



City of Sterling Heights
Parks & Recreation Department
Special Recreation Services

Mayor - Michael C. Taylor
Mayor Pro Tem - Joseph V. Romano
City Council: Deanna Koski, Doug Skrzyniarz,
Maria G. Schmidt, Nate Shannon
and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

January - April 2017

Sterling Special



Come join the fun and beat the winter blues with Sterling Heights Special Recreation programs. Inside this addition of the Sterling Special you will find multiple fun activities to keep you busy and warm during the long cold winter. Including outings, to the Palace, Joe Louis and CJ Barrymores.

It is very important that you pre-register for all activities well in advance. Pre-registration for dances will help keep the cost down. It is more expensive to pay at the door than it is to pay ahead of time. Please use the registration form that is inside this newsletter to enroll for all activities. You may submit your registration form by stopping into the office, mailing it in, faxing it or scanning it and emailing. Details and contacts are inside near the registration form. You can also register for all activities online at myshpr.net, if you would like to save time.

The Sterling Special is published 3 times a year and can be emailed, accessed on our website at www.myshpr.net or picked up at the recreation center. If you wish to have it emailed to you, please contact the main office at 586-446-2700 to be added to the email lists. Make sure you go through each page closely as this will inform you of everything that is going on from January – April and even a couple sneak peeks into the Spring and Summer.

Have a wonderful, warm and safe winter and I look forward to seeing you all soon!

Sincerely,
Rachel Mulawa, CTRS
Recreation Supervisor
586-446-2703



Thank you to everyone who has supported the Sterling Heights Special Recreation program in 2016/2017 Special Thanks to Father Heary Knights of Columbus, On-Sight Event Photography, St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, Sterling Heights, Holiday Pizza, Special-Tree Rehabilitation, and Sterling Heights Regional Chamber of Commerce and Industry for your donations to the Special Recreation programs.



Family Field Trip Detroit Red Wings vs Washington Capitals

Join the Parks and Recreation Department for a no-hassle experience as the Detroit Red Wings take on the star studded Washington Capitals. Trip fee includes game ticket, food voucher, round trip transportation from Dodge Park, curbside drop off and pick up, and parking. The bus will depart promptly at 12:00 pm from the Recreation Center. Make plans to come see some of the NHL's most prominent stars duke it out at the historic Joe Louis Arena for one final season.

Ref#:4003.020

Date:February 18th, 2017

Time:12:00 pm Bus Leaves. Game Time 2:00 pm

Fee: \$77 Resident & \$79 Non-resident



Family Field Trip Detroit Pistons vs Washington Wizards

Join the Parks and Recreation Department for another no-hassle experience as we travel to the Palace of Auburn Hills to see the Detroit Pistons take on the Washington Wizards. Trip fee includes game ticket, round trip transportation from Dodge Park, curbside drop off and pick up, and parking. In addition, each attendee will get the opportunity to go onto the Pistons court and shoot a free throw after the game. The bus will depart promptly at 4:00 pm from the Recreation Center. Make plans to see our Pistons "go to work" against John Wall and the Wizards, and leave all the work to us!

Ref#: 4000.025

Date:Saturday, January 21st, 2017

Time: 4:00pm Bus Leaves. Game Time 6:00 pm

Fee: \$40 Resident & \$42 Non-resident

**** Both of these are Family Fun events, not exclusive Special Recreation Trips. Special Rec. staff will not be attending. Participates must bring a parent or caregiver. ****



Christmas Dance

Join Santa, Santa's helpers, and the Special Recreation Staff for a wonderful celebration of Christmas. We will dance the night away.

Bring your camera and dancing shoes. Santa's helpers will prepare delicious hors d'oeuvres for your enjoyment on this special evening. Take a minute and visit with Santa too. We look forward to celebrating with you!

***Register early to avoid missing out!!**

Ref. # 5003.064

Location: Sterling Heights Recreation Center in Dodge Park

Date: Friday, December 9, 2016

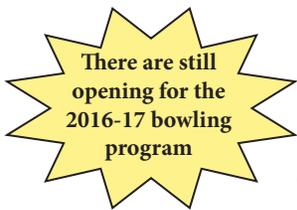


Fee: \$7.50 pre-registration resident
\$10.50 pre-registration non-resident
\$9.50 resident at the door
\$13.50 non-resident at the door
\$1.00 Group Home Staff

Time: 7:00 – 10:00pm



We strongly urge you to pre-register, to help Santa's helpers know how many nibbles to prepare. Thanks!



