESIDENTS \$11

TOUCH -A- TRUCK

FRIDAY, APRIL 26
TIMESLOTS BEGINNING
AT 4PM
DRAKE SPORTS PARK

**GET A FIRST-HAND LOOK AT POLICE, FIRE,
CONSTRUCTION AND OTHER COOL VEHICLES!**

RESIDENT CHILD \$7 NONRESIDENT CHILD \$9
REGISTRATION REQUIRED IN ADVANCE



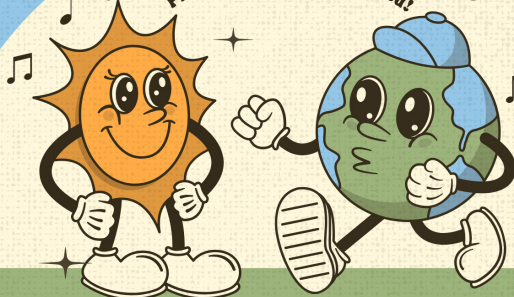
SPONSORED BY:



FIRST TIMESLOT IS SENSORY FRIENDLY!

EARTH DAY CELEBRATION

THURSDAY, APRIL 18
Pre-registration requested!



4-6PM
RECREATION ACTIVITIES CENTER
FREE!

ACTIVITIES INCLUDE:
GUIDED HIKES RECYCLED CRAFT
FREE SEEDLINGS CONSERVATION LEADERS & MORE!
(LIMITED SUPPLY)

PRESENTED BY



SPONSORED BY



Community Garage Sale

Shop local & help reduce community waste!

SATURDAY, MAY 11

8 AM-2 PM

**RECREATION ACTIVITIES CENTER
PARKING LOT**

Become a seller for \$10 (residents only)
One registration per household. Seller registration opens April 1.
Visit wbparks.org/garage-sale for details & restrictions



SNOWSHOE EVENTS & RENTALS

SPECIAL EVENTS



Recreation Activities Center

Instruction & snowshoes provided for all events

SNOWSHOE FAMILY HIKE

Enjoy the winter wonderland on snowshoes. Learn about the history of snowshoes, then strap on a pair. A Naturalist will be your guide as you look for all the unique nature winter has to offer, such as animal tracks, signs and sounds. Please note: If there are not sufficient snow levels, the program will be cancelled, with full refund. 2/11 | Su | 10:00A-11:15P | \$8/\$13 | 5+

SNOWSHOE WITH YOUR SWEETIE

Take a guided snowshoe hike through the forest with your valentine. Listen to the crunch of snow and look for animal tracks, while you experience the magic of a winter walk. After exploring the forest with your sweetie, get cozy by the campfire and roast s'mores while the Naturalist teaches you the love language of a variety of animals. A hike will be substituted if there is not enough snow to use snowshoes. 2/11 | Su | 2:00-3:30P | \$13/\$18 | 18+

SENIOR SNOWSHOE HIKE

Free!

Hike the Civic Center Trails and enjoy the winter wonderland on snowshoes. Learn about the history of snowshoes, then strap on a pair. A Naturalist will be your guide as you look for all the wonder nature has to offer, such as animal tracks, signs and sounds. If there isn't sufficient snow levels, a winter walk will be substituted. Hiking poles provided. 2/14 | W | 2:00-3:30P | 50+

RENTALS

\$6 FOR A 2 HOUR RENTAL

Adult and youth sizes available. Rentals available M-F 8 am-4:30 pm or during Nature Room Open Hours (see pg 14 for hours).

There must be at least 3 inches of snow on the ground in order to rent snowshoes. Must leave a driver's license/photo id as deposit. For use on Civic Center Trails only.

If you are new to snowshoeing, we invite you to attend a snowshoe program or Nature Room open hours for a brief tutorial. Limited instruction will be available at time of rental.

Explore LOCAL HISTORY

WINTER 2024 PROGRAMS

50th Anniversary GWBHS Annual Meeting/Campus Tour
Saturday, Jan 29 • 10 am - 12 pm
Orchard Lake Schools Campus
Annual meeting, door prizes for members, Polish Institute presentation, and campus tour. Brunch reservation (\$15) by 1/23.

Presentation: Chaldeans in SE Michigan, Past & Present*
Sunday, Feb 4 • 2 pm
West Bloomfield Library - 4600 Walnut Lake
Overview of local Chaldean history and new Chaldean Community Center. No charge.

Orchard Lake Museum Tour**
Thursday, Mar 7 • 1:30 pm
Orchard Lake Museum - 3951 Orchard Lake
Docent-led tour of the museum. Pre-register at www.wbparks.org. \$5.00 suggested donation at the door.

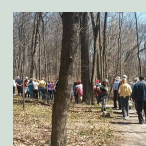
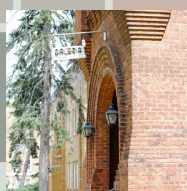
*Sponsored with West Bloomfield Township Library

Presentation: History With Maps*
Sunday, Mar 24 • 2 pm
West Bloomfield Library - 4600 Walnut Lake
What can we learn about local history from historic maps? Newly reproduced maps will be available for purchase. No charge.

Holiday House Panel Dedication**
Thursday, Apr 25 • 1 pm
Park at the end of Pine Estates Drive
Celebrate this new Motorcities Marker at Pine Lake. Brian Yopp (MotorCities) and Historian Ron Gay will speak.

Orchard Lake Nature Sanctuary Spring Walk**
Sunday, Apr 28 • 2-3 pm
4700 Pontiac Trail
Join two naturalists for a guided tour through rolling terrain and breathtaking spring flowers. No charge.

**Sponsored with West Bloomfield Parks



Open Houses 1-4 pm

Themed Events

Curling Jan 14

Recreation Feb 11

OL Church: 150 Years Mar 10

1914/1954 Tax Books Apr 14

Winter Open House Dates

Most Sundays 1-4 pm

3rd Fridays 1-4 pm

Jan	Feb	Mar	Apr
1/5		3/1	4/5
1/14*	2/11*	3/10*	4/14*
1/19	2/16	3/15	4/19
	2/25		

* Themed event



Orchard Lake Museum
3951 Orchard Lake Rd.
GWBHS.org

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



YOUTH RECREATION

Fees are listed as resident rate followed by nonresident.

