

## Recreation Activities

Pages 2-18

## John Lindell Ice Arena

Page 15

## Senior Citizens

Pages 19-31

## City Information

Pages 32-45

## Enroll Now For the 2024-25 School Year

Page 47

## Fifth-Graders Collect Plastic for Bench at Belle Isle

Page 50

## Tobacco-Free Campus Recognition

Page 51



**DAY CAMP**  
Best Summer Ever!  
Pages 2-3

A COMMUNITY COLLABORATION:



# Day Camp Summer 2024



**It's where you want to spend your summer!**

**CAMP LOCATION:** Royal Oak HIGH School  
1500 Lexington Blvd at Crooks  
(north of 13 Mile Road)

**CAMP REGISTRATION:** Royal Oak Recreation  
1600 N Campbell Road  
Tel 248-246-3180  
Online [www.royaloakrec.com](http://www.royaloakrec.com)

**CAMP HOURS:** Monday – Friday, 8:30 am to 4:30 pm  
Before/after-care available 7 – 8:30 am and 4:30 - 6 pm

**CAMP DATES:**

Week 1	June 17 – 21
	Closed June 19
Week 2	June 24 – 28
Week 3	July 1 – 2 (2 days)
	Closed July 3 – 5
Week 4	July 8 - 12
Week 5	July 15 - 19
Week 6	July 22 - 26
Week 7	July 29 – August 2
Week 8	August 5 – 9



**Sign up for any number of weeks, our activities are always changing.**

**CAMP COSTS:** Camp fee is \$188 per week. Before/after care is \$25 per week. There is a \$10 fee if a camper is picked up late.

**CAMPER AGES:** Campers must have completed kindergarten (must be age 5 by 9/1/23) through age 12.

**CAMP ACTIVITIES:** Arts & crafts, games, outdoor activities, swimming, field trips, sports and more. Campers are divided by age groups for activities. Camper to counselor ratio is 10:1.

**LUNCHES:** Campers need to bring a sack lunch & drink daily. We provide snacks.

**NOTE:** Open registration for new campers will begin 9:00 am, Monday, March 18, 2024. Registration will be on-line at [royaloakrec.recdesk.com](http://royaloakrec.recdesk.com)

Because of the popularity of our program, we require **payment in full** at the time of registration for all the weeks you will be attending camp. For your convenience, we offer credit card payment (VISA/MC/Discover).

Requests for transfers or refunds must be made at least one week in advance (as space allows) less a \$10 processing fee per week. There is a maximum of 50 campers per week. This program will sell-out! Please make sure you register early.

**The easiest way to register is online at [royaloakrec.recdesk.com](http://royaloakrec.recdesk.com).**

**You may also register by mail, fax or in person.**

**NO TELEPHONE REGISTRATIONS**

**Mailing Address:** Royal Oak Recreation  
211 Williams  
PO Box 64  
Royal Oak MI 48068

**In Person:** DEPT OF REC & PUBLIC SERVICE  
1600 N Campbell  
Royal Oak MI 48067  
**Office Hrs: Mon-Fri, 8:30 am – 4:30 pm**

**Phone (248) 246-3180 • Fax (248) 246-3007 • [royaloakrec.recdesk.com](http://royaloakrec.recdesk.com)**

## Registration Form 2024

Camper Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Phone (H) \_\_\_\_\_

City, Zip \_\_\_\_\_ Phone (W) \_\_\_\_\_

E-mail \_\_\_\_\_ Parent/Guardian name \_\_\_\_\_

Please check ( ✓ ) the weeks you want, and whether or not you need before/after care.

Week	Dates	Fee	9 am–4 pm	Fee	Before/After Care
1	June 17 – 21 Closed June 19	\$150		\$20	
2	June 24 – 28	\$188		\$25	
3	July 1 – July 2 (2 days) Closed July 3 - 5	\$75		\$10	
4	July 8 – 12	\$188		\$25	
5	July 15 – 19	\$188		\$25	
6	July 22 – 26	\$188		\$25	
7	July 29 – August 2	\$188		\$25	
8	August 5 – 9	\$188		\$25	

Total amount \$ \_\_\_\_\_

Payment Method:  Check  Visa/Discover# \_\_\_\_\_ CVV2 \_\_\_\_\_

MasterCard# \_\_\_\_\_ CVC2 \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Expiration Date \_\_\_\_\_

*The City of Royal Oak assumes no responsibility for personal injuries or loss of personal property while using City or School facilities. It is recommended that anyone enrolled in an activity, or using one of our facilities in general, make provisions to provide adequate coverage within their own family insurance. By registering for Department of Recreation and Public Service programs, registrants realize the inherent risks involved in the programs and appreciate the nature of the risks.*

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date

LEISURE  
unlimited

West Bloomfield, Michigan -- (748) 682-6587

## Sports Starters (ages 3 - 5)

A fun introduction to individual sports skills. Various balls, bean bags and hula hoops will be used to help your toddlers understand and execute the skills of running, catching, throwing, and kicking. Class emphasis is on participation, effort and FUN! Wear gym shoes and bring a water bottle. Instructor: Leisure Unlimited LLC, Coach Dave East ([www.leisureunlimited.net](http://www.leisureunlimited.net)).

### Wednesday at Salter Community Center

April 17 - May 22, 4:00 - 4:45 pm **YA 2001**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

## Kiddie Sports and Games (ages 4 - 6)

Introduce your youngsters to a variety of sports including soccer, lacrosse, floor hockey, tee-ball, volleyball, pickleball, kickball, football and a few surprises! Fun, progressive drills allow kids to work at their own pace while improving their individual and team skills. Emphasis is on teamwork and effort. Wear gym shoes and bring a water bottle. Instructor: Leisure Unlimited LLC, Coach Dave East ([www.leisureunlimited.net](http://www.leisureunlimited.net)).

### Wednesday at Salter Community Center

April 17 - May 22, 5:00 - 5:55 pm **YA 2002**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

## Youth Basketball (ages 7-11)

Jump into the fast-paced game of basketball. For the beginning and intermediate player. Using progressive drills and games, players will learn dribbling, passing, positions, shooting techniques, offenses and defenses. Kids may scrimmage if permitted. Emphasis is on effort, teamwork and sportsmanship. Wear gym shoes and bring a water bottle. Instructor: Leisure Unlimited LLC, Coach Dave East ([www.leisureunlimited.net](http://www.leisureunlimited.net)).

### Wednesday at Salter Community Center

April 17 - May 22, 6:00 - 6:55 pm **YA 2003**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks



## TumbleBunnies Gymnastics

[www.tumblebunnies.com](http://www.tumblebunnies.com)

### Karate /Parkour

Our Karate class teaches martial art skills & drills in a fun way to help children learn the wonderful world of karate. Life skills such as respect, self-discipline, focus, listening & kindness are also emphasized. An increase in agility, coordination & strength are only some of the benefits of having your child be a Ninja Bunny. Each week is filled with a variety of activities & various props to keep each class unique, fresh & fun.

### Fridays, April 12 - May 31 at Salter Community Center

Fee: \$133 / 8 weeks

**3-5 year olds**, 4:00 - 4:30pm **YA3004**

**6-8 year olds**, 4:35 - 5:05pm **YA3005**



### Itty Bitty Bunny

**Ages 18 months - 2 years**

This fun, energetic class has **parents working with their child** that is filled with a variety of activities such as gymnastics focused warm-ups, movement to music, many activities on a ton of equipment such as octagons, wedge mats, trampoline, bars and much more. Comfortable clothing is all that's required. Minimum of 8 students.

### Tuesdays at Salter Community Center

April 9 - May 28, 9:30 - 10:00 am **YA3009**

Fee: \$133 / 8 weeks

### Saturdays at Salter Community Center

April 13 - June 8, 9:30 - 10:00 am **YA3001**

Fee: \$133 / 8 weeks

*No class May 25*

## TumbleBunnies Gymnastics

**Ages 3 and older**

Students will be introduced to the wonderful world of gymnastics by using equipment such as balance beams, bars, trampoline, vault, octagons, wedge mats and so much more. Our classes are fun, fast moving and challenging. Our enthusiastic instructors will make each child feel special and encourage them to do their very best. Each session is non-repetitive throughout the session and filled with all new skills and drills. Comfortable clothing is all that is required. Minimum of 8 students per session.

### Tuesdays, April 9 - May 28 at Salter Community Center

Fee: \$133 / 8 weeks

**Bizzy Bunnies**, 3 - 5 year olds, 10:05 - 10:35 am **YA3010**

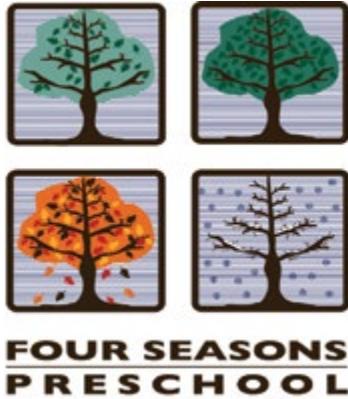
### Saturdays, April 13 - June 8 at Salter Community Center

Fee: \$133 / 8 weeks

*No class May 25*

**Bizzy Bunnies**, 3 - 4 year olds, 10:05 - 10:35 am **YA3002**

**Happy Hoppers**, 5 - 7 year olds, 10:40 - 11:10 am **YA3003**



Four Seasons Preschool takes the natural curiosity and joy of learning all children have and provides a safe and caring environment for them to grow. Our program is for children ages 3 through 5 years.

Our program offers the following:

- **Story Time**
- **Physical Education**
- **Music**
- **Hands-on activities that promote pre-reading, pre-math, thinking and reasoning skills, and language development.**
- **Science**
- **Art**
- **Free Play Time**

**We are currently full for the 2023-2024 school year.**

## 2024-2025 Registration

- Registration for current students began Monday, Jan. 8, 2024.
- New student registration began Monday, Feb. 5, 2024, at 9:00 am.
- There is a non-refundable \$100 deposit fee due at time of registration.
- To be eligible for registration for the 2024-2025 school year students **MUST** be:
  - 3 years of age by Sept. 1, 2024
  - Toilet trained

The Four Seasons Preschool is located at the Senior/Community Center, 3500 Marais (1 block north of 13 Mile, 3 blocks east of Crooks).

## 2024 - 2025 Class Schedule

### Morning Classes, 8:30 - 11:00 am

#### 2 Days: Tuesday & Thursday

Tuition Fee: \$1,304.00 / 33 weeks

**PRE2024-R3**

**FULL**

#### 3 Days: Monday, Wednesday and Friday

Tuition Fee: \$2,010.95 / 33 weeks

**PRE2024-R1**

**FULL**

### Afternoon Class, 12:15 - 2:45 pm

#### Monday, Tuesday, Wednesday and Thursday

Tuition Fee: \$2,681.25 / 33 weeks

**PRE2024-R2**

**OPEN**

**For more information regarding pricing and scheduling, please visit:**

**[www.fourseasonspreschoolonline.com](http://www.fourseasonspreschoolonline.com)**

**Four Seasons Preschool is licensed by the State of Michigan**





[www.livesafeacademy.com](http://www.livesafeacademy.com)

## Babysitter Safety (ages 9+) Certified Babysitter/CPR/First Aid and Safe Home Alone

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. Topics include: First aid, when and how to call 911, CPR with manikin practice, choking, dealing with difficult behaviors, basic care methods like feeding and diapering, marketing and much more! Students will also learn how to be safe and responsible when home alone, including the importance of not giving out personal information and what to do if somebody comes to the door. Students who successfully complete the course requirements will receive a certificate of completion for Certified Babysitter/CPR/First Aid course by Live Safe Academy (valid for two years). To be certified students must participate in the entire course from beginning to end and successfully complete all skills.