Bowling

Open: A bowling program for individuals of any age who have cognitive or physical impairments and their family members. Young children and individuals with limited abilities may use bumpers. League: A competitive bowling league for persons who have cognitive or physical impairments. All skill levels are welcome.

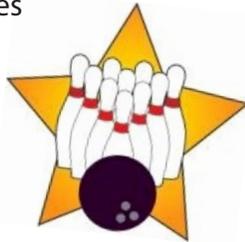
Location: Sterling Lanes (14 Mile & Schoenherr)
It is wheelchair accessible & has Electronic scoring!

Fee: \$29 Sterling Heights Resident
\$40 Non-Resident
Registration fee paid once per Season (season runs Sept. 2016 - April 2017)
\$3 per person each week, includes two games and shoe rental.

Day/Time:
Wednesdays Starting promptly at 4:00, Ending by 6:00 pm

Begins:
September 14, 2016
No Bowling 11/23, 12/21, 12/28 or 4/5
Bowling Ends 4/19/17

Ref.# 5003.031 Open Bowling
5003.032 League Bowling



Dance Exercise For All Ages

Looking for a reason to get out and get moving or a great way to get your heart rate up and your exercise in for the day? Well look no further; this fun and exciting interactive dance exercise class through CC Plus is the place for you. Come learn new dances specifically created for children and adults with physical or cognitive impairments. This exercise class incorporates easy repetitive movements and choreographed dances to music we all know and love to sing along with. We accommodate ALL skill levels and abilities, including those with walkers and wheelchairs. Parents and caregivers are encouraged to give their participants a hand if needed. Classes may be separated into younger kids and adults should the registration number permit. Sign up right away and get your spot and don't miss another opportunity to join in, let loose and have fun.

Location: Sterling Heights Senior Center
Day: Mondays
Ages: 3 and up
Time: 6:30 pm – 7:30 pm
Fee: \$34.00 Residents / \$51.00 Non-Residents

	Ref. #	Dates
Session 1	5001.038	Jan 9 - Feb. 27
Session 2	5001.039	March 6 - April 17
Session 3	5001.040	May 8-June 19

No class 1/16, 2/20, 4/3 or 5/29

Creative Cooking

A class designed to help Special Recreation participants, 16 years old -Adults learn basic meal preparation skills. Participants must be able to follow basic directions or bring an assistant. This session we will "Travel" across the U.S. making dishes inspired by different states.

Location: Sterling Heights Recreation Center
Day: Tuesdays
Time: Choose 5:30-7:00 p.m. or 7:00-8:30 p.m.
Fee: \$8.00 Sterling Heights Resident
\$12.00 Non-Resident



Ref#	Food	Time	Date
5001.070	Texas Tex-Mex	5:30-7 pm	1/10
5001.071	Texas Tex-Mex	7-8:30 pm	1/10
5001.072	Idaho Potato	5:30-7 pm	1/24
5001.073	Idaho Potato	7-8:30 pm	1/24
5001.074	California Taco	5:30-7 pm	2/7
5001.075	California Taco	7-8:30 pm	2/7
5001.076	Iowa Corn	5:30-7 pm	2/21
5001.077	Iowa Corn	7-8:30 pm	2/21
5001.078	NC Pork	5 :30-7 pm	3/7
5001.079	NC Pork	7-8:30 pm	3/7
5001.080	Vermont Breakfast	5:30-7 pm	3/21
5001.081	Vermont Breakfast	7-8:30 pm	3/21
5001.082	Kentucky Chicken	5:30-7 pm	4/4
5001.083	Kentucky Chicken	7-8:30 pm	4/4
5001.084	Virginia Ham	5:30-7 pm	4/18
5001.085	Virginia Ham	7-8:30 pm	4/18
5001.086	"All wrapped" up	5:30-7 pm	5/2
5001.087	"All wrapped" up	7-8:30 pm	5/2

