

WINTER GUIDE



January - April 2025

Registration begins December 3, 2024



Egg Scramble pg 9



WEST BLOOMFIELD

HEALTH & REHABILITATION CENTER



QUALITY HAS ITS REWARDS

We are proud to announce our latest triple-crown of outstanding recognition from *HOUR Detroit*, *U.S. News & World Report* and *Newsweek*. **West Bloomfield Health & Rehabilitation Center** continues to deliver nationally recognized senior care you can trust, close to home. It's just more affirmation that quality has its rewards.

WINTER GUIDE

GENERAL INFORMATION

January - April 2025 Registration begins December 3, 2024

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Program fees are listed as the regular rate followed by the resident discount rate.

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

Office Hours: Monday - Friday, 8 am - 4:30 pm
Offices are closed December 24-January 1,
January 9, January 20 and January 23.

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 such as the Egg
Scramble. 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+.

 Program Location

 Instructor

COMMISSIONERS

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

John A. Erich
Amy Mindell
Sally Wenczel

UPCOMING COMMISSION MEETINGS

December 19
January 22
February 26
March 26
April 23

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. In 2025, meetings will move from
Thursdays to Wednesdays.



FROM the DIRECTOR

BUILDING A HEALTHIER FUTURE: WHAT TO EXPECT NEXT AS WE CLOSE OUT 2024

With gratitude, we continue enhancing remarkable spaces for the West Bloomfield community.

In August, West Bloomfield voters approved a bond proposal that supports our mission of creating a healthier community. This bond enables WB Parks to enhance capital infrastructure over the next five years including the expansion of the Recreation Activities Center into the multigenerational Connect community center on the Civic Center Campus. It will also fund the replacement of the walking path at Marshbank Park, introduce a new playground at Pine Lake Park, and replace the playgrounds at Bloomer and Marshbank Parks.

PLANNING + DESIGN BEGINS ON THE MULTIGENERATIONAL CONNECT COMMUNITY CENTER

Over the next nine months, architectural and engineering services will bring schematic drawings to life. Simultaneously, we'll contract a construction management firm. Stay tuned for a ground breaking announcement next year. We will provide monthly updates at the Parks and Recreation Commission meetings or you can also follow progress online at www.wbparks.org/bond.

NEW FACES ON THE WB PARKS TEAM

In the spirit of building together, we've on boarded more staff than usual this year. Check out our staff page (wbparks.org/staff) to read our staff bios and learn more about the extraordinary people driving your exceptional parks and recreation services.

OTHER EXCITING NEWS

As 2024 comes to a close, residents can enjoy a range of new experiences and amenities including:

- Bathroom and water bottle fill station at Arrowhead Trailhead on the West Bloomfield Trail
- Playground at Drake Sports Park
- Resurfaced basketball court at Bloomer Park
- Storybook Trail at the Civic Center Campus - a collaboration with the West Bloomfield Library
- Free, grant-funded programs and support groups at Connect
- Expanded SMART community transit service on Thursdays and Fridays
- Improved registration software will be launched in December

The items above were paid for by capital funds and multiple grant sources. Bond funded-initiatives will begin in 2025.

Together, we are not just improving spaces but shaping the future of community and connection in West Bloomfield.

Kelly Hyer, CPRP

NEW REGISTRATION SOFTWARE



WB Parks will be transitioning to a new registration software on December 3rd. In order to prepare for this transition, please take the following steps in order to ensure there's no interruption to your registration process:

EXISTING WB PARKS CUSTOMERS

If you're an existing WB Parks customer, your account will be transferred to our new system. If two adults share an account, only the primary contact needs to follow the steps below.

How to Log In:

- By November 21st, you'll receive an email from communication@xplorrecreation.com with your login details. Check your inbox (and junk folder) for the email.
- Follow the link to set a new password.
- Once logged in, the primary contact is the only person who can view and register family members on their behalf.
- Non-primary contacts will only see their own information.

Confirm Your Account:

- Verify your information, including family members listed.
- To change the primary contact, call 248-451-1900.

NEW WB PARKS CUSTOMERS

If you're new to WB Parks, you'll need to create an account.

How to Create an Account:

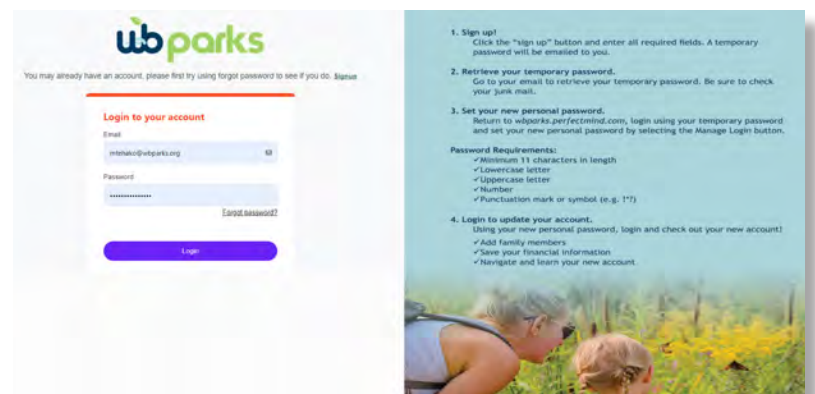
- Starting November 21st, visit wbparks.perfectmind.com.
- Select "Signup" and provide required information, including family members. The adult setting up the account will be the primary contact.

REGISTRATION INFORMATION

- Winter 2025 program registration opens December 3rd.
- Ensure your account is set up before registering.
- Registration for 2024 scheduled programs will be through the old system using your existing account.
- For questions, call 248-451-1900.

NEW FEATURES:

- Add and save credit card info for easy use (can be set as default).
- Option to share payment methods with other family members.
- Each person can have their own login and register for programs, but only the primary contact can register other family members.



PLEASE BE PATIENT WITH OUR CUSTOMER SERVICE TEAM AS THEY WORK DILIGENTLY THROUGH THIS TRANSITION.





MEET THE TEAM!

Learn more about
our team and find
individual contact
information on our
website at
wbparks.org/staff

FACILITY & SHELTER RENTALS

RESERVATIONS FOR RESIDENTS BEGIN MARCH 3, 2025

West Bloomfield 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:

Completed rental agreement • Driver's license • Full payment

You can easily fill out and submit an agreement on our website!

WEST BLOOMFIELD DOG PARK

2025 PERMITS GO ON SALE JANUARY 6, 2025

Four acres of enclosed space for dogs to explore off-leash is open to permit holders year-round.

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

Please note: the park is closed Wednesday mornings for maintenance.

Important things to note for 2025:

- 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. Registration includes: watching the required online video, completing the quiz and submitting a photocopy of your driver's license along with all required paperwork.
- For details and application process, visit: wbparks.org/dogpark.

