

SENIOR



WEST BLOOMFIELD

PARKS + RECREATION COMMISSION

HAPPENINGS



June 2025

For even more programs happening this summer, check out our Summer Guide!



*This newsletter was published on 5/22/25
Information printed considered accurate.*

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CONNECT UPDATE

We've been busy this year! We kicked off the year rolling out new programs and sharing community resources in our senior center. We hope that you have enjoyed having our new Fall Prevention programs and the Secretary of State's Mobile Office. Many of our new programs are a result of feedback from our members. We are working to ensure that our programming meets the needs of our seniors, while remaining fresh and exciting, so we greatly appreciate your input!

As we look forward to a busy summer, we wanted to provide a few updates:

- We have expanded our Open Game Room to include a chess table, darts and cornhole!
- We are no longer collecting plastic bags for Hospitality House. Please donate your plastic bags to your local grocery stores.
- Please help us track attendance for all of our Connect programming by scanning in and telling our Customer Service Representatives which program you are attending when you arrive.
- Thank you so much for your donations to our loan closet. We have received an abundance of walkers and crutches and our inventory is full of these items. As things change, we will continue to provide updates.
- We need your help! All individuals participating in WB Parks programming should have an Annual General Waiver on file. Please complete your waiver today by visiting wbparks.org/forms.



BERNADETTE HUDGINS

Our staff is excited for another summer of engaging programs, and we hope that you will join in the fun at Connect!

-Bernadette Hudgins, Senior Services Manager

WE HEARD YOU! OUR 2024 SURVEY RESULTS

This portion will capture improvements and program changes we've made as result of your feedback. You asked for more Health and Wellness and Balance topics. Since the October 2024 Surveys, we've added:

Over 20 new programs starting in December 2024 to June 2025 and our Fall Prevention program (partnering with Henry Ford Health System, Corewell Health, WB Fire Department, AgeWays Senior Services, Jewish Senior Life and Gazelle Health.) We've also executed two Fall Prevention programs, recruited four new Matter of Balance Volunteer Coaches and kicked off our 1st annual AgeWays Matter of Balance 8-week session.

Let us know if you're interested in having more throughout the year. Please continue to tell us that you think! We have multiple avenues to share your thoughts and suggestions; program surveys, verbally to our team members, feedback cards at Connect and through our annual survey. View our full survey review at wbparks.org/connect.

CONNECT BUILDING CLOSURES

6/19 -Closed for Juneteenth

7/4 -Closed for Fourth of July

9/1-Closed for Labor Day

9/4-9/7-Closed for maintenance

CONNECT MEMBERSHIPS

In 2024, we placed a brief hold on Connect membership renewals as we prepared to roll our new registration system. To ensure you reap the benefits of your Connect membership, it's important that you have an active member status. To verify the status of your membership or to become a member, please visit or call Connect at (248)-451-1935. A Connect membership is required to participate in drop-in programs for free.

CONNECT EVENTS

CONNECT OPEN HOUSE

Make sure you pop in and say hi at our upcoming Connect Open House! Join us **Tuesday, August 26 from 1-3:30 pm** for the opportunity to learn more about Connect, meet our team and learn how we are serving seniors in the greater West Bloomfield Community.

Stop by and:

- Learn about WB Parks' new senior programming
- Meet our instructors
- Learn about membership benefits
- Renew or apply for a membership
- Share feedback as we finalize plans for 2026
- Sign up for volunteer opportunities
- Grab some popcorn and refreshments
- Raffles and more!

To learn more, visit: wbparks.org/connect-open-house!



ICE CREAM FLOATS

AUGUST 6 • 2-3:30 PM • CONNECT

**JOIN US FOR A ROOT BEER FLOAT, BOSTON COOLER,
CREAMSICLE OR SCOOP OF ICE CREAM!**

FREE! CONNECT MEMBERS ONLY. PREREGISTRATION REQUIRED.

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FEATURED PROGRAMS

MOBILE SECRETARY OF STATE

This resource assists residents who have limited access to online and in-person Secretary of State services. The Mobile Secretary of State can help residents complete ID, vehicle transactions, voter registration and more! Pre-registration is recommended. Drop-ins welcome.

Location: Connect

7/17 | Th | 10A-3P | FREE

THRIVE OVER 55

Alliance's Thrive Over 55 program is a free, three-week program that provides tools for navigating issues often faced by older adults. This session will support you as you create a balanced lifestyle by addressing topics including healthy aging, understanding risks associated with substance and medication misuse, embracing diversity and combating ageism.

Location: Connect

7/10-7/24 | Th | 10:30A-12P | FREE

SENIOR KAYAK

Fun on the water doesn't have to end as you age. Join us as we explore Cass Lake, the largest and deepest lake in Oakland County. Must be able to get in and out of a kayak with minimal assistance. Our naturalist will accompany you as your guide. All equipment is provided, including life jackets. The fee is per person, only single kayaks are available.