Students need a lunch, snacks, and a cell phone (if they own one). Drop off and pick up is in the classroom. Instructor: Live Safe Academy.

### Saturday, June 8 at Salter Community Center

9:00 am - 3:00 pm (6 hours) **YA4001**

Fee: Res. \$75 / 1 class

## Certified Pet Sitter/CPR/First Aid (Add-on only; ages 9+)

Kids, would you like to learn pet first aid and be a certified Pet Sitter? Increase your competitive edge by being more valuable to families with pets and kids. Increase your market by being certified to watch pets or kids. Learn to care for the pets in your own family. Have fun and help keep animals safe. This is an add on class for students who participate in the Certified Babysitter course on the same day and will begin after the babysitter safety class ends.

Bring extra snacks if staying for this portion. Drop off and pick up is in the classroom. Instructor: Live Safe Academy.

### Saturday, June 8 at Salter Community Center

3:00 - 4:00 pm (1 hour) **YA4002**

Fee: Res. \$15 / 1 class



## STEM and Play Multi-Sport (ages 7-10)

This program combines strategic STEM-based activities with traditional Skyhawks sports instruction and a focus on life skills such as teamwork and sportsmanship. The STEM Sports® curriculum gives students the opportunity to get behind the sports they love with modules centered around technology, science and innovation. Subjects vary by sport, but include ball design, calculating distances and angles, velocity, acceleration and much more! Participants will also learn the fundamentals of each sport through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

### Fridays, 5:00 - 6:30 pm at Lawson Park

April 12 - May 31 at Lawson Park **YA5001**

Fee: \$199 / 8 weeks

## STEM and Play Flag Football (ages 7-10)

This program combines strategic STEM-based activities with traditional Skyhawks football instruction and a focus on life skills such as teamwork and sportsmanship. STEM Sports® football curriculum educates students on receiver glove and helmet technology, in-game communication, throwing arm strength, football properties, calculating distances and other subjects. Participants will also learn the fundamentals of passing, catching and defense through skill-based drills and scrimmages. Skyhawks puts the Sports in STEM.

### Saturdays, 1:00 - 2:30 pm at Worden Park

April 13 - June 1 at Worden Park **YA5002**

Fee: \$199 / 8 weeks



## Spring 2024 Instructional Swim Program

### Spring 1: March 2 - April 27 (8 sessions)

No class March 30

### Spring 2: May 4 - June 29 (8 sessions)

No class May 25

Location: Royal Oak High School

### Classes

#### Competitive Swim, ages 7-17

7:30am – 8:15am

Fee: \$120 (per session)

#### Leveled Swim: Levels 1 -6, ages 6-14

8:30am – 9:15am, 9:30am – 10:15am, 10:30am – 11:15am

Fee: \$120 (per class, per session)

#### Tiny Tots, ages 3-5 without parent

11:30am - 12:15pm

Fee: \$120 (per session)

### General Information

- Registration is done online at [royalokrec.recdesk.com](http://royalokrec.recdesk.com) and classes can be found under the swim category.
- Non-residents are charged an additional \$5 fee per registrant.
- Equipment needed: bathing suit, towel, lock to secure clothing & valuables.
- Children 12 and under must be accompanied by an adult. Children over the age of 12 must be picked up immediately following swimming.
- The City of Royal Oak and Royal Oak Schools are not responsible for lost or stolen property.
- Flotation devices of any kind are prohibited in the pool.

### Vacation Periods When Pools are Closed:

**Spring Break: March 25-29**

**Memorial Day: May 27**

In the event of school cancellation due to inclement weather or other emergencies, swim programming will be cancelled as well.



## Spring 2024 Evening Recreational/Open Swim

### Schedule:

Monday & Wednesdays, February 21 - June 26, 2024

### Royal Oak Middle School

709 N. Washington, between 11 Mile and Catalpa

#### Monday Evenings:

Open Swim: 7:15-8:15 pm

Adult Lap Swim: 8:30-9:30 pm

### Royal Oak High School

1500 Lexington Blvd., off Crooks N. of 13 Mile

#### Wednesday Evenings:

Open Swim: 7:15-8:15 pm

Adult Lap Swim: 8:30-9:30 pm

### Fees & Membership Information

- \$6.00 drop-in fee for everyone 5 years of age and older.
- \$4.00 drop-in fee for individuals 60 and older or retired.
- Memberships are available to residents and non-residents and can be found online at [royalokrec.recdesk.com](http://royalokrec.recdesk.com) or at open swim location.
- There are a variety of membership packages to best suit everyone. These packages include 10 punches for individuals, and 40 for families.

### Membership Pricing

Individual Adult: \$50 (res.) / \$55 (non-res.)

Family: \$150 (res.) / \$175 (non-res.)

Senior: \$40 (res. only)

### Participant Code of Conduct

Participants are expected to follow all Royal Oak Schools policies and procedures, including posted pool rules. Participants are expected to be courteous to other facility users. The following actions will not be tolerated and may be cause for suspension or termination of all privileges and/or legal prosecution.

1. Harassment, intimidation, or similar actions towards patrons or staff.
2. Vulgar, obscene, abusive, derogatory, taunting or demeaning comments and/or gestures.
3. Destructive, dangerous or hazardous behavior to people, equipment or facilities.
4. Failure to obey directives of lifeguards or pool supervisor.



## Royal Oak FITNESS

### 20/20/20 Fit Mix

Burn calories in this heart-healthy combo toning class that includes the essential components of fitness: cardio, strength, core, and flexibility. Cardio portion includes warm-up, aerobic drills, and fun combos – with options to keep it low, take it higher or somewhere in-between. Hand weights are used during strength segment, followed by core work and a series of controlled, static stretches to enhance range of motion and release stress. Bring a mat, hand weights, dynaband (optional) and water.

#### **Monday, 5:50-6:50 pm Instructor: Karen B**

April 15 - June 10 at M/M Senior/Community Center **FF2005**

No class May 27

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

#### **Wednesday, 5:50-6:50 pm Instructor: Karen B**

April 17 - June 12 at M/M Senior/Community Center **FF2006**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

### Low-Impact Workout **Great for Beginners!**

Need to restart your exercise program? Perform simple low-impact, joint-friendly moves to burn calories, condition your body, and improve balance and functional fitness. Get a motivating workout to music without complicated choreography. Bring a mat for floor work (chairs are available for modified floor work) and water. Light hand weights are optional.

#### **Thursday, 6:20 - 7:20 pm Instructor: Angie M**

April 18 - June 13 at M/M Senior/Community Center **FF2002**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

### Stretch Relief **New Day and Time!**

Stretching and flexibility are the focus of this class. After warming up with a series of simple functional movements, you will enhance range of motion, increase circulation, and release stress through a variety (standing/seated/on floor) of head-to-toe controlled concentrated stretches. Using proper form and breath awareness, you will feel more limber, clear-headed and relaxed. Bring a mat, and wear loose, comfortable clothing.

#### **Monday, 7:00-8:00 pm Instructor: Karen B**

April 15 - June 10 at M/M Senior/Community Center **FF2023**

No class May 27

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

**PLEASE REGISTER EARLY**  
to ensure your spot in class. Any classes not meeting  
minimum enrollment requirements three business days  
prior to start date may be subject to cancellation.

**IF class meets enrollment requirement to run,  
drop-ins are allowed for \$10 fee.**

### Yoga Basics +

This class consists of a flowing series of movements connected to the breath. Each session begins with a centering meditation, continues with warm-ups, and moves into a flow of poses designed to improve balance, strength, and flexibility. Every practice ends in a resting meditation, leaving students with a sense of overall well-being. This class is a step up from basics but isn't quite intermediate, so while some experience may be helpful, modifications will be offered. Dress in layers and bring a mat and any straps, blocks or blankets that may help facilitate your practice.

#### **Tuesday, 7:30 - 8:30 pm Instructor: Dawn Y, RYT-500**

April 16 - June 11 at M/M Senior/Community Center **FF 2021**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

### Mat Pilates

Pilates, a non-impact deep muscle conditioning method, strengthens the body's "powerhouse" – the abdominal, gluteal, and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance, and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Bring a mat and light weights.

#### **Monday, 6:20-7:20 pm Instructor: Ginger V**

April 15 - June 10 at Salter Community Center **FF2013**

No class May 27

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

#### **Wednesday, 6:20-7:20 pm Instructor: Tammy R**

April 17 - June 12 at Salter Community Center **FF2014**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

### Total Body Conditioning **New Additional Night!**

Build muscle strength and endurance and burn more calories for safe, fast results with this full body training set to energetic music. Whether you are a beginner with new fitness goals or an experienced exerciser looking for a cross-training body toning workout, this fun class is for you. The cardio warm-up leads into weight training geared to sculpt and strengthen muscles, ending with a series of refreshing stretches. Bring a mat, hand weights, towel, and water.

#### **Tuesday, 6:20-7:20 pm Instructor: Angie M**

April 16 - June 11 at M/M Senior/Community Center **FF 2010**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

#### **Thursday, 7:30-8:30 pm Instructor: Kendall M**

April 18 - June 13 at M/M Senior/Community Center **FF 2016**

Fee: Res. \$63; Non-Res. \$68 / 9 weeks

#### **Saturday, 8:45-9:45 am Instructor: Angie M**

April 20 - June 15 at Salter Community Center **FF 2012**

No class May 25

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

## Tai Chi

An ancient Chinese discipline designed to enhance the body, mind and spirit and leave you feeling refreshed. You will gain better muscle tone, improve joint flexibility, and increase circulation. Wear comfortable, loose-fitting clothing. The instructor, Han Hoong Wang, has been teaching for more than 35 years in the United States. She is a certified senior instructor in Traditional Yang Style Tai Chi. She believes the pursuit of knowledge, understanding and excellence in Tai Chi Chuan is a lifelong journey. She has traveled extensively throughout the U.S. and back to China to study with the world's top masters. She welcomes students of all ages to join her class.

