

FALL GUIDE



September-December 2025

Registration begins August 4



*High Tops & High Heels
(Mother & Son Dance)
pg 9*



*Senior Health Showcase
pg 9*



Trick-or-Treat Trail pg 9

INSIDE:

Bees, Butterflies & Blooms Festival
pg. 8

Senior Harvest Day Lunch
pg. 11

Date Night Art Programs
pg. 14

Honey Sommelier Tasting
pg. 20



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.

FALL GUIDE

September-December 2025

Registration begins August 4

GENERAL INFORMATION

TABLE of CONTENTS

	Director's Letter.....	4
	Parks and Facilities.....	5
	Special Events.....	8
	Youth Recreation.....	12
	Nature Programs.....	19
	Adult Recreation.....	22
	Senior Recreation.....	26

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 September 1, November 27,
November 28, December 24-31.

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

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

Phone: (248) 451-1900

Email: info@wbparks.org

Staff Contact Information:


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


Registration:

To register for a program, call (248) 451-1900 or
visit us online at wbparks.org.

Community Transit: (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

2025 COMMISSION MEETINGS

August 27
September 24
October 22
November 19
December 17

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.



FROM the DIRECTOR

Explore our West Bloomfield Trails

WB Parks maintains over 13 miles of beautiful trails and they are some of our most treasured assets in the WB Parks system. As the cooler weather sets in and fall colors reach their peak, it is the perfect season to explore. Grab an Adventure Guide today or download park maps online at wbparks.org/parks. Trails are open 8am-sunset.

The West Bloomfield Trail makes up a portion of the Great Lake-to-Lake Trail, Route 1. It's ideal for walkers, runners and cyclists. The natural pathway takes you through some of the most picturesque parts of West Bloomfield. NOTE: Class 1 ebikes allowed. Observe 15 mph speed limit.

The Drake Sports Park Trail is a fully-paved trail, perfect for walkers and rollerbladers. Great for a brisk walk with easy access to this smooth trail.

The West Bloomfield Woods Nature Preserve Trails can be accessed from the Arrowhead Road Trailhead of the West Bloomfield Trail (4655 Arrowhead Rd.). These trails offer a peaceful forest setting with excellent opportunities for wildlife viewing. These trails offer an intermediate challenge with its natural, hilly terrain. No bicycles allowed.

The Civic Center Trails are located on the Civic Center Campus behind West Bloomfield Town Hall. These natural trails give adventurers some very scenic options and are often less busy than some of our other trails.

The Storybook Trail is one of our newest Trail additions and is a collaboration with WB Township Public Library. This experience is extra special to our younger trail users and is a creative extension connecting literacy with nature. You can even stop for a cute photo op in the giant chair.

The trails at Marshbank Park offer something for all adventure seekers. The paved loop offers a beautiful view of Cass Lake, while the natural trails offer a more quiet option. **Please note** that we are replacing the paved walking path at Marshbank Park so there will be some closures this fall. Visit wbparks.org/marshbank-park for updates on closures.

Each trail offers a different experience. Be sure to put all of them on your list to explore this season. So layer up, pack a water bottle and hit the trails. Furry friends are welcome on all our trails, just make sure they're on a leash. Your fall adventure in West Bloomfield awaits!

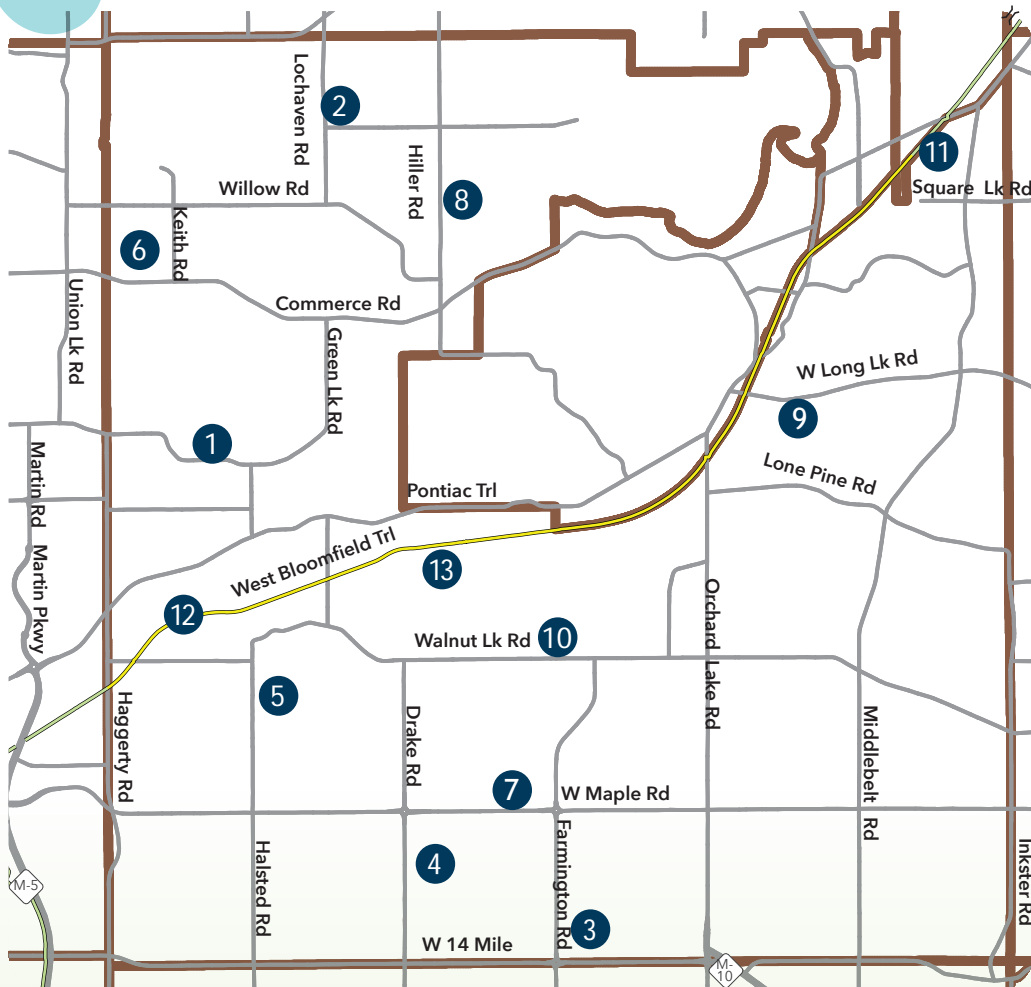
Trail Etiquette:

- Announce your presence to others.
- Pass on left.
- Use hand signals.
- Keep right except to pass.
- Bikes yield to pedestrians.

Kelly Hyer, CPRP

Explore YOUR PARKS

Parks and Facilities



- | | |
|--------------------------------------------|------------------------------------------|
| 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 | 12 West Bloomfield Trail* |
| 6 Keith Sports Park | 13 West Bloomfield Woods Nature Preserve |
| 7 Lily Pad Springs (closes 9/2 for season) | |

*See construction updates on page 6.

Rendering of Connect Community Center

Partnerships.

Rendering of Connect Community Center

We have successfully completed the schematic design process for the new, multi-generational community center that will break ground in the winter of 2026. We look forward to sharing design images early this fall. For the latest updates on the project, please visit wbparks.org/bond.

Signage at every road intersection along the West Bloomfield Trail will be replaced this fall. These newly designed signs feature wayfinding, trail rules and etiquette reminders to help all trail users have a great experience out on the trail. We don't anticipate any closures related to this project but please be mindful of contractors out working on the trail.



All paved surfaces at Marshbank Park will be replaced over the next three years, starting this August. The map below indicates which areas of the park will be replaced and when. Some areas of the park may be closed during the timeframes below. Updates on park construction can be found at wbparks.org/marshbank-park. We appreciate your patience as we work to improve the park!



**PLEASE NOTE:
TRICK-OR-TREAT
TRAIL WILL
BE HELD AT
DRAKE SPORTS
PARK THIS
YEAR DUE TO
CONSTRUCTION.**

**PRE-REGISTRATION
REQUIRED. DETAILS ARE ON
PAGE 10.**



BIG
GROWTH
FOR
THEM

BIG
PEACE
OF MIND
FOR
YOU

Our process is all about progress.

From ribbons to reassurance, we know what young minds need to learn to swim. Celebration, imagination, and tons of encouragement. Moms, dads, and kids: You got this.