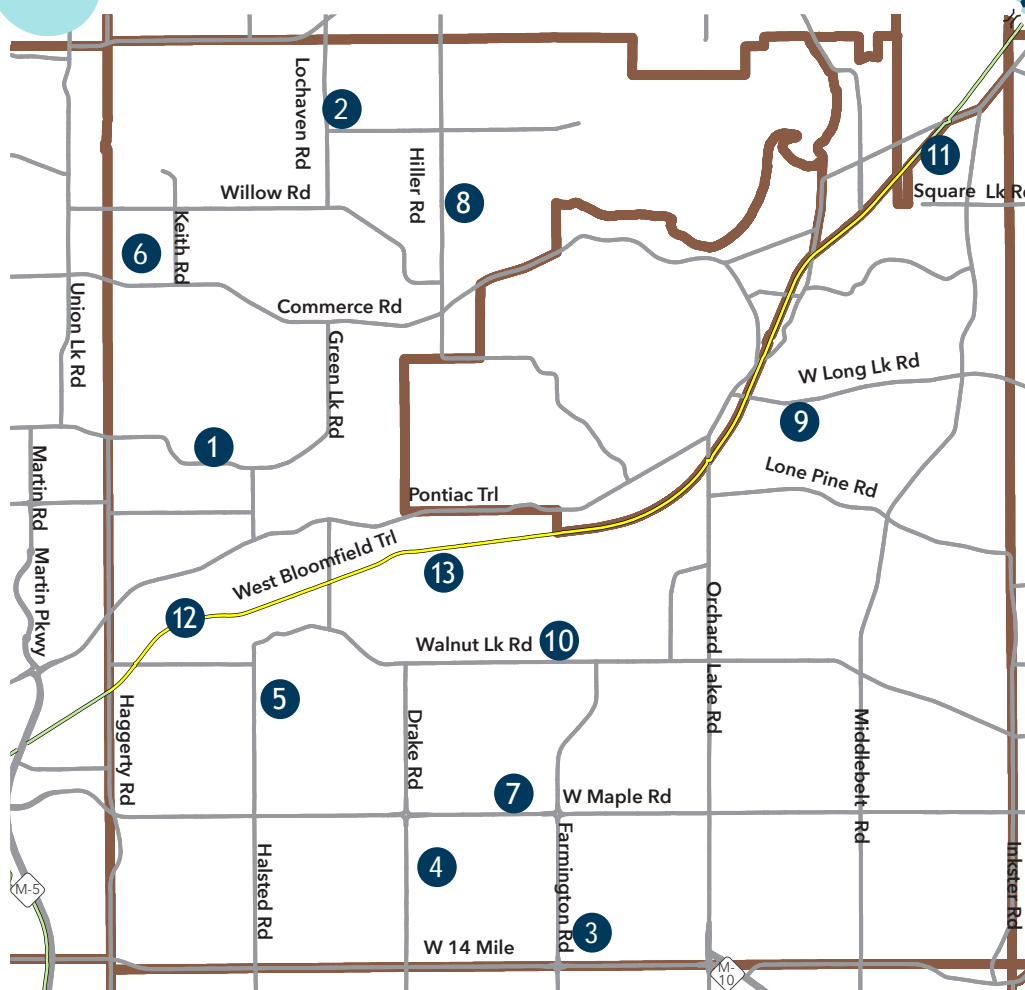


Explore YOUR PARKS

Parks and Facilities



SHELTER
RESERVATIONS
BEGIN MARCH 3
FOR RESIDENTS
SEE PG 6



- | | |
|--|--|
| 1 Bloomer Park | 8 Marshbank Park |
| 2 Bloomfield Knolls Park | 9 Pine Lake Park |
| 3 Connect Senior Center | 10 Recreation Activities Center |
| 4 Drake Sports Park | 11 Sylvan Manor Park |
| 5 Karner Farm - see pg 6 for WB Dog Park permits | 12 West Bloomfield Trail |
| 6 Keith Sports Park | 13 West Bloomfield Woods Nature Preserve |
| 7 Lily Pad Springs (opens 5/26/25) | |



SPECIAL EVENTS



WINTER SOLSTICE CELEBRATION

CELEBRATE THE DARKEST NIGHT OF THE YEAR
WITH A HIKE ALONG OUR GLOWING TRAIL!

DECEMBER 19

TIMESLOTS BEGINNING AT 5PM
RECREATION ACTIVITIES CENTER
TELESCOPE VIEWING
MARSHMALLOW ROASTING
CRAFTS & MORE
AGES 3+

PRESENTED BY



SPONSORED BY





RAISE HOPE & FOSTER DREAMS
BECOME A FOSTER PARENT
1-855-MICHKIDS

RESIDENT \$7
NONRESIDENT \$9

2025 BLACK EXPO

Free Admission! Family Friendly! Over 75 Vendors!

FEBRUARY 22

1-4 PM

IN CELEBRATION OF BLACK HISTORY MONTH. DEMOS AND DISPLAYS HIGHLIGHTING CAREERS, RESOURCES AND BLACK-OWNED BUSINESSES!

ORCHARD MALL

Presented by



For vendor list visit wbparks.org/blackexpo.

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

Resident \$40

Nonresident \$45

Registration closes 2/7

Daddy Daughter



Dinner Dances

Sponsored by:



Edward Jones

Norman Jadan
248-432-0106

February 14 & 15

6-8:30 pm

Glen Oaks Golf Course

Dinner Buffet + Interactive DJ + Photobooth + Activity Stations

Thursday,
April 17

4-7 pm

Select your desired
timeslot at registration

Drake
Sports Park

Resident \$9/Non-resident \$11

Ages 1-8

2025

All the eggs are
split and scrambled.
Your job is to find
the matching egg
halves and put
them back together!



EgG SCraMbLE



Presented by



Activities Include:

Train Rides

Petting Farm

Donut Truck

(Cost not included)

Pictures with Mr. Bunny

Sponsored by



SNOWSHOE EVENTS & RENTALS

Instruction & snowshoes provided for all events

SNOWSHOE FAMILY HIKE

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. 2/1 | Su | 1:00-2:30P | \$10/\$8 | 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. Be cozy by the campfire and roast s'mores while the Naturalist teaches you the love language of a variety of animals. Snowshoes are provided. If there isn't sufficient snow levels, a winter walk will be substituted. 2/9 | Su | 2:00-3:30P | \$16/\$14 | 18+

SENIOR SNOWSHOE HIKE

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. 2/12 | W | 2:00-3:30P | 50+

Free!

Recreation Activities Center

RENTALS

\$6 FOR A 2 HOUR RENTAL

Adult and youth sizes available.
Rentals available M-F 8 am-4:30 pm.

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 a Nature Explorers' Discovery Day (see pg 21) for a brief tutorial. Limited instruction will be available at time of rental.

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Free!
Pre-registration Required.

Guided Hikes, Recycled Crafts,
Conservation Vendors & more!

Tuesday, April 22
4-6 pm
Recreation Activities Center

Guided Hikes at 4:30 & 5:30 pm
\$5/Family
Free tree seedlings to the first 50 families

Sponsored by:

COMMUNITY
GARAGE
SALE

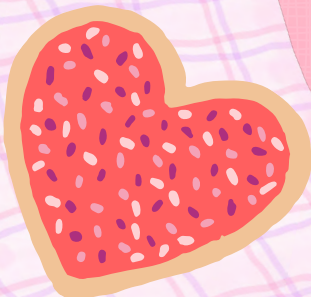
MAY 10
8 AM-2 PM
RECREATION
ACTIVITIES
CENTER

BECOME A SELLER TODAY!

\$10/HOUSEHOLD


SELLER SPOTS RESERVED FOR WEST
BLOOMFIELD RESIDENTS ONLY

LEARN MORE AT WBPARKS.ORG/GARAGE-SALE



Valentine's Day Lunch


Sponsored by



Friday, February 7
12-1:30 pm
Connect

Join us at Connect for a Valentine's Day lunch and live entertainment provided by Paul Ritchie. What is Valentine's Day without chocolate and sweet treats? Lunch will include yummy Baked Penne pasta and Crispelli's salad, served with artisan bread and butter.

Resident \$12 / Nonresident \$14



Resident: \$12 Nonresident \$14

St. Patrick's Day Lunch

12-1:30 pm Monday, March 17 Connect

Wear green and come enjoy live entertainment and a traditional Irish meal!

Sponsored by:





**SPECIAL
EVENTS
FOR
SENIORS**

Resident \$7
Nonresident \$9



FABULOUS 50's

FRIDAY, APRIL 18 12-1:30PM CONNECT

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

Lunch & Laughter



Friday, May 2

12-1:30 pm

Connect

A good laugh is essential to your wellbeing!

Join us for an afternoon of lunch & laughter with friends to celebrate World Laughter Day.