### Yang Style Tai Chi Traditional Hand Form Beginner 1

**Class taught by Brian Buchanan,  
Certified instructor by Yang Family Tai Chi**

Monday, 6:30-7:30 pm **AF2001**  
April 8 - June 3 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 27

### Traditional Yang Family Hand Form

Monday, 7:30-8:30 pm **AF2002**  
April 8 - June 3 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 27

### Yang Style Push Hand

**Should have hand form basic.**  
Monday, 8:30-9:30 pm **AF2003**  
April 8 - June 3 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 27

### Yang Style Tai Chi Traditional Hand Form Beginner 2 (cont. students)

**Ready to move on from the Monday Beginner class?**

**This class is right for you.**

**Taught by Brian Buchanan, Certified instructor by Yang Family Tai Chi**

Thursday, 6:30-7:30 pm **AF2006**  
April 11 - June 6 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 23

### Chen Style Laojia Yilu, San Sou Single Posture

Thursday, 7:30-8:30 pm **AF2004**  
April 11 - June 6 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 23

### Mulan Fans (part 3-4)

Thursday, 8:30-9:30 pm **AF2005**  
April 11 - June 6 at Keller School  
Fee: Res. \$64; Non-Res. \$69 / 8 weeks  
No class May 23

## Hatha Yoga

Rejuvenate your mind and body. Improve your mental concentration, body alignment, and learn to enjoy deep relaxation. Join our basic Hatha Yoga class. Everyone is welcome regardless of age, flexibility, or fitness level. Postures can be modified to make the practice as gentle or challenging as each individual needs. We practice without competition or judgement. Yoga is especially beneficial for people leading stressful lives as it promotes centering, balance, and relaxation which enhances our quality of life. **Classes are for all skill levels. Beginners are welcome.** Wear comfortable, loose clothing and **bring a mat, blanket and strap.** Do not eat 1½ to 2 hours prior to class. Instructor: Christine Walbridge.

**Wednesday at Senior/Community Center**

April 10 - June 26, 5:40 - 6:55 pm **AF2009**

Fee: Res. \$88; Non-Res. \$93 / 11 weeks

No class June 19

**Thursday at Senior/Community Center**

April 11 - June 27, 7:00 - 8:15 pm **AF2010**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks



## Tactical Self-Defense "TSD"



In today's increasingly violent world, the ability to defend yourself is critical. Men, women, and teens need time proven self protection skills now more than ever. Our unique program will teach you those skills quickly, effectively, and safely while learning about important elements

such as awareness and strategy – all while having a ton of fun. You will learn how to deal *decisively* with any form of assault, grabs, punches, kicks, lock, or even armed attackers. The self-defense and martial arts skills you will learn at Tactical Self Defense are based on ancient techniques, designed and taught for a modern world. We know each individual is just that, and individual with different strengths and weaknesses. Martial arts is not a team sport, the only person that you are competing with is yourself. Students come to us from age 15 to 70. Some students are in shape while others are overweight. Some come for self defense, fitness, and others for pure fun. Each person is treated as an equal and is trained to the best of their own ability and potential. At Tactical Self-Defense, our instructors are there to guide, instruct, and motivate you to be the best you can be. Instructor Dean Hadin has over 31 years of training in traditional and contemporary martial arts. He has taught students of all ages from Police Officers, to business executives, to youth groups – for the past decade in the Metro Detroit Area.

**Wednesday at Salter Community Center**

April 17 - June 5, 7:30 - 8:45 pm **AF2401**

Fee: Res. \$72; Non-Res. \$77 / 8 weeks

## Line Dancing

Welcome to the fun world of DANCING like you see at all the social events. No partner needed, it's terrific exercise for mind, heart and body. Learn to dance to Rock, Country, 50s & 60s and Fun Dances. Bring your friends and join us. Instructor: Jackie Ortvals

### Basic Beginner - Single Dancer

**Tuesday, 6:15 - 7:00 pm at Salter Community Center**

April 23 - June 4 **AE 2003**

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

### Beginner "Plus" - Single Dancer

**Tuesday, 7:00 - 8:00 pm at Salter Community Center**

April 23 - June 4 **AE 2004**

Fee: Res. \$49; Non-Res. \$54 / 7 weeks



## Water Color Painting

### Beginning through Experienced Students

Noted Michigan artist, Karen Halpern, will teach lessons each week, in which you paint a variety of subjects. These lessons will provide fundamentals and stretch your abilities. Color mixing, color theory, design and painting techniques, will guide you as you develop your art. Students work at their own level of ability, in a supportive setting. Ask for supply list when you register.



### Monday, 1:30 - 3:30 pm at Senior/Community Center (Room 3)

April 8 - June 17 **AE2006**

Fee: Res. \$136; Non-Res. \$141 / 9 weeks

No class April 22, May 27

## Water Aerobics

You do not need to know how to swim. A challenging aerobics workout that is fun, safe and effective. Increase flexibility, tone and strengthen muscles utilizing the support and massaging effect of the water. Locker room available, bring your lock, towel and suit. Leave your valuables at home. Program fills quickly.

### Wednesdays at Royal Oak Middle School Pool

April 24 - June 12, 7:00 - 7:55 pm **AF2011**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

## Aqua Zumba

Come and join the Ultimate Pool Party. Have fun exercising, dancing, wiggling, and getting fit to make-you-want-to-move Latin Music! Zumba Workout in the Water! No dance or Zumba experience necessary. All levels welcome. Bring water shoes, a towel and a smile! No Sweat!

### Wednesdays at Royal Oak Middle School Pool

April 24 - June 12, 8:00 - 8:55 pm **AF2012**

Fee: Res. \$56; Non-Res. \$61 / 8 weeks

## Adult Softball Leagues

**We will offer the following leagues this season. Division III is ASA rated "D Recreational".**

### League Offerings

#### Coed

Monday	Coed Division III
Tuesday	Coed Division II
Wednesday	Coed Division III
Thursday	Coed Division III

#### Men's

Tuesday	Men's Division II
Wednesday	Men's Division III

### Registration Dates

#### February 5 - March 1

Returning team entry fee is due.

#### March 4 - April 5 or until leagues sellout

Open registration.

#### April 15

Beginning April 15, Manager's Packets will be available for pick up at the Royal Oak Department of Public Services, 1600 N. Campbell Rd. (east side of Campbell, just south of 12 Mile), 8:30 am - 5:00 pm.

#### Week of April 22

All Leagues begin

### Entry Fee

\$600, includes 12-game season, playoff tournament for top four teams (single elimination), ASA Registration, and awards for Season Champs and Playoff Champs.

### Umpire Fee

\$17 per game per team (paid at site)

### Fields/Times

Worden #1	6:10 pm, 7:20 pm
Worden #2	6:10 pm, 7:20 pm
Worden #4	6:10 pm, 7:20 pm, 8:30 pm
Worden #5	6:10 pm, 7:20 pm, 8:30 pm

Call 248-246-3180 for registration packet.

**Non-resident teams are welcome to participate.**

**Register online at [royaloakrec.recdesk.com](http://royaloakrec.recdesk.com)**



## Paint Like Bob Ross

Learn to Paint like Bob Ross in just one day! Join Certified Bob Ross Instructor Ted Simpson as he guides you through an entire painting in just a few hours. Paint big mountains, fluffy clouds, and of course, lots of Happy Little Trees! Each class is a different painting. All supplies are included to complete your masterpiece. No previous painting experience is required. You can do this!



### Mountain Majesty

Thursday, April 4 at Salter Community Center

6:00 - 9:00 pm AE2016

Fee: \$80

### Cabin by the River

Thursday, May 9 at Salter Community Center

6:00 - 9:00 pm AE2017

Fee: \$80

### Deep Woods

Thursday, June 6 at Salter Community Center

6:00 - 9:00 pm AE2018

Fee: \$80



## Cooking

### Italian Three-Cheese Ravioli and Tortellini

Tuesday, April 23, 6:00 - 8:30 pm AE2011

Room 3 at M/M Community Center

Fee: \$35

Join us and learn how easy it is to prepare these much-loved Italian foods all from scratch! First, you'll work on your own and prepare delicious, foolproof pasta dough along with your choice of 3 different, flavorful fillings (3-cheese, spinach-cheese, or mushroom-cheese). Then you'll create dozens and dozens of yummy ravioli and tortellini! Email [supplylist@gmail.com](mailto:supplylist@gmail.com) or call (586)256-8144 for a list of supplies to bring.

### Perfect Pierogies

Tuesday, May 7, 6:00-8:30 pm AE2013

Room 3 at M/M Community Center

Fee: \$35

Come spend a relaxing evening where you'll work on your own and prepare about 2 dozen fresh pierogi overstuffed with your favorite fillings - all from scratch! You'll never buy grocery brand pierogi again! Email [supplylist@gmail.com](mailto:supplylist@gmail.com) or call (586)256-8144 for a list of supplies to bring.

### Mexican Tamales

Tuesday, May 14, 6:00-8:30 pm AE2015

Room 3 at M/M Community Center

Fee: \$35

Attend this fun, hands on class where you'll make and take home 2-3 dozen fresh tamales overstuffed with fillings you design all from scratch. Learn the endless ways you can create all kinds of amazing fillings and how to prepare sweet dessert tamales too! Email [supplylist@gmail.com](mailto:supplylist@gmail.com) or call (586)256-8144 for a list of supplies to bring.

## Fired and Fused

Join us for a fun experience working with fused glass! In this workshop you will be introduced to the art of Fused Glass and glass cutting techniques. You will be instructed on how to arrange and stack colorful pieces of glass on a base piece of compatible glass to create your own design. Come prepared with a design in mind or get inspiration from one of our samples. Pieces will be fused and slumped in a kiln and will be ready for pick-up approximately two weeks after the class. No experience necessary! All tools and materials will be provided. Instructor: Helen Agius-Andreae, Fired and Fused

### 8" Plate, Bowl or Votive Holder

Wednesday, April 17 at Salter Community Center

6:00 - 8:30 pm AE2010

Fee: \$115

### 8" x 12" Charcuterie Board

Monday, May 6 at Salter Community Center

6:00 - 8:30 pm AE2012

Fee: \$125

## Drop-In Sports at the Salter Center

### Pickleball

- Cost of pickleball is \$3.00 per person per session. Any individual caught not paying will be asked to leave the gym immediately.
- Sign-in sheets will be made available 30 minutes before scheduled start times.

#### Mondays

11:00 am - 1:00 pm or 1:00 - 3:00 pm  
All levels - East Gym

#### Tuesdays

1:00 - 3:00 pm, All levels - East Gym  
12:30 - 2:15 pm, 4.0 & higher - West Gym

#### Wednesdays

11:00 am - 1:00 pm or 1:00 - 3:00 pm  
All levels - East Gym  
11:00 am - 2:00 pm  
3.5 & higher - West Gym (\$3.00)

#### Fridays

11:00 am - 1:00 pm or 1:00 - 3:00 pm  
All levels - East Gym  
12:30 - 2:00 pm  
3.5 & higher mixer - West Gym

### Bounce Volleyball

#### Tuesdays and Thursdays

##### 11:00 am - 1:00 pm

**Bounce Volleyball**, a slightly slower paced game than power volleyball, allows a wider range of skill levels to participate and enjoy this great game. \$1 per session.

