



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

City of Sterling Heights  
 Department of Parks & Recreation  
 Special Recreation Services

January - April 2015

# Sterling Special

**Merry Christmas,  
 Happy New Year &  
 Happy Easter!**

The Fall Special Recreation programs are in full swing. These tough economic times continue to make it difficult to budget money for our recreational fun. We do have some scholarship money available to help you attend your favorite class. Please ask about a scholarship if you are having trouble paying for a class. Please pre-register for dances to help reduce your costs. This issue of the Sterling Special has information about Winter/Spring and Summer activities. Please read it carefully and keep it handy!

I need your help to keep our computer up to date with your address, phone number and email address changes. Please contact me at: 586.446-2708 or email me at: [dwinterstein@sterling-heights.net](mailto:dwinterstein@sterling-heights.net) with your updated information and if you want the Sterling Special emailed to you.

The Sterling Special is published 3 times a year and can be mailed or emailed to anyone who would like it in that format. Use the registration form to register for the activities in person, by mail or FAX, or register online at [www.sterling-heights.net](http://www.sterling-heights.net).

As you read through this newsletter, you will find resources and programs offered by surrounding communities. Please contact them directly for all the details on the activities they are offering.

Diane Winterstein, & Karen Oddo  
 CTRS Special Program &  
 Recreation Supervisor Service Assistant

## DECORATIVE CRAFTS

Come let your creative juices flow. Create a craft to decorate your room or give as a gift. You must register for each class by the Friday of the week before it is scheduled.

Location: Sterling Heights Recreation Center  
 Fee: \$8 Resident, \$12 Non-resident  
 Day: Thursday  
 Time: 6:30 - 8:00 p.m

Ref. #5000.022 1/29 Valentines/St. Particks Day  
 Ref. #5001.023 3/26 Easter/Mother's Day



## THANK YOU!!

Thank you to everyone who has supported the Sterling Heights Special Recreation program in 2014/2015. Special Thanks to Father Heary Knights of Columbus, On-Sight Event Photography, St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, John Paul I Council 6865 Knights of Columbus, Sterling Heights Kiwanis Club, Father Kramer Knights of Colombus, and Sterling Heights Regional Chamber of Commerce and Industry for your donations for the Special Recreation programs.

# Brunch with Santa

# December 7, 2014



**Sterling Heights Recreation Center**  
**(Dodge Park and Utica Roads)**

**10:00 – 11:30 AM**

Join Santa, Santa's helpers, and the Special Recreation Staff for a delicious holiday brunch. All children who are mentally impaired or physically challenged, 12 years old and younger, are welcome. Brothers and sisters may join us too. This event is co-sponsored by Father Heary Knights of Columbus Council. The Knights are purchasing gifts for each child with a disability. Please list the names and ages of each child on the registration form and include their Santa Wish List. If you would like to bring a wrapped gift for siblings that attend the brunch, Santa would be glad to include him/her in the gift giving.

<b>Participant</b>	<b>Family Members</b>
\$5 Resident	\$3 Resident
\$8 Non-resident	\$5 Non-resident

Registration fee is per person.

Ref. # 5003.060      1 year old and older must pay.



**Reminder:**  
**Registration deadline**  
**is November 24th**



# Christmas

# Dance

Join Santa, Santa's helpers, and the Special Recreation Staff for a wonderful celebration of Christmas. We will dance the night away with CC Plus staff and enjoy the sounds of the season.

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

**Ref. # 5003.064**

**Location:** Sterling Heights Recreation Center in Dodge Park

**Date:** Friday, December 12, 2014



**Fee:** \$7.00 pre-registration resident  
 \$10.00 pre-registration non-resident  
 \$9.00 resident at the door  
 \$13.00 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 mental 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 are mentally impaired or physically challenged. All skill levels are welcome.

**Location:** Sterling Lanes (14 Mile & Schoenherr)

It is wheelchair accessible & has Electronic scoring!

**Fee:** \$22 Sterling Heights Resident  
\$33 Non-Resident

Registration fee paid once per Season (season runs Sept. 2014 - April 2015)  
\$2.50 per person each week, includes two games and shoe rental.