Special Recreation Program Reference Page

REFERENCE #	PROGRAM	DATE	RES.	NON-RES	STAFF
4003.020	RED WINGS VS. WASHINGTON CAPITALS	2/18/17	\$77.00	\$79.00	\$77 / \$79
4000.025	WEEKEND ADVENTURES - PISTONS GAME	1/21/17	\$40.00	\$42.00	\$40 / \$42
5001.006	WEEKEND ADVENTURES - CJ BARRYMORES	4/28/17	\$29.00	\$32.00	\$29.00
5001.038	DANCE EXERCISE SESSION 1	1/9/17	\$34.00	\$51.00	
5001.039	DANCE EXERCISE SESSION 2	3/6/17	\$34.00	\$51.00	
5001.040	DANCE EXERCISE SESSION 3	5/8/17	\$34.00	\$51.00	
5001.042	SPECIAL REC. SOFTBALL - AMERICAN LEAGUE	5/2/17	\$50.00	\$65.00	
5001.043	SPECIAL REC. SOFTBALL - NATIONAL LEAGUE	5/2/17	\$50.00	\$65.00	
5001.060	PROM DANCE	5/18/17	\$18.00	\$27.00	\$18.00
5001.061	SNOWBALL DANCE	1/13/17	\$7.50	\$10.50	\$1.00
5001.062	VALENTINE DANCE	2/17/17	\$7.50	\$10.50	\$1.00
5001.063	ST. PATRICKS DAY DANCE	3/10/17	\$7.50	\$10.50	\$1.00
5001.064	SPRING DANCE	4/7/17	\$7.50	\$10.50	\$1.00
5001.070	5:30PM COOKING -TEXAS TEX-MEX	01/10/17	\$8.00	\$12.00	
5001.071	7:00PM COOKING- TEXAS TEX-MEX	01/10/17	\$8.00	\$12.00	
5001.072	5:30PM COOKING -IDAHO POTATO	1/24/17	\$8.00	\$12.00	
5001.073	7:00PM COOKING- IDAHO POTATO	1/24/17	\$8.00	\$12.00	
5001.074	5:30PM COOKING -CALIFORNIA TACO	2/7/17	\$8.00	\$12.00	
5001.075	7:00PM COOKING- CALIFORNIA TACO	2/7/17	\$8.00	\$12.00	
5001.076	5:30PM COOKING -IOWA CORN	2/21/17	\$8.00	\$12.00	
5001.077	7:00PM COOKING- IOWA CORN	2/21/17	\$8.00	\$12.00	
5001.078	5:30PM COOKING -NC PORK	3/7/17	\$8.00	\$12.00	
5001.079	7:00PM COOKING- NC PORK	3/7/17	\$8.00	\$12.00	
5001.080	5:30PM COOKING -VERMONT BREAKFAST	3/21/17	\$8.00	\$12.00	
5001.081	7:00PM COOKING- VERMONT BREAKFAST	3/21/17	\$8.00	\$12.00	
5001.082	5:30PM COOKING -KENTUCKY CHICKEN	4/4/17	\$8.00	\$12.00	
5001.083	7:00PM COOKING- KENTUCKY CHICKEN	4/4/17	\$8.00	\$12.00	
5001.084	5:30PM COOKING -VIRGINIA HAM	4/18/17	\$8.00	\$12.00	
5001.085	7:00PM COOKING- VIRGINIA HAM	4/18/17	\$8.00	\$12.00	
5001.086	5:30PM COOKING -ALL WRAPPED UP	5/2/17	\$8.00	\$12.00	
5001.087	7:00PM COOKING- ALL WRAPPED UP	5/2/17	\$8.00	\$12.00	
5003.031	OPEN BOWLING	9/14/16	\$22.00	\$33.00	
5003.032	LEAGUE BOWLING	9/14/16	\$22.00	\$33.00	
5003.064	CHRISTMAS DANCE	12/9/16	\$7.50	\$10.50	\$1.00

Softball Uniform Number: _____

(Circle the size you need)

Youth Softball Shirt Size: Small (6-8) Medium (10-12) Large (14 – 16)

Adult Softball Shirt Size: Small Medium Large XLarge 2Xlarge

First & Last Name of Friends to sit with at Enchanted Ball:

Sterling Heights
presents

Be Our Guest



Enchanted Ball

Description: This will be a night to remember & not one you'll want to miss! Come join us and enjoy the an enchanted evening. This years prom will be held at the Century Banquet Center, so be prepared to have fun and enjoy great food. Tickets include: full dinner, dessert, refreshments, dancing, supervision and a prom gift. Dates are encouraged but not necessary.

Day/Date: Thursday, May 18, 2017

Time: 6:00 – 10:00 pm

Fee: Residents: \$18.00 / Non-residents: \$27.00 (staff: \$18.00)

Ref. #: 5001.060



Where:

Century Banquet Center
33204 Maple Lane
Sterling Heights, 48312



Summer Day Camp Information



Day Camp will be here before we know it! We will be offering an exciting camp opportunity for kids 5-12, who have cognitive impairments and those with physical impairments in our junior camps.