STEM

Roblox Tech Club: World Building.....5-12

Roblox is an online platform and storefront where users go to play games. Students learn how to design 3D worlds in Roblox while applying concepts of programming.

📍 iCode: 48000 Gr. River Ave, Novi
1/18-2/8 | Th | 5:30-6:30P | \$137/\$152

Minecraft Tech Club: Art and Design.....5-12

Students develop Minecraft assets via art composition and engineering.

📍 iCode: 48000 Gr. River Ave, Novi
2/15-3/7 | Th | 5:30-6:30P | \$137/\$152

VR STEM EDUTAINMENT

Certified STEM instructors will encourage youth to foster a love for STEM education by engaging in integrating virtual reality experiences with interactive, hands-on projects. Topics will include navigating the solar system learning more about each planet, the cause and effect of climate change, building a robot and understanding the impact of heat

and wind on ocean currents. All three sessions have the same weekly subjects but different activities so you can register for one session or all three.

Ages 7-10

📍 Recreation Activities Center
1/23-2/13 | Tu | 5:30-7:00P | \$205/\$230
2/20-3/19 | Tu | 5:30-7:00P | \$205/\$230
3/26-4/16 | Tu | 5:30-7:00P | \$205/\$230
No class 3/12

Ages 11-14

📍 Drake Sports Park
1/25-2/15 | Th | 5:30-7:00P | \$205/\$230
2/22-3/14 | Th | 5:30-7:00P | \$205/\$230
3/18-4/8 | M | 5:30-7:00P | \$205/\$230

Spring Break Camps:

📍 iCode: 48000 Gr. River Ave, Novi

Roblox Editor: Create & Code Your World.....5-12

Students will learn to use the Roblox Editor, a special coding environment used to create complete projects in Roblox! Throughout the week, students will use block coding, a programming style that shows that text-based coding is not essential.

3/26-3/28 | Tu-Th | 9:00A-3:00P | \$305/\$330

Minecraft: Modding Adventure.....5-12

Students will learn how to make Mods (modifications) for one of their favorite games: Minecraft. Learning to mod is a gateway to an adventure of creativity in computer skills that can be taken from video games to the real world.

3/26-3/28 | Tu-Th | 9:00A-3:00P \$305/\$330

Kidcreate Art

📍 Marshbank Park

*Children must be accompanied by a caregiver.

Frosty the Snowman...4-9

We will create snowman-themed art using a variety of different art materials. We'll create corncob pipes and button noses out of Model Magic clay, paint and air-dry clay.

1/20 | Sa | 9:00A-12:00P | \$69/\$79

Ready, Set, MESS!...1.5-6

Your little one will love getting messy with mosaics, creating with clay, and painting in wacky ways. We'll even make our own puffy paint so we can paint yummy-looking ice cream cones on real canvas boards.

1/26-2/16 | F | 10:00-11:00A | \$101/\$111



Confetti Cake Slime...4-9

We'll be inspired by colorful confetti cakes as we fill our soft, stretchy handmade slime with real rainbow sprinkles- what fun! Whether you're a donut-lover, cake connoisseur, or cupcake aficionado, this is the sweet slime time you've been waiting for.

2/10 | Sa | 9:00A-12:00P | \$62/\$72

Drawing Made Easy...5-12

Have you ever wished drawing was easy? Well in this class, it couldn't be easier! Students will learn a simple step-by-step method as they draw well-dressed llamas, cute kittens, adorable pandas and more.

2/27-3/26 | Tu | 5:30-6:30P | \$101/\$111
No class 3/12

Spring Peep Party*...1.5-6

Hop on over to class to create a spring-themed art project. You and your child will get to play with some clay as you create a larger-than-life sculpture of a marshmallow peep.

3/15 | F | 10:00-11:00A | \$37/\$42

Athletics

📍 Drake Sports Park

Amazing Athletes Tots..2-4

Children learn the basic fundamentals of five sports (football, soccer, volleyball, baseball and basketball). Classes will also focus on gross motor development, cardio fitness and nutrition. The classes are taught at an age-appropriate level.

1/31-3/6 | W | 9:30-10:00A | \$137/\$152

Karate

Kids will learn skills and drills in a fun way to help them learn the wonderful world of karate. Life skills such as respect, self-discipline, focus, listening and kindness are also emphasized. Each week is filled with a variety of activities and various props to keep each class unique, fresh and fun.

Ages 3-5

1/30-3/5 | Tu | 6:00-6:30P | \$107/\$122

4/2-5/28 | Tu | 6:00-6:30P | \$107/\$122

Ages 6-8

1/30-3/5 | Tu | 6:30-7:15P | \$125/\$140

4/2-5/28 | Tu | 6:30-7:15P | \$125/\$140

No class 4/16, 4/23, 5/7

Yoga

Classes promote body awareness, relaxation, strength and flexibility by using scaled down yoga poses accompanied by soothing, kid-friendly sounds of music. A variety of themes such as "beautiful butterflies" and "lucky rabbits" help kids learn the wonderful world of yoga in a fun and age-appropriate manner.

Ages 3-5

2/2-3/8 | F | 6:00-6:30P | \$107/\$122

3/22-5/17 | F | 6:00-6:30P | \$107/\$122

Ages 6-8

2/2-3/8 | F | 6:30-7:15P | \$125/\$140

3/22-5/17 | F | 6:30-7:15P | \$125/\$140

No class 2/19, 3/29, 4/19, 4/26

Gymnastics

Kids will use the floor, bars, beam, vault and trampolines to learn cartwheels, handstands, back walkovers, rolling and other skills. Each class includes movement to music creating a fun atmosphere while building coordination, rhythm and timing.