**Resident \$12
Nonresident \$14**



**FUN & AFFORDABLE SOCCER PROGRAM FOR
BOYS & GIRLS OF ALL SKILL LEVELS!
U4 (2021) - U19 (2006)**

SIGN UP NOW

WWW.CW3SOCCER.ORG/PROGRAMS





DISCOVER GOLDFISH SWIM SCHOOL

Goldfish Swim School is the premier learn-to-swim facility for kids ages 4 months to 12 years. We use our holistic philosophy, The Science of SwimPlay®, to build life skills both in and out of the water using play-based learning in a fun and safe environment.

Your child's potential is in there.
Sometimes you just need to add water.

FACILITY & PROGRAM FEATURES:

- *Swim Force for Future Swim Competitors*
- *Lessons for Kids 4 Months to 12 Years Old*
- *Technique Clinics to Improve Swim Skills*
- *Life-Saving Skills Taught Through Play*
- *Celebrations! Ribbons, Prizes & Fun*



**SCHEDULE YOUR
FREE TRIAL
LESSON TODAY!**



WEST BLOOMFIELD | 248.406.4555

6335-A Orchard Lake Road | West Bloomfield, MI 48322
goldfishswimschool.com

[f /goldfishwestbloomfield](https://www.facebook.com/goldfishwestbloomfield)

[@goldfishwestbloomfield](https://www.instagram.com/goldfishwestbloomfield)

swimwestbloomfield@goldfishss.com



Fees are listed as the regular rate followed by the resident discount rate.
Program ages are listed next to each title.

Parents Night Out

Kids enjoy a fun and educational night with friends while parents get a well-deserved break!

📍 Recreation Activities Center

Cupid Celebration.....5-11

Join us for a special Valentine-themed evening! Create and play a Cupid-style arcade game, mix up our special pink drink slime to take home and learn the Cupid Shuffle.
2/7 | F | 6:00-8:00P | \$45/\$40

Gotta Catch That Leprechaun.....5-11

Just in time for St. Patrick's Day, join us to create leprechaun traps, build lanterns to search for leprechauns and make Green Leprechaun Snow Slime!
3/7 | F | 6:00-8:00P | \$45/\$40

Water World.....5-11

Celebrate Earth Day and the watery world around us! Design and build working water turbines, create an underwater cave rescue inspired by a

true story and mix up a special batch of ocean-themed slime to take home.
4/4 | F | 6:00-8:00P | \$45/\$40

Art

📍 Marshbank Park

*Children must be accompanied by a caregiver.

Glow-Magic*.....3-6

Embark on an illuminating journey into the magical world of bioluminescence! Create glow-in-the-dark art under black lights, craft a galaxy you can hold and simulate storms in a jar. Let curiosity shine as we explore the wonders of glowing light in nature!
2/3-2/24 | M | 1:00-2:00P | \$132/\$116

Frosty Fun.....5-12

Get artsy this winter with a flurry of frosty projects! Create your own snow globe and design winter wonderland scenes using a variety of materials. Warm up with us and bring artistic joy to the chilly season.
2/7-2/28 | F | 5:30-6:30P | \$132/\$116

Valentine's Day Craft Party*.....1-6

Young artists will create adorable projects filled with love, X's and O's. Nothing says "I love you" like a handmade gift! This is a great class for siblings to attend together.
2/8 | Sa | 11:00A-12:00P | \$35/\$30

Erupting Whales.....4-9

Learn about chemical reactions by creating a clay whale that spouts like a volcano! Watch as your whale erupts with a colorful, bubbly splash of foam. Perfect for young scientists who love creativity and messy fun!
2/15 | Sa | 9:00A-12:00P | \$75/\$65

LED's, Circuits & Conductivity.....6-12

Spark curiosity in this electrifying class! Young scientists will explore circuits, conductivity and LEDs by crafting light-up greeting cards and fireflies. Discover the world of electromagnets and conduct hands-on experiments to unravel the mysteries of magnetism.
3/14-4/4 | F | 5:30-6:30P | \$132/\$116



Leprechaun Mansion.....4-9

Join us to build a Leprechaun's dream mansion using all sorts of art supplies! Create a cozy home complete with a stunning rainbow and a pot of gold.

3/15 | Sa | 9:00A-12:00P | \$75/\$65

Action Art Class*.....1-6

Watch your child get their artistic groove on in our Action Art class! Little ones will have a blast creating vivid, energetic artwork with chances to smear, splatter and swipe their way to unique masterpieces. Don't miss this thrilling opportunity!

3/17-4/7 | M | 10:00-11:00A | \$132/\$116

Blast Off Paint

Bombs*.....1-6

Get ready for an explosive, colorful good time! Kids will create paint bombs that make a messy, exciting explosion. Count down from three, two, one and watch your artwork come to life with a burst of color and fun!

4/5 | Sa | 9:00A-12:00P | \$75/\$65

Athletics

Tiny Tykes.....3-5

Tiny Tykes is an exciting program that teaches basic soccer skills while developing strength, balance, coordination, listening skills and teamwork. Caregiver must stay during class.

📍 Marshbank Park

4/23-5/28 | W | 5:00-6:00P | \$174/\$150

4/23-5/28 | W | 6:00-7:00P | \$174/\$150

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.

📍 Drake Sports Park

Ages 3-5

1/17-2/21 | F | 6:00-6:30P | \$120/\$102

3/14-4/4 | F | 6:00-6:30P | \$80/\$68

Ages 6-8

1/17-2/21 | F | 6:35-7:05P | \$120/\$102

3/14-4/4 | F | 6:35-7:05P | \$80/\$68

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.

📍 Drake Sports Park

Itty Itty Bunnies - Ages 1.5-3

1/13-2/24 | M | 9:30-10:00A | \$100/\$85

1/16-2/27 | Th | 6:00-6:30P | \$120/\$102

3/10-3/31 | M | 9:30-10:00A | \$80/\$68

3/13-4/3 Th 6:00-06:30P \$80/\$68

Bizzy Bunnies - Ages 3-5

1/13-2/24 | M | 10:05-10:35A |

\$100/\$85

1/16-2/27 | Th | 6:35-7:05P | \$120/\$102

3/10-3/31 | M | 10:05-10:35A | \$80/\$68

3/13-4/3 | Th | 6:35-7:05P | \$80/\$68

Happy Hoppers - Ages 6-8

1/16-2/27 | Th | 7:10-7:40P | \$120/\$102

3/13-4/3 | Th | 7:10-7:40P | \$80/\$68

No class 1/20, 1/23, 2/17

Soccer Programs

These programs are led by Liverpool FC IA Michigan, a premier soccer academy. All participants receive a team shirt. Participation in a previous session is not required for future sessions.

📍 Drake Sports Park

Mini-Reds

Our Mini-Reds will have a fantastic time working with coaches in fun, energetic sessions within a positive learning environment. This foundational program is perfect for your child to learn the basics of soccer.

1/12-2/16 | Su | 12:00-12:45P | \$145/\$125

2/23-3/23 | Su | 12:00-12:45P | \$145/\$125

4/12-5/31 | Sa | 9:00-9:45A | \$144/\$126

Reds Jr. & Reds Academy

Players will train with professional coaches to improve their skills and technical abilities, with group games at the end of every session.

Reds Jr. - Ages 6-7

1/12-2/16 | Su | 12:00-1:00P | \$155/\$135

2/23-3/23 | Su | 12:00-1:00P | \$155/\$135

4/12-5/31 | Sa | 9:00-10:00A | \$156/\$138

Reds Academy - Ages 8-11

1/12-2/16 | Su | 1:00-2:00P | \$155/\$135

3/23 | Su | 1:00-2:00P | \$155/\$135

4/12-5/31 | Sa | 10:00-11:00A | \$156/\$138

No class 2/9, 4/19, 5/24



Enrichment

Chess Wizards.....6-10

Chess Wizards will teach different chess lessons best suited to students' individualized needs. All lessons have an activity and homework to accompany them and this program has well over 80 different lessons to keep challenging the little wizards!