If you are 13-26, look for our Senior Camps, for those with cognitive impairments and those with physical impairments. Details will be in the Summer issue, coming in April!

Fee: \$156.00 for Resident \$263.00 Resident Family
\$234.00 for Non-Residents \$394.00 for Non-Resident Family

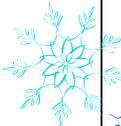
Registration begins: May 3rd for Sterling Heights Residents, May 4th for Non-Sterling Heights Residents

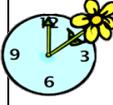
Autism Program

The Oakland University Autism Center for Education and Support is running a variety of programs year round to meet the needs of children with ASD. Check out their website at www.oakland.edu/oucares for more information or you can call 248-370-2424.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year!</i>	2	3	4 Bowling 4pm	5 First Basketball Game 6:00-7:30 pm	6	7 
8 	9 Session 1 Dance Exercise Begins 6:30 – 7:30 pm	10 Texas Tex -Mex Cooking 5:30-7pm & 7-8:30pm	11 Bowling 4pm	12 NEBL Basketball 6:00-7:30 pm	13 Snowball Dance 6:30 – 9:30pm	14 
15 	16 No Dance Exercise Martin Luther King Day	17	18 Bowling 4pm	19  NEBL Basketball 6:00-7:30 pm	20	21 Detroit Pistons Game 
22	23 Dance Exercise 6:30 – 7:30 pm	24 Idaho Potato Cooking 5:30-7pm & 7-8:30pm	25 Bowling 4pm	26 NEBL Basketball 6:00-7:30 pm	27 	28
29 	30 Dance Exercise 6:30 – 7:30 pm	31	January 2017			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
February 2017			1 Bowling 4pm	2 NEBL Basketball 6:00-7:30 pm	3 	4 
5 	6 Dance Exercise 6:30 – 7:30 pm	7 California Taco Cooking 5:30-7pm 7-8:30pm	8 Bowling 4pm	9  NEBL Basketball 6:00-7:30 pm	10	11 
12	13 Dance Exercise 6:30 – 7:30 pm	14	15 Bowling 4pm	16 NEBL Basketball 6:00 – 7:30pm	17 	18 Red Wings vs. WA Capitals
19 	20 <u>President's Day</u> No Classes	21 Iowa Corn Cooking 5:30-7pm 7-8:30pm	22  Bowling 4pm	23 No Basketball	24	25 
26	27 Dance Exercise 6:30 – 7:30 pm Last Class	28 				

Sun	Mon	Tue	Wed	Thu	Fri	Sat
March 2017			1 Bowling 4pm	2 NEBL Basketball 6:00-7:30 pm Last Game 	3	4
5 	6 Session 2 Dance Exercise Begins 6:30 – 7:30 pm	7 NC Pork Cooking 5:30-7pm 7-8:30pm	8 Bowling 4pm 	9 NEBL Basketball End of Season Awards Celebration 6pm	10 <i>St. Patrick's Day Dance</i>	11 
12  SPRING AHEAD	13 Dance Exercise 6:30 – 7:30 pm	14	15 Bowling 4pm	16	17  St. Patrick's Day	18
19	20 Dance Exercise 6:30 – 7:30 pm	21 VT Breakfast Cooking 5:30-7pm 7-8:30pm	22 Bowling 4pm	23	24	25
26 	27 Dance Exercise 6:30 – 7:30 pm	28	29 Bowling 4pm	30	31 	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 2017						1 April Fools Day
2 	3 No Dance Exercise	4 Kentucky Chicken Cooking 5:30-7pm 7-8:30pm	5 No Bowling 	6	7 Spring Dance 	8
9	10 Dance Exercise 6:30 – 7:30 pm	11	12 Bowling 4pm	13 LAST DAY TO REGISTER FOR SOFTBALL	14 Good Friday Office Closed	15 
16 EASTER 	17 Last day Dance Exercise 6:30 – 7:30 pm	18 Virginia Ham Cooking 5:30-7pm 7-8:30pm	19 Bowling 4pm Last Day	20 	21 Last day to register for CJ Barrymore's	22 
23	24 	25	26 	27	28 CJ Barrymore's Night Out Meet there	29
30						



Northeast Special Recreation

Softball League



Description: Sterling Heights Special Recreation teams will play in the American and National Leagues of the Northeast Special Recreation Softball League. Players with developmental (TMI and EMI) and physical disabilities, ages 12 years through adult are welcome to join. Players will be placed on a team in either the American or National League by the Special Recreation Staff upon review of the player evaluations, which have been completed over the past years.