**Day/Time:**  
Wednesdays 4:00-6:00 pm

**Begins:**  
September 10, 2014  
No Bowling 11/26/2014

**Bowling resumes 1/7/15 - Bowling Ends 4/15/15**

**Ref.# 5003.031** Open Bowling  
**5003.032** League Bowling



# Dance Exercise For All Ages

Description: Come and join C.C. Plus for a fun and interactive dance program, specifically created for adults and children with physical and/or developmental disabilities. Dances are choreographed with easy, repetitive movements, to music they will recognize and enjoy. We will accommodate all skill levels including people who use wheelchairs and walkers. No dance experience necessary. Parents and caregivers are encouraged to dance if their dancer needs assistance.

**Location:** Sterling Heights Senior Center

**Day:** Mondays

**Ages:** 3 and up

**Time:** 6:30 pm – 7:30 pm

**Fee:** \$32.25 Residents  
\$48.75 Non-Residents



	Ref. #	Dates
<b>Session 1</b>	5000.038	Jan 5 - Feb 23
<b>Session 2</b>	5001.039	March 9 - April 13
<b>Session 3</b>	5001.040	April 20 - June 1
No class 1/19, 2/16, 5/26		

# 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.

**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
5000.070	Taste of Italy	5:30-7 pm	1/13
5000.071	Taste of Italy	7-8:30 pm	1/13
5000.072	Super Snacks	5:30-7 pm	1/27
5000.073	Super Snacks	7-8:30 pm	1/27
5000.074	Cocoa A'more	5:30-7 pm	2/10
5000.075	Cocoa A'more	7-8:30 pm	2/10
5000.076	Saucy Soup	5:30-7 pm	2/24
5000.077	Saucy Soup	7-8:30 pm	2/24
5001.078	Ham It Up	5 :30-7 pm	3/10
5001.079	Ham It Up	7-8:30 pm	3/10
5001.080	Luck of the Irish	5:30-7 pm	3/24
5001.081	Luck of the Irish	7-8:30 pm	3/24
5001.082	Start the Day	5:30-7 pm	4/14
5001.083	Start the Day	7-8:30 pm	4/14
5001.084	Fantastic Fruit	5:30-7 pm	4/28
5001.085	Fantastic Fruit	7-8:30 pm	4/28
5001.086	Mexican Fiesta	5:30-7 pm	5/12
5001.087	Mexican Fiesta	7-8:30 pm	5/12

# ★ Dances ★

Call your friends and have them meet you at the Recreation Center for an evening of music, dancing, munchies, and loads of fun. Group home staff must also register. You must be 16 and over to attend the dances. Please pre-register to help us with refreshment planning, easier check-in and reduce your costs. There are scholarship funds available if you have trouble paying for activities. Just ask!

**Location:** Sterling Heights Recreation Center

**Fee:** \$7.00 pre-registration resident  
 \$10.00 pre-registration non-resident  
 \$9.00 resident at the door  
 \$13.00 non-resident at the door  
 \$1.00 Group Home Staff

**Time:** 7-10pm



Ref#	Dates	Theme
5000.061	1/09	Snowball
5000.062	2/13	Valentine
5001.063	3/13	Spring
5001.064	4/10	Easter



## DETROIT PISTONS

### Join us as we cheer on our Detroit Pistons



Philadelphia 76er's  
on Saturday, January 17, 2015

Charlotte Hornets  
on Sunday, March 8, 2015



at the Palace of Auburn Hills. We will depart from the Sterling Heights Recreation Center .

**Price includes:** ticket, transportation and staff. Family and friends are welcome.

**Fee:** \$34.00 for Residents / \$36.00 for Non-residents

**Ref.:** #5000.065

Philadelphia 76er's - Saturday, January 17, 2015

**Time:** 5:30 - 11:30 pm

**Ref:** #5001.065

Charlotte Hornets - Sunday, March 8, 2015

**Time:** 4:30 - 10:00 pm

## Warren Community Center Special Recreation Activities

Please call Rachel at 586-268-8400 to register for events

### Karate

Saturdays 1:00-2:00 pm January 10 - March 14  
 Warren Residents \$30 Non-Residents \$35  
 Ages 10 and Up

### Movie Night

Enjoy popular movies with lots of friends  
 Fridays, 6:00 - 8:00 pm Jan.16 & Feb.20  
**MUST PRE-REGISTER**

### Inclusive Bokwa Family Fitness

Tuesdays, 6 - 7 pm Ages 12 & up  
 Warren Residents \$5 Non-residents \$10

### Karaoke

Mondays 6-7:30pm  
 \$3.00, Additional Charge for Cafe treats  
**MUST PRE-REGISTER**  
 Dec. 15, Jan. 26, and Feb 23

### Autism Dance

Friday, March 13, 2015 6:00 - 8:00 pm  
**MUST PRE-REGISTER** by March 6, FREE

### Warren Social Group

Every Wednesday from 5:30 to 7:00pm Make new friends and socialize to your hearts content.