📍 Recreation Activities Center

1/13-2/24 | M | 6:00-7:00P | \$204/\$180

3/10-4/21 | M | 6:00-7:00P | \$204/\$180

No class 1/20, 4/14

Building Strong Social Skills

Beecher Charm School teaches character-building, social and communication skills and cultural competence that helps uplift and enhance personal presence, confidence, self-image, poise and grace. Students will receive a certificate of completion upon the end of the program.

📍 Recreation Activities Center

Ages 9-12

2/10-2/14 | M,F | 5:00-6:00P | \$180/\$160

2/24-2/28 | M,F | 5:00-6:00P | \$180/\$160

Ages 13-17

3/24-3/28 | M,F | 5:00-6:00P | \$180/\$160

4/21-4/25 | M,F | 5:00-6:00P | \$180/\$160

No class 2/16, 3/30, 4/13, 4/20



**International
Academy**
Michigan

MINI REDS REDS JUNIOR ACADEMY

LEARN TO PLAY THE LIVERPOOL WAY

FALL, WINTER & SPRING SOCCER PROGRAMMING FOR AGES 4-12

Your child will have a fantastic time working with our Liverpool FC IA trained coaches who deliver a fun, energetic session in a positive learning environment. Open to all levels of skill/experience.

MINI REDS (AGES 4-6)

Engage your little one with fun activities designed for development of basic motor skills, body mechanics, and soccer skills.

REDS JUNIOR ACADEMY (AGES 6-12)

Enhance your child's technical skills and prepare them for competition in a fun and enriching atmosphere.

Program Director - Jenna Taylor
taylor.lfcmi@gmail.com

Visit website for location and session details.



BOOK NOW

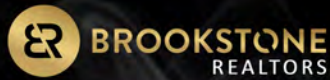
LFCInternationalAcademyMI.com/REDS



**JOIN OUR
REDS COACHING TEAM!**
Visit website for details.

ALI JAFRI

REALTOR
(646) 575-9007
JAFRIREALTOR@GMAIL.COM



TRANSFORMING
DREAMS
INTO
ADDRESSES



WBEF
helping students and teachers

CASINO Night

BENEFITS THE
WEST BLOOMFIELD EDUCATIONAL FOUNDATION

 **FRIDAY 2.7.25** 7-11 P.M. *Sponsorships Available!*

SILENT AUCTION, CASINO GAMES, BINGO, APPETIZERS, DANCING & LIVE MUSIC!

GLEN OAKS GOLF CLUB IN FARMINGTON HILLS

MORE INFO AT WWW.WBEF.ORG
TICKETS START AT \$50

♠️ ♥️ ♣️ ♦️

PREMIER CO-SPONSOR 




**ROCKIN' ROBOT
PARTY CO**

**YOUR EVENT ROCKS
ONCE WE ROLL IN**



EST. 2011

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

PLAY BASEBALL WITH YOUR FRIENDS! TEAMS FORMED BY SCHOOL AND GRADES. **REGISTER NOW!!**

2025 Spring REGISTRATION



SPRING ACADEMY SUNDAYS

Feb 23

March 2, 9 & 16

Visit our website for more
information and to register

IMPORTANT DATES! ★

WEEK of 4/20

Games Begin (1st - 6th Grade)

WEEK of 4/27

Pre-K/Kindergarten Games Begin

MAY 31st

All Star Game

JUNE 14th

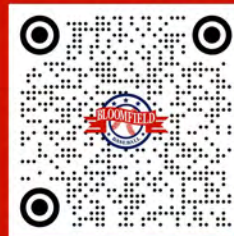
Championship Games



Open to All West Bloomfield
School District Students

Registration Begins December 1st, 2024

**Register
Here!**



DIVISIONS BY GRADE

Pre-K & K: Shetland
Kindergarten: Pinto Jr.
1st: Pinto I
2nd: Pinto II
3rd: Mustang III
4th: Mustang IV
5th & 6th: Bronco
7th & 8th: Pony

WWW.BLOOMFIELDBASEBALL.COM



Sheiko Elementary
School



Scotch Elementary
School



Doherty Elementary
School



Gretchko Elementary
School



West Bloomfield
Middle School

Bloomfield Baseball League | P.O. Box 977, Bloomfield Hills, MI 48303 | (586) 372-6299



All programs take place at the Recreation Activities Center and are led by WB Parks Nature Staff, unless stated otherwise. Fees are listed as the regular rate followed by the resident discount rate.

Family Programs

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

Winter Wanderers.....3+

Bundle up and join us for a family-fun adventure through the winter wonderland! We'll search for animal tracks and discover how creatures big and small survive the chilly months. If there is snow it is encouraged to bring your sled on the hike. This program will run with or without snow.

1/16 | Th | 3:00-4:00P | \$4/\$2

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!

1/24 | F | 2:00-5:00P | \$7/\$5

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 the Nature Room and Outdoor Natural Play Area after the hike. The fee is per family.

2/6 | Th | 10:30-11:30A | \$5/\$3

3/6 | Th | 10:30-11:30A | \$5/\$3

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

Wild Encounters with John Ball Zoo.....5+

Join us for a thrilling encounter with live animals, from the John Ball Zoo! Discover the amazing world of wildlife and learn how we can all play a part in protecting the animals around us.

2/8 | Sa | 9:30-10:30A | \$11/\$9

Mystery of the Maple Syrup Heist.....3+

An interactive, clue-driven, nature program where guests will learn about maple tree tapping while solving a maple syrup mystery. The end of the program will include a brief story of the Great Canadian Maple Syrup Heist.

Participants will take home a small, Michigan-made maple syrup for completing the mystery.

3/15 | Sa | 11:00A-12:30P | \$11/\$9

Animal April Fools'.....5+

People aren't the only ones playing pranks! We will learn how animals use a variety of tricks, also known as adaptations, to survive and thrive in the wild. Meet a live animal Ambassador, then end with a hike on the trail behind the Recreation Activities Center.

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

When I Grow Up...

Zookeeper.....3-10

Have you ever wondered what you want to be when you grow up? Join a Naturalist and a Detroit Zoological Society Zookeeper for this life-changing adventure. We will explore the forest trail to gather materials, helping your future zookeeper prepare a pretend meal for their favorite animal friend.

4/5 | Sa | 1:00-2:30P | \$9/\$7

Canine Companions...All

Bring your precious pooch for a hike on the Civic Center Trails! You will be joined by a Naturalist who will share some fun canine facts while you hike with your leashed dog. There must be one adult for every dog.

4/12 | Sa | 12:00-1:00P



Kids Only

Nature at Night.....5-13

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!

3/27 | Th | 6:30-9:30P | \$35/\$30

Adults & Seniors

Wild Encounters with John Ball Zoo

Join us for a thrilling encounter with live animals, from the John Ball Zoo! Discover the animal world around us while learning important information about wildlife conservation.

2/8 | Sa | 11:00A-12:00P | \$11/\$9

Composting 101

Learn how to transform kitchen scraps and yard waste into nutrient-rich compost, a natural fertilizer that reduces landfill waste. We will cover the science behind composting, what materials to include/avoid, how to choose/maintain your bin and how to troubleshoot common issues.

 Eliza Hensel

4/16 | W | 5:30-6:30P | \$8/\$6

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.

 Marshbank Park

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

 WB Woods Nature Preserve

4/9 | W | 2:00-3:30P



Journey into Falconry

Join Mike Azzopardi, a falconer with the Michigan Hawking Club, to learn about the world of falconry through a presentation featuring a live, red-tailed hawk.

4/3 | Th | 11:00A-12:00P | \$11/\$9

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.



Check out
our guided
snowshoe
hikes and
snowshoe
rentals on
page 10!

Volunteer Opportunities

Get engaged with your community by volunteering with WB Parks! Our volunteers have the opportunity to receive documented service hours, learn important life and work related skills, and bring joy to the community. Our events and programs are made possible by the many helping hands of volunteers. We take great pride in offering a variety of volunteer opportunities for both the young and adult generations. From event preparation to running craft stations, WB Parks has an opportunity for you.

Check out our volunteer event page for all of the current opportunities this season. We look forward to having you join us!