### Drop-In Pinochle

#### Wednesdays & Fridays, 12:30 pm

Drop in for an enjoyable game of pinochle, meet new friends. \$1

### Helping Hands

#### Fridays, 9:30 am

Interested in knitting, crocheting or sewing? Create blankets for chemotherapy patients at the Salter Center on Fridays, or work at home. Kits are available, or you can use your own materials to create squares that can be assembled into blankets for the patients. Stop by and get the details about the size and type of materials desired, or call (248) 246-3180. Donations of 4-ply yarn gratefully accepted.

### Cardio Kickboxing & More!

#### Mondays

**Low-Impact: 9:00 - 9:55 am**  
**Cardio Kickboxing: 10:00 - 10:55 am**

#### Spring 1

**March 25 - April 22**

**Low-Impact SA5001**  
**Cardio Kickboxing SA5002**

#### Spring 2

**April 29 - June 3** *No class May 27*

**Low-Impact SA5004**  
**Cardio Kickboxing SA5005**

**\$40 / 5 weeks; Drop-ins welcome for \$8 per class**

Join us for this high-energy, non-contact fitness class. These classes are for beginners and pros alike. These classes will focus on building endurance, improving your flexibility, and having fun! All classes can be done standing or seated. Toni Henderson, Certified Fitness Instructor.

### Let's Walk!

#### Monday - Friday, 8:30 - 11:00 am

Strengthen your heart, lungs and vascular system. Improve your circulation. Relieve tension and modify the aging process. How? Join **Let's Walk!** and enjoy the four seasons, briskly walking at your own pace. Walk indoors around the gym or outdoors in the park and neighborhoods, weather permitting. Track your progress by completing a mileage log sheet at the Salter Center.

### Senior Pilates

#### Tuesdays, 12:00 - 1:15 pm

**April 30 - June 18 SA2302**  
**\$40 / 8 weeks**

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor: Cheryl Baugh, ACSM, Certified Fitness Instructor.



### Stretch & Strength (40+) Cardio, weights and stretching

**11:00 am - 12 Noon**

#### Winter 2

**Mondays: Mar. 4 - Apr. 8 SA6004**  
**\$36 / 6 weeks**

**Wednesdays: Feb. 21 - Apr. 3 SA6005**

**Fridays: Feb. 23 - Apr. 12 SA6006**  
**\$42 / 7 weeks** *No class Mar. 29*

#### Spring 1

**Mondays: Apr. 15 - May 20 SA6001**  
**\$36 / 6 weeks**

**Wednesdays: Apr. 10 - May 22 SA6002**  
**\$42 / 7 weeks**

**Fridays: Apr. 19 - May 24 SA6003**  
**\$36 / 6 weeks**

**Drop-in any Monday, Wednesday or Friday for \$6 per class.**

Fun exercise for the active adult and senior. Improve your stamina, strength and flexibility. All exercises are adaptable to allow you to work at your own pace and fitness level. Each class includes low-impact aerobics, strength training and stretching. Workout to great music, make new friends, socialize, laugh and have fun! Bring a water bottle and hand-held weights if you have them. Wear tennis shoes and loose, comfortable clothing. Instructor Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching this popular class in Royal Oak since 1994.

### Sit Down & Tone Up

#### Monday, Wednesday, Friday; 9:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

### Yoga

#### Tuesdays, 1:30 - 2:30 pm

**April 30 - June 18 SA2322**  
**\$40 / 8 weeks**

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase, strength, flexibility, alignment and balance. Instructor - Cheryl Baugh. Preregister.



## Host a Leprechaun!

Do you love baseball? Would you like to make a positive impact on the life of a future star? The Royal Oak Leprechauns are seeking host families who will welcome players into their home the the season (June - August). The host family program is vital to the success of every team in the Northwoods League both on and off the field. Host families house, feed and provide the player with lots of support. Hosting a player can be a rewarding experience.

### The Scoop:

- Provide a home and a bedroom for the player(s) during the season.
- Reserved bleacher back season tickets will be provided for immediate family
- Your family will be invited to special host family events
- Your will make a positive impact on the future of a young man
- You might just be getting to know a future Major League Baseball star!

If you are interested in learning more about the Royal Oak Leprechauns host family program, please call 248-930-0388 or email [leprechaunball@gmail.com](mailto:leprechaunball@gmail.com)



## Activity Cancellation

**248-246-3187**

**Building Closure Hotline Number**

Whenever inclement weather or building issues force an emergency **building closure** of either the Salter or M/M Community Centers, contact this hotline for information.

- In the event of single class cancelation, students will be notified via email. (If the email on your household account is a Gmail address, please check your spam folder, as romi.gov email extensions are flagged in the Gmail system).
- Households have the option to sign up for text alerts through our new software program. This feature will only be utilized in the event of class cancellations/schedule changes.
- When Royal Oak Schools are closed, Recreation Department classes held in school facilities are cancelled.

## Special Thanks

**A special thanks to the Royal Oak School District for the excellent City-School cooperation which allows us to provide numerous activities in school facilities.**

## Gymnasium Rentals

There are a few remaining time slots for gymnasium rentals at the Salter Community Center. The cost of renting the gym is \$60 per hour. For more information and available times, please call 248-246-3180.

## Who to Contact

John Lindell Ice Arena.....	248-246-3950
Swimming (page 7) .....	248-435-8500 ext. 1148
Metro Detroit Youth Clubs – Jack & Patti Salter Club .....	248-544-4166
RO Sandlot League .....	<a href="http://www.royaloaksandlot.com">www.royaloaksandlot.com</a>
Royal Oak Football Club (Youth Soccer).....	<a href="http://www.royalokfc.com">www.royalokfc.com</a>
Royal Oak Titans (Youth Football).....	<a href="http://www.royaloktitans.org">www.royaloktitans.org</a>
Royal Oak Hockey .....	<a href="http://www.royalokhockeyclub.com">www.royalokhockeyclub.com</a>

Our Department receives federal funds from the US Department of the Interior. Accordingly, all activities must be operated free from discrimination, on the basis of race, color, national origin, age or handicap. Any person who believes he or she has been discriminated against or who would like further information regarding the prohibition of discrimination should write to:

Director, Equal Opportunity Program  
 National Parks Service  
 PO Box 37127  
 Washington DC 20013-7127

## Royal Oak Nature Society

### Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain and improve Royal Oak's two nature preserves, Cumingston Park and Tenhave Woods. Dogs are not allowed inside either Tenhave Woods or Cumingston Park. The Nature Society is also developing the Fred A. Erb Arboretum behind the Senior Center. If you are interested in joining the conservation effort or just need more information, please phone us at 248-246-3380 and leave a message, email us at [naturesociety@romi.gov](mailto:naturesociety@romi.gov), mail us at: Royal Oak Nature Society, 1600 N. Campbell Rd, Royal Oak, 48067 or check out our website at [www.romi.gov/nature](http://www.romi.gov/nature). You can also find us on Facebook. Check [www.romi.gov/411/Nature-Walks](http://www.romi.gov/411/Nature-Walks) for park trail maps, park locations, plus where to meet for nature walks and park programs.



#### Fundraiser

**The Nature Society's 16th Annual Fundraiser is being held on Thursday, April 25 at the Royal Oak Farmers Market from 7:00 to 10:00 pm.** For more event information, please visit [romi.gov/463/Annual-Fundraiser](http://romi.gov/463/Annual-Fundraiser).

#### Speaker Programs

At our free speaker programs, we present speaker programs that are usually Power Point presentations focusing on various natural history topics. If you watch nature programs on PBS or the Discovery Channel, this is better because you can talk with the speakers afterwards and ask questions. There is no cost and registration is not required. **Currently, programs are being held on Thursdays at the Royal Oak Historical Museum (1411 W. Webster) and begin at 7:00 pm.**

DATE	PROGRAM NAME
March 7	These are Mushrooms, Too: Fungi Without Gills

#### Friends of Fungi

Friends of Fungi is a group that promotes the understanding of, and an appreciation for, fungi in general and those fungi found in Tenhave, Cumingston, and other local urban woods. Mary Fredricks heads this group. The group normally meets on the 2nd Wednesday of the month in November, January, February, and March at the Royal Oak Senior Center located at 3500 Marais. Currently, there are no meetings planned.

**As additional programs and walks are scheduled, they will be announced on our website and Facebook page.**

## Royal Oak Symphony Orchestra

Celebrating its 28th season, the orchestra is a cultural offering to Royal Oak and our neighboring communities. Formed specifically for area musicians who desire to continue making music a life-long avocation, the orchestra is comprised of adults of all ages and professions. ROSO meets every Wednesday evening from 7:30-9:30 pm at Royal Oak Middle School and performs four concerts each season. For concert ticket information, call 248-549-0262. If interested in joining, click on the "Auditions" tab on the website: [www.royaloakorchestra.org](http://www.royaloakorchestra.org).

Concert admission: \$20; Students and Seniors, \$15;  
Ages 12 and under free

#### Schedule:

**Friday, March 15, 2024, Royal Oak Middle School**  
**Friday, May 10, 2024, Royal Oak Middle School**

#### Nature Walk Schedule

There is normally at least one naturalist lead walk per month with additional ones added during the spring wildflower and fall color seasons. The walks take place at Cumingston Park, Tenhave Woods and the Fred A. Erb Arboretum. An emphasis is put on understanding the different forest types found in our parks. Further information is given on individual plant and animal species, geology, and human history of the area. There is no cost or registration for our nature walks.

DATE	TIME & PLACE	TOPIC
Apr. 14 (Sun)	2:00 pm at Tenhave	Spring Wildflowers
Apr. 21 (Sun)	2:00 pm at Tenhave	Spring Wildflowers
Apr. 27 (Sat)	10:00 am at Tenhave	Mushrooms
Apr. 28 (Sun)	2:00 pm at Tenhave	Spring Wildflowers
May 5 (Sun)	2:00 pm at Tenhave	Spring Wildflowers
May 25 (Sat)	10:00 am at Cumingston	Mushrooms

#### Nature Society Citizen Scientists

We are looking for people to help us look for Ash Tree saplings as part of our **Nature Society Citizen Scientist Studies Program at Cumingston Park on Sunday, March 10 beginning at 2:00 pm.** Registration is not required. Park & meet at Torquay & Leafdale. No special skills are required. It has been 20 years since the Emerald Ash borer killed our ash trees. The question is, are they coming back?

## Royal Oak Concert Band

Organized in the mid-1960s, the Royal Oak Concert Band is the oldest community band in southeastern Michigan. The band meets each Monday, 7:00-9:00 pm, September through May, at Royal Oak Middle School. The ROCB is always looking for new members. If you are interested in joining, please visit their website at [www.royaloakconcertband.org](http://www.royaloakconcertband.org).

**Tickets available at the door or in advance at [www.royaloakconcertband.org](http://www.royaloakconcertband.org).**

Concert admission: \$12; Seniors and students, \$10;  
Ages 12 and under free

#### Schedule:

**Sunday, March 17, 3:00 pm, Royal Oak Middle School**  
**Sunday, May 5, 3:00 pm, Royal Oak Middle School**



@RO\_Ice\_Arena



facebook.com/Lindell.Ice.Arena

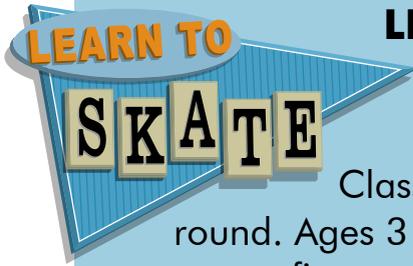
1403 Lexington BLVD.