WEST BLOOMFIELD | 248.406.4555

6335-A Orchard Lake Road, West Bloomfield, MI 48322

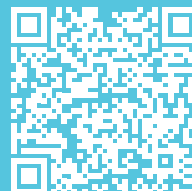


goldfish[®]
swim school

You got this™



REGISTER TODAY
AND WE WILL WAIVE YOUR
ANNUAL MEMBERSHIP FEE!





SPECIAL EVENTS

Presented by



Sponsored by



BEES, BUTTERFLIES & BLOOMS

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!



- Monarch tagging with butterfly releases
- Sweep netting for native pollinators
- Interactive talks with Bees in the D
- Live caterpillar displays
- Native seed giveaway
- Beeswax craft



FRIDAY,
SEPTEMBER 26

MARSHBANK
PARK

BEGINNING
AT 3 PM

\$12
NONRESIDENT

\$10
RESIDENT

AGES 2+

FOR ONE NIGHT
ONLY, WB PARKS
INVITES YOU TO
CAMP OUT AT
MARSHBANK
PARK!

CAMP OUT



TENT-DECORATING
CONTEST
CAMPFIRE MUSIC
NATURE HIKES
S' MORES
FISHING
CRAFTS & MORE!

SPONSORED BY





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

Presented by:

Edward Jones
Norman Jadan
248-432-0106

GROUP HAYRIDES

October 10, 16 & 17

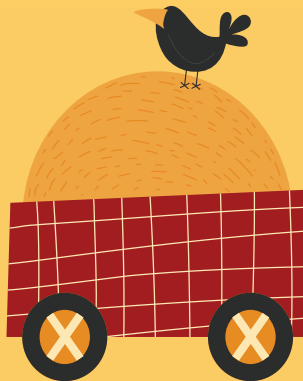
Timeslots beginning at 5 pm

Marshbank Park

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

Nonresidents \$150/group
Residents \$135/group

Sponsored by



JOIN US FOR A NIGHT OF
DANCING, DINNER & MORE!
REGISTRATION CLOSES NOVEMBER 11



High Tops and High Heels

MOTHER & SON DANCE

FRIDAY, NOVEMBER 21

6-8:30 PM

GLEN OAKS GOLF COURSE

NONRESIDENT: \$45 PER PERSON
RESIDENT: \$40 PER PERSON

SPONSORED BY



Nonresident \$22
Resident \$20

Presented by
OUTSTANDING
ORTHODONTICS
BERKMAN + SHAPIRO



Saturday, December 6 • 1-4 pm • Wonderland Lanes

Join Santa for a jolly afternoon of bowling! Registration includes at least 2 games of bowling, photos with Santa, pizza, a beverage and a goody bag. Ages 2+.

Additional family members who don't wish to bowl or eat are able to attend by registering under the spectator course for \$10.
Registration closes December 1.

NONRESIDENT \$9
RESIDENT \$7

AGES 3+



WINTER SOLSTICE

THURSDAY,
DECEMBER 18

5-8 PM

RECREATION
ACTIVITIES CENTER

ENJOY A NIGHT HIKE, LIVE ANIMAL INTERACTIONS, CAMPFIRE & S'MORES,
TELESCOPE VIEWING, INDOOR CRAFTS & ACTIVITIES AND MORE!

PRESENTED BY



SPONSORED BY



NONRESIDENT \$11 / RESIDENT \$9

TRICK-OR-TREAT TRAIL

SUNDAY,
OCTOBER 26

3-5 PM
SELECT YOUR TIMESLOT
AT REGISTRATION

DRAKE
SPORTS PARK
NEW LOCATION!

PRESENTED BY:



SPONSORED BY:



COME IN COSTUME TO TRICK-OR-TREAT ON A SAFE AND FRIENDLY TRAIL! COLLECT GOODIES FROM COSTUMED CHARACTERS & TREAT STATIONS, SPONSORED BY LOCAL BUSINESSES AND ORGANIZATIONS. DONUT, CIDER AND TRICK-OR-TREATING BAG INCLUDED. SUGGESTED AGES 3-12.

EVENT PARTNERS:



PRESENTED BY



SPONSORED BY



HEROES APPRECIATION BREAKFAST

TUESDAY,
NOVEMBER 4

9-10:30 AM

WEST BLOOMFIELD
MIDDLE SCHOOL

LIVE ENTERTAINMENT | GUEST SPEAKER | PRESENTATION FROM HONOR GUARDS

FREE FOR VETERANS + ONE GUEST
PRE-REGISTRATION REQUIRED
REGISTRATION CLOSING 10/27



SENIOR HEALTH SHOWCASE

FRIDAY, OCTOBER 3 FROM 9 AM-1 PM AT CONNECT
33230 W 14 MILE RD, WEST BLOOMFIELD 48322
SELECT TIMESLOT AT REGISTRATION

PRESENTED BY

WEST BLOOMFIELD
HEALTH & REHABILITATION CENTER

MEET A VARIETY OF SENIOR-FOCUSED SERVICE PROVIDERS.
COME LEARN ABOUT THEIR SERVICES, ENJOY REFRESHMENTS, WIN RAFFLE PRIZES AND MORE!



SPONSORED BY



SPECIAL
EVENTS
FOR
SENIORS

ENJOY A TRADITIONAL THANKSGIVING MEAL
& LIVE MUSIC

NONRESIDENT \$14

RESIDENT \$12

REGISTRATION CLOSES NOVEMBER 3.

SPONSORED BY



THURSDAY, NOVEMBER 20 • 12-1:30 PM • CONNECT
HARVEST DAY LUNCH



Holiday Lunch

Thursday, December 18 • 12-1:30 pm

at Connect

Join us at Connect to celebrate the holidays with lunch and live music by Motor City Sensations. Lunch will include baked penne pasta and Crispelli's salad, served with artisan bread and butter.

Registration closes December 11.

Nonresident \$14
Resident \$12



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

STEM

After School Tech Club

Introduce your child to coding with fun, hands-on projects using scratch and animation tools. Students will build problem-solving skills and creativity in a supportive, tech-focused environment.

📍 iCode Novi

Ages 6-8

9/18-11/13 | Th | 5:00-6:00P | \$312/\$280

Ages 9-11

9/18-11/13 | Th | 5:00-6:00P | \$312/\$280

No class 10/2

Candy Corn Slime.....4-9

Kids will explore textures, reactions and ingredients while creating their own seasonal candy corn slime. This sweet, hands-on science activity is messy, fun and perfect for fall!

📍 Marshbank Park

10/18 | Sa | 9:00A-12:00P | \$75/\$65

Toys & Tinker Lab.....5-12

In this hands-on class, kids will design and build their own toys while exploring fun science concepts

like motion, balance and energy. It's the perfect blend of creativity, curiosity and STEM discovery!

📍 Kidcreate Studio

11/12-12/10 | W | 5:30-6:30P | \$92/\$80



No class 11/2

Finance

Entrepreneurship Workshop.....11-14

Turn big ideas into real businesses during this fun-filled workshop. Participants will build confidence, financial smarts and creative problem-solving skills through hands-

on activities in marketing, planning and teamwork.

📍 Recreation Activities Center

10/4 | Sa | 9:00A-3:00P | \$170/\$150

Money & Investing.....11-14

This fun, one-day workshop helps kids build confidence and curiosity about money through games and real-life activities. Participants will explore earning, saving, spending and get a beginner's look at investing while setting personal goals and building smart financial habits.

📍 Recreation Activities Center

12/13 | Sa | 9:00A-3:00P | \$170/\$150

Financially WELLthy for High School Juniors.....16-18

This one-day workshop equips teens with real-world money skills for life after high school. Participants will learn how to budget, save, build credit and avoid financial pitfalls while creating a simple plan for their financial future.

📍 Recreation Activities Center

11/1 | Sa | 9:00A-4:00P | \$195/\$175



International
Academy
Michigan

MINI REDS REDS JUNIOR ACADEMY

LEARN TO PLAY THE LIVERPOOL WAY

Fall Sessions start in September.
REGISTER TODAY!

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.com

Visit website for location and session details.

BOOK NOW

LFCInternationalAcademyMI.com/REDS



JOIN OUR REDS COACHING TEAM!

Visit website for details.




Art

Some art classes take place at Kidcreate Studio located at 4297 Orchard Lake Road, Unit 235.

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

Date Night.....4-9

Give your kids their own night out while you enjoy a quiet dinner or movie.