Itty Itty Bunnies - Ages 1.5-3

1/29-3/11 | M | 9:30-10:00A | \$107/\$122

4/1-5/6 | M | 9:30-10:00A | \$107/\$122

Bizzy Bunnies - Ages 3-5

1/29-3/11 | M | 10:00-10:30A | \$107/\$122

4/1-5/6 | M | 10:00-10:30A | \$107/\$122

No class 1/19

Enrichment

Music.....3-5

Kids will learn music notes, how to count them and the rhythm. We introduce different types of music such as country, Latin, etc. Use instruments such as symbols, drums, egg shakers, tambourines, triangles, bells and many others. We also have a little singing involved.

📍 Drake Sports Park

1/29-3/11 | M | 10:45-11:15A | \$107/\$122

4/1-5/6 | M | 10:45-11:15A | \$107/\$122

No class 2/19

NATIONAL FLAG FOOTBALL

play **FLAG** **Boys & Girls**
Pre-K through 8th Grade

www.MichiganYouthFlagFootball.com

• Practice before games • No Experience Necessary

Chess Wizards.....6-10

Students will engage in an interactive, discovery-based curriculum. Students will be inspired to think ahead, to visualize their goals, treat others with respect and to learn from mistakes. Classes are geared to suit tournaments, variation games and more!

📍 Recreation Activities Center

2/13-3/19 | Tu | 6:00-7:00P | \$145/\$160

4/2-5/7 | Tu | 6:00-7:00P | \$145/\$160

No class 4/23

CPR Certification.....11-14

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

📍 Recreation Activities Center

1/20 | Sa | 1:00-4:00P | \$60/\$70

2/10 | Sa | 1:00-4:00P | \$60/\$70

3/9 | Sa | 1:00-4:00P | \$60/\$70

4/20 | Sa | 1:00-4:00P | \$60/\$70



NOW HIRING!

for summer positions

Group Interviews* - March 2nd & 30th
9am-12pm

Open Interviews - February 23rd, March 14th & April 17th
3pm - 6pm

Location: Recreation Activities Center
4640 Walnut Lake Road West Bloomfield, 48323

- Lily Pad Springs (Managers, Assistant Managers, Attendants)*
- Camp Staff (Camp Manager, Assistant Managers, Program Assistant Manager, Counselors)*
- Interns (Recreation, Nature)*
- Parks (Seasonal Maintenance)

We offer a seasonal bonus plus a fun, open & positive culture!

Please reference wbparks.org/employment to ensure the events are still taking place.



Soccer

Winter: WB Jr. Jaguars

Game Location: Total Sports Wixom

Registration Dates: 12/4 - 1/19

Dates: Saturdays, 1/26-3/22

Practices: Friday evenings at The Sports Club of West Bloomfield

Ages: 5-10

Cost: \$360 / \$385, 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.



Spring: Liverpool FC Michigan

Location: Drake Sports Park

Registration Dates: 12/4-3/29

Dates: Saturdays, 4/13-5/18

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!

Our beginners level soccer programs will teach players basic ball manipulation, athletic development, dribbling, turns, fun and creative games, social skills, and listening skills.



International Academy
Michigan

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



NATURE PROGRAMS

All programs take place at the Recreation Activities Center and are led by WB Parks Nature Staff, unless stated otherwise.

Family Programs

All children and adults must register for these programs, unless stated otherwise.

Stuffed Animal Sleepover.....All ages

Ever wonder what goes on in the Nature Room after hours? What are all those animal ambassadors up to? Bring your favorite stuffed animal friend and leave them over the weekend for our award-winning, stuffed animal sleepover! Updates on your friend's adventures will be posted on Facebook (a link will be provided prior to drop off) and pictures will be emailed after the sleepover weekend!

1/5-1/8 | F | 2:00-5:00P | \$5/\$7

S'mores w/ a Hero....3+

Do you like s'mores? Do you like reading? Do you like heroes? This is the perfect program for you! Join our Naturalist and a local hero, a WB police officer. Come dressed as your favorite hero. We will read a story and make delicious s'mores.

1/9 | Tu | 6:00-7:30P | \$2/\$4

2/6 | Tu | 6:00-7:30P | \$2/\$4

Great Groundhog Adventure.....3+

Explore the world of shadows and discuss the significance of the Groundhog Day celebration. Learn about Groundhog Day while enjoying a story, creating shadows and making your own springtime predictions.

2/1 | Th | 6:00-7:30P | \$5/\$7

Live Animal Show: Cold Blooded Critters5+

Join Nature Discovery for live animal encounters featuring some of Michigan's cold blooded critters: reptiles and amphibians! Experience a live animal feeding, photo opportunities and hands-on interactions with animals.

 Nature Discovery

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

Intro to Maple Tree Tapping3+

Learn the basics of the craft of maple tree tapping through a live demonstration and brief examination of the history. Program includes a one mile hike and a Michigan-made maple syrup tasting.

3/9 | Sa | 10:00-11:30A | \$7/\$9

Solar Saturday.....5+

Join the Oakland Astronomy Club in learning about the sunny side of astronomy. Learn about sun viewing and how to view solar eclipses safely. Do a craft and take home solar eclipse glasses provided by the WB Township Public Library.

3/23 | Sa | 10:00-11:30A | \$0

Free!

Leather Bound Journal Making8+

Make your very own DIY leather bound journal in the Nature Room! Crafting supplies will be provided. This program is intended for crafters of all skill levels, adults and families welcome. All children must be accompanied by a registered adult.

4/4 | Th | 5:00-7:00 P | \$12/\$14

Canine Companions...3+

Discover nature with your precious pooch while on a Naturalist-led hike. All dogs must be licensed and remain on a leash. There must be one adult for every dog.

 Marshbank Park

4/20 | Sa | 10:00A-11:30A | \$3/\$5



Reading with a Critter

These programs are in collaboration with the WB Township Public Library. No registration is required but all children must have an adult present.

Free!

WB Township Public Library

Ages 3-5

Help us celebrate a good story for National Reading Month! You will be joined by a Naturalist and an Early Childhood Specialist for this one-of-a-kind adventure. Stay at the Library and visit with animals, enjoy crafts and don't forget to check out books about Michigan wildlife.