Royal Oak MI 48073

248.246.3950

JOHNLINDELICEARENA.COM

**JOHN LINDELL  
ICE ARENA  
ROYAL OAK**



## LEARN TO SKATE

*Where it all begins.*

Classes offered all year round. Ages 3 & Up. Introduction to figure skating and hockey.



## ADULT HOCKEY LEAGUE

**Summer League:**

JUNE - MID AUGUST

**Fall/Winter League:**

SEPTEMBER - MARCH

**Spring League:**

APRIL - JUNE

## OPEN SKATE

Skate at your own leisure. Bring friends and family to share the fun. General, adult and preschool sessions offered.

Check [johnlindellicearena.com](http://johnlindellicearena.com) for days and times.



## DROP IN HOCKEY

18 and up-full equipment come in a play a competitive game of hockey with fellow adult skaters.

### STICKS & PUCKS

Open to all ages. full equipment required



- Lil Eagles Learn to Play – ages 4-10
- 8 & under youth hockey program
- House hockey for all youth age divisions
- Travel A & AA Hockey Squirt –Midget

[www.royaloakhockeyclub.com](http://www.royaloakhockeyclub.com)



The **New Edge Figure Skating Club** offers a variety of opportunities for skaters to test and compete. As well as many opportunities for skaters to have fun and make new friends.

[www.newedgefsc.org](http://www.newedgefsc.org)



## ADULT WOMEN'S LEAGUE

for Beginners to Intermediate Ability  
Starts Late September & runs on  
Tuesday nights.

Individual Registration – Jersey included



## SUBURBAN HOCKEY SCHOOLS

Instructional experience that improves skills, knowledge of the game, and overall self-confidence as it relates to the game through a positive learning experience.

TO VIEW CAMPS OFFERED: [www.suburbanhockey.com](http://www.suburbanhockey.com)

For more information on any of these programs, please visit

**JOHNLINDELICEARENA.COM**

# Registration Information

## How to Register for Programs and Classes

**Registration begins on March 11 for in-person, mail, fax and online submissions.**

### Mail-In Registration

You may send a completed registration form (or reasonable facsimile) with payment to:

**Royal Oak Recreation  
PO Box 64  
Royal Oak, MI 48068-0064**

Do not send cash. Make checks payable to **Royal Oak Recreation**. Use separate checks for different classes in case one of your desired classes is filled. **Returned check fee is \$35.** To receive a receipt, please include your e-mail address.

### Fax Registration

Fax registrations are accepted 24/7 at **248-246-3007**. Fax payment by credit card only – please include credit card number, security code, expiration date, and your signature on registration form. To receive a receipt, please include your e-mail address.

### In-Person Registration

Walk-in registrations are accepted at the Recreation Office Monday through Friday, 8:30 am to 5:00 pm. The Recreation Office is located at the Dept. of Public Service, 1600 N Campbell Road, Royal Oak MI 48067. We accept payment in person by cash, check, Visa, M/C or Discover.

### Refunds

Refunds will be granted up to one week prior to the start of a class or camp, less a \$5 service fee. Refunds will be granted after the first week of class less a \$10 service fee. **NO REFUNDS WILL BE GRANTED AFTER THE SECOND WEEK OF CLASS. NO REFUNDS ONCE A CAMP HAS STARTED.** No refunds on one-day classes. Allow 3 weeks for refund check. Fees charged on credit cards must be credited back to your credit card, **LESS SERVICE FEES INDICATED.**

**NOTE: Children should not accompany their parents to classes designated for adult participants only.**

**Senior Center classes are open to adults of all ages who are available for daytime activities. No membership fee or residency requirement.**

## How to Register for Recreation Programs Online

**royaloakrec.recdesk.com**

For additional information, click on “Help” on the home page.

### Open Online Registration Begins March 11

### General Guidelines

Royal Oak Recreation has moved software systems as of August 1st. All household account information was not transferred in this move. Therefore, you will need to create a new account under the “create account” tab on our home page. We are very excited to offer this user-friendly interface to you going forward!

If you have never registered for a class with Royal Oak Recreation, you will need to “create account” through the website listed above.

## How to Register for Senior Programs

Please **call 248-246-3900** to register for programs or for more information. You cannot register for classes online.

### Low Enrollment

Royal Oak Recreation and the Senior Center reserves the right to cancel classes due to low enrollment. Full refunds will be given if a class/camp is cancelled by Royal Oak Recreation. Please register early so we don't cancel your class!

### Insufficient Funds

There will be a \$35 Returned Check Charge to all accounts for checks that are returned by the bank.

**Royal Oak Recreation 248-246-3180**

8:30 am to 5:00 pm, Monday - Friday

**Royal Oak Senior Center 248-246-3900**

9:00 am to 4:30 pm, Monday - Friday

**Registration for all Extended Trips should be done in person at the Mahany/Meininger Senior Community Center, 3500 Marais.**

# Registration Information

## Registration Form

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ City, Zip \_\_\_\_\_

Telephone - Home \_\_\_\_\_ Work \_\_\_\_\_

E-mail \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Start Date \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Start Date \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Payment Method:  Check  Cash



Visa/Discover # \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

Mastercard # \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(If youth, parent or guardian must sign)

## Registration Form

Student Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Male/Female \_\_\_\_\_

Address \_\_\_\_\_ City, Zip \_\_\_\_\_

Telephone - Home \_\_\_\_\_ Work \_\_\_\_\_

E-mail \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Start Date \_\_\_\_\_

Class \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ Start Date \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_

Payment Method:  Check  Cash



Visa/Discover # \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

Mastercard # \_\_\_\_\_ 3-digit Security Code \_\_\_\_\_

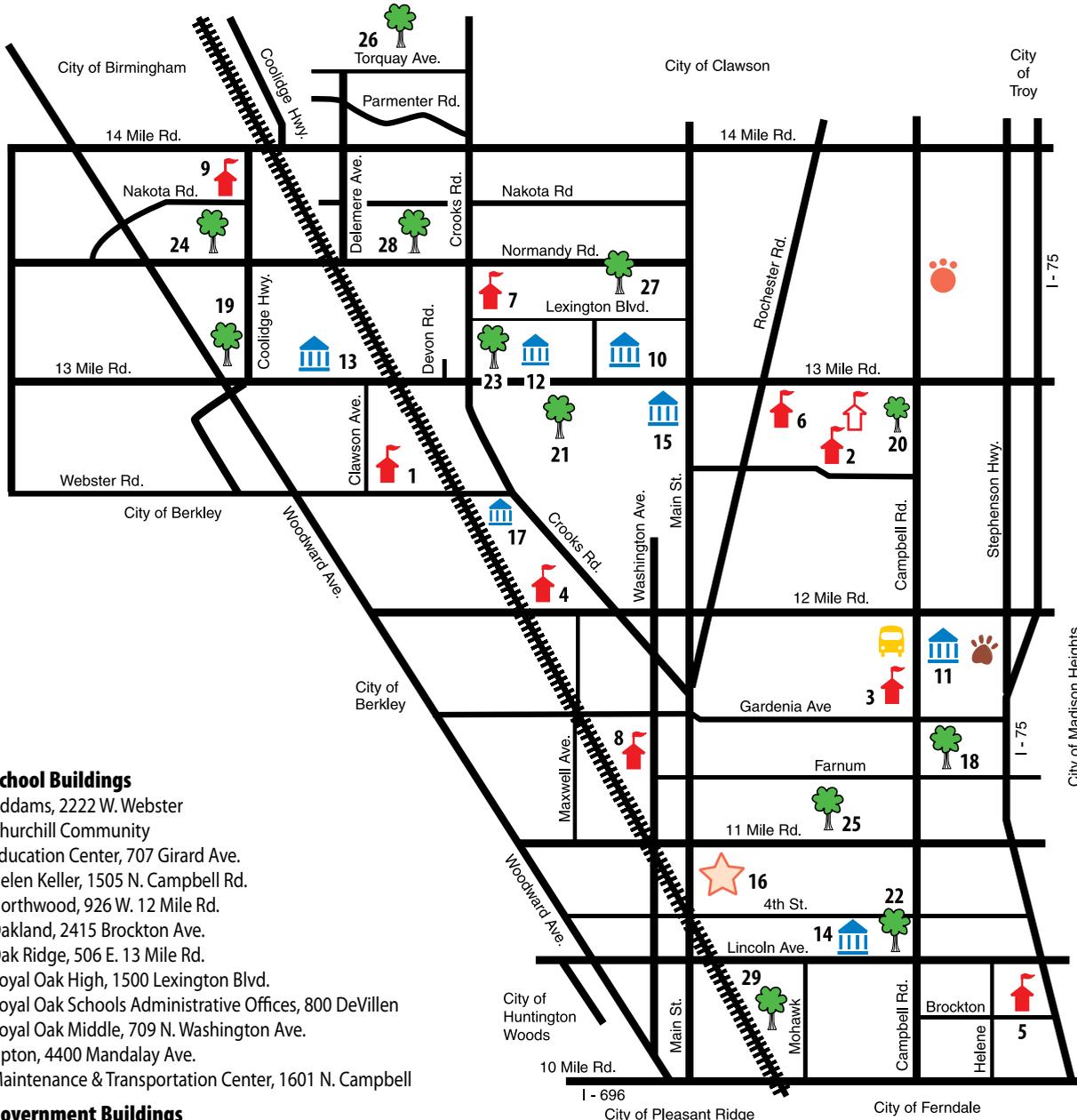
Cardholder Name \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature of Cardholder \_\_\_\_\_

I hereby voluntarily release and hold harmless the City of Royal Oak, City of Royal Oak Contractors/Independent Contractors and the Royal Oak School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself, my child and other family members while participating, watching and traveling to or from this activity.