 Kidcreate Studio

Splat-tacular

Kids will throw, splat and splatter paint on a canvas board to create a messy, one-of-a-kind masterpiece.

9/26 | F | 5:30-8:30P | \$75/\$65

Halloween Monsters & Mummies

They'll create silly monsters and mummies in a hands-on class that's too messy for home!

10/24 | F | 5:30-8:00P | \$75/\$65

Slime Lab

From fluffy to stretchy and everything in between, kids will mix, squish and create gooey fun in this all-slime class.

11/14 | F | 5:30-8:00P | \$75/\$65

Gifty and Glittery

Kids create a sparkly trinket box—perfect for gift giving! It's festive, fun and a great way for kids to check off their own gift list.

12/5 | F | 5:30-8:00P | \$75/\$65

Toy-tastic*.....1-6

Explore the world of iconic toys through hands-on, imaginative art projects. Children will use items like LEGO bricks, teddy bears and rubber duckies to create playful masterpieces and repurpose everyday objects into creative tools.

 Kidcreate Studio

10/8-10/29 | W | 10:00-11:00A | \$128/\$112

Taylor Swift Eras.....5-12

Celebrate the music and style

of Taylor Swift through drawing, painting and sculpting inspired by her iconic Eras tour. Young artists will unleash their creativity while paying tribute to one of music's biggest stars.

 Kidcreate Studio

10/8-10/29 | W | 5:30-6:30P | \$128/\$112

No Carve Pumpkin Party*.....1-6

Celebrate Halloween with a fun and safe pumpkin decorating class using paint, glitter, pom-poms and more! Kids will turn their pumpkins into spooky masterpieces—Bring your own medium-sized pumpkin and get ready to create together.

 Marshbank Park

10/14 | Tu | 10:00-11:00A | \$35/\$30

Grandparent & Me: Everyday Hero Firefighter*.....1-6

Little firefighter fans will love creating a bold, colorful fire truck painting in this hands-on class. Join your child for a fun, creative experience inspired by real-life heroes and their awesome trucks.

 Marshbank Park

10/10 | F | 10:00-11:00A | \$35/\$30

Grandparent & Me: Gobble Gobble*.....1-6

Celebrate Thanksgiving with a fun, hands-on class where kids sculpt their own adorable clay turkeys. This festive activity is perfect for siblings and guaranteed to bring holiday smiles.

 Marshbank Park

11/18 | Tu | 10:00-11:00A | \$35/\$30

Grandparent & Me: Darling Reindeer*.....1-6

Kids will create a cheerful reindeer using bright colors and top it off with an adorable pom-pom nose. This festive project is perfect for holiday displays.

 Marshbank Park

12/12 | F | 10:00-11:00A | \$35/\$30

Once Upon a Time*.....1-6

Bring stories to life through art inspired by beloved books like “Chicka Chicka Boom Boom”, “Rainbow Fish” and “Five Little Monkeys.” Children will explore creativity, get messy and build a love for reading through hands-on projects.

 Kidcreate Studio

11/12-12/10 | W | 10:00-11:00A | \$124/\$110

No class 11/26

Paint Like Picasso.....5-12


Kids will explore the cubist style and create their own Picasso-inspired self-portrait on a real canvas board. It's a fun and creative way to learn about art history while making a masterpiece!

 Marshbank Park

11/22 | Sa | 9:00A-12:00P | \$75/\$65

Ornament Making.....5-12


Get into the holiday spirit with four festive ornament stations, including a snowman and a red-nosed reindeer design. Kids and caregivers will enjoy creating keepsakes together—perfect for siblings and holiday fun!

 Marshbank Park

12/13 | Sa | 9:00A-12:00P | \$75/\$65

Teen Art with Miss Lindsay.....12-16

Teens will dive into drawing, painting and clay sculpture in this hands-on, creative workshop. Each participant receives an art kit—only purchased once—that can be reused for any future classes they attend. A \$40 material fee (cash, check or venmo) is due to the instructor.

 Marshbank Park

9/13 | Sa | 1:00-3:00P | \$75/\$65

10/4 | Sa | 1:00-3:00P | \$75/\$65

10/11 | Sa | 1:00-3:00P | \$75/\$65

10/25 | Sa | 1:00-3:00P | \$75/\$65

11/1 | Sa | 1:00-3:00P | \$75/\$65

11/8 | Sa | 1:00-3:00P | \$75/\$65

12/6 | Sa | 1:00-3:00P | \$75/\$65

12/20 | Sa | 1:00-3:00P | \$75/\$65



CW3 SOCCER ASSOCIATION



REGISTER NOW FOR FALL!
STARTS SEPTEMBER 5TH



WWW.CW3SOCCER.ORG



Sports

Tennis Clinic

This class is for beginner through intermediate players. Clinic will focus on learning the fundamentals of hitting the ball and learning skills to improve your playing ability.

📍 Drake Sports Park

Ages 6-8

10/6-10/22 | M,W | 5:00-6:00P | \$138/\$120

Ages 9-12

10/6-10/22 | M,W | 6:00-7:00P | \$138/\$120

Tennis Club.....7-13

Whether your child is just starting out or is already an advanced player, the drills at this club will help them develop a passion for the game. This program provides the ideal environment to learn key skills, including both defensive and offensive strategies, footwork, speed, agility, rallying and serving.

📍 Drake Sports Park

9/7-10/19 | Su | 2:45-3:45P | \$105/\$90

No class 9/14, 9/21

Tennis Team Prep.....13-16

This class is to help players prepare for tennis team tryouts. The clinic will focus on improving skills to advance individuals' playing ability.

📍 Drake Sports Park

9/15-9/18 | M,Th | 5:00-6:00P | \$116/\$100

Amazing Athletes.....2-4

Kids learn the basic fundamentals of five sports (football, soccer, volleyball, baseball, basketball). Class also focuses on gross motor development, cardio fitness and nutrition. The classes are taught at an age-appropriate level. Parents must stay.

📍 Drake Sports Park

9/17-10/22 | W | 10:45-11:15A | \$130/\$115

No class 9/24

Jr. Academy All Sports.....4-6

Kids will be introduced to the sport of baseball. They will explore the essentials of the game, including throwing, catching, fielding, base running and tee-based batting.

📍 Marshbank Park

9/7-10/19 | Su | 11:15A-12:15P | \$105/\$90

No class 9/14, 9/21

Academy All Sports.....7-13

This program helps keep kids active while finding a sport they love! It includes sports like baseball, soccer and flag football as well as other games like dodgeball. These games teach children sport-specific skills while learning the importance of teamwork.

📍 Marshbank Park

9/7-10/19 | Su | 10:00-11:00A | \$126/\$108

Basketball.....8-11

Improve your basketball skills with practice focused on dribbling, passing, shooting and defense. Gain confidence and elevate your game through expert instruction.

📍 Bloomer Park

8/27-10/22 | W | 5:30-6:30P | \$182/\$161

No class 9/24, 10/1

Pickleball Club.....7-13

The world's fastest-growing sport is now a club your kids will love. Participants are taught the fundamentals of serving and receiving the ball, volleying, dinking, positioning and scoring.

📍 Drake Sports Park

9/7-10/19 | Su | 1:30-2:30P | \$105/\$90

No class 9/14, 9/21

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 to keep each class unique, fresh and fun.

📍 Drake Sports Park

Ages 3-5

9/19-10/24 | F | 6:00-6:30P | \$132/\$114

11/7-12/19 | F | 6:00-6:30P | \$110/\$95

Ages 6-8

9/19-10/24 | F | 6:35-7:05P | \$132/\$114

11/7-12/19 | F | 6:35-7:05P | \$110/\$95

No class 11/28, 12/12

Irish Dance

Learn Irish dance from a certified instructor! No prior experience is required. Dancers will learn a jig and reel, as well as group céilí dances.

📍 Drake Sports Park

Ages 5-7

9/16-11/18 | Tu | 5:30-6:30P | \$88/\$80

Ages 8-12

9/16-11/18 | Tu | 6:30-7:30P | \$88/\$80

No class 9/23, 11/4

Track.....7-11

Build a strong foundation in running with expert training techniques. This class explores Track and Field events as well as Cross Country, focusing on skill development and performance improvement.

📍 Marshbank Park

8/26-10/21 | Tu | 5:30-6:30P | \$208/\$184

No class 9/23

T-Ball.....3-5

Kids will be introduced to the sport of baseball. They will explore the essentials of the game, including throwing, catching, fielding, base running and tee-based batting.