Location: Marshbank Park

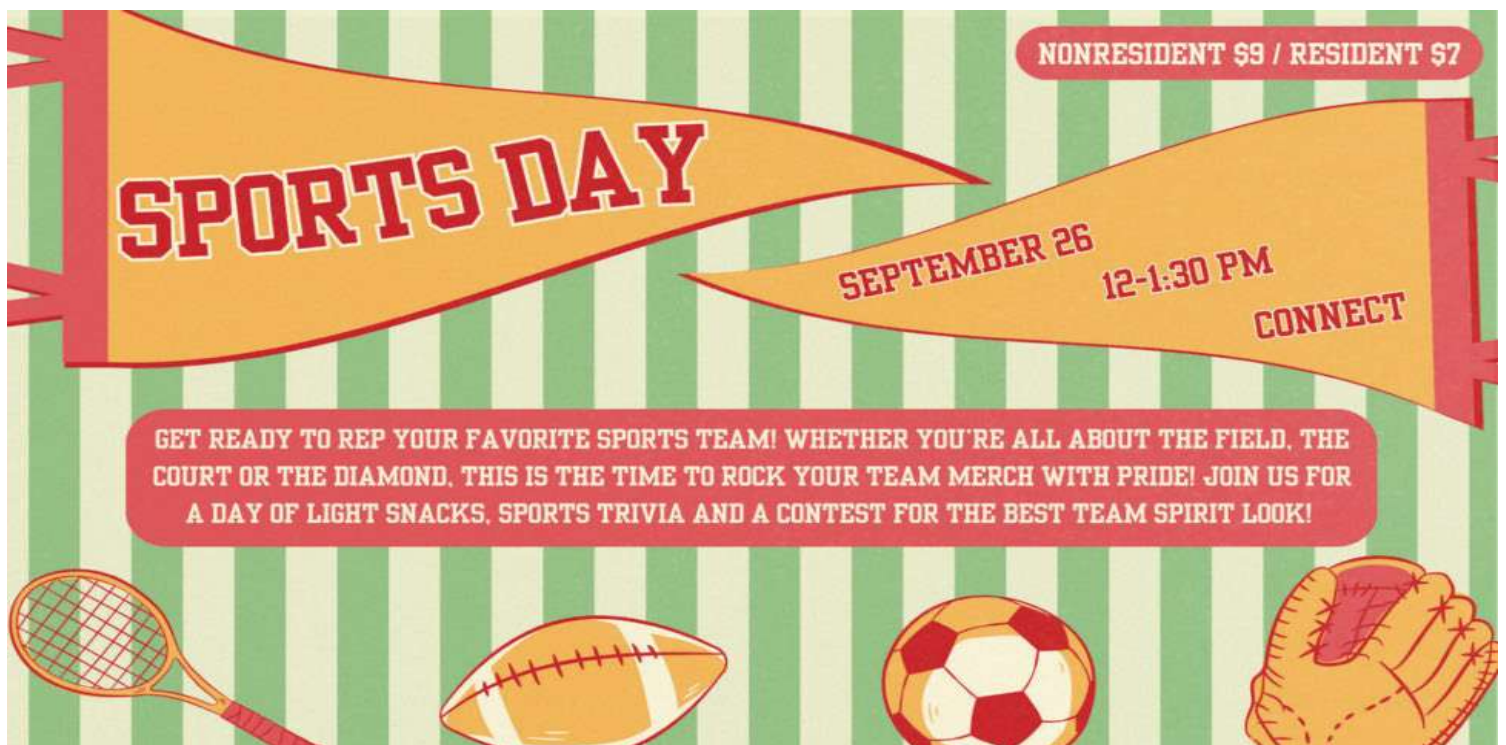
8/13 | W | 10-11:30A | \$48/\$43

MIXED MEDIA COLLAGE

Have you always wanted to explore your creative side? Explore various mediums such as drawing, painting and printing techniques combined to create collages. Collaging can be used to create things such as personal greeting cards, hanging wall art, art journaling, creative exploration and more. All skill levels are welcome. The materials fee is included in the course fee.

Location: Connect

6/26-7/24 | Th | 10A-12:30P | \$195/\$175



FEATURED TRIPS

Holland Michigan

September 10-12

Join us for an extended trip to Holland, MI to explore gardens, windmills, farmers markets and more! Fee includes hotel stay and transportation.

Double Room \$ 955/ Single Room \$1,120

To learn more, visit: wbparks.org/travel



SUNFLOWER FESTIVAL & LUNCH - NEW!

Enjoy a beautiful summer day at Blake's annual Sunflower Festival in Armada, MI. Stroll through breathtaking sunflower fields and shop from over 100 talented artisans.