## Online Registration Instructions



Online registration will begin at 8:30am on Wednesday, December 10, 2014 for residents only. Online registration for non-residents begins Thursday, December 11 at 8:30am. You can register online for classes that have a mouse icon. To register and get a Customer ID number online for select classes and activities, log on to the city's official Web site at [www.sterling-heights.net](http://www.sterling-heights.net)

1. Under the "Quick Find" section in the center of the city's homepage, use the drop-down menu next to "Online Services" and select "Parks and Recreation Registration."
2. On the "RecWare" registration page that appears, register in our system by clicking in the upper right hand corner, where it says "My Account."
3. Click on "Register Now" and complete all the information for the person who will be paying for the classes (name and address information must match the name and address information for the credit card you will be using). Check "Submit" and you will soon receive an e-mail with your **Customer ID Number**. You cannot register for any classes until you have that Customer ID Number.
4. Once you have the Customer ID Number, you can register for classes by repeating Step No. 1. If you know the activity you need, enter it in the field right next to "Know Your Activity Number." If you don't know the activity number, you can sort the class information by age, activity name, activity number, first meeting date or location by selecting one of these from the drop-down box under "Sort By."
5. When you find the class you would like to enroll in, select "Add to My Cart." Enter your customer ID number and your password and hit **Continue**. At this point, you can remove the class from your cart by selecting Remove, you can continue by enrolling in activities by selecting Show Activities, or you can finish the transaction by selecting Checkout.
6. Once you are on the Checkout screen, you need to specify who is enrolling in the class. Use the drop-down menu next to Enrollee to select class, or click on **Add Family Member** and add the information needed for the new family member. Be sure to click **Save** when done. When you have selected an enrollee for each activity, click Continue again. Enter your credit card information. Click **Continue** to complete the transaction.

## Mail In and FAX Registration Instructions

To help make registering for programs easier, we have changed the look of the registration form, added an address to mail the form to and given you the option to FAX your form to us with your credit card information.

In the Number Column, next to the "X" indicate how many people you want to attend that program. In the Total column, enter the total amount due for that program. List all names of people attending below including your date for the Prom and Shirt Size and number for your Softball uniform.

### *Brunch With Santa Wish List:*

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### *Names of those attending the PROM:*

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*Prom Dates Name:* \_\_\_\_\_

**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



Please complete the above information and send it to us with your registration form. The registration form is on the back of this page. If you have any questions or need assistance please call Karen or Diane at (586) 446-2709 or (586) 446 -2708. We have limited scholarship money available to help with registration expenses. Contact us for more information.

# 2015 Winter/Spring Registration Form

<b>Participants Name:</b>			<b>Birth Date:</b>		
<b>Address:</b>			<b>Email:</b>		
<b>City:</b>			<b>Zip Code:</b>		
<b>Home Phone:</b>			<b>Cell Phone:</b>		
<b>Disability:</b>			<b>Prom Dates Name:</b>		
<b>Wheelchair user?</b>		<b>YES</b>	<b>Is this new information?</b>		<b>YES</b>
<b>NO</b>			<b>NO</b>		