Practices and Home Games:

American League: TBD
National League: Delia Park

Away Games: Will be played in Clinton Township, Warren, Grosse Pointe, St. Clair Shores and Shelby Township

Days: Tuesdays

Dates: May 2 – Aug. 1, 2017

Time: 6:30 – 8:30pm

Fee: \$50.00 per Sterling Heights Resident
\$65.00 per Non-Resident

American League: For players with limited playing ability including: the need for verbal and/or physical assistance to participate, the need to use a batting tee, limited ability in picking up, catching, hitting, and throwing the ball. Teams play with 15-20 players at a time and batters receive 5 pitches before using the batting tee.

National League: For players with fair skills in hitting and fielding the ball, good physical ability and balance, possess coordination of movements to run, ability to attempt to field the ball, know to raise glove to field fly balls or place glove on the ground to field grounders. Games are played with 10 players on the field at a time and balls and strikes are called. Players, who are eligible to play on able-bodied teams, are not eligible for this league.

Registration Deadline is Friday, May 14, 2017.

Ref. # 5001.042 American League
5001.043 National League

Join the Challengers

Junior Wheelchair Basketball Team

Learn the basics of basketball, shooting techniques, rules and ball-handling skills. All young people, 21 and under, or attending elementary through high school, with physical challenges are welcome. The team plays at Conference, Regional and National Tournaments.

Come hoop it up with the Challengers!

Join this awesome team of young athletes today by calling: Diane Winterstine at 586.212.6196 or Email: michallengers@gmail.com

Practices: Mondays

Location: Carleton Middle School

Time: 7:00 – 9:00pm

Season: September 2016 – April 2017



Community Resources

Clinton Valley Little League Baseball

Let's play ball! Children 5 – 18 years of age who have mental or physical disabilities are welcome to join this team. The Clinton Valley Little Leagues' Challenger Division offers a very fun, T-ball/Coach Pitch, learning experience for young players. Visit our website www.eteamz.com/cvllchallenger

For Information on the Clinton Valley Little League Baseball program call Marilyn Whitstock at the Clinton Valley Little League office at (586) 781-3547 or e-mail Marilyn at: mwitt26@msn.com.



Michigan Adaptive Sports

Snow skiing information will soon be available on their website.

For more information please

Call (248) 988-0156 or visit

www.michiganadaptivesports.org



Visit www.disabledsportsusa.org for Adaptive Sports Programs across the USA.

Therapeutic Horseback Riding

The Rexford Center for Therapeutic Horseback Riding at First Impression Farm

Ages 3-55, Private & group lessons that range in price from \$25 - \$35

Volunteering Opportunities Available.

For more information contact:

Annette Reeves

(843) 263-2004

29434 32 Mile Rd.

Lenox, MI 48050

586.727-6661



Hippotherapy Stable Possibilities

586.292-8472

Contact: Sue Vergilio, OTR for treatment possibilities and funding resources. Visit their website at:

www.stablepossibilities.com

Our neighboring communities are offering several recreational activities for people with disabilities. Please contact each community for a complete description of their programs.

Macomb Township Parks and Recreation

Contact Michelle Duda at (586) 992-2900

Warren Parks and Recreation

Contact Samantha Capone at (586) 268-8400

Shelby Township Parks and Recreation

Contact Joe Youngblood at (586) 731-0300

Clinton Township Parks and Recreation

Contact Tami or Emily at (586) 286-9336

Romeo-Washington-Bruce Township Parks & Recreation

(586) 752-6543 Contact Grace
or www.rwbparksrec.org.

Special Needs Cheer Teams

The Pride of Trilogy is Michigan's Original Special Needs Cheerleading Team.

No experience necessary to participate.

All ages and abilities welcome.

Contact: 586.532-4171 or

www.AllStarTrilogy.com for more information.

Elite Cheer Michigan

Located in Chesterfield, MI offers cheerleading

for all ages and abilities. Contact 586-948-5867

or www.elitecheer-Michigan.com.

AYSO VIP Soccer

Registrations for the

Spring 2016 VIP Soccer

League are being taken now!! Call Nancy Dufoor at

586.726-8612 for more information. Or email Nancy

at NancyDufoor@wowway.com



Faith, Fun and Friends

Welcomes adults with disabilities to participate in programs at various churches in our area.

Please call Terry Cloyd for more information at 586.264-5469.