📍 Keith Sports Park

8/28-10/23 | Th | 5:30-6:30P | \$208/\$184

No class 10/2

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)

9/15-10/20 | M | 9:30-10:00A | \$132/\$114

9/18-10/30 | Th | 6:00-6:30P | \$132/\$114

11/6-12/18 | Th | 6:00-6:30P | \$132/\$114

11/10-12/15 | M | 9:30-10:00A | \$132/\$114

Bizzy Bunnies (ages 3-5)

9/15-10/20 | M | 10:05-10:35A | \$132/\$114

9/18-10/30 | Th | 6:35-7:05P | \$132/\$114

11/6-12/18 | Th | 6:35-7:05P | \$132/\$114

11/10-12/15 | M | 10:05-10:35A | \$132/\$114

Happy Hoppers (ages 6-8)

9/18-10/30 | Th | 7:10-7:40P | \$132/\$114

11/6-12/18 | Th | 7:10-7:40P | \$132/\$114

No class 10/2, 11/27

Tiny Tykes Soccer

Tiny Tykes is an innovative program that looks to ignite the passion for soccer by teaching basic skills through adventures and storylines, while developing strength, balance,

coordination, social/listening skills, and teamwork.

Caregiver must stay.

9/3-10/22 | W | 5:00-6:00P | \$174/\$150

9/3-10/22 | W | 6:00-7:00P | \$174/\$150

No class 9/24, 10/1

Liverpool Soccer

These programs are led by Liverpool FC IA Michigan, a premier soccer academy. All participants receive a team shirt.

📍 Drake Sports Park, the November sessions are held indoors at the West Bloomfield Middle School

Mini-Reds.....4-5

Kids 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.

9/13-10/18 | Sa | 9:00-9:45A | \$144/\$126

11/8-12/13 | Sa | 9:00-9:45A | \$125/\$145

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

9/13-10/18 | Sa | 9:00-10:00A | \$156/\$138

11/8-12/13 | Sa | 9:00-10:00A | \$155/\$135

Reds Academy - Ages 8-11

9/13-10/18 | Sa | 10:00-11:00A | \$156/\$138

11/8-12/13 | Sa | 10:00-11:00A | \$155/\$135

No class 11/24, 11/29



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



Scan Me





ROCKIN' ROBOT PARTY CO

YOUR EVENT ROCKS ONCE WE ROLL IN





EST. 2011

TOP RATED BALLOON DECOR | WEST BLOOMFIELD & BEYOND

ROCKINROBOTPARTY.COM 



Trinity Health Medical Center Farmington Hills

28300 Orchard Lake Road, Farmington Hills, MI 48334

Now accepting new patients | Same-day and next-day appointments



Primary Care

Suite 103
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**Comprehensive health care
for your entire family –
from birth to your most
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Routine check-ups
Same day/next day
appointments

Pediatrics

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**Caring for patients from
birth to age 21**

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Sports physicals
Behavioral health care

Obstetrics & Gynecology

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**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

VOLUNTEER WITH US!

Love community events? Enjoy bringing smiles to faces young and old? Join WB Parks as a volunteer and help make the magic happen at our events!

Whether you're handing out high-fives at our family festivals, guiding kids through crafts, or helping set the stage for unforgettable fun – we've got a spot for you!

Perks of Volunteering:

- Meet awesome people
- Be part of something bigger
- Score exclusive WB Parks swag
- Make lasting memories (and maybe a few new friends!)

No experience needed – just a great attitude and a willingness to jump in! Ready to make a difference and have a blast doing it?

Check out our
volunteer opportunities:



Bloom Pediatrics

Where Good Health Grows

SOUTHFIELD
28625 Northwestern Hwy.

BIRMINGHAM
2055 E. 14 Mile Road

DETROIT
4160 John R Street, Suite 804

open 7 days a week & accepting new patients

248.645.1740



find out more about expert-led
classes for parents and children
at bloom-u.com



Honey Sommelier
Tasting pg 20

NATURE PROGRAMS

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:

These programs are intended to be enjoyed together. All adults and children must register.

Fishing & Storytime with Bassquatch.....5+

Join Mike McKinstry, of "The Bassquatch Hunter: Fish Out of Water" on the Discovery Channel, on this fishing adventure! Mike will read his book, "The Adventures of Seth-Squatch," you will decorate a bait keychain and hit the docks to fish! Fishing instruction is available so no experience is necessary. All supplies are included.

9/11 | Th | 5:00-6:45P | \$8/\$6

Corncob Campfire.....5+

Roast corn on the cob over the open fire. Fix up your cob with traditional salt and pepper or try some elote toppings! Expect a cozy campfire on this fall night. Halloween music and classic cartoons to set the spooktacular mood. Corn and hot cider provided. Please bring blankets.

10/3 | F | 6:30-7:30P | \$9/\$7

Spooky Animal Storytime....3+

In celebration of October and the wonders of nature, each week we'll dive into a magical, Halloween-themed story featuring a different animal. After the story, ghouls and goblins will have the chance to meet a live animal that looks just like the story's main character! Register for the full series at a discounted rate (\$12/\$6 for all 3 programs).

Frightened Frogs

10/14 | Tu | 6:00-7:00P | \$5/\$3

Wicked Worms

10/21 | Tu | 6:00-7:00P | \$5/\$3

Turtle Terror - ASL interpretation available for this program.

10/28 | Tu | 6:00-7:00P | \$5/\$3

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.

9/4, 11/6, 12/4 | Th |
10:30-11:30A | \$5/\$3 per family

Pumpkin Playoff: A Family Competition.....3+

Smash, toss and roll your way to glory! Rehome your old pumpkins for some unforgettable fun. From rolling and tossing to smashing and stacking, your family will face off in a variety of pumpkin games. Games like pumpkin bowling will rely on a little luck and a whole lot of fun to achieve victory!

Each team will receive a bowling pin prize. Bring at least one pumpkin per group (the more, the messier!) and pre-register you and your teammates to compete for the grand prize and bragging rights as Pumpkin Champions.

11/8 | Sa | 1:00-3:00P | \$7/\$5/person

Astronomy Hike.....13+

Experience the trails after dark on a naturalist-led hike. The Oakland Astronomy Club will bring telescopes for viewing the night sky (weather permitting).

11/14 | F | 7:00-8:30P | \$9/\$7

Nature Appointments

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

wbparks.org/natureappointments

Adult Programs:

Senior Seasonal Hikes

Join our Naturalist on a nature discovery walk. Explore various trails and observe the changing seasons.

Free!

- 📍 Drake Sports Park
9/10 | W | 2:00-3:30P
- 📍 WB Woods Nature Preserve
10/8 | W | 2:00-3:30P
- 📍 Marshbank Park
11/12 | W | 2:00-3:30P
- 📍 Recreation Activities Center
12/10 | W | 2:00-3:30P

Honey Sommelier Tasting

Join Bees in the D's Honey Sommeliers for an exclusive tasting event featuring curated honeys and perfectly paired bites. Discover unique regional flavors and floral varieties while exploring the rich art and science behind honey in an intimate, sensory experience. For ages 21+.

📍 Marshbank Park

11/15 | Sa | 6:00-8:30P | \$130/\$110

Nature Crafts:

These programs are intended for crafters of all skill levels. Adults and families are both welcome. Craft supplies will be provided. All children must be accompanied by a registered adult.

Leather Bound Journal Making.....5+

Make your very own faux leather journal. Crafters will gain a basic familiarity with how basic leather crafting tools are used.

12/2 | Tu | 6:30-8:00P | \$11/\$9

Floral Tea Towel Set....5+

Make a set of floral tea towels using a flower pounding technique to create unique designs.

12/9 | Tu | 6:30-8:00P | \$11/\$9

Wax Painted Candles...5+

Make a set of wax painted candles. A hot plate will be used for this program, so adult supervision for younger crafters is especially important.

12/16 | Tu | 6:30-8:00P | \$11/\$9

Nature Journaling Meet Ups.....50+

Develop an appreciation of nature and record your connections to the natural world. Nature journaling builds curiosity, promotes wonder, sparks creativity and nurtures gratitude. This group will be exploring West Bloomfield Parks as we learn together various journaling techniques, materials and methods.

Free!