Nature Explorers' Discovery Days

Free!
All ages!

Wednesdays from 9:00 am-4:30 pm

January 8-April 30

Plus Saturday, February 1 from 10 am-12 pm

Visit the Nature Room on Wednesdays where children and families can immerse themselves in the wonders of nature in the backyard of West Bloomfield. This self-led program offers a variety of activities, both indoor and outdoor, designed to inspire curiosity and foster a love for the natural world!

- Observe live reptiles and amphibians native to Michigan.
- Engage in a variety of crafts and hands-on activities.
- Make discoveries in the natural features of our Outdoor Natural Play Area.

This self-guided experience allows families to explore at their own pace, making it perfect for children of all ages. Join us on our designated days and unleash your inner explorer!

****Check our website for winter weather closures.**

COME MEET OUR
ANIMAL
AMBASSADORS!

TREE FROG



BOX TURTLE



RED-EARED
SLIDER



TOAD



GARTER SNAKE



TIGER
SALAMANDER



DESERT
MILLIPEDE





SERVICES:

- We provide Applied Behavior Analysis (ABA Therapy)
- Our team consists of Board Certified Behavior Analysts (BCBA) and Registered Technicians (RBT)
- Social, behavioral, and motor skills development
- Community outings/Field trips
- Parent consultations and training
- Sibling support and training
- Attend IEP meetings
- Provide Speech Therapy & Occupational Therapy

Contact:

(313) 694-7700

support@mybrighttherapy.com

7011 Orchard Lake Rd. West Bloomfield MI, 48322



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CLIENTS FIRST

Maria Auterman

Senior and Military Specialist

(248) 509-4318

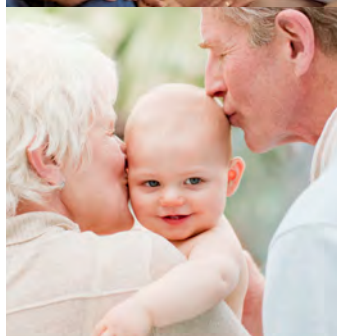
mauterman@gmail.com



Advertise your business or
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Learn more:

wbparks.org/sponsorship



Trinity Health Medical Center Farmington Hills

28300 Orchard Lake Road, Farmington Hills, MI 48334

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**Comprehensive health care
for your entire family –
from birth to your most
senior members**

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Same day/next day
appointments

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248-855-7510

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birth to age 21**

Well visit checkups
Newborn care
Sports physicals
Behavioral health care

Obstetrics & Gynecology

Suite 100B
734-655-8250

**Care from adolescence
to postmenopause**

Well-woman care
Pregnancy care
Gynecologic care



SCAN HERE for more information,
or to make an appointment at one
of these three practices.



Trinity Health

IHA Medical Group



Fees are listed as the regular rate followed by the resident discount rate. *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 safely. This class is for all fitness levels.

📍 Recreation Activities Center

👤 Lisa Fein

1/6-2/17 | M | 9:00-10:00A | \$84/\$72

1/6-2/17 | M | 6:30-7:30P | \$84/\$72

1/8-2/19 | W | 9:00-10:00A | \$98/\$84

3/3-4/14 | M | 9:00-10:00A | \$98/\$84

3/3-4/14 | M | 6:30-7:30P | \$98/\$84

3/5-4/16 | W | 9:00-10:00A | \$98/\$84

No class 1/20

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

1/7-2/18 | Tu | 9:00-10:00A | \$98/\$84

1/10-2/21 | F | 9:00-10:00A | \$98/\$84

3/4-4/15 | Tu | 9:00-10:00A | \$98/\$84

3/7-4/25 | F | 9:00-10:00A | \$98/\$84

No class 4/11

Cardio Combo

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 while speeding up your metabolism, strengthening both your abdominal muscles and back. Stretching will keep the muscles flexible and prevent injury.

📍 Recreation Activities Center

👤 Lisa Fein

1/8-2/19 | W | 6:30-7:00P | \$98/\$84

3/5-4/23 | W | 6:30-7:30P | \$98/\$84

No class 4/16

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

1/15-2/12 | W | 6:30-7:15P | \$50/\$45

2/26-3/26 | W | 6:30-7:15P | \$50/\$45

4/9-5/7 | W | 6:30-7:15P | \$40/\$36

No class 4/16

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

1/17-2/14 | F | 11:30A-12:15P | \$50/\$45

2/28-3/21 | F | 11:30A-12:15P | \$40/\$36

4/4-4/25 | F | 11:30A-12:15P | \$40/\$36

March into Spring

Join this social walking club to get your feet moving!

Participants can attend one of the suggested walking routes or choose their own individual route. The goal is to complete a total of 26 miles. Those who do will be entered into a raffle to win a gift basket! Instructions on how to track your miles will be sent out after registration.

3/6-4/27 | Su, Th | 2:00-3:00P



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

1/18-3/1 | Sa | 9:00-10:00A | \$66/\$60
3/22-4/12 | Sa | 9:00-10:00A | \$44/\$40

Intermediate

1/18-3/1 | Sa | 10:00-11:00A | \$66/\$60
3/22-4/12 | Sa | 10:00-11:00A | \$44/\$40

Advanced

1/18-3/1 | Sa | 11:00A-12:00P | \$66/\$60
3/22-4/12 | Sa | 11:00-12:00P | \$44/\$40

No class 2/15

Candlelight Yoga

Calm your nervous system and destress 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 and extended savasana.

📍 Marshbank Park

👤 Alicia Long

1/16-2/27 | Th | 6:30-7:30P | \$105/\$91
3/13-4/17 | Th | 6:30-7:30P | \$90/\$78

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

1/13-2/24 | M | 10:30A-12:00P | \$96/\$84
3/10-4/21 | M | 10:30A-12:00P | \$112/\$98
No class 1/20

Essentrics

Rebalance your body, unlock tight joints, restore connective tissue and relieve tension in overworked muscles. This form of exercise is 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

1/16-2/27 | Th | 10:00-11:00A | \$91/\$77
3/13-4/24 | Th | 10:00-11:00A | \$78/\$66
No class 4/17

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

1/16-2/20 | Th | 7:30-8:30P | \$66/\$60
3/6-4/17 | Th | 7:30-8:30P | \$66/\$60
No class 4/10

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. Individuals and couples are welcome. The last class of the session is from 6:30-8:30 pm.

📍 Recreation Activities Center

1/16-2/27 | Th | 6:30-7:30P | \$77/\$70
3/6-4/24 | Th | 6:30-7:30P | \$77/\$70
No class 4/10

Art & Enrichment Pastels

Learn how to layer pastels and to use colors and hues to create depth and interest. Individualized

instruction is given along with demonstrations. Work from a still life set up or your own photo for reference. Learn how to properly frame your finished pastel. Supply list available upon registration.

📍 Marshbank Park

1/9-2/27 | Th | 1:00-4:00P | \$272/\$240
3/13-4/17 | Th | 1:00-4:00P | \$204/\$180

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

1/22-1/29 | W | 1:00-4:00P | \$36/\$30

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 (cash only).

📍 Recreation Activities Center

1/6-2/3 | M | 9:00-11:00A | \$76/\$64
3/24-4/14 | M | 9:00-11:00A | \$76/\$64
No class 1/20

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 (cash only).

📍 Recreation Activities Center

2/17-3/10 | M | 9:00-11:00A | \$76/\$64

Euchre For Beginners

Join us for a fun and interactive euchre class designed specifically for beginners! Whether you're new to the game or just need a refresher, this free class will cover the basics, including: rules, strategies and gameplay.

📍 Recreation Activities Center

3/14-3/28 | F | 9:30-10:30A





Women's Self Defense

Learn how to protect yourself and your family from harm! This class will teach participants basic self-defense against common attacks. Participants will learn about awareness, avoidance, grabs and chokes. This is not a karate class but teaches reality-based, self-defense techniques used by professionals!