Signed \_\_\_\_\_ Date \_\_\_\_\_

# City of Royal Oak



-  **School Buildings**
- 1 Addams, 2222 W. Webster
- 2 Churchill Community Education Center, 707 Girard Ave.
- 3 Helen Keller, 1505 N. Campbell Rd.
- 4 Northwood, 926 W. 12 Mile Rd.
- 5 Oakland, 2415 Brockton Ave.
- 6 Oak Ridge, 506 E. 13 Mile Rd.
- 7 Royal Oak High, 1500 Lexington Blvd.
-  Royal Oak Schools Administrative Offices, 800 DeVillen
- 8 Royal Oak Middle, 709 N. Washington Ave.
- 9 Upton, 4400 Mandalay Ave.
-  Maintenance & Transportation Center, 1601 N. Campbell

-  **Government Buildings**
- 10 Mahany/Meininger Senior Community Center, 3500 Marais
- 11 Department of Public Service, 1600 Campbell

- Location of the Recreation Department**
-  Royal Oak Animal Shelter, 1515 N. Edgeworth
- 12 John Lindell Ice Arena, 1403 Lexington
- 13 Royal Oak Golf Course, 3417 Don Soper Dr.
- 14 Jack & Patti Salter Community Center, 1545 E. Lincoln
- 15 Orson Starr House, 3123 N. Main

-  **City Hall Complex**
- 16 City Hall, 203 S. Troy St.  
Centennial Commons  
Public Library, 222 E. 11 Mile  
Police Department, 450 E. 11 Mile  
44th District Court, 400 E. 11 Mile  
Farmers Market, 316 E. 11 Mile
- 17 Royal Oak Historical Society Museum, 1411 W. Webster

-  **Parks**
- 18 Kenwood Park, Kenwood & Forest
- 19 Memorial Park, Woodward & 13 Mile
- 20 Red Run Park, Girard & Vermont
- 21 Starr/Jaycee Park, 13 Mile & Marais
- 22 VFW Park, Campbell & E. Lincoln
- 23 Worden Park, Lexington & Crooks
- 24 Upton Park, Nakota at Mandalay
- 25 Whittier Park, E. Farnum & N. Alexander
- 26 Cummington Nature, Torquay & Leafdale
- 27 Quickstad Park, Tenhave Woods, between Normandy & Lexington east of Crooks
- 28 Normandy Oaks Park, Delemere & Nakota
- 29 Lawson Park, Irving & Parent
-  Mark Twain Dog Park, Campbell, south of 14 Mile Rd

## Leo Mahany / Harold Meininger Community Center

3500 Marais, Royal Oak, MI 48073 • (248) 246-3900  
www.romi.gov

 Royal Oak Parks and Recreation page

## Jack & Patti Salter Community Center

1545 E. Lincoln, Royal Oak, MI 48067 • (248) 246-3180

**We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.**

### Code of Conduct

- **Live the Golden Rule**
  - **Embody Honesty**
  - **Act with Patience**
- **Take Responsibility**
- **Listen Attentively**
- **Communicate Effectively**
  - **Lead by Example**
  - **Be Proactive**

**Live Royal Oak**

Drop in either community center Monday through Friday. Our monthly *Times* newsletter is **FREE**. Call to join the mailing list or stop in the center lobby for the most recent copy. Start enjoying opportunities for lifelong education, fitness and leisure activities. The staff is committed to working with and for older adults to develop activities and services that support their efforts to remain healthy, active and independent.

### Mission Statement:

*The City of Royal Oak offers older adults opportunities for lifelong education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently impaired adults.*

*The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity, or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to ensure that all practices are free from such discrimination.*

## Royal Oak Seniors Resource Center

Stop by the Mahany/ Meininger Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center or on the **romi.gov** Resource Page, please call Carolyn Marsh at (248) 246-3917 for an application form. The fee to display in house physical brochures and /or digital advertisement is \$150.00 per 12 months.

**M/M Community Center Rental Information on page 31.**

## Special Events and Workshops

### March

18	Aging in Place L/L	11:30 am
19	Elder Fraud L/L	11:30 am
22	4th Friday M/M Book Club	10:00 am
22	Coffee with Veterans	10:00 am
22	Decades Dinner Dance \$17.00	6:00 pm
29	CLOSED Good Friday	

### April

1	Welcome Newcomers	10:30 am
1	Unlocking the Secrets L/L	11:30 am
2	Timebank: Spend Time Not Money L/L	11:30 am
4	1st Thursday M/M Book Club	11:00 am
5	BINGO	12:30 pm
8	Cremation Considerations L/L	11:30 am
8	Sushi Class \$42.00	5:30 pm
9	Fire Up the Neurons	11:30 am
12	AARP Auto Tech Talk FREE	10:00 am
16	Turning 65 L/L	11:30 am
19	Kerry Price Sing-Along \$2.00	12:30 pm
23	7 Habits of Successful Seniors \$5.00	9:30 am
26	4th Friday M/M Book Club	10:00 am
30	Senior Benefits L/L	11:30 am

### May

2	1st Thursday M/M Book Club	11:00 am
3	BINGO	12:30 pm
6	Welcome Newcomers	10:30 am
6	Estate Planning L/L	11:30 am
6	Day Center/Alzheimer Support	2:30 pm
7	Green Memorial L/L	11:30 am
14	Neck Pain L/L	12:30 pm
15	Build Your Core Health Talk FREE	10:00 am
16	Stroke Smart Talk FREE	10:00 am
17	Kerry Price Sing-Along \$2.00	12:30 pm
17	Luau Dinner Dance \$17.00	5:30 pm
20	Sushi Class \$42.00	5:30 pm
21	Senior Life Advisor Council L/L	11:30 am
24	4th Friday M/M Book Club	10:00 am
27	CLOSED Memorial Day	

### June

3	Welcome Newcomers	10:30 am
4	The Truth About Annuities L/L	11:30 am
6	1st Thursday M/M Book Club	11:00 am
7	BINGO	12:30 pm
11	Turning 65 L/L	11:30 am
17	Sushi Class \$42.00	5:30 pm
19	CLOSED Juneteenth	
21	Kerry Price Sing-Along \$2.00	12:30 pm
28	4th Friday M/M Book Club	10:00 am

## Have you signed up for a Kiosk Key Tag?

*My Senior Center* software allows us to keep accurate numbers who take part in our numerous classes, activities, events and more. By swiping in with your tag, we can continue to provide you with the low-cost, unique programming we love to offer. If you are a current participant, it is recommended that you update your profile with your most current contact information. Please ask a staff member for assistance when you visit the Mahany/Meininger Senior Community Center.

## Day Trips

**Firekeeper's Casino** **\$60**  
**Thursday, April 18**

**8:45 am - 6:15 pm** **Bianco Tours**  
 Playing with fire is about to get way more fun! With over 2,680 of the latest slot and video poker games, 78 table games and five sizzling restaurants to choose from! Receive a \$25 slot credit and \$5 for food, slot play or gift shop, on a fun-run to our favorite casino! Cost includes transportation via motor coach, \$25 slot credit and \$5 for food, slot play or gift shop. Registration deadline: April 4, 2024

**Holland Tulip Time** **\$150**  
**Thursday, May 9**

**6:45 am - 8:45 pm** **Bianco Tours**  
 Take in the beauty of the peak Tulip season in Holland Michigan, the city known for its Tulip Gardens. Walk through the Veldheer Tulip Garden where over 5.5 million tulips have been planted. Enjoy lunch at Curragh's Irish Pub and Restaurant, the social hub of Holland. Take some time for shopping in downtown Holland and visit the Wooden Shoe and Delft Factory. Cost includes transportation via a deluxe highway motorcoach, garden tour and lunch. Registration deadline: April 5, 2024



**Detroit Institute of Arts Guided Tours** **\$5**  
**Thursdays, 12:30-3:30 pm**

**May 16**  
**July 25**  
 The DIA remains open to visitors, serving as a place for inspiration, calm and respite in challenging times. Our visit is a millage benefit for tri-county (Wayne, Oakland, and Macomb) residents and includes museum admission, bus transportation, a guided tour and a coupon for a free coffee at the Café DIA. 25 person minimum. Registration deadline: 2 weeks prior to the event date.

**Flower Day at Eastern Market** **\$54**  
**Sunday May 19**

**7:30 am - 1:15pm** **Rybicki Tours**  
 Grab your folding cart or rent one there and take a luxury ride down to the Eastern Market Flower Show. Growers offer a wide variety of flowers at a great value so you will be arriving early for the best selection. There will be a designated area for Motorcoaches and travelers can drop off their purchases throughout the morning and they will be labeled and stored for the return home. The entire bottom of the bus will be open to put purchases underneath as needed. Cost includes: Round trip transportation via luxury motorcoach. Registration deadline: May 3, 2024 \*Please note this is a Sunday trip, the Senior Center will be closed!

**Detroit Prohibition Tour** **\$121**  
**Wednesday, May 22, 2024**

**8:00am - 4:30pm** **Bianco Tours**  
 This five-hour tour will take you to the haunts and riverfront locations the rum runners and bootleggers used to ply their trade. Enjoy lunch in historic Corktown at Ottava Via, where the food is made from scratch with locally sourced ingredients when possible. Finally, visit a former Detroit Speakeasy and have a toast to the end prohibition. Cost Includes transportation via motorcoach, tour, and lunch. \* There is a fair amount of walking on this tour. Registration deadline: May 8, 2024

**Meadow Brook Theatre**  
**"Ella, The First Lady of Song"** **\$52**

**Wednesday, June 12**  
**1:00pm - 5:30 pm**  
 Ella, the First Lady of Song traces the 60-year career of the woman Mel Torme called "the best singer on the planet". The story of Ella Fitzgerald truly challenges the age-old saying "The show must go on." From the Apollo Theater to the Cote d'Azur, this jazz musical covers Fitzgerald's hardscrabble childhood to her enduring legacy in the music world and beyond. Cost includes transportation via ROSC Smart bus and show admission. Registration deadline: May 8, 2024



**"Oklahoma!"** **\$184**  
**Thursday, June 20**

**11:00 am - 7:15 pm** **Rybicki Tours**  
 Roger & Hammerstein's *Oklahoma!* at the Encore Musical Theatre in Dexter, MI. Enjoy this classic American musical in main floor seats at a 3:00 pm matinee performance. Before the show, indulge in a full sit-down meal at the renowned Gandy Dancer in Ann Arbor, an architectural landmark and elegant restaurant. Cost includes round-trip transportation via modern motor coach, lunch and show admission. Registration deadline: May 17, 2024.

**Comerica Park Senior Days**  
**These trips will be open for registration on March 6, 2024.**

**Thursday, July 11**  
**vs. Cleveland Guardians** **\$61**

**11:30 am - 4:30 + pm**  
 Sign up deadline 6/6/2024

**Thursday, August 15**  
**vs. Seattle Mariners** **\$61**

**11:30 am - 4:30 + pm**  
 Sign-up deadline: 7/11/2024

**Thursday, Sept. 12**  
**vs. Colorado Rockies** **\$49**

**11:30 am - 4:30 + pm**  
 Sign-up deadline: 7/28/2024

Come cheer on our Detroit Tigers! All shaded Lower Baseline seats. Cost includes transportation via Senior Bus, ticket, hot dog and soft drink. No residency requirements, but only one ticket per person. **Hurry, games sell out fast! You must be age 62+.**

**More Day Trips on page 21**

**If you need special accommodations for travel, it is your responsibility to let us know upon registration. Please call or visit Mahany/Meininger Center to register for all trips and see the complete list of trips offered. Overnight trips do offer rates for single rooms and triple rooms. All prices and travel agent terms and conditions are notated on the trip flyers.**

## Day Trips

continued from page 20

### Gateway to Lenawee **\$111** Thursday, July 18, 2024

**7:30 am - 5:15 pm Bianco Tours**  
This day trip starts off with a narrated tour of the Hidden Lake Garden, a 755-acre arboretum and botanical garden in Irish Hills, known for its large collection of native and non-native trees, shrubs, and flowers. Of special interest are the collection of rare and dwarf conifers, Bonsai and Hostas! Then it is off to lunch at JR's Hometown Grill and Pub, in Adrian. Finally, enjoy some shopping at Kapnick Orchards offering baked goods, fruits, vegetables, apple butter and cider. Top the trip off with a stop at Russell Stover Chocolates in Dundee. Cost includes transportation via deluxe motorcoach, admission into the Garden, and lunch. Registration deadline: July 3, 2024.