- 📍 Various Locations
- 👤 Cindy Harding

9/11-10/23 | Th | 11:30A-12:30P | \$0

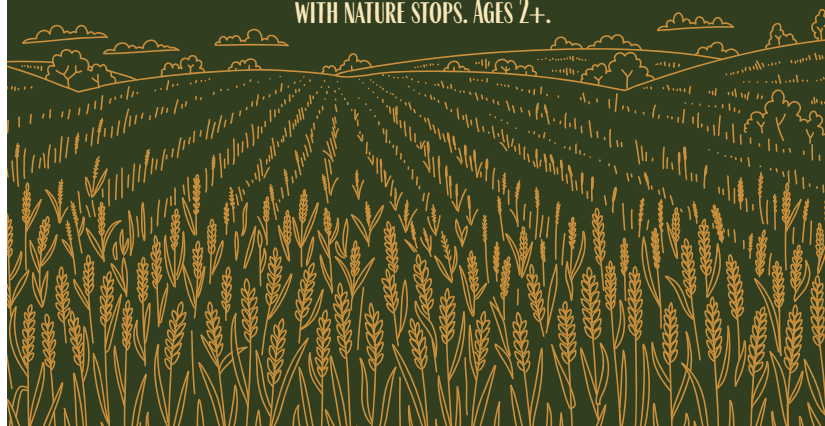
Don't miss
Camp Out
on page 8!

COMMUNITY HAYRIDE

OCTOBER 16 FROM 5-5:30 PM & OCTOBER 17 FROM 7-7:30 PM

MARSHBANK PARK

ADMIRE THE FALL VIEW WHILE YOU SIP CIDER AND ENJOY A DONUT FROM FRANKLIN CIDER MILL. AFTER THE SWEET TREAT, ENJOY A 20-MINUTE, TRACTOR-DRAWN HAYRIDE WITH NATURE STOPS. AGES 2+.



Nature Explorers' Discovery Days

Wednesdays from 9:00 am-4:30 pm

Free!
All ages!

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!

There will be no Discovery Days held on September 10 or after December 10, due to building construction.

COME MEET OUR
ANIMAL
AMBASSADORS!



TREE FROG



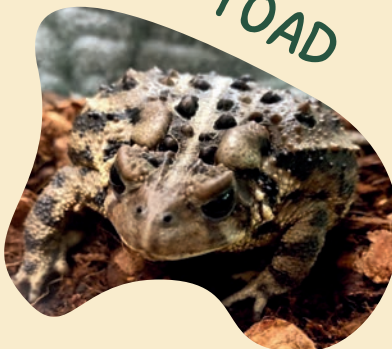
BOX TURTLE



AND MORE!



RED-EARED
SLIDER



TOAD



GARTER SNAKE

Sprout Scouts: Adult & Child Adventures.....3-6

Cost:

Drop-in

\$7/\$5

Full series:

\$23/\$15

A hands-on nature series designed for early explorers and their caregivers! With four interactive sessions, you will embark on a journey of discovery, exploring everything from bugs and birds to trees and water. Each week features themed activities that invite young children to engage with the natural world through their senses, curiosity and play.

Register for the full series to save on each themed day. Drop-in rates are also available. It is expected that adults will assist their sprouts, but only children must register. Sprout Scouts takes place during our Wednesday Discovery Days program. Explore the Nature Room and Outdoor Natural Play Area before/after Sprout Scouts.

11/5 Tree Treasures • 11/12 Spidey Senses • 11/19 Feathered Friends • 11/26 Winter Wanderers
Alternate Rain Day theme: Wacky Weather



ADULT RECREATION

Fees are listed as the regular rate followed by the resident discount rate. Pre-paid, individual classes are available for most fitness classes.

Cardio Combo

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

📍 Recreation Activities Center

👤 Lisa Fein

9/17-10/22 | W | 6:30-7:30P | \$70/\$60

11/12-12/10 | W | 6:30-7:30P | \$70/\$60

No class 10/1

Pilates Mat

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

📍 Recreation Activities Center

👤 Lisa Fein

9/15-10/20 | M | 9:00-10:00A | \$84/\$72

9/15-10/20 | M | 6:30-7:30P | \$70/\$60

9/17-10/22 | W | 9:00-10:00A | \$84/\$72

11/10-12/8 | M | 9:00-10:00A | \$70/\$60

11/10-12/8 | M | 6:30-7:30P | \$70/\$60

11/12-12/10 | W | 9:00-10:00A | \$70/\$60

No class 9/22

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning, dance fitness party. Come ready to sweat and prepare to leave empowered and feeling strong.

📍 Drake Sports Park

👤 Brenda Pamela Zarinana

9/3-10/15 | W | 6:30-7:15P | \$65/\$60

9/8-10/20 | M | 6:30-7:15P | \$78/\$72

10/29-12/10 | W | 6:30-7:15P | \$91/\$84

11/10-12/8 | M | 6:30-7:15P | \$65/\$60

Zumba Gold

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

📍 Drake Sports Park

👤 Brenda Pamela Zarinana

9/12-10/17 | F | 11:30A-12:15P | \$78/\$72

10/31-12/5 | F | 11:30A-12:15P | \$65/\$60

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. Free weights, dynabands and your own body's resistance will be used.

📍 Recreation Activities Center

👤 Lisa Fein

9/16-10/21 | Tu | 9:00-10:00A | \$70/\$60

9/19-10/24 | F | 9:00-10:00A | \$84/\$72

11/11-12/9 | Tu | 9:00-10:00A | \$70/\$60

11/7-12/5 | F | 9:00-10:00A | \$56/\$48

No class 9/23, 11/28

Brisk Weather Walkers

Brisk Weather Walkers is a free, volunteer-led walking program that meets at various locations throughout West Bloomfield twice a week. This group activity is designed to keep you motivated and active outdoors throughout the fall season. Walks will occur on Tuesday and Saturday afternoons. A walk schedule will be emailed to all registered participants.

Program starts September 2 and runs through December 20.

Free!

Yang Family Tai Chi

This style of Tai Chi is gentle and graceful, will help relax the mind and body, relieve stress and tension and develop balance, flexibility, and muscle tone. The advanced class is only for those that have previously taken class with this instructor. We will practice Yang Style Saber form and Hand forms. Beginner = 9 am, Intermediate = 10 am, Advanced = 11 am

Drake Sports Park

Han Hoong Wang

9/20-10/25 | Sa | 9:00-10:00A | \$66/\$60
9/20-10/25 | Sa | 10:00-11:00A | \$66/\$60
9/20-10/25 | Sa | 11:00A-12:00P | \$66/\$60
11/8-12/6 | Sa | 9:00-10:00A | \$44/\$40
11/8-12/6 | Sa | 10:00-11:00A | \$44/\$40
11/8-12/6 | Sa | 11:00A-12:00P | \$44/\$40
No class 11/29

Integrated Yoga

Yoga postures, meditation, breathing exercises and mindfulness are combined to create a safe and fun approach to calm the mind and find ease of movement. Not strenuous, yet still challenging, this class is a “work in” not a “work out.”

Recreation Activities Center

Katherine Schaefer

9/15-10/20 | M | 10:30A-12:00P | \$96/\$84
11/10-12/8 | M | 10:30A-12:00P | \$80/\$70

Tennis Clinic

This class is for beginner through intermediate players. Clinic will focus on forehand, backhand and setting up points. Participants will be grouped based on ability level.

Drake Sports Park

9/15-9/18 | M,Th | 6:00-7:00P | \$116/\$100
10/7-10/23 | Tu,Th | 6:00-7:00P | \$138/\$120

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. It is fun and great exercise. Individuals and couples are welcome.

Recreation Activities Center

9/18-10/23 | Th | 7:30-8:30P | \$65/\$55
11/6-12/11 | Th | 7:30-8:30P | \$65/\$55
No class 10/2, 11/27

Motown Ballroom

This popular style of ballroom dance stems from the “baby boomer” generation and combines the “Social” and the “Cha-Cha” often seen 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 each session will run an additional hour.

Recreation Activities Center

9/18-10/30 | Th | 6:30-7:30P | \$78/\$66
11/6-12/18 | Th | 6:30-7:30P | \$78/\$66
No class 10/2, 11/27

Pickleball

Drake Sports Park

Copley Pickleball

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.

8/18 | M | 5:30-6:30P | \$60/\$50
8/21 | Th | 5:30-6:30P | \$60/\$50
8/25 | M | 5:30-6:30P | \$60/\$50
8/28 | Th | 5:30-6:30P | \$60/\$50
9/8 | M | 5:30-6:30P | \$60/\$50
9/11 | Th | 5:30-6:30P | \$60/\$50
9/15 | M | 5:30-6:30P | \$60/\$50
9/18 | Th | 5:30-6:30P | \$60/\$50
9/25 | Th | 5:30-6:30P | \$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.