3/27 | W | 11:00A-12:00P | \$0

Ages 5-11

Participants are encouraged to bring a book and read it to our animal ambassadors. You will be joined by a Naturalist and an Early Childhood Specialist for this one-of-a-kind adventure. Stay after for crafts.

4/24 | W | 5:00-6:00P | \$0

Little Hikers.....All Ages

Join our Naturalist on a nature discovery walk. Enjoy silly songs and fun activities to keep all ages, from babies to school-aged engaged. Families can explore in the Nature Room and Outdoor Natural Play Area after the hike. The fee is per family.

1/4 | Th | 10:30-11:30A | \$3/\$5

2/1 | Th | 10:30-11:30A | \$3/\$5

3/7 | Th | 10:30-11:30A | \$3/\$5

4/4 | Th | 10:30-11:30A | \$3/\$5

Kids Only

Nature at Night.....6-12

Make discoveries at dusk for this date night, drop-off program! Meet nocturnal animals while enjoying pizza with friends. A night hike, stories and s'more to discover on this nocturnal night out! Pizza will be provided.

3/26 | Tu | 6:30-9:30P | \$30/\$35

Adult & Senior Programs

Backyard Birds of WB

Learn about the importance of birds to our ecological diversity and discuss some of the citizen science projects WB Parks participates in for the betterment of birds—and humankind! We will collect our bird count data within a 30-minute bird viewing experience on the Civic Center Trails. Youth ages 13+ may attend without an adult, but emergency contact information MUST be provided.

2/17 | Sa | 10:00-11:30A | \$5/\$7

Journey into Falconry

Join Mike Azzopardi, a falconer with the Michigan Hawking Club, to learn about the world of falconry through a live raptor presentation.

3/22 | F | 11:00A-12:00P | \$5/\$7

Senior Seasonal Hikes

Join our Naturalist on a nature discovery walk. Each walk ranges from 1-1.5 miles. Explore various trails in WB and observe the changing seasons. Hiking poles provided. Pre-registration required.

Free!

Marshbank Park

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

WB Woods Nature Preserve

4/10 | W | 2:00-3:30P

Orchard Lake Nature Sanctuary Spring Walk for Seniors

Join Naturalist Carol Fink and a WB Parks Naturalist for a guided tour. Walk through rolling terrain and explore the breathtaking spring flowers. In partnership with Orchard Lake Nature Sanctuary. Please note: Park at 4700 Pontiac Tr.

Free!

4/28 | Su | 2:00-3:00P | \$0/\$0

Nature Appointments

Discover your wild side when you book a naturalist-guided nature appointment! Nature appointments include a live animal, interactive nature talk, stories and more.

We welcome families, school field trips (including preschoolers), homeschoolers, scout groups and many other community organizations for fun, educational programs that are available year-round. You can visit wbparks.org/natureappointments for details and pricing. Contact our Naturalist David Anthony at (248) 451-1909 or danthony@wbparks.org to schedule your nature appointment.

Nature Open Hours

Check out all the Nature Room and Outdoor Natural Play Area has to offer. No matter the weather or the season - we have something fun for you! The Nature Room inside the Recreation Activities Center has animal ambassadors (reptiles & amphibians), a craft and so much more.

Free!

The outside space features natural elements for play, designed to engage children with nature. Naturalist staff will be on hand to answer your nature questions. Best of all - IT'S FREE!! Children must be accompanied by an adult at all times.

Just drop in, no registration required!

Tuesday, January 9, 10 am-12 pm

Sunday, February 25, 10 am-12 pm

Thursday, March 7, 1-3 pm

Tuesday, March 19, 1-3 pm

Monday, April 1, 4-6 pm

Thursday, April 18, 4-6 pm

This is our Earth Day Celebration

Check out our guided snowshoe hikes on page 9!



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

WINTER
GUIDE



ADULT RECREATION

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

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 in a safe way. This class is for all fitness levels.

Recreation Activities Center

Lisa Fein

1/8-2/19 | M | 9:00-10:00A | \$77/\$87
1/8-2/19 | M | 6:30-7:30P | \$77/\$87
1/10-2/21 | W | 9:00-10:00A | \$89/\$99
3/4-4/22 | M | 9:00-10:00A | \$89/\$99
3/4-4/15 | M | 6:30-7:30P | \$77/\$87
3/6-4/24 | W | 9:00-10:00A | \$89/\$99
No class 1/15, 3/11

Strength Training + Abs

Building muscle 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

1/9-2/20 | Tu | 9:00-10:00A | \$77/\$87
1/12-2/23 | F | 9:00-10:00A | \$89/\$99
3/5-4/16 | Tu | 9:00-10:00A | \$77/\$87
3/8-4/26 | F | 9:00-10:00A | \$89/\$99
No class 1/16, 3/12, 4/12

Cardio Combo

A complete workout; strength training for the upper & lower body, cardio & 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

1/10-2/21 | W | 6:30-7:30P | \$89/\$99
3/6-4/24 | W | 6:30-7:30P | \$89/\$99
No class 3/13

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

1/17-2/21 | W | 6:30-7:15P | \$71/\$81
3/6-4/24 | W | 6:30-7:15P | \$71/\$81
No class 3/13, 4/17

March into Spring

March into spring is a social walking club to get your feet moving! Participants that complete each walk will be entered to win a raffle basket.

Free!


Walks are led by volunteers, Pam and Ellen and the group will leave at 2PM sharp for each walk. Once you register, you will be emailed a schedule.

3/7-4/28 | Su, Th | \$0

Yang Family Tai Chi

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. 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.