### Purple Rose Theatre **\$144** Wednesday, July 24, 2024

**10:45 am - 6:15 pm Bianco Tours**  
**What Springs Forth** – a world premiere comedy by Carey Crim. Three middle-aged women, friends since college, embark on what was billed as a high-end wellness spa retreat, only to discover one of them has changed the itinerary to a wilderness survival camp. Can their friendship survive bears, forest toilets and one another? Before the show enjoy lunch at Weber's Restaurant, one of Ann Arbor's traditional steakhouses. Cost includes transportation via deluxe motorcoach, lunch, and show. Registration deadline July 3, 2024

### Huron Lady II **\$113.00** Friday, Aug. 16, 2024

**9:30 am - 6:00 pm Bianco Tours**  
Take a cruise from the beautiful downtown Port Huron on an informative narrated tour of the Blue Water Area. View Great Lake freighters, the two Blue Water Bridges and more. Enjoy lunch at The Voyageur while taking in the elegant view of the St. Clair River. The trip ends with a visit to the Sweet Tooth of Marine City featuring nostalgic candy from the early 1900's to the 1970's. Don't miss out on this beautiful summer day. Cost includes transportation via Motorcoach, Lunch and Cruise. Registration deadline: August 2, 2024

## Extended Trips

### Lake Michigan Wine Tour **481 pp/DBL** August 7-8, 2024 **Bianco Tours**

This is the perfect getaway if you love Lake Michigan and wine. The first stop will be at Fenn Valley Vineyards, where you will sample world class wines from grapes grown along the shore of Lake Michigan. You will have time for lunch and shopping in Saugatuck before heading to Bumbleberry Acres for a guided tour and blueberry tasting. Dinner will be at Coral Gables in Saugatuck. After spending the night at the Hampton Inn in Holland, it is off to Tabor Hill Winery and Restaurant for lunch and wine tasting. From there you will visit the Lazy Ballerina Winery, Michigan's first women-owned winery, and finally The White Pine Winery right on the lakeshore. Cost includes: transportation via deluxe motorcoach, overnight accommodations, 1 breakfast, 1 lunch and 1 dinner. \$20 deposit due at registration. Balance due and registration deadline: June 21, 2024.

### Niagara Falls Getaway **\$694 pp/DBL** August 13 -15, 2024 **Bianco Tours**

Get away to our Northern Neighbor, with a short jaunt to Niagara Falls and Toronto, Ontario. You will spend 2 nights at the Sheraton on the Falls, where you will enjoy a buffet dinner on the 13th floor of the hotel with a stunning view of the falls. Day 2 of the trip you will explore Toronto, including a trip to the Bata Shoe Museum, the St. Lawrence Market, and the Casa Loma, A Gothic-Revival style Castle. Dinner will be at the scenic Queenston Heights Restaurant, with its breathtaking views of the Niagara River and local Vineyards. Day 3 will allow for some free time to take in the falls and view the Niagara Gorge in a Whirlpool Aero Car. Cost includes: Transportation via deluxe motorcoach, 2 nights' accommodation, 2 dinners and the Whirlpool Aero Car. \$20 deposit due at registration. Balance due and registration deadline: June 25, 2024



### Utah's "Mighty 5" National Park **\$4,999 pp/DBL**

#### September 13-21, 2024 Shoreline Tours

Take this once-in-a-lifetime journey and view the Rocky Mountains via Amtrak's California Zephyr from Denver Colorado to Grand Junction, Colorado. Fly to Denver and tour the city on your first day. On Day 2, board the Zephyr for a stunning day-long trip through the Colorado Rockies, traveling through spectacular Glenwood Canyon. Spend the night at Tru Hotel in downtown Grand Junction, Co., and then board a motorcoach to begin the journey through Utah's "Mighty 5" National Parks. Spend two nights at Red Cliffs Lodge, a hidden treasure of the west, nestled on the banks of the Colorado River. So much more with this tour, ending with your final night in Las Vegas! Cost includes: Round trip airfare and airport transfers, modern motorcoach transportation, Amtrak's California Zephyr, 8 nights lodging, 8 breakfasts, 2 lunches, 4 dinners and all admission fees. \$500 deposit due at registration, balance due and registration deadline: June 13, 2024.



### Mackinac Island Grand Experience

**\$1052 pp/DBL**

#### October 15-18, 2024

Treat yourself to three nights at the fabulous, historic, and legendary Grand Hotel! MParks' Grand Experience Travel Program offers this unique opportunity for travelers to enjoy a "land cruise" at a greatly reduced rate. Take advantage of the many activities, tours, and lectures within the Hotel, or just relax on the fabulous front porch. Adventurous travelers will have plenty of time to explore the natural beauty of the island during this peaceful, autumn season. This trip is not just for seniors! \* Cost includes transportation via motorcoach, accommodations, breakfast each morning, complimentary Grand Hotel tea and cookies each afternoon, a 5-course dinner each night, a special champagne reception, nightly dancing to the Grand Hotel Orchestra and many extras. Deposit of \$425 PER PERSON is due by May 10, 2024; balance due: August 16, 2024.

\* Only one person in each room must be 50 or older to attend (adults only).

Mahany/Meininger Center

Travel is Fun!

Register at (248) 246-3900

### Welcome Newcomers

**1st Monday, 10:30 am**  
**March 4, April 1, May 6, June 3**  
**FREE**

Here's your chance to acquaint yourself with the programs and services available at the Mahany/Meininger Senior Community Center. Learn how to register for classes, trips, programs, and meet the staff. **Call 248-246-3900 to register.** Need a ride from your R.O. home? Call 248-246-3914.

### Billiards

**50¢ / day drop-in**  
**\$3.00 / month unlimited**

Two pool tables are located in the game room at the Mahany/Meininger Seniors Community Center. Pool may be played Monday through Friday from 9:00 am - 4:30 pm.

### Join the Pool Party!

**Mondays, Wednesdays & Fridays**  
**1:00 - 4:00 pm**

A great group of regulars want to welcome new members. Stop by and play!

### Drop-In Cards

**Rubber Bridge**  
**Mondays, 12:15 pm**  
**\$1.00**

Drop-in with a partner to play Rubber Bridge. Come early if you have no partner and we will try to pair you up.

**Pinochle**  
**Tuesdays, 12:30 pm**  
**\$1.00**

Drop-in for Pinochle and meet new friends.

**Duplicate Bridge**  
**Wednesdays, 12:15 pm**  
**\$2.00**

Drop-in with a partner to play Duplicate Bridge. For more information, visit [roduplicatebridge.org](http://roduplicatebridge.org).

**Euchre**  
**Thursdays, 12:30 pm**  
**\$1.00**

Drop-in to join experienced players who like to play Euchre. Play 8 rounds of cards.

### Crochet Creations

**Thursdays, 12:15 pm**

Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome, we will teach you how to crochet. Several times a year, the group jointly creates projects to give back to the community. No charge.

### Helping Hands

**Tuesdays & Thursdays, 9:30 - 11:30 am**

Do you like to knit or crochet? This group creates beautiful hats, scarves, lap blankets, and afghan blankets to donate to hospitals, churches, and other charitable organizations in the area. Feel free to drop-in. Beginners up to expert crafters are welcome!

### Senior Sew

**Tuesdays at 10:00 am**

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

### Sit 'n Knit

**Tuesdays, 1:00 - 3:00 pm**

Come join in as we knit and visit! Share work in progress, tips and "show and tell" finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

### Friday Recreational BINGO!

**1st Fridays at 12:30 pm**  
**March 1, April 5, May 3, June 7**  
**Preregister by phone or in person**

Royal Oak Senior Community Center hosts Friday Recreational BINGO. First Card FREE, all additional cards are 25¢ each (MAX 5 extra cards). Format is 5 regular games with prizes and one overall round with a Grand Prize of \$5.00. First Friday Bingo prizes are provided by sponsors. Join us for lots of fun!

*Bingo is conducted solely for the amusement and recreation of the ROSC guests. Any and all revenue from Bingo is used towards future Bingo Coverall cash prizes.*

### Kerry Price Sing-A-Longs

**3rd Fridays, 12:30 pm**  
**April 19 - Celebrating April**

**May 17 - Ms. America: The Spirit That Keeps Her Spirits Alive**

**\$2.00 per person, includes song sheet**  
**CASH ONLY**

Don't miss these musical programs written and performed by **Kerry Price**, sure to be both entertaining and educational. Ms. Price, a popular vocalist and pianist, has delighted audiences with her one-woman programs since 1976! Admission payable at the door.

### Hawaiian Luau Theme Dinner Square Dance

**Friday, May 17**  
**Doors open 5:30 pm; Walt begins 6:00 pm**  
**\$17 per person**

Be transported to the tropics; Hawaiian shirts, sundresses, tropical flowers, grass skirts, and pizza with Walt calling the steps. Guests will enjoy this dinner dance as they learn how to square dance or kick up their heels with long time friends of the group. Special guests are still to be announced to build upon the excitement! RSVP by May 10 by calling 248-246-3900.

### Mah Jongg Drop-In

**Tuesdays, 1:00 - 3:30 pm**  
**Wednesdays, 9:30 am - 12 noon**  
**50¢**

Player run activity. Should have some experience to play. Players must follow National Mah Jongg League rules.

### Mah Jongg Beginner Class

**Thursdays, 1:00 - 4:00 pm**  
**May 23 - June 13**  
**\$50 / 4 weeks**

For all beginning students or those wanting a refresher. Instructor Robin Kaufman grew up watching her mother play Mah Jongg and developed a love for the game in her adulthood. Come well-rested and with a clear head – there is a lot of information to absorb in the first class! The National Mah Jongg League rules are followed; \$14 Materials Fee payable to the instructor at the first class. Don't wait to sign up – 8-person maximum. Sign-up deadline: May 15.

## Wee Bees Mini Makers

1st Mondays, 10:00 am - 1:00 pm  
Room 3 FREE

Do you like making miniatures or want to learn more about it? This group meets monthly to make projects that are "doll-house scale" or smaller. Feel free to drop-in to check us out! There may be materials costs or tools needed for some projects. No fee to attend. (If the building is closed for a holiday, we'll meet the following Monday.) Stay tuned for the October Craft Sale (TBD).



## Creative Coloring

1st and 3rd Mondays, 10:30 am  
March 4 & 18; April 1 & 15; May 6 & 20;  
June 3 & 17  
\$2.00 materials fee per class

Creative Coloring is at the Royal Oak Senior Center. Explore the coloring craze and make coloring your NEW hobby! Choose from large patterns and designs on professional card stock that will challenge your brain in fine motor movement and detail. Socialize and connect with other color artists in a relaxed atmosphere and create a masterpiece suitable for framing.

## South Oakland Art Association

*Since 1960*  
1st Tuesday of each month at  
M/M Community Center  
6:30 pm - 9:00 pm  
\$5.00 fee; Annual dues \$30.00

Artists and art lovers are welcome! Monthly meetings September through June feature speakers, demonstrations, paint-togethers and art-related activities for adults of all ages. Enjoy Artist-of-the-Month Contests and participate in our Annual Member Art Show & Sale. All ages welcome!

For more information, visit  
[southoaklandart.com](http://southoaklandart.com)  
or email [roac.carol@gmail.com](mailto:roac.carol@gmail.com)

## Sugar Egg Craft

Friday, March 22, 10:00 - 11:30 am  
\$7 + \$5 cash for supplies per person

Susan Robb is a DIY enthusiast and will host this crafting session for seniors. She has a passion for quality crafts on a budget. Her years of teaching, plus cake decorating bring this craft on a small scale to our community. Perfect for adding to your holiday décor, it will last for years. Participants go home with the completed sugar egg. Preregistration is required, max. of 10 people. Bring \$5 in cash the day of the class for your supplies that the teacher will have on site.

## Grand and Me Crafting

Tuesday, March 19, 4:30 - 6:00 pm  
\$7 + \$5 cash for supplies per person

Susan Robb will be offering a class where grandparents make a craft alongside their grandchildren. Here grandparents spend one-on-one quality time with grandchildren, being creative, making memories, using your hands, and bonding. Each group will take home a decoupage vase with battery operated candle to cherish for years to come. RSVP grandparent and all grandchildren who will attend.

## The Classic Braider with Chloè Wilson

Thursdays, April 4 - May 16  
4:30 - 6:00 pm

\$150 + \$25 cash for supplies per person

Have you always wanted to learn how to braid hair? Join The Classic Braider Workshop lead by licensed Cosmetologist and Master Braider, Chloè Wilson. With 15 years of professional experience on all hair types and textures, Chloè seeks to inspire others through the mindfulness of hair art. Hair braiding has a positive impact on brain development to reduce stress and anxiety; bringing the head, heart & hands together. In this class you'll learn the foundational techniques of braiding which include proper sectioning, plaits, French braiding and adding extensions. Whether you're a beginner or intermediate braider, you're sure to complete this course with more confidence to design inspiring braid styles on friends, family and yourself. Call to RSVP by March 28. Max. 10 people; minimum age 10.

Purchased supplies include hair mannequin, products, and styling tools.



## Painting – All Media

Thursdays, 9:15 - 11:45 am  
March 14 - May 2  
\$65 / 8 weeks

May 16 - June 27  
\$57 / 7 weeks

Explore the exciting art world of watercolor or acrylic painting with instructor John Rash! Beginners through advanced artists will work in beginning to finishing techniques. Supply list is given at sign-up for those without any of their own supplies. Preregister.

## Watercolor Painting

Fridays, 9:15 - 11:45 am  
March 15 - May 3 *No class March 29*  
May 17 - June 28  
\$57 / 7 weeks

Explore the exciting art world of watercolor painting with instructor John Rash! Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush. Supply list is given at sign-up for those without their own supplies. Preregister.

## Art Show

M/M Center Lobby  
Thursday, April 18, 2024  
9:15 - 11:30 am

Come and see our very gifted Painting and Watercolor Class students' work! Their talent grows with each year under the guidance of John Rash! Some works will be for sale.

## Band Jam and Vocals

Every Friday 1:00 - 3:30 pm  
\$1 per person to play or to listen

Come sing and/or play at the Royal Oak Jam Session. All talent and skill levels of voice and instruments are welcome. Bring your instrument or vocal chords! A vast range of songs (new ones submitted by attendees). Everyone participates and everyone chooses songs.

NEW!

NEW!

NEW!

FREE!

## Lunch and Learn Series

Receive a free lunch for all whom pre-register and attend a presentation. **Presentation is from 11:30 am to 1:00 pm.** Out of respect for the presenter, please remain for full presentation and silence all phones during workshop. Please, no carry-outs.

If you sign-up for a Lunch and Learn and fail to show up or call to cancel two times in a calendar year, you will not be permitted to sign-up for any Lunch and Learn sessions for the remainder of that year.



### **Peace of Mind Tuesday, March 5**

Presenter: AJ Desmond and Sons Funeral

You're invited to a Peace of Mind seminar, to learn how planning for your final wishes may shield your family from unnecessary emotional and financial burdens. Join us and learn more about pre-arrangements, Veteran benefits, cremation, burials, and more. We will discuss: Cremation & Burials, Traditional Funerals, Veteran Benefits, Payment Plans, and Pre-Arrangements.

RSVP by Feb. 26; call 248-246-3900.

### **ABCs of Medicare Monday, March 11**

Presenter: Nate Lawson The Affinity Group

This is your opportunity for free unbiased information. When will I be able to enroll or make changes? The 4 essential parts of Medicare- A, B, C, D. How do I make sure I can keep my doctor? What is a Medigap plan?

RSVP by March 4; call 248-246-3900.

### **Madame March! Tea Party & Doc Talk Tuesday, March 12**

Presenter: Dedicated Senior Medical Center

Requesting the honor of your company at our afternoon luncheon and tea, in celebration of Madame March. Tea, Luncheon, and important women's health topic discussion.

RSVP by March 4; call 248-246-3900.

### **Aging In Place Monday, March 18**

Presented by: Visiting Angels

Staying in your own home as you get older without safety concerns.

RSVP by March 11; call 248-246-3900.

### **Elder Fraud is on the Rise: How to Protect Yourself and Your Identity Tuesday, March 19**

Presented by: Community Financial

Elder fraud is on the rise and has resulted in three billion dollars in losses in 2022. Learn about scams targeting older adults, what to do if you are a victim of fraud, and how best to protect yourself and your identity.

RSVP by March 11; call 248-246-3900.

### **Unlocking the Secrets of Bolstering Your Retirement Income with a Reverse Mortgage Monday, April 1**

Presented by: Topflight.

Join Topflight Financial, Equal Housing Lender for Lunch, and let us guide you to become more informed on how a Reverse Mortgage can be an important retirement tool. Lunch is provided for all who attend!

RSVP by March 26; call 248-246-3900.

### **Timebank: Spend Time Not Money Tuesday, April 2**

Presented by: Hour Exchange Timebank

Pet/ elder/ childcare, transportation, repairs, tutoring, making friends. When you spend an hour doing something for an individual or group, you will earn one hour. Use your hour to exchange an hour with someone else. Come for lunch with the Hour Exchange Timebank and learn how you can Join!

RSVP by March 26; call 248-246-3900.

### **Cremation Considerations Monday, April 8**

Presented by: Wm. Sullivan & Son Funeral Directors

Join Wm. Sullivan & Son for lunch on this very informative topic. Attend and be entered in a Chance to win a Gift Certificate to Amici's Kitchen and Living Room.

RSVP by April 1; call 248-246-3900.

### **Let's Fire up our Brain Neurons for our Cognitive Health! Tuesday, April 9**

Presented by: Waltonwood Senior Living of Royal Oak

We will learn how exercise, eating healthy, and managing our stress help us to improve our Brain's neurons and improve our thinking and cognitive functioning. Brain Health is for everyone. So, let's have some fun, as we "Fire Up our Neurons".

RSVP by April 2; call 248-246-3900.

**Turning 65 Workshop****Tuesday, April 16 OR June 11**

Presenter: Medicare Advisor Mark Steffens

Free Turning 65 workshop designed to take the confusion out of enrolling in Medicare. We will help you make an informed choice during this very important enrollment period. Here are some of the topics we will cover:

- What is Medicare and do I have to enroll? Enrollment, premiums, and penalties for Medicare?
- When do I sign up for Medicare? How to compare Medicare Advantage to Medicare supplements? Who is eligible for Medicare? Answer any questions you may have!

This is a very confusing topic, and we want to make sure you understand all aspects of Medicare so you can make the best decision for your healthcare coverage.

RSVP by April 8 to attend April 16 presentation; call 248-246-3900.

RSVP by June 6 to attend June 11 presentation; call 248-246-3900.

*This is an educational event; no products will be sold at this event. Mark Steffens is a licensed and certified agent who works with Medicare enrollees to explain Medicare Advantage, Medicare Supplement, and Prescription options.*

**Senior Benefits****Tuesday, April 30**

Presented by Jason Moore of SFBC Micha Widder Group

Know your options when it comes to Senior Benefits

RSVP by April 23; call 248-246-3900.

**Estate Planning****Monday, May 6**

Presented by Glick Law Firm

Join Eric S. Glick, Esq. for a workshop on practical and cost-effective strategies to manage and distribute your financial affairs according to your wishes. Gain valuable knowledge on Revocable Living Trusts, Last Will and Testaments, Durable Powers of Attorney, and Patient Advocate Designations. Take control of your financial future.

RSVP by April 29; call 248-246-3900.

**Green Memorial****Tuesday, May 7**

Presented by Michael Smela, A.J. Desmond &amp; Sons Funeral Directors

Every year, more Americans choose green options for their end-of-life planning, but what does a "green memorial" really mean? Learn more about your environmentally conscious options and what you and your family should know. Join AJ Desmond & Sons Funeral for Lunch and you will discover:

- What environmental impact do your funeral options have on our planet;
- Where green burial is and is not practiced.
- What other environmentally friendly options are available to you
- Why planning matters more than ever when selecting green memorial options.

RSVP by April 29; call 248-246-3900.

**Do you experience neck, back, knee, and/or shoulder pain?****Tuesday, May 14**

Presenter: Foundation Manual Physical Therapy &amp; Performance

Do you experience neck, back, knee, and/or shoulder pain? Are you interested in learning about how your body works? Join Doug Johnson / PT, DPT, and OMPT/ for lunch. He will be reviewing basic anatomy, common causes, techniques, and the importance of appropriate physical therapy exercises in each area. In addition, you will also hear about the other services of Foundation Manual Physical Therapy & Performance: Orthopedic Manual Physical Therapy, Golf Therapy, Dry Needling, and Blood Flow Restriction Training. RSVP by May 7; call 248-246-3900.

**Senior Life Advisor Council – Join Us!****Your Trusted Advisor Panel****Tuesday, May 21**

Presented by: Senior Life Advisor Council

A distinguished team of trusted advisors dedicated to addressing questions and offering essential resources and solutions to the senior community. Professional Advisors: Independent Living| Assisted Living| Memory Care| Financials | Medicare | Funeral Planning | Moving Care Transitions | Organizing| Rehabilitation| PT| Home Health Care | Hospice | Private Duty| Law| Power of Attorney| Estate Planning| Respite| Occupational Therapy.

RSVP by April 13; call 248-246-3900.

**Truth About Annuities: The Good, The Bad, and The Ugly****Tuesday, June 4**

Presented by: Nathan Lawson

Confused by Annuities? You are not alone! Come and learn more