8/18 | M | 6:30-7:30P | \$60/\$50
8/21 | Th | 6:30-7:30P | \$60/\$50
8/25 | Th | 6:30-7:30P | \$60/\$50
8/28 | M | 6:30-7:30P | \$60/\$50
9/8 | M | 6:30-7:30P | \$60/\$50
9/11 | Th | 6:30-7:30P | \$60/\$50
9/15 | M | 6:30-7:30P | \$60/\$50
9/18 | Th | 6:30-7:30P | \$60/\$50
9/25 | Th | 6:30-7:30P | \$60/\$50

Doubles League: Below 3.5

This five-week league kicks off with a random draw in the first week and matches players by skill level based on results. Your partner will change with each game and your points will be scored individually. Each week, players are grouped in fours or fives, moving up or down depending on performance. Rankings are determined by overall winning percentage, calculated based on the ratio of points scored to points available. This league is recreational in nature, but a basic understanding of pickleball is expected.

8/14-9/11 | Th | 9:00-10:15A | \$40/\$35
8/14-9/11 | Th | 10:30-11:45A | \$40/\$35

Check out the
Honey Sommelier
Tasting
on page 20!

Pastels

Learn how to layer pastels and 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

9/11-10/23 | Th | 1:00-4:00P | \$204/\$180
11/6-12/18 | Th | 1:00-4:00P | \$204/\$180

Mah Jongg for Beginners

Join us to understand the basics of playing and keeping score following the national Mah Jongg league rules. There will be a \$14 materials fee collected on the first day of class, cash only.

📍 Recreation Activities Center

10/1-10/22 | W | 1:00-4:00P | \$72/\$60
11/5-11/26 | W | 1:00-4:00P | \$72/\$60

Canasta Beginner

This class is for beginners who have never played before and 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 materials fee collected on the first day of class, cash only.

📍 Connect

10/6-10/27 M | 9:00-11:00A | \$76/\$64
12/1-12/22 | M | 9:00-11:00A | \$76/\$64

Canasta Strategy

This class is for the intermediate or advanced player looking to build on their Canasta skills and learn more about strategies to strengthen their game! Specials and splash hands as well as 7's, Aces and Wilds will be discussed. There will be a \$10 materials fee collected on the first day of class, cash only.

📍 Connect

11/3-11/24 | 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. You'll have the chance to learn in a relaxed, fun and social environment. Come and discover why euchre is a favorite card game for so many!

Free!

📍 Recreation Activities Center

10/10-10/24 | F | 9:30-10:30A | \$0

First Aid/CPR/AED

This course teaches the critical skills needed to respond to and manage emergencies until medical services arrive. The class covers: first aid; choking relief and sudden cardiac arrest in adults, children and infants. Must pass written exam/skills test. For anyone with limited or no medical training and needs a course completion card to meet job, regulatory or other requirements. American Heart Association cards are valid for 2 years.

📍 Recreation Activities Center

9/30 | Tu | 5:00-8:00P | \$95/\$85
10/21 | Tu | 5:00-8:00P | \$95/\$85
11/18 | Tu | 5:00-8:00P | \$95/\$85

BLS for Healthcare Workers

This course allows you to participate in simulated clinical scenarios. The class covers: adult, child and infant CPR; ventilations with a barrier device; one and two 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. American Heart Association cards are valid for 2 years.

📍 Recreation Activities Center

9/16 | Tu | 5:00-8:00P | \$80/\$75
10/14 | Tu | 5:00-8:00P | \$80/\$75
11/11 | Tu | 5:00-8:00P | \$80/\$75
12/2 | Tu | 5:00-8:00P | \$80/\$75

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, and grabs and chokes. This is not a karate class. This teaches reality-based self-defense techniques used by professionals!

📍 Recreation Activities Center

10/3 | F | 5:00-8:00P | \$60/\$50

Financially Wellthy

This two-hour workshop helps adults explore the emotional and practical sides of money while aligning financial habits with personal values. Led by a seasoned advisor and life coach, participants will reflect, learn real-life financial tools and begin designing a more intentional path forward.

📍 Recreation Activities Center

12/4 | Th | 6:00-8:00P | \$85/\$75

Free Community Partner Programs

Your Phone + A Few Tricks = Amazing Video

Civic Center TV's Dave Scott and Tyler Kieft will show you how to turn your phone into a professional video platform. You will learn how to shoot and edit content, so it looks amazing. You'll also learn how to upload your completed content to social media and Civic Center TV.



📍 Recreation Activities Center

10/8-10/29 | W | 6:30-8:00P | \$0

Navigating Roundabouts

Join us for a short seminar presented by the West Bloomfield Police Department's Traffic Safety Bureau on how to safely navigate roundabouts and what to do when confronted with the HAWK pedestrian beacon signals.



📍 WB Police Department

10/22 | W | 10:00-11:00A | \$0
10/22 | W | 5:00-6:00P | \$0



Meet the team!

To view contact information and
read bios of our team members, visit

wbparks.org/staff



Edward Jones®

> edwardjones.com | Member SIPC

Job change?

Whether retiring or changing jobs, you'll want to know your retirement account options.



There are four potential options for your 401(k) when leaving an employer:

- Leave it in your former employer's 401(k) plan, if allowed by the plan.
- Move it to your new employer's 401(k) plan, if you've changed employers and your new employer plan allows for it.
- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.

We can talk through your financial goals and find the option that works best for you.



Norman Jadan
Financial Advisor

6960 Orchard Lake Rd Ste 205
West Bloomfield, MI 48322
248-432-0106

IRT-1948M-A AECSPAD 25672124

Explore LOCAL HISTORY

Fall 2025 PROGRAMS



Pine Lake Marina Tour

Thursday, September 11 • 6 pm
3599 Orchard Lake Road

Learn history of the marina, water taxis, the camp on Pine Lake, and walk to the nearby Interurban railway bed. Register through www.wbparks.org.



Nature Sanctuary Fall Walk

Sunday, October 19 • 2 pm
4700 Pontiac Trail

Join naturalist Carol Fink to walk through rolling terrain and explore seasonal autumn beauty. Sponsored with Orchard Lake Nature Sanctuary.



Handwriting: Landscape of the Mind

Tuesday, November 11, 1-2 pm • WB Library - 4600 Walnut Lake Road
Ruth Holmes, CDE, is a professional handwriting and document examiner for a forensic and personnel consulting firm. She provides a graphic understanding of handwriting and what it means for your life.

gwbhs.org/events

MUSEUM OPEN HOUSES

Hours: 1-4 pm • Free admission

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Sun 9/14 Apple Island Tours	Sun 10/12 Indigenous Peoples' Day	Sun 11/9 WWI Polar Bears	Sun 12/14 Vintage Games
Fri 9/19	Fri 10/17	Fri 11/21	Fri 12/19



Visit us at the
**Heroes
Appreciation
Breakfast**
Saturday, November 1



Orchard Lake Museum
3951 Orchard Lake Road
A 501(c)3 non-profit organization





SENIOR RECREATION

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.

Education

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.

Free!

WB Township Public Library
9/8, 10/20, 12/1 | M | 4-5:30P | \$0

AARP Drivers Safety

Refresh your skills and become a safer driver by joining the AARP Driver Safety Course! Changes in roadway design, our vehicles, and even aging, can affect our confidence on the road. This course brings awareness to help drivers stay safe, while reviewing current driving laws and addressing safety concerns.

Recreation Activities Center
9/18-9/19 | Th, F | 10:00A-3:00P | \$20
AARP members/\$25 for non-members

AARP Smart DriverTEK Course

Learn how the latest technology like back up cameras, blind spot

warnings and lane keeping assistance can help make driving safer and easier!

Free!

Recreation Activities Center
9/26 | F | 10:00-11:30A | \$0

AgeWays 101

Ageways will provide a broad overview of the services they offer, including Meals on Wheels, transportation assistance, home care services and other resources to support seniors and individuals with disabilities.

10/6 | M | 10:30A-12:00P | \$0

Healthy Living for your Brain & Body

Presented by the Alzheimer's Association - Michigan Chapter, learn what research has shown about lifestyle choices that help keep our brain and body healthy as we age. They will offer practical ways to incorporate changes into a plan for healthy aging.