 Drake Sports Park

 Han Hoong Wang

Beginner

1/13-2/24 | Sa | 9:00-10:00A | \$75/\$85

3/9-4/13 | Sa | 9:00-10:00A | \$55/\$65

Intermediate

1/13-2/24 | Sa | 10:00-11:00A | \$75/\$85

3/9-4/13 | Sa | 10:00-11:00A | \$55/\$65

Advanced


1/13-2/24 | Sa | 11:00A-12:00P | \$75/\$85

3/9-4/13 | Sa | 11:00A-12:00P | \$55/\$65

No class 3/30

Mindful Movement

Calm your nervous system and de-stress with yoga inside the Lodge at Marshbank Park. The flow of the class will be gentle and guided with music. You can expect essential oil towels, candlelight, guided meditations and extended savasana.

 Marshbank Park

 Alicia Long

1/18-2/22 | Th | 6:30-7:30P | \$65/\$75

2/29-3/28 | Th | 6:30-7:30P | \$65/\$75

4/4-5/2 | Th | 6:30-7:30P | \$65/\$75

No class 1/25

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


1/8-2/19 | M | 10:30A-12:00P | \$89/\$99


3/4-4/22 | M | 10:30A-12:00P | \$103/\$113

No class 1/15, 3/11

Gentle Yoga for Health

Enjoy this gentle mat class, designed for seniors; incorporating mindfulness, meditation and breath work. Improve movement and mobility, with focus on balance and the core. Strengthen and stretch with safety to improve your postural alignment. Julie Levinson is a Certified Yoga Therapist and Certified in Teaching Yoga to seniors.

 Drake Sports Park

 Julie Levinson, E-RYT, C-IAYT

1/10-2/21 | W | 10:30-11:30A | \$96/\$106

3/6-4/24 | W | 10:30-11:30A | \$83/\$93

No class 3/13, 4/17

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

 Robin Gillis

1/18-2/29 | Th | 10:00-11:00A | \$71/\$81

3/7-4/25 | Th | 10:00-11:00A | \$82/\$92

No class 2/15, 4/18

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

1/11-2/8 | Th | 7:30-8:30P | \$55/\$65

3/7-4/4 | Th | 7:30-8:30P | \$55/\$65

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. The last class of the session is from 6:30-8:30 pm.

 Recreation Activities Center

1/11-2/15 | Th | 6:30-7:30P | \$75/\$85


3/7-4/18 | Th | 6:30 | -7:30P | \$75/\$85

No class 4/11

Art & Enrichment

Open Studio

Bring your choice of mediums: oils, acrylics, pastels, graphite or colored pencils. Finish a previous project or start a new one. Individualized instruction with award winning artist, Frances Seikaly.

 Marshbank Park

1/9-2/27 | Tu | 1:00-4:00P | \$215/\$225

3/19-4/16 | Tu | 1:00-4:00P | \$155/\$165

Drawing

Join instructor Frances Seikaly and learn fundamentals of drawing with an emphasis on; expressive line, basic shapes, shading to show volume, point perspectives, drapery, reflective surfaces, rendering heads, hands, positive and negative shapes. Supply list available upon registration.

 Marshbank Park

1/18-3/7 | Th | 1:00-4:00P | \$245/\$255

Colored Pencils

This six week class covers; basic tools, supports, tonal applications, pressure, layering and fixatives. A series of exercises will be done to familiarize you with this medium.

 Marshbank Park

3/21-4/25 | Th | 1:00-4:00P | \$185/\$195

Knitting Inspiration

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.

 Recreation Activities Center

1/10-2/14 | W | 10:00A-12:00P | \$89/\$99

2/21-3/27 | W | 10:00A-12:00P | \$89/\$99

Mah Jongg Advanced

The class is geared towards the intermediate or advanced player who wants to build on their skills. Learn strategies like changing hands and playing defensively.

📍 Recreation Activities Center
2/21-2/28 | W | 1:00-4:00P | \$35/\$40

Canasta Beginner

Learn the popular game of Canasta! This class is for beginners or for those who have just learned but need to sharpen their game. You will learn game basics and strategies to win. There will be a \$10 material fee collected the first day.

📍 Recreation Activities Center
2/5-3/4 | M | 9:00-11:00A | \$65/\$75
4/29-5/20 | M | 9:00-11:00A | \$65/\$75
No class 2/19

Canasta Strategy

This class is for the intermediate or advanced player who wants to build on their Canasta skills and learn more to strengthen their game! Special and Splash hands, 7's, Aces and Wilds will be discussed. There will be a \$10 material fee collected the first day.

📍 Recreation Activities Center
3/18-4/8 | M | 9:00-11:00A | \$65/\$75

Euchre Drop-in

Want to learn the card game of euchre in a no pressure environment? Love playing euchre but don't have a partner? Connect members are free and non-members pay \$2. There will be an instructor to help teach the game for beginners as well as answer specific questions for intermediate players.

📍 Connect
1/10-5/1 | W | 1:00-4:00P | \$0/\$2

**Don't miss our
NATURE PROGRAMS
for adults on page 14!**

Education Seminars

Early registration discounts don't apply to finance/investment classes.

Estate Planning Basics

Learn the benefits and goals of proper estate planning. The instructor will explain important legal documents such as revocable living trusts, last will and testaments, durable powers of attorney and patient advocate designations. Includes a discussion on how to achieve estate planning goals.

📍 Recreation Activities Center
2/14 | W | 2:00-4:00P | \$5/\$7

Probate Court Basics

This class will educate you on the probate court's function and purpose. What is a personal representative and what do you need to know to open a "probate" estate. Also discussed: different types of estates, estate administration, the benefits of having a will, guardianships and conservatorships.

📍 Recreation Activities Center
4/10 | W | 2:00-4:00P | \$5/\$7

Investing as a Woman

Not all investing strategies are created equal. Most offer "gender neutral" investing tools. Studies have shown men and women look at risk and return differently. Women have different priorities, different needs and a different approach to investing.

📍 Recreation Activities Center
2/29 | Th | 3:00-4:30P | \$5/\$7

Current Investment Themes & Sectors

You will learn how to develop a diversified investment program using leading investment sectors and the benefits of building a dividend growth stock portfolio. Strategies to develop a balanced portfolio to protect investments from a future stock market correction or decline will be covered.