For an additional fee, you can unleash your creativity in Blake's DIY make-and-take workshops with real sunflowers or pick a bouquet to take home with you. Lunch will be on your own at Blake's Tasting Room before the festival opens.

Please note: this trip involves a lot of walking.
Pre-registration is required by August 14!

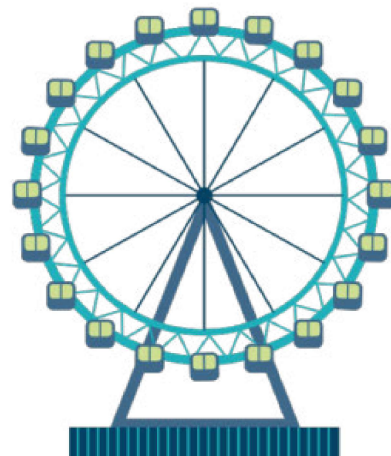
Location: Recreation Activities Center
8/22 | F | 10A-3:15P | \$26/\$21

SENIOR DAY AT THE MICHIGAN STATE FAIR - NEW!

Join WB Parks' for our trip to Senior Day at the Michigan State Fair, held at the Suburban Showplace in Novi. The event will feature: breakfast, door prizes and drawings, senior day vendors, entertainment, contests and free admission to the state fair.

After the Senior Day event, explore the State Fair. Lunch will be on your own.

Location: Recreation Activities Center
8/28 | Th | 9:15A-2:45P | \$11/\$9



STAFF FEATURE

Get to know a little more about our newest Connect staff members!

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

Naomi: As a storyteller, my favorite thing would be listening to all of their amazing stories and experiences.

Ethan: I enjoy talking to people and helping out. Our seniors can be very fun to talk to.

2. WHAT INSPIRED YOU TO WORK FOR WB PARKS?

Naomi: The opportunity to connect with individuals from all walks of life, while planning exciting and engaging events.

Ethan: I enjoy the work that West Bloomfield Parks provides to the local community and environment.

3. WHAT DID YOU DO PRIOR TO WORKING FOR WB PARKS?

Naomi: I worked for a public relations agency, serving clients in the nonprofit, consumer, and social impact sectors. I am also a certified yoga teacher; teaching students of all ages to breathe and connect with their bodies.

Ethan: Prior to West Bloomfield Parks I worked at the Kellogg Hotel in Lansing and the Lego Store at Somerset mall.

4. FUN FACT ABOUT YOURSELF.

Naomi: I grew up being fluent in American Sign Language (ASL) and performed in a choir for deaf and hearing-impaired individuals.

Ethan: I have traveled to Europe three times and South America once.



NAOMI JOHNSON
SENIOR PROGRAMMER



ETHAN HILL
CUSTOMER SERVICE REPRESENTATIVE

FEATURED RECIPE- RED, WHITE AND BLUEBERRY CAPRESE SALAD

Try this refreshing Caprese Salad that is the perfect side for your Fourth of July celebration! Serves 4.

- 1 pint blueberries
- 2 cups cherry tomatoes
- 1/4 cup fresh basil
- 3 tbsp balsamic vinegar
- 2 tbsp olive oil
- 8 oz mozzarella pearls

Combine produce, mozzarella and basil in a small bowl and drizzle with olive oil and balsamic vinegar. Toss to combine before serving.

Feeling patriotic? Celebrate with WB Parks and join us at our Independence Day Picnic. Learn more on Pg. 8!



CONNECT COMMUNITY CENTER UPDATE

On August 6, 2024, voters approved a bond proposal that will be used to build an expanded multigenerational Connect community center on the West Bloomfield Civic Center Campus. As we wrap up the planning “concept design” phase, our architects are preparing “schematic designs” which are the early drawings and sketches that lay the groundwork for what’s to come.