📍 Recreation Activities Center

1/31 | F | 5:00-8:00P | \$60/\$50

Vision Board Workshop

Join us for a creative journey to craft a captivating visual masterpiece of your aspirations, values and intentions for 2025! You'll create your own vision board with a collage of images, pictures and affirmations that embody your dreams and desires, designed to inspire and motivate you as you work toward your dreams and goals. All supplies will be provided.

📍 Marshbank Park

2/1 | Sa | 9:00A-1:00P | \$60/\$50

Discover Your Purpose

Are you ready to go from existing to truly living the life you were born to lead? Explore your unique gifts and passions through engaging exercises designed to help you live your best life with intention. With inspiring resources and collaborative class interactions, this fun and dynamic course will guide you toward your true North Star!

📍 Marshbank Park

3/3-4/7 | M | 1:00-3:00P | \$78/\$66

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

1/14 | Tu | 5:00-8:00P | \$90/\$80

2/4 | Tu | 5:00-8:00P | \$90/\$80

3/11 | Tu | 5:00-8:00P | \$90/\$80

4/8 | Tu | 5:00-8:00P | \$90/\$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

1/21 | Tu | 5:00-8:00P | \$80/\$70

2/11 | Tu | 5:00-8:00P | \$80/\$70

3/18 | Tu | 5:00-8:00P | \$80/\$70

4/15 | Tu | 5:00-8:00P | \$80/\$70

Explore LOCAL HISTORY WINTER 2025 PROGRAMS



Annual Meeting & Presentation:

Michigan POW Camps in World War II

Saturday, January 25 • 10 am - 12 pm
West Bloomfield Library, 4600 Walnut Lake Road

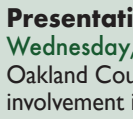
Dr. Gregory Sumner, U of D Mercy, discusses his book

Michigan POW Camps in World War II, about the largely forgotten story of 6,000 captured German and Italian soldiers who lived and worked in Michigan, 1943-46. Sponsored with West Bloomfield Library.



Presentation: Detroit's 1910 Kosher Meat Riot

Wednesday, February 26, 7 pm • West Bloomfield Library, 4600 Walnut Lake Road
Working-class Orthodox Jewish women took to the streets in 1910 Detroit, fighting to stabilize prices of Kosher meat. JHSM Executive Director Catherine Cangany, PhD retells this remarkable moment in Michigan history. Sponsored with West Bloomfield Library.



Presentation: Researching the Underground Railroad in Oakland County

Wednesday, March 26, 7 pm • West Bloomfield Library, 4600 Walnut Lake Road
Oakland County Parks Historian Carol Bacak-Egbo uncovers the stories of Oakland County's involvement in the Underground Railroad. Sponsored with West Bloomfield Library.



Spring Nature Walk

Sunday, April 27 2-3 pm • Orchard Lake Nature Sanctuary, 4700 Pontiac Trail
Join Naturalist Carol Fink for a guided tour. Walk through rolling terrain of breathtaking spring flowers. Sponsored with Orchard Lake Nature Sanctuary.

Admission to programs is free, donations appreciated.

 Jan 12 Ice Harvesting	 Feb 9 Black History	 Mar 9 WB Parks History	 Apr 13 Tax Records
Museum Sunday Open Houses			
Hours: 1-4 pm • Free admission			
January 12 & 19	February 9 & 23	March 9 & 23	April 13 & 27



Orchard Lake Museum

3951 Orchard Lake Road

A 501(c)3 non-profit organization

gwbhs.org/events



Athletics

Men's Softball

These leagues are 10 weeks, single games plus single game elimination tournament at the conclusion of the season. Registration for returning teams begins March 6 and March 27 for new teams. Deadline to register: April 9. Leagues run 4/23-7/30. **Team Fees:** \$675

Schedule and Locations

Keith Sports Park - Wednesday D/E
Drake Sports Park - Thursday C/D

Women's Softball

Join our new Women's softball league at Drake Sports Park! This league is 5 weeks, 10 games (doubleheaders) plus single game elimination tournament at the conclusion of the season. Registration begins March 1. Deadline to register: April 9. League runs 5/12-6/23. **Team Fees:** \$675

Visit wbparks.org/softball for complete details.

Indoor Pickleball

📍 Lone Pine Elementary

Pickleball Intro

This clinic introduces participants to pickleball, covering terminology, rules and basic skills. Enjoy playing a game by the end of the class! Paddles provided.

1/23 | Th | 6:00-7:30P | \$60/\$50
1/27 | M | 6:00-7:30P | \$60/\$50
2/6 | Th | 6:00-7:30P | \$60/\$50
2/10 | M | 6:00-7:30P | \$60/\$50
2/20 | Th | 6:00-7:30P | \$60/\$50
2/24 | M | 6:00-7:30P | \$60/\$50
3/10 | M | 6:00-7:30P | \$60/\$50
3/20 | Th | 6:00-7:30P | \$60/\$50
3/24 | M | 6:00-7:30P | \$60/\$50
4/3 | Th | 6:00-7:30P | \$60/\$50
4/7 | M | 6:00-7:30P | \$60/\$50
4/24 | Th | 6:00-7:30P | \$60/\$50

Pickleball Drills

Improve your ball control by drilling dinks, volleys, serves and returns. Repeated practice of each shot will help you develop and refine your skills. Paddles provided.

1/30 | Th | 6:00-7:30P | \$60/\$50
2/3 | M | 6:00-7:30P | \$60/\$50
2/13 | Th | 6:00-7:30P | \$60/\$50
2/17 | M | 6:00-7:30P | \$60/\$50
2/27 | Th | 6:00-7:30P | \$60/\$50
3/3 | M | 6:00-7:30P | \$60/\$50
3/13 | Th | 6:00-7:30P | \$60/\$50
3/17 | M | 6:00-7:30P | \$60/\$50
3/27 | Th | 6:00-7:30P | \$60/\$50
3/31 | M | 6:00-7:30P | \$60/\$50
4/10 | Th | 6:00-7:30P | \$60/\$50
4/21 | M | 6:00-7:30P | \$60/\$50

Pickleball: River League

This six-week program will have participants move up or down across six courts based on their weekly play results. The first week will be a random draw. Results from the previous week will determine court assignments for the following weeks. Points scored each week will accumulate and influence future court placements. This program is designed for 2.5-3.5 level players.

1/23-2/27 | Th | 7:45-9:15P | \$108/\$90
1/27-3/3 | M | 7:45-9:15P | \$108/\$90
3/10-4/21 | M | 7:45-9:15P | \$108/\$90
3/13-4/24 | Th | 7:45-9:15P | \$108/\$90
No class 4/14, 4/17



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. For your convenience, we've also added a spacious new parking structure. Discover the most advanced care, close to home. [Learn more at henryford.com/westbloomfield](http://henryford.com/westbloomfield)

**HENRY
FORD
HEALTH**



Fees are listed as the regular rate followed by the resident discount rate. All programs require pre-registration and take place at Connect unless noted otherwise.

Fitness Classes

Line Dance

With roots in country and western dancing, line dancers now step their dance routines to popular music. Join us for an hour of choreographed moves to a variety of music to improve coordination and balance, boost overall health and most of all, have fun! Each class is registered for individually.

1/10-4/25 | F | 10:00-11:00A | \$7/\$5
1/7-4/29 | Tu | 11:00A-12:00P | \$7/\$5
No class 1/24, 2/7, 4/11, 4/18

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. Fall prevention techniques are also discussed. Pre-paid individual classes available.

📍 Recreation Activities Center
👤 Lisa Fein

1/6-2/24 | M | 1:00-2:00P | \$98/\$84
1/10-2/21 | F | 1:00-2:00P | \$98/\$84
3/3-4/14 | M | 1:00-2:00P | \$98/\$84
3/7-4/25 | F | 1:00-2:00P | \$98/\$84
No class 1/20, 4/11

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

1/8-2/12 | W | 12:00-1:00P | \$90/\$78
2/26-4/2 | W | 12:00-1:00P | \$90/\$78

Fitness Plus

Join our total body fitness class where we blend a diverse range of equipment and exercises to cater to all fitness levels. This dynamic class is designed to enhance cardiovascular endurance, build strength, improve balance and stability and increase overall range of motion. A chair is used for support.