📍 Recreation Activities Center
3/7 | Th | 3:00-4:15P | \$5/\$7

Create Lifetime Income in Retirement

Learn how to develop and implement your retirement growth and income plan, including income to supplement social security. Key areas discussed; IRA, Roth IRA, 401k Plan, social security, annuities, bank programs.

📍 Recreation Activities Center
3/28 | Th | 3:00-4:15P | \$5/\$7

Heartsaver: First Aid/CPR/AED

This course teaches the critical skills needed to respond to and manage an emergency until medical services arrive. Must pass written exam/skills test.

For anyone with limited or no medical training who needs a course completion card to meet job, regulatory or other requirements. American Heart Association Cards are valid for 2 yrs.

📍 Recreation Activities Center
1/25 | Th | 5:00-8:00P | \$70/\$80
2/8 | Th | 5:00-8:00P | \$70/\$80
3/7 | Th | 5:00-8:00P | \$70/\$80
4/18 | Th | 5:00-8:00P | \$70/\$80

Basic Life Support 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.

📍 Recreation Activities Center
1/18 | Th | 5:00-8:00P | \$70/\$80
2/22 | Th | 5:00-8:00P | \$70/\$80
3/21 | Th | 5:00-8:00P | \$70/\$80
4/4 | Th | 5:00-8:00P | \$70/\$80
4/25 | Th | 5:00-8:00P | \$70/\$80

Men's Softball

Registration for returning teams begins March 6 and for new teams March 27. A returning team is one that played under the same team name and with the same manager from the summer of 2023. Entry fee covers: softballs, awards and player fees. Umpire and forfeit fees are additional. League rules and registration forms will be available online February 1. Early registration discounts do not apply.

Team Fees: \$675

Schedule and Locations


Keith Sports Park - Wednesday D/E League

Drake Sports Park - Monday League (new) & Thursday C/D League

Visit wbparks.org/softball for complete details.

Indoor Pickleball:

Class descriptions are available at wbparks.org/pickleball. Registration begins December 11 for residents and January 2 for nonresidents. Early registration discounts do apply.

 Lone Pine Elementary

Pickleball 100: Introduction

1/23 | Tu | 6:00-7:30P | \$45/\$50
2/2 | F | 6:00-7:30P | \$45/\$50
2/6 | Tu | 6:00-7:30P | \$45/\$50
2/16 | F | 6:00-7:30P | \$45/\$50
2/20 | Tu | 6:00-7:30P | \$45/\$50
3/19 | Tu | 6:00-7:30P | \$45/\$50
3/29 | F | 6:00-7:30P | \$45/\$50
4/2 | Tu | 6:00-7:30P | \$45/\$50
4/12 | F | 6:00-7:30P | \$45/\$50

Pickleball 200: Drills

1/26 | F | 6:00-7:30P | \$45/\$50
1/30 | Tu | 6:00-7:30P | \$45/\$50
2/13 | Tu | 6:00-7:30P | \$45/\$50
2/23 | F | 6:00-7:30P | \$45/\$50
2/27 | Tu | 6:00-7:30P | \$45/\$50
3/22 | F | 6:00-7:30P | \$45/\$50
3/26 | Tu | 6:00-7:30P | \$45/\$50
4/5 | F | 6:00-7:30P | \$45/\$50
4/9 | Tu | 6:00-7:30P | \$45/\$50

Pickleball: River League

1/23-2/27 | Tu | 7:45-9:15P | \$95/\$105
1/26-3/1 | F | 7:45-9:15P | \$95/\$105
3/5-4/16 | Tu | 7:45-9:15P | \$95/\$105
3/15-4/19 | F | 7:45-9:15P | \$95/\$105
No class 2/9, 3/12

Pickleball Advanced League

1/23-2/27 | Tu | 6:00-7:30P | \$95/\$100

FACILITY & SHELTER RENTALS

RESERVATIONS FOR RESIDENTS BEGIN MARCH 1, 2024

WB Residents have 5 business days to reserve a date before they are released to the general public.

Are you looking to host a meeting, family reunion or celebration? View our online videos on our website (wbparks.org/rentals) or call our customer service representatives to assist you by discussing your needs and helping you choose a facility or shelter.

To reserve a facility, you must provide (by mail, email, fax or in-person):
Completed rental agreement • Driver's license • Full payment

WEST BLOOMFIELD DOG PARK

2024 PERMITS GO ON SALE DECEMBER 1, 2023

The 4 acre fenced in, off-leash dog park, is open to permit-holders year-round from 8 am-dusk, except on Wednesdays mornings, when it is closed for maintenance.

Entry Hours: 8 am-6:30 pm (Nov-Feb) & 8 am-8 pm (Mar-Oct).

Important things to note for 2024:

- West Bloomfield resident annual fee \$60. Non-resident* annual fee \$140.
*We will accept a maximum of 40 non-resident households on a first come basis. Enrollment for non-residents can be suspended at any time, at the discretion of WB Parks, if the demand and/or frequency of use increases.
- Dogs must be spayed/neutered. Exceptions are for dogs under 24 months or if you have a letter from your vet indicating a specific recommendation for your dog. This must be submitted at the time of your application and will be reviewed before your registration is accepted.
- You are registering, as the owner of your pet, for the dog park. Any other person who may take your dog(s) to the park without you, must also register. This means: watch the required online video, complete the quiz, and submit a photocopy of your driver's license along with all required paperwork.
- For details and application process, visit: wbparks.org/dogpark.





SENIOR RECREATION

All programs require pre-registration and take place at Connect unless noted otherwise.

Friday Lunch @ Connect

We will serve a boxed lunch, catered by Meals on Wheels of Oakland County.

February - Grilled chicken sandwich
March - Italian sub sandwich

2/16 | F | 11:30A-12:30P | \$9

3/22 | F | 11:30A-12:30P | \$9

Bingo Connect Members Only

You will be given three cards to play at a time in six rounds of bingo. Takes place on Fridays from 1-2 pm, dates below.

2/16 | 3/22 | 4/12

Free!