**Make Checks Payable to:** Treasurer, City of Sterling Heights.

**Mail to:** Special Recreation, P.O. Box 8009, Sterling Heights, MI 48311-8009.

**Fax to:** 586-276-4064 with credit card information: **VISA / MASTERCARD / DISCOVER**

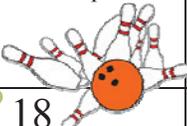
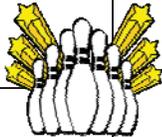
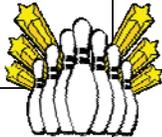
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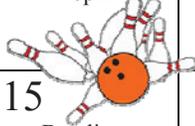
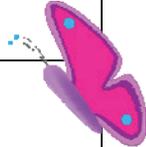
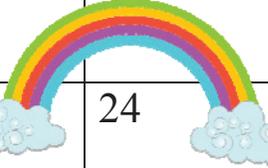
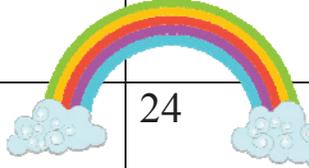
REF.	PROGRAM	REGISTRATION FEES				
		RES.	NON-RES.	STAFF	NUM.	TOTAL
5003.031	Open Bowling	\$22.00	\$33.00	NA	X	
5003.032	Bowling League	\$22.00	\$33.00	NA	X	
5000.038	Dance Exercise Session 1	\$32.25	\$48.75	NA	X	
5001.039	Dance Exercise Session 2	\$32.25	\$48.75	NA	X	
5001.040	Dance Exercise Session 3	\$32.25	\$48.75	NA	X	
5003.064	Christmas Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5003.060	Brunch With Santa	\$5.00	\$8.00	NA	X	
	Family Members ( 1 yr. and older)	\$3.00	\$5.00	NA	X	
5000.061	Winter Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5000.062	Valentines Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5001.063	Spring Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5001.064	Easter Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5001.060	Reflections in the Night Prom Dance	\$17.00	\$25.00	\$17.00	X	
5000.022	Craft Valentines / St. Patrick's Day	\$8.00	\$12.00	NA	X	
5001.023	Craft Easter / Mother's Day	\$8.00	\$12.00	NA	X	
5000.070	5:30 Cooking: Taste of Italy	\$8.00	\$12.00	NA	X	
5000.071	7:00 Cooking: Taste of Italy	\$8.00	\$12.00	NA	X	
5000.072	5:30 Cooking: Super Snacks	\$8.00	\$12.00	NA	X	
5000.073	7:00 Cooking: Super Snacks	\$8.00	\$12.00	NA	X	
5000.074	5:30 Cooking: Coca A'more	\$8.00	\$12.00	NA	X	
5000.075	7:00 Cooking: Coca A'more	\$8.00	\$12.00	NA	X	
5000.076	5:30 Cooking: Saucy Soups	\$8.00	\$12.00	NA	X	
5000.077	7:00 Cooking: Saucy Soups	\$8.00	\$12.00	NA	X	
5001.078	5:30 Cooking: Ham it Up	\$8.00	\$12.00	NA	X	
5001.079	7:00 Cooking: Ham it Up	\$8.00	\$12.00	NA	X	
5001.080	5:30 Cooking: Irish Luck	\$8.00	\$12.00	NA	X	
5001.081	7:00 Cooking: Irish Luck	\$8.00	\$12.00	NA	X	
5001.082	5:30 Cooking: Start the Day	\$8.00	\$12.00	NA	X	
5001.083	7:00 Cooking: Start the Day	\$8.00	\$12.00	NA	X	
5001.084	5:30 Cooking: Fantastic Fruits	\$8.00	\$12.00	NA	X	
5001.085	7:00 Cooking: Fantastic Fruits	\$8.00	\$12.00	NA	X	
5001.086	5:30 Cooking: Mexican Fiesta	\$8.00	\$12.00	NA	X	
5001.087	7:00 Cooking: Mexican Fiesta	\$8.00	\$12.00	NA	X	
5000.065	Detroit Pistons vs 76er's 1/17/15	\$34.00	\$36.00	NA	X	
5001.065	Detroit Pistons vs Charolett 3/8/15	\$34.00	\$36.00	NA	X	
5001.042	Softball League: American League	\$57.00	\$74.00	NA	X	
5001.043	(Circle Which League) National League	\$57.00	\$74.00	NA	X	
5001.044	Softball League Family Plan	\$99.00	\$129.00	T-Shirt Size	X	
<b>TOTAL</b>						