Free!

9/15 | M | 10:30-11:30A | \$0

Medicare Panel

With the Medicare open enrollment period just beginning, now is the time to get all your questions answered! Join us for an informative panel discussion where trusted professionals will share insight on Medicare basics, prescription savings, fall prevention and cost-saving services for seniors. A light snack will be provided.

Free!

10/24 | F | 1:30-3:30P | \$0

Ask the Advisor

Do you have questions about navigating the journey of aging? The Senior Compass Group is ready to guide you and provide the resources needed to plan for the future. This interactive Q & A program will include local professionals from more than 10 industries that serve the aging population. Whether you have questions about finding the right Medicare plan or how to keep your money safe from scams, our experts are here to help guide you. Light refreshments will be served.

Free!

9/30 | Tu | 12:30-2:00P | \$0

Steps to Safety

Steps to Safety™ is a fire and fall prevention program centered around key messages developed by safety experts from organizations throughout North America. Our local Steps to Safety program partners West Bloomfield Fire Dept and injury prevention professionals to promote independence for older adults through education.

11/3 | M | 10:00-11:00A | \$0



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.

10/16-10/30 | Th | 10:30A-12:00P | \$0



Exercise Your Mind

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

Sponsored by:

**HENRY
FORD
HEALTH**



Medication Management

Medication management ensures a patient's medications are used safely, effectively, and appropriately distributed. Older adults are more likely to experience age-related changes in drug metabolism and are often on multiple medications, making them particularly vulnerable to medication-related problems. Join Henry Ford West Bloomfield Hospital pharmacists Nikkie Karana and Jevon Sharrak as they discuss medication management and answer any questions you may have.

10/24 | F | 12:00-1:00P

Stroke

Daniela Burk and Kalie Rose will be joining us to educate our audience

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on the key signs and symptoms of a stroke and the appropriate steps to take during a stroke emergency.

10/24 | F | 12:00-1:00P

Diabetes

Did you know that November is Diabetes Awareness Month? Join us for a presentation by Dr. Kathleen Estrada who will share valuable insights about diabetes prevention, management and healthy living.

12/5 | F | 12:00-1:00P

WB Library Programs at Connect

Library Pop-ups

Each month a librarian from the WB Township Public Library will be at Connect for an hour with new books and media available for checkout. They will be able to help residents sign up for and renew Library cards, place holds on materials, as well as register patrons for upcoming library programs. Returns of

Library materials cannot be accepted.
9/8, 10/13, 11/17, 12/8 | M | 1:00-2:00P

Book Club

Connect in a new way with an afternoon book club hosted by the WB Township Public Library. Join us monthly as we read across the genres and then come together for discussion. Books will be available for pickup at Connect the week of the registration deadline.

September:

The Violin Conspiracy - Brian Slocumb
Ray McMillian
9/8 | M | 2:15-3:15P | Reg. by 8/18

October:

The Measure - Nikki Erlick
10/13 | M | 2:15-3:15P | Reg. by 9/22

November:

The Vanishing Half - Brit Bennett
11/17 | M | 2:15-3:15P | Reg. by 10/27

December:

The Matzah Ball - Jean Meltzer
12/8 | M | 2:15-3:15P | Reg. by 11/17

Fitness & Athletics

Gentle Yoga For Health

Enjoy this gentle mat class designed for seniors by incorporating mindfulness, meditation and breathwork. Improve strength, flexibility, mobility and postural alignment with focus on the core. Julie Levinson is a certified Yoga Therapist and is certified in teaching yoga to seniors.

📍 Drake Sports Park

👤 Julie Levinson, E-RYT, C-IAYT

9/3-10/29 | W | 10:30-11:30A | \$120/\$104

11/12-12/17 | W | 10:30-11:30A | \$90/\$78

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.

📍 Recreation Activities Center

👤 Lisa Fein

9/15-10/20 | M | 1:00-2:00P | \$84/\$72

9/19-10/24 | F | 1:00-2:00P | \$84/\$72

11/7-12/5 | F | 1:00-2:00P | \$56/\$48

11/10-12/8 | M | 1:00-2:00P | \$70/\$60

No class 11/28

Gentle Chair Yoga

Focus on the therapeutic benefits of yoga for both body and mind. Mindfulness, meditation and breathwork are an integral part of this class. Improve your postural alignment and balance with core work. This class is specifically tailored for senior participants, emphasizing the enhancement of strength, flexibility and mobility.

📍 Drake Sports Park

👤 Julie Levinson, E-RYT, C-IAYT

9/3-10/29 | W | 12:00-1:00P | \$120/\$104

11/12-12/17 | W | 12:00-1:00P | \$90/\$78

Fitness Plus

Following a fun and energizing 15-minute warm up, participants use a variety of equipment such as weights, balls, tubing, bands and

sliders to enhance strength, balance and flexibility.

9/8-12/15 | M | 12:00-1:00P | \$65/\$52

9/10-12/17 | W | 12:00-1:00P | \$60/\$48

Stretch and Tone

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.

Free!

Tu, Th | 9:00-10:00A

Sept. 2-30 Registration: 8/26

Oct. 2-30 Registration: 9/25

Nov. 4-25 Registration: 10/28

Dec. 2-23 Registration: 11/25

Line Dance

With roots in country and western dancing, line dancers now step their dance routines to a wide variety of 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! This is a drop-in program.

9/2-12/23 | Tu | 11:00A-12:00P | \$7/\$5

9/12-12/19 | F | 10:00-11:00A | \$7/\$5

Tennis Clinic

This class is for beginner through intermediate players. Clinic will focus on forehand, backhand and

setting up points. Participants will be grouped based on ability level.

10/7-10/23 | Tu, Th | 5:00-6:00P | \$138/\$120

Art

Mixed Media: Cultivating Creativity

Have you always wanted to explore your creative side? Join instructor Leslie Starler in using various techniques to create collages. Art that can become greeting cards, wall art or enjoy the process of creative exploration to start a visual journal. This class involves many consumable supplies, in addition, each student will receive their own mixed media journal, art pouch and various other supplies.

9/3 | W | 10:00A-12:00P | \$60/\$50

9/18 | Th | 10:00A-12:00P | \$60/\$50

10/2 | Th | 10:00A-12:00P | \$60/\$50

10/16 | Th | 10:00A-12:00P | \$60/\$50

Thrive over 55 - Crafts

Alliance's Thrive Guides will bring designs to Connect and help you make crafts! Do you enjoy being creative and want to use your hands? This is a great activity for you! Supplies are provided.

Free!

9/18 | Th | 1:00-2:30P

11/13 | Th | 1:00-2:30P





Connect Member Programs:

These programs are reserved for Connect members only. Free but pre-registration required.

Sponsored by:



Free!

Bingo

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

9/19, 10/17, 11/14, 12/11 | Th or F | 1:00-2:00P

Cider and Donuts

Join us for cider and donuts. Stay and mingle with fellow Connect members or take your treat to-go.

10/8 | W | 1:00-2:30P

Cards For A Cause

Connect Members are paying it forward! Join for a simple holiday card craft project while socializing and enjoying refreshments. All levels of craft experience welcome! Holiday cards will be delivered to local hospice residents and homebound seniors.

12/5 | F | 1:00-2:30P

Volunteers needed!

Looking for a meaningful way to stay involved? We need friendly faces to greet guests, assist with events and activities and have fun with your peers!

It's always a great time and a wonderful way to connect with the community.



Talk Time*

W | 10:00A-11:30P

Free!

Sept. 17: Your Day Your Month: Grandparents Connecting Generations

- Recreation Activities Center
- Celebrate "save your photos" month as we learn to preserve family memories, with Tom Hite of Hite Photo.
- We look to the future and make new memories to treasure at the new WB Parks Connect Community Center, with WB Parks, Kelly Hyer and naturalist, David Anthony.

Oct. 15: Empower Active Aging - Smart, Safe, Stronger You

- Connect
- This month we will explore using tech to stay safe on-line, as well as connected with others. Plus how to enhance our lives with strength and motion.

Nov. 19: Feeling Good About Your Health & Security

- Connect
- Come discuss feeling good about your health and security, while our network of professionals discuss echo and doppler for seniors, senior stress relief and fighting fraud.

Dec. 10: Celebrate the Season: Nourishing Body, Mind, and Spirit

- Connect
- Busch's will share festive flavors and provide quick and healthy holiday bites, while our professionals share tips for winter wellness and simple steps to holiday happiness.