Line Dance

With roots in country and western dancing, line dancers now step their dance routines to a wide variety of popular music. Must register for each class individually. Please note Friday class time change.

1/8-4/26 | Tu | 11:00A-12:00P | \$5/\$7

1/12-4/26 | F | 10:00-11:00A | \$5/\$7

No class 1/16, 2/9, 3/15, 3/29, 4/23

Chair Exercise

This class works on both the upper and lower body of individuals who find it difficult to stand and exercise for an

hour. Using a chair, you will work on strength, balance and stretching while sitting or standing. Eligible for \$5 early registration discount.

📍 Recreation Activities Center

👤 Lisa Fein

1/8-2/19 | M | 1:00-2:00P | \$77/\$87

1/12-2/23 | F | 1:00-2:00P | \$89/\$99

3/4-4/22 | M | 1:00-2:00P | \$89/\$99

3/8-4/26 | F | 1:00-2:00P | \$89/\$99

No class 1/15, 3/11, 4/12

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. The class is tailored to each individual. Pre-paid individual classes available.

📍 Drake Sports Park

👤 Julie Levinson, E-RYT, C-IAYT

1/10-2/21 | W | 12:00-1:00P | \$96/\$106

3/6-4/24 | W | 12:00-1:00P | \$83/\$93

No class 3/13, 4/17

Fitness Plus

Join our total-body fitness class that blends a diverse range of equipment

and exercises to cater to all levels. This dynamic class is designed to enhance cardiovascular endurance, build strength, improve balance and stability, and increase overall range of motion.

1/8-3/4 | M | 12:00-1:00P | \$21/26

No class 1/15

Orchard Lake Museum Tour

Meet at the Orchard Lake Museum for a small group, docent-led tour. Pre-registration is required. Tickets are \$5 cash, cc at the door. Trip offered in collaboration with the Greater WB Historical Society.

📍 Orchard Lake Museum

3/7 | Th | 1:30-2:30P

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

3/8-4/12 | F | 11:30A-12:15P | \$71/\$81

1/19-2/23 | F | 11:30A-12:15P | \$71/\$81

Celebrate the Mitten!

MICHIGAN'S BIRTHDAY LUNCH

Jan 25 12-1:30pm Connect



LET'S CELEBRATE MICHIGAN'S 187TH BIRTHDAY WITH FUN GAMES, TRIVIA AND LUNCH.

RESIDENT \$11
NONRESIDENT \$13

ENJOY LUNCH FEATURING A SANDWICH BUFFET, SERVED WITH BETTER MADE POTATO CHIPS, A CAN OF CLASSIC FAYGO SODA POP AND A SWEET TREAT.

Sponsored by:



Sponsored by:



VALENTINE'S DAY LUNCH

& Live Music



Residents \$11
Nonresidents \$13

FEBRUARY 9

12-1:30PM

CONNECT

Lunch will include yummy baked penne pasta and Crispelli's salad, served with artisan bread and butter.

ST. PATRICK'S DAY LUNCH



CONNECT

12-1:30 PM

WEAR GREEN AND JOIN TOGETHER FOR LIVE ENTERTAINMENT AND A TRADITIONAL IRISH MEAL!

RESIDENT \$11 NONRESIDENT \$13

SPONSORED BY



Sponsored by



Fabulous 50's

LUNCH
LISTEN &
LEARN!

April 19

1-2 pm

Connect

Join the band Fabulous 50's and listen to some music while enjoying a finger food lunch. Learn about the original artist and how music can be an educational tool for seniors!

Residents \$7
Nonresidents \$9





SeniorResource Group*: Talk Time

10:30A-12:00P

Free!

January 17

A human's best friend..or is it the other way around? Offered by Premier Pet Supply.

- Let's learn some new tricks.
- Canine fostering-10 Reasons to Get a Dog When You're Over 50
- A pet dog is like family. Their health is important too!

February 21

Celebrate your health every day.

- Have a heart and a healthy one at that! Cardiac specialist, Corwell Health
- Vein Health Quiz-Pass or Fail! Come find out! Dr. Jeffrey Miller, Miller Vein
- Move, eat and think your way to better health. Gayle Taub, Gazelle Health

March 20

Making people smile, it's the best kind of sharing!

- Smile-everybody has a camera these days. Dr. Woodruff, Caring Smiles
- The Science of Laughter-The Yoga Way. Ariana Buksford, Laughing Yoga
- Being positive is a decision we can make. Stacie Zotkovich, CarePatrol of Oakland County

April 17

Bringing People Together-Past, Present and Future

- Libraries and librarians play a crucial role in our society. Emily Tobin, WB Public Library
- Focus on the future, a financial health perspective. Darrick Robinson, New York Life
- History-its social and cultural importance in society. Gina Gregory, Greater West Bloomfield Historical Society

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

Holiday House Panel Dedication

Learn about the Motorcities Markers program and the new historical marker at Pine Lake. Brian Yopp, Deputy Director at Motorcities National Heritage Area, shares the program history and Ron Gray shares the history resulting in this outdoor panel exhibit. Program offered in collaboration with the Greater WB Historical Society.

4/25 | Th | 1:00-1:45P

Free!

Tech Talk

Technology is ever-changing and it can feel impossible to keep up! Let our teen volunteers help you navigate your technology questions with patience and knowledge. Technanagy™ strives to help all seniors find joy in technology. Class topics below. Classes are once a month from 4-5:30 pm.

- 📍 WB Township Public Library
- 1/8: Calendar App on iOS / Q&A
- 2/5: iMessage App on iOS / Q&A
- 3/4: Photos App on iOS / Q&A
- 4/1: Accessibility Settings / Q&A

Free!

Connect Members Event: Fat Tuesday

Celebrate "Fat Tuesday" with a donut or paczki and coffee or tea. Free event for Connect Members only.

2/13 | Tu | 12:30-2:00P

Free!