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>January 2015</b>				1 <i>Happy New Year!</i>	2	3
4	5 Dance Exercise 6:30 – 7:30 pm Starts	6	7 Bowling 4-6pm	8 NEBL Basketball 6:30-8:30 pm	9 <b>Snowball Dance</b>	10
11	12 Dance Exercise 6:30 – 7:30 pm	13 <i>Taste of Italy</i> Cooking 5:30-7 & 7-8:30pm	14 Bowling 4-6pm	15 NEBL Basketball 6:30-8:30 pm	16 <b>Movies In Warren</b>	17 <b>Pistons Game</b>
18	19 No Classes <b>Martin Luther King Day</b>	20	21 Bowling 4-6pm	22 NEBL Basketball 6:30-8:30 pm	23	24
25	26 Dance Exercise 6:30 – 7:30 pm	27 <b>Super Snacks</b> Cooking 5:30-7 & 7-8:30 pm	28 Bowling 4-6pm	29 <u>Craft Class</u> 6:30 pm NEBL Basketball 6:30-8:30 pm	30	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Groundhog Day</b> Dance Exercise 6:30 – 7:30 pm	3	4 Bowling 4-6pm	5 NEBL Basketball 6:30-8:30 pm	6	7
8	9 Dance Exercise 6:30 – 7:30 pm	10 <i>Cocoa A 'more</i> Cooking 5:30-7, 7-8:30pm	11 Bowling 4-6pm	12 NEBL Basketball 6:30-8:30 pm	13 <b>Valentine's Dance</b>	14 <b>Valentine's Day</b>
15	16 <b>President's Day</b> No Classes	17	18 Bowling 4-6pm	19 No Basketball	20 <b>Movies In Warren</b>	21
22	23 Dance Exercise 6:30 – 7:30 pm Ends	24 <i>Saucy Soups</i> Cooking 5:30-7, 7-8:30pm	25 Bowling 4-6pm	26 NEBL Basketball 6:30-8:30 pm	27	28

**February 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 	3 	4 Bowling 4-6pm	5 NEBL Basketball 6:30-8:30 pm	6 	7 
8 <b>Pistons Game</b>  <b>SPRING AHEAD</b>	9 Dance Exercise 6:30 – 7:30 pm Starts	10 <b>Ham-it-up</b> Cooking 5:30-7, 7-8:30pm	11 Bowling 4-6pm 	12 NEBL Basketball 6:30-8:30 pm Last Day	13 <b>Spring Dance</b> 	14 
15	16 Dance Exercise 6:30 – 7:30 pm 	17  <b>St. Patrick's Day</b>	18 Bowling 4-6pm 	19 	20 <b>Spring is here!</b> 	21 <b>Challengers Bowling Fundraiser</b> Bowl One Lanes 
22 	23 Dance Exercise 6:30 – 7:30 pm	24 <b>Irish Luck!</b> Cooking 5:30-7, 7-8:30pm	25 Bowling 4-6pm	26 Craft 6:30-8:30pm	27	28 
29	30 Dance Exercise 6:30 – 7:30 pm	31	 <b>March 2015</b>			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>April 2015</b>			1 Bowling 4-6pm <b>April Fools Day</b>	2	3 <b>Good Friday</b>	4 
5  <b>Easter</b>	6 Dance Exercise 6:30 – 7:30 pm	7	8 Bowling 4-6pm 	9 	10 <b>Easter Dance</b> 	11 
12	13 Dance Exercise 6:30 – 7:30 pm Ends	14 <b>Start the Day</b> Cooking 5:30-7, 7-8:30pm	15 Bowling 4-6pm Ends	16 	17	18
19	20 Dance Exercise 6:30 – 7:30 pm Starts 	21	22 	23 	24	25
26 	27 Dance Exercise 6:30 – 7:30 pm	28 <b>Fantastic Fruit</b> Cooking 5:30-7, 7-8:30pm	29 	30		

Sterling Heights

# Reflections in the Night



**Description:** You are invited to enjoy this special dance with dinner. Reservations must be made by May 1, 2015. Ticket prices include dinner, dancing, supervision, refreshments and surprises. Dates are encouraged but not necessary.

**Day/Date:** Friday, May 8, 2015

**Time:** 6:00 – 10:00 pm

**Fee:** Residents: \$17.00 / Non-residents: \$25.00 (staff: \$17.00)

**Ref. #:** 5001.060



## Summer Day Camp Information



The Day Camp for the Physically Impaired Senior Group will be held at the Sterling Heights Recreation Center, 6/15 – 7/31/2015, no camp 7/20-7/24. The Day Camp for the Mentally Impaired Senior Group will be held at the Maple Lane School, 6/22 – 7/31/15.

The Day Camps for the Mentally and Physically Impaired Junior Groups will be held at Messmore Elementary School (tentative location), 6/22 – 7/31/15

**Fee:** \$153.00 for Resident                      \$258.00 Resident Family  
\$230.00 for Non-Residents                \$387.00 for Non-Resident Family



**Registration begins:** May 4th for Sterling Heights residents, May 5th for residents of Macomb County & May 6th for out of county residents. More information will be available in the summer issue of the Sterling Special coming to you in April.

## 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](http://www.oakland.edu/oucares) for more information or you can call 248-370-2424.