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

Michigan Mobile Secretary of State

Free!

The Michigan Secretary of State Mobile Office is providing their services to WB seniors at Connect! Onsite Services include: Apply for/renew a disability placard, first-time Michigan ID, Michigan ID OR driver's license renewals, title transfers.

10/30 | Th | 10:00A-3:00P | \$0

Lunch at Connect

Join us for lunch at Connect. In October, we will feature a cobb salad boxed lunch - with or without meat, served with a cookie. In December, we will serve an Italian Sub. Make a day of it and stay for "Bingo" after lunch. You must pre-register for the lunch and Bingo separately.

10/17 | F | 11:30A-12:30P | \$14/\$12
12/11 | Th | 11:30A-12:30P | \$14/\$12

Drop-In Programs:

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

Table Tennis

Come socialize and exercise with a game of table tennis!

5/6-8/28 | Tu,Th | 1:30-4:00P | \$2/\$0
No program 9/25, 11/20, 11/27, 12/11, 12/18

Sit and Sew

Join us on Wednesdays in a warm, welcoming space for sewing, knitting and crafting enthusiasts of all skill levels! Bring your current project, share tips and stories, and enjoy the company of fellow crafters in a relaxed, social setting.

9/3-12/17 | W | 10:00A-12:00P | \$2/\$0

Open Game Room

Looking for fun, friends, and a little friendly competition? Come join us at Connect for our Open Game Room every Monday and Wednesday afternoon! Enjoy cornhole, chess or darts or bring your own game supplies and a friend.

9/3-12/22 | M,W | 1:00-4:00P | \$2/\$0
No program: 9/1, 9/24, 10/8

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!



VOLUNTEERS NEEDED

The Meals on Wheels program needs volunteers in the West Bloomfield area.



Meals on Wheels
More than a Meal

This is a commitment of 1.5-2 hours of your time as little or as often as your schedule will allow.

Once a month, once a week, temporary, or on a continuous basis.

Delivering meals to homebound seniors is a very rewarding experience. Help make a senior's day!

For more information, please call Lucy at 810-632-2155 or email info@lwmow.org.



WEST BLOOMFIELD 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.





Detroit Princess Motown Lunch Cruise*

Take a midday break from the world and cruise on the Detroit River! The Detroit Princess Motown Lunch Cruise is perfect for seeing the downtown areas of both Detroit and our neighbors in Windsor. The lunch menu features a buffet of tender beef tips with gravy, baked chicken, mashed potatoes, marinated portabella mushrooms with sides of cheese tortellini, fresh steamed vegetables, salad and dessert. A cash bar will also be available.

9/18 | Th | 10:00A-3:45P | \$87/\$77

Blake's Cider Mill & Orchard: Apple Picking

Join us for a fall day in South Lyon as we head to Blake's Orchard & Cider Mill. Hop on the wagon to pick five apples from the orchard. Shop, relax and enjoy a cup of cider and a donut. We will then go to the South Lyon Hotel for lunch on your own. Please note: This trip involves walking on uneven ground and there are stairs to get on and off the wagon.

10/9 | Th | 9:30A-3:00P | \$28/\$23

Outdoor Adventure Center:

Let's Explore Urban Forestry

Join us at the Outdoor Adventure Center, in Detroit, for their Brunch & Learn program - on Urban Forestry. Enjoy coffee, or tea and pastries as we discuss the value of trees, from either where the sidewalk ends, or where it begins. As well as the "wildland-urban interface", where human development meets undeveloped wildland. Lunch will be included at Sindbad's following our tour. This trip involves a lot of walking.

12/11 | Th | 8:15A-3:30P | \$63/\$53

Roush Automotive Collection Tour

Join WB Parks' for a self-guided tour of the Roush Automotive Collection, featuring a wide variety of displays, multi-media exhibits, artifacts, memorabilia and 110 + vehicles dedicated to the preservation of the heritage of Roush Enterprises. Roush Racing is represented in the collection

as well. This trip will include a lot of walking. Lunch will be on your own after the tour, at Black Label Tavern.
11/6 | Th | 9:45A-2:30P | \$11/\$9

Meadow Brook Hall: Holiday Walk House Tour *

Join WB Parks for the Meadow Brook Hall Holiday Walk House Tour and Lunch, featuring a self-guided tour of the opulent living areas of the Hall including the great hall, ballroom, living room, library, bedrooms and more. Admire more than 50 custom decorated trees and holiday décor. Lunch will be included with a set menu featuring: harvest greens with stilton and dried cranberry salad, Ukrainian chicken breast stroganoff, mashed potatoes, green beans and acorn squash cheesecake. You may request a vegetarian or gluten free option.

12/16 | Tu | 9:30A-3:00P | \$88/\$78

Detroit Symphony Orchestra

Troupe Vertigo

The DSO joins forces with Troupe Vertigo once again! Blending an eclectic and refreshing mix of visually stunning acrobatics with the power of a world-class orchestra, this performance promises an unforgettable experience that will leave you on the edge of your seat.

10/3 | F | 9:15A-1:45P | \$94/\$84

Three Mexican Tenors

Bursting with charm and charisma, The Three Mexican Tenors take you on a riveting musical journey, backed by the DSO under the baton of Enrico Lopez-Yanez. The concert culminates in a heartfelt tribute to Mexico's legendary voices - Luis Miguel, Juan Gabriel, Vicente Fernandez and more, celebrating the rich soul and passion of Mexican music.

10/24 | F | 9:15A-1:45P | \$94/\$84

Billy Joel Songbook

Join the DSO and vocalist-pianist Tony DeSare for a symphonic celebration of Billy Joel's most iconic hits. With DeSare's signature vocals and dynamic piano style, experience the legendary songs of

Trips

All trips leave from the Recreation Activities Center.

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



the Piano Man like never before - brought to life with full orchestral arrangements conducted by Enrico Lopez-Yanez.

11/21 | F | 9:15A-1:45P | \$94/\$84

Home for the Holidays

Celebrate the season with one of Detroit's favorite holiday traditions! The DSO and special guests bring the magic of the holidays to life with festive favorites performed in the warmth of Orchestra Hall.

There is no transportation provided for this show.

12/12 | F | 9:15A-1:45P | \$74/\$64

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.

Sportsman Great Northern Grill

W 9/10, F 9/12 | 11:15A-2:45P | \$7/\$5

Maggiano's Little Italy

W 10/29, F 10/31 | 11:15A-2:45P | \$7/\$5

French Toast Bistro

W 11/12, F 11/14 | 11:15A-2:45P | \$7/\$5

E.G. Nicks

W 12/3, F 12/5 | 11:15A-2:45P | \$7/\$5

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



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Heroes Appreciation Breakfast

pg. 10



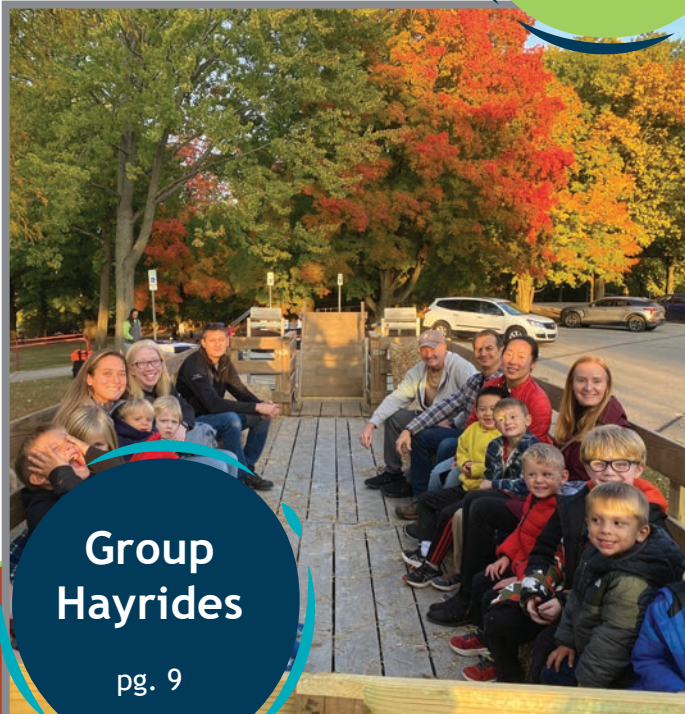
Trick-or- Treat Trail

pg. 10

Winter Solstice

New format
this year!

pg. 9



Group Hayrides

pg. 9