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 & Tone* Tu & F | 9:00-10:00A | Free for Members or \$2

*Must register once per season

Stretch and Tone is sponsored by:

ATHLETICO
PHYSICAL THERAPY

Skip dates: 1/11, 1/15, 1/16, 1/25, 3/14, 4/22, 4/23, 5/2



Exercise Your Mind: Pain Management

Learn information and techniques about managing lower back pain. Lunch is included.

3/8 | F | 12:00-1:00P

Free!



AARP Tax Preparation

IRS-certified AARP Tax-Aide volunteers will provide free tax assistance for low and moderate income taxpayers, with special attention to those 60 and older. Please be sure to bring picture ID, Social Security cards, last year's tax returns and all relevant financial forms.

📍 Recreation Activities Center

2/8-4/4 | Th | 9:00A-3:00P

Free!





ADVISE. ASSIST. ADVOCATE.

VETERANS RESOURCE FAIR

Cost: Free | Registration Required

Mar. 14, 2024 | 9 AM - Noon

WB Parks Connect Senior Center | 33230 W 14 Mile Road

West Bloomfield, MI 48322 Register at: wbparks.org/veteransfair



VETERANS SERVICES EVENTS CALENDAR

West Bloomfield High School
Theatre Department
Presents...

Winter One Act
Tickets - \$10
Feb. 9, 10 at 7pm

James and the Giant
Peach
Tickets - \$5 Dec. 2 at 2pm

Mamma Mia!

Tickets - \$15
April 25, 26, & 27 at 7pm,
and April 27th at 1pm

**Tickets on sale soon at
wbhstheatrearts.ludus.com**

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



Mandela – The official exhibit at HF & Lunch*

Mandela: The Official Exhibit is a self-guided immersive and interactive experience which will take you on a journey through the life of freedom fighter and political leader, Nelson Mandela. Lunch will be on your own at Plum Market Kitchen or Lamy's Diner, on-site at the museum.

1/12 | F | 9:45A-2:30P | \$29/\$34

Schoolcraft Dine & Discover

Join us for the "Lifelong Learning - Dine & Discover" senior lunch and lecture at Schoolcraft College. Detroit: An Illustrated Timeline, the educational talk will feature a full, buffet lunch including vegetarian and gluten free options.

1/26 | F | 10:30A-2:45P | \$54/\$64

FiftyOne O One-Shrimp & Soul Buffet Lunch*

Join us for the "Shrimp & Soul" buffet, a themed lunch at Henry Ford College Culinary Arts program, at "FiftyOne O One" - the student-run restaurant in Dearborn.

2/14 | W | 10:15A-1:45P | \$9/\$12

Movie Matinee & Lunch

Hop on the bus as we head to Milford for a movie matinee at the Milford Independent Cinema, featuring a Carey Grant classic romantic comedy. Lunch will be on your own at the Lei Ting Blue Pearl.

2/20 | Tu | 10:30A-4:00P | \$13/\$18

DuMouchelles Art Gallery

Join us for a tour of DuMouchelles Art Gallery in Detroit, home to fine art, sculptures and valuables sold through the auction house. Lunch will be on your own at Sweetwater Tavern.

3/19 | Tu | 9:15A-3:00P | \$5/\$8

Day Trip to Hamtramck

Our day trip will begin with a stop at the Polish Art Center with time to browse and shop, followed by a tour of the Hamtramck Historical Museum. Lunch will be on your own at the Polish Village restaurant.

3/22 | F | 9:15A-3:30P | \$11/\$16

Meadow Brook Theatre Native Gardens & Lunch*

Pablo and Tania are realizing the American dream when they purchase a house next door to Virginia and Frank. But a disagreement over a fence line soon spirals into an all-out war. The hilarious results guarantee no one comes out smelling like a rose. Lunch will be included before the show at Kruse & Muer.

4/3 | W | 10:45A-4:30P | \$80/\$90

Laurel Park Place & Lunch

Browse the annual Bookstock book sale - featuring thousands of used books and media or shop until you drop at the mall. Meet for lunch at noon at Bar Louie restaurant, as the group has lunch together. Lunch will be on your own.

4/9 | Tu | 9:30A-3:00P | \$8/\$11

Detroit Symphony Orchestra

Lush Life: Duke Ellington & Billy Strayhorn

Duke Ellington and Billy Strayhorn, musical companions for nearly 30 years, wrote some of the most beloved jazz standards of all time - Take the A Train, Satin Doll, Caravan and more. Hear their works and experience their prolific collaborative genius live.

2/8 | Th | 9:15A-1:45P | \$87/\$97

Red Carpet Film Scores

Lights, camera, action - music! Films depend on the depth of the orchestra to turn images on a screen into moments that stay with us forever. Experience some of the most memorable scores in cinema, by Academy Award-winning composers, through the unforgettable sound of the DSO.

3/8 | F | 9:15A-1:45P | \$87/\$97

Country Hits: Songs from Nashville

Like a Nashville recording session brought to life, experience a who's who of the Grand Ole Opry, featuring



Trips

All trips leave from the Recreation Activities Center.

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

the songs of Dolly Parton, Willie Nelson, Johnny Cash, and more. Watch out for spontaneous line dancing!

4/26 | 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. The registration process no longer includes a lottery. Each trip is \$5/resident or \$7/nonresident, except Zarzoor & Polonia, which are \$7 & \$9. Register in person on 1/18, beginning at 8 am. Phone reservations will be taken at 1 pm. Online registration begins 1/25.

Alex's Taproom: Clarkston \$\$\$

W 2/21, F 2/23 | 11:15A-2:45P

Irish Tavern-Waterford \$\$

W 2/28, F 3/1 | 11:30A-2:30P

Yard House-Troy \$\$

W 3/27, F 3/29 | 11:30A-2:30P

Zarzoor -Sterling Heights \$\$

W 4/10, F 4/12 | 11:15A-2:45P

Lily's Seafood-Royal Oak \$\$\$

W 5/1, F 5/3 | 11:45A-2:45P

Polonia-Hamtramck \$\$

W 5/22, F 5/24 | 11:15A-2:45P

\$ Under \$20

\$\$ Between \$20-\$30

\$\$\$ Over \$30

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



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