1/6-2/24 | M | 12:00-1:00P | \$30/\$24
1/8-2/26 | W | 12:00-1:00P | \$35/\$28
3/3-4/21 | M | 12:00-1:00P | \$35/\$28
3/5-4/16 | W | 12:00-1:00P | \$35/\$28
No class 1/20, 2/3, 2/5, 3/17

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

1/8-2/12 | W | 10:30-11:30A | \$90/\$78
2/26-4/2 | W | 10:30-11:30A | \$90/\$78

Stretch and Tone

Join this low-impact exercise class for seniors. This program uses a comprehensive exercise routine which encourages the use of light hand weights to maintain strength and fitness. You must pre-register once per month to participate in this program.

1/7-4/29 | Tu,Th | 9:00-10:00A
No class 1/9, 1/23

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Free!

Ping Pong Instruction

Ping Pong is a fast-paced and challenging sport that requires quick reflexes, hand-eye coordination and strategic thinking.

Beginners:

1/7-1/28 | Tu | 5:00-6:00P | \$76/\$64

2/11-3/4 | Tu | 5:00-6:00P | \$76/\$64

Intermediate/Advanced:

1/7-1/28 | Tu | 6:00-7:00P | \$76/\$64

2/11-3/4 | Tu | 6:00-7:00P | \$76/\$64

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 in order to understand the language and communicate with others easily. A \$15 materials fee is due on the first day of class.

 Recreation Activities Center

Beginner

1/6-2/24 | M | 1:00-2:00P | \$98/\$84

3/3-4/21 | M | 1:00-2:00P | \$98/\$84

Beginner-Advanced

1/6-2/24 | M | 2:15-3:15P | \$98/\$84

3/3-4/21 | M | 2:15-3:15P | \$98/\$84

No class 1/20, 4/14

AARP Tax Prep

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. Registration begins 1/6.

 WB Library

2/6-4/9 | Th | 9:00A-3:00P | \$0

Friday Lunch at Connect

Make a day of it and stay for "Bingo for Connect members" after lunch. Registration for both programs required.

Chicken Salad Croissant

2/21 | F | 11:30A-12:30P | \$11/\$9

Pulled Pork Cuban Sliders

4/25 | F | 11:30A-12:30P | \$11/\$9

Tech Talk

Technology is ever-changing and it can feel impossible to keep up! Let our teen volunteers help you navigate technology questions with patience and knowledge.

1/6, 2/3, 3/3, 4/7 | M | 4:00-5:30P

Diamond Painting

Join artist, Kim Oderkirk, as she instructs with the provided diamond

painting project to be completed in class. Diamond Painting uses an applicator to apply sparkling resin rhinestones on an adhesive color-coded piece.

Valentine's Day Magnet

1/13 | M | 1:30-3:30P | \$30/\$25

Tree of Life Keychains

2/10 | M | 1:30-3:30P | \$30/\$25

St. Patrick's Day Keychain

3/10 | M | 1:30-3:30P | \$30/\$25

Sunflower Themed Keychain

4/21 | M | 1:30-3:30P | \$30/\$25

Senior Resource Group*: Talk Time

W | 10:30A-12:00P

January 15

January's theme is "Winter Wellness of Mind, Body and Spirit". Dave Anthony, WB Parks' Naturalist, will discuss winter walking. Emily Tobin, Librarian with West Bloomfield Township Public Library will present the fun of puzzles and Dr. James Bradman of West Bloomfield Internal Medicine will offer a Q & A on aging well in 2025.

February 19

February's theme is "Ride out the season with less stress and a big smile." Ariana Bukdorf, offers a talk on the journey to happiness and health. Kari Olesuk, Right at Home, discusses strategies to stay organized and Ben Bur, WB Parks, introduces the Community Transit program for seniors in West Bloomfield.

March 19

March's theme is "Life, Vitality & Nutrition." This will be held off-site on the JCC campus, with Jewish Senior Life staff, Tracey Proghovnick and Elizabeth Freyre. The visit will include a welcome talk, discussion on food preparation and a stretching session. 10:30A-12:30P

 Hechtman Apartments

April 23

April's theme is "Time to embrace new beginnings: Wellness, health and more for the season ahead." This program features Dr. Anne Chen from Henry Ford Health, Richard Lamphear from Busch's Market, and senior medication management, Michael Mindell, registered Pharmacist.

* 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.

Programs Offered by the WB Library

Free!

Book Club

Connect in a new way with an afternoon book club! Join us monthly as we read across genres and come together for discussion. Books will be available for pickup at Connect three weeks in advance.

February - Black Cake

2/10 | M | 2:15-3:15P

March - Mother Daughter Murder Night

3/10 | M | 2:15-3:15P

April - The Frozen River

4/21 | M | 2:15-3:15P

Speed Dating with Books

WB Library's team of librarians present books to take on a speed date! Librarians will share 15+ book recommendations in a community setting and help you find a perfect book "mate" this Valentine's Day.

2/13 | Th | 11:00A-12:00P

Library Pop Up

Stop by and see what is new and exciting at the Library! Each month a librarian will be at Connect for an hour with new books and media available for checkout.

1/13, 2/10, 3/10, 4/21 | M | 1:00-2:00P

Connect Members

These are free events for Connect Members. Pre-registration required.

Free!

Fat Tuesday

Celebrate "Fat Tuesday" with a donut or paczki and coffee or tea.

2/11 | Tu | 12:30-2:00P

Spring Sweets & Treats

Join us for an afternoon social hour with coffee, tea and sweets!

4/15 | Tu | 1:00-3:00P

BINGO

You will be given two cards to play at a time in four rounds of bingo.

1/17, 2/21, 3/21, 4/25 | F | 1:00-2:00P



Drop-In Classes:

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

No class 1/9, 2/11, 4/15

Knitting Club W | 10:00A-12:00P | Free for Members or \$2

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

No class 1/20, 3/17, 4/16, 5/26

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

*Must register once per month

Grant Funded Programs**



Write Your Story

With a focus on your accomplishments and important milestones, write about yourself in this writing workshop. A meaningful trip down memory lane and a keepsake to share with the people you love.

1/14-1/28 | Tu | 2:00-3:30P

No class 3/18

Stress Free Crafts

Discover the joy of creativity and relaxation. This welcoming and supportive environment is designed for you to unwind, socialize and express yourself through various craft projects. Engage in therapeutic crafting, meet new friends and enjoy a fun atmosphere. New crafts each week!

2/5-4/16 | W | 1:00-2:30P

Lifelong Learning

Join Karen Faith Gordon, LMSW, CDP and specialist on aging for a lecture-style series on lifelong learning for seniors. Free refreshments provided.

We Are Authors of Our Own Story:

The Power of Choice

1/13 | M | 10:00-11:00A

Who Am I? Illuminating

Impermanence on the Aging Journey

3/17 | M | 10:00-11:00A

Life is Now: Finding Presence in a

Noisy World

4/14 | M | 10:00-11:00A

Laughing Yoga

Laughing Yoga combines breathing exercises and laughter. This

untraditional yoga combines gentle stretches and breathing to reduce stress, strengthen the immune system and boost mood!

2/7-2/21 | F | 9:00-9:30A

3/7-3/21 | F | 9:00-9:30A

Connect Happy Hour

Join us for our lively and engaging Connect Happy Hour! This once-a-month event is the perfect opportunity to meet new friends, enjoy a delicious mocktail and unwind to the sounds of live music.

1/24, 2/21, 3/21, 4/25 | F | 3:30-5:00P

Meditation

Meditation is an ancient mental discipline that encourages focus, heightened awareness and a profound sense of inner peace. This practice involves training the mind to cultivate mindfulness, which, in essence, is the art of being fully present in the moment, unburdened by distractions and free from judgment.