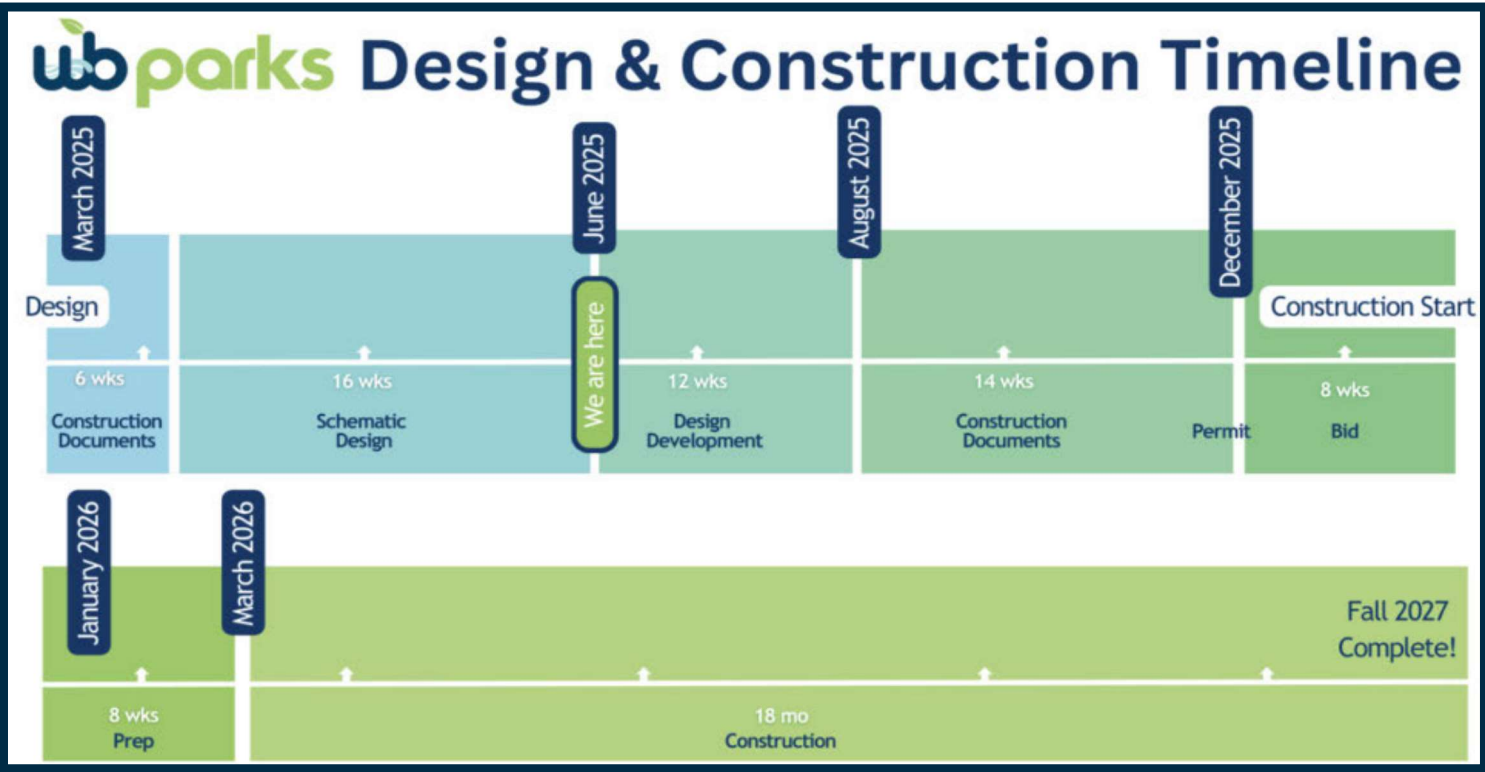
After schematic designs, we will begin the “design development phase”, where more detailed drawings are created. During design development, we dive deeper into material selections, system coordination (such as HVAC and electrical systems) and defining preliminary architectural and structural elements.

Here is a glimpse of what you might experience at the Connect Community Center. We are building something special for the West Bloomfield community but of course dedicating spaces for our most popular programs.

- Low-impact fitness classes (Stretch and Tone)
- Active programs (table tennis, pickleball)
- Mobility and balance classes (Matter of Balance)
- Social programs (crafts, game room, puzzles, bingo, luncheons)
- Educational classes (technology, health lectures)
- Connections to local resources (informational lectures, networking events)



MAY DESIGN PREVIEW WORKSHOP
SENIOR SERVICES ADVISORY TEAM
& COMMUNITY PARTNERS



UPCOMING SPECIAL EVENTS

INDEPENDENCE DAY PICNIC

AGES 50+

RESIDENT \$12
NONRESIDENT \$14

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THE MAPLERIDGE SHELTER!

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WEDNESDAY, JUNE 25
12-1:30 PM
MARSHBANK PARK

GRANDPARENTS DAY

SAVE THE DATE!

SEPTEMBER 6
AT DRAKE SPORTS PARK



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SENIOR HAPPENINGS NEWSLETTER:

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



MARSHBANK MUSIC
WEDNESDAYS AT MARSHBANK PARK

LINEUP

JULY 9- COSMIC GROOVE
TOP 40 HITS

JULY 16- SPACECAT
TOP 40 HITS

JULY 23- OLD DAYS
CHICAGO TRIBUTE BAND

JULY 30- LOSTWEST
COUNTRY ROCK AND POP

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5:30 - 8:30 PM

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A Festival For Pollinators!

Saturday, August 23 from 10 am-12 pm at Marshbank Park

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

Free! No registration required! All ages!

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- Beeswax craft