## 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: (313) 850-9222, (586) 446-2708 or (248) 814-7984 We welcome new players.

**Practices:** Mondays & Wednesdays

**Location:** Carleton Middle School

**Time:** 7:00 – 9:00pm

**Season:** September 2014 – May 2015



**Resumes:**  
January 5, 2015

## 16th Annual Junior Wheelchair Basketball Bowling Tournament Fund Raiser Saturday, March 21, 2014



at  
Bowl One  
1639 E. 14 Mile Road  
West of Dequindre

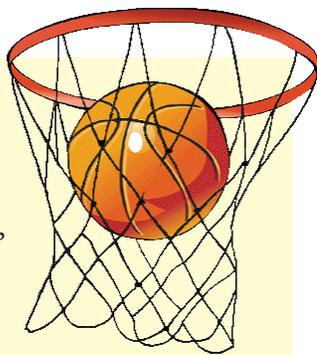
Check-In: 12:00  
Nine-pin, No-Tap  
Bowling Begins: 12:30

Registration Fee: \$20.00 per Bowler  
Pizza and Pop!  
50/50 and Gift Basket Raffles!

The Michigan Challengers will compete at the 2015 National Wheelchair Basketball Association Junior Tournament in Louisville, Kentucky, April of 2015.

All proceeds from the bowling tournament will fund the airfare, ground transportation and lodging for the team.

Your generous contribution to and participation in this fundraiser is greatly appreciated!  
Call 586-446-2708 to register.



## 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 challenges, ages 12 years through adult are welcome to join. **Players with learning disabilities should not register for this program.** 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.

**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 7 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.

### Practices and Home Games:

American League: Baumgartner Park  
National League: Delia Park



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

**Days:** Tuesdays and Thursdays

**Dates:** May 14 – July 30, 2015

**Time:** 6:30 – 8:30pm

**Fee:** \$57.00 per Sterling Heights Resident  
\$99.00 per Sterling Heights Resident Family  
\$74.00 per Non-Resident  
\$129.00 per Non-Resident Family

**Registration Deadline is Friday, May 8, 2015.**

**Ref. #** 5001.042 American League  
5001.043 National League  
5001.044 Family Plan

## 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](http://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](mailto: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](http://www.michiganadaptivesports.org)



Visit [www.disabledsportsusa.org](http://www.disabledsportsusa.org) for Adaptive Sports Programs across the USA.

## Therapeutic Horseback Riding

**First Impression Farm**  
29434 32 Mile Rd.  
Lenox, MI 48050  
586.727-6661



## The Rexford Center for Therapeutic Horseback Riding

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

For more information contact: Annette Reeves  
(843) 263-2004

## Hippotherapy Stable Possibilities

586.292-8472

Contact: Sue Vergilio, OTR for treatment possibilities and funding resources. Visit their website at: [www.stablepossibilities.com](http://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 Rachel Mulawa 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](http://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](http://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](http://www.elitecheer-Michigan.com).

### AYSO VIP Soccer

Registrations for the Spring 2015 VIP Soccer

League are being taken now!! Call Nancy Dufoor at 586.726-8612 for more information. Or email Nancy at [NancyDufoor@wowway.com](mailto: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.

**City of Sterling Heights**  
**Department of Parks and Recreation**  
40555 Utica Road  
P.O. Box 8009  
Sterling Heights, MI 48311-8009

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**Sunday March 8th**

*in the Sterling Heights Recreation Center*



**Sterling  
Coffeehouse**

Presents

**Blackthorn**



**2 Show Times!**  
**3:30 p.m. & 6:30 p.m.**



\*Each show will have an intermission

\*Stadium & Table seating available

Blackthorn will be enhancing your spirit in this early March event. Your eyes and ears will behold a wonderment of music as the band performs shanties, jigs and reels using various assortments of traditional instruments. Come enjoy the fun as we present Blackthorn in a cozy intimate setting on Sunday March 8th.

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**TICKET INFORMATION**

Tickets are available at the Recreation Center and should be purchased in advanced.

Admission by ticket only (14 years and older.)

Advanced Tickets:   \$14 (residents)\*\*  
                                  \$18 (non-residents)  
Tickets at the door:   \$15 (residents)\*\*  
                                  \$20 (non-residents)

**All Seating on a first come first basis.**

\*\*Warren residents will be charged resident rates.

Call (586) 446-2700 for more information.