2/7-2/21 | F | 10:00-10:30A

3/7-3/21 | F | 10:00-10:30A

Move Strong Step-By-Step

Take time to focus on one fundamental movement you already use every day. We will name it, learn why it is important, connect it with everyday life and then practice. An expert will guide and help modify so every person can leave feeling confident.

2/11 | Tu | 2:00P-3:15P

3/18 | Tu | 2:00P-3:15P

Turn “No Way” into “Heck Yes!”

Change can be tricky! Learn some tips and tricks on how to do “that

thing” you always wanted to do. Join Health and Wellness coach Gayle Taube to learn how to create a change system that works for you.

1/8 | W | 11:30A-12:45P

3/6 | Th | 2:30-3:45P

Recipe Swap

Eating healthy doesn't have to be boring! Swap ideas, ingredients and recipes to reinvent the mundane into something new and delicious. Share your favorite recipes, swap with others and learn some pro-tips for upgrading ingredients into a healthier version.

3/4 | Tu | 2:00-3:45P

Five Ingredients, Five Ways

Recharge your creativity and favorite recipes, enjoy your meals and limit waste. Pro-tips for stretching ingredients to the max and keeping it healthy by creating five different meals from the same five ingredients.

2/27 | Th | 2:30-3:45P

Get Strong Brushing Your Teeth!

Learn tips and tricks for intentional movement while at home doing everyday tasks. Learn safe effective movement and try it while receiving expert guidance so you feel confident at home.

2/5 | W | 11:30A-12:45P

Discussion Groups

Join Karen Faith Gordon, LMSW, for a weekly discussion group. Participants will discuss the unique challenges faced with aging. Discover, create and renew purpose while cultivating connections with other like-minded individuals.

📍 7399 Middlebelt Road, Suite 4

Women's Discussion Group

2/5-3/12 | W | 2:00-3:00P

Men's Discussion Group

2/5-3/12 | W | 4:00-5:00P

Co-Ed Discussion Group

2/5-3/12 | W | 6:00-7:00P

***This Senior Center Social Work Project is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$85,000 with 100% funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.*

SENIOR LOAN CLOSET

The Connect Senior Loan Closet has a supply of donated items, which residents may use on a short term basis. Seniors are able to check out the item(s) and return them after use.

Items include: walkers, crutches, knee push scooters and more.

Donations are accepted based on need and condition. To be accepted, items must be new or gently used, thoroughly clean, in very good condition and ready to lend. To check out an item, view our inventory or donate an item, visit the front desk at Connect for more information.



COMMUNITY TRANSIT:

WB Parks offers low cost transportation services for West Bloomfield residents who are:

- Senior citizens, age 55 and over
- Disabled citizens, age 16 and over

The fare is \$2 each way. Medical appointments can be scheduled 28 days in advance. All other appointments can be scheduled 14 days in advance. Would you like to schedule a ride? Call 248-706-2411. Messages are returned daily.



EXTENDED TRAVEL:

Traverse City Wine & Food Adventure

June 18-21

\$1,675/person single occupancy, \$1,265/person double occupancy

The registration deadline is March 15.

Join us for a round trip to Traverse City! Trip includes motor coach transportation with boxed lunch, hotel stay for 3 nights including breakfast at Country Inn & Suites by Radisson, two tours and three dinners. The first tour is a 5-hour, 4 winery tour with tour guide (alcoholic beverages and snacks not included). The second excursion is a Taste of the Village Tour at The Village at Grand Traverse Commons.

The Travel agent, Association Services Stellar Events, will offer trip insurance upon request for an additional fee paid directly to them. No refunds for this trip. Learn more at wbparks.org/travel.



Trip registration begins December 9 at 8 am.

Detroit Historical Museum

Join us for a talk and tour at the Detroit Historical Museum with Jamon Jordan, of the Black Scroll Network. The tour will feature Motown & More - Detroit's African American Music History. Focused on the experiences and the enduring influence of African Americans in Detroit. Lunch will be on your own at Condado Tacos, in Detroit, before the tour.

1/21 | Tu | 10:15A-3:30P | \$32/\$27

Meadow Brook Theatre: Footloose*

The explosive Footloose movie musical bursts onto the live stage! Collaboration with Oakland University's School of Music, Theatre, & Dance. Lunch will be included at Nino's, before the show.

1/29 | W | 10:45A-4:00P | \$92/\$82

Pewabic Pottery Tile Making Workshop

Join us for a tile making workshop and tour at Pewabic Pottery. You will use clay and colored slips to create your own tile design, at one of Detroit's most famous art institutions. Lunch will be on your own at Alma Kitchen after the tour.

2/6 | Th | 9:45A-4:00P | \$45/\$40

Motown Museum Tour

Come along as we learn how Motown records got its start and singers rose to acclaim. We will view the upper flat where Berry Gordy, Jr. lived and visit Studio A-where the Motown Sound was born. Lunch will be on your own before the tour, at Detroit Soul, in Detroit.

2/27 | Th | 11:15A-3:45P | \$38/\$33

Pontiac Transportation Museum

Hop on the bus for a tour of the Pontiac Transportation Museum featuring examples of more than 70 cars, trucks and other vehicles designed or built in metro-Detroit.

Lunch will be on your own, after our tour, at the Moose Preserve in Bloomfield Hills. Select from the limited menu provided for our group.

3/27 | Th | 9:30A-2:15P | \$23/\$18

OCC Culinary Institute: High Tea

Join us for High Tea at Oakland Community College - Culinary Institute! Featuring an elevated, five course meal with a selection of pastries and fine teas, served in Chef Athena's personal collection of antique teacups and saucers.

4/2 | W | 10:30A-1:30P | \$44/\$39

Cabin-Fever Busting Day at Laurel Park Place

Get ready for a cabin-fever busting day as we journey to Laurel Park Place. Browse the annual Bookstock book sale - featuring thousands of used books and media or shop until you drop at the mall. Lunch will be on your own.

4/29 | Tu | 10:30A-3:00P | \$10/\$8

Restaurant Ramblers

Join this "Out-to-Lunch Bunch" as we make the reservations and provide the transportation while you select what to eat and pay for the meal.

Rocky's of Northville

W 2/19, F 2/21 | 11:15A-2:45P | \$7/\$5

Joe Kool's Bar & Grill: Novi

W 3/5, F 3/7 | 11:30A-2:30P | \$7/\$5

Black Rock: Canton

W 3/19, F 3/21 | 11:15A-2:45P | \$7/\$5

Pegasus Taverna: St. Clair Shores

W 4/9, F 4/11 | 11:00A-3:00P | \$9/\$7

Czapski's Kitchen: Milford

W 5/7, F 5/9 | 11:15A-2:45P | \$7/\$5

Mojave Cantina: White Lake

W 5/21, F 5/23 | 11:30A-2:30P | \$7/\$5

Trips

All trips leave from the Recreation Activities Center.

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



Detroit Symphony Orchestra

Broadway Love Songs

If you love someone, bring them to Orchestra Hall! The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics.

2/14 | F | 9:15A-1:45P | \$88/\$78

La Vida Loca

Get on your feet and let's get loud with the greatest hits of the '90s and '00s Latin Pop explosion! Conductor Enrico Lopez-Yanez, world-renowned vocalist Ender Thomas and Jackie Mendez and multi-Grammy Award winners Jose Sibaja on trumpet and Luisto Quintero on percussion join the DSO for a high-octane program featuring all-new symphonic arrangements by Lopez-Yanez and Sibaja.

3/14 | F | 9:15A-1:45P | \$88/\$78

Women Rock!

This is a set list of legends. The Pops and special guests perform rock hits by Carole King, Janis Joplin, Aretha Franklin, Pat Benatar, Tina Turner and more.

4/25 | F | 9:15A-1:45P | \$88/\$78

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Now Hiring!

FOR SUMMER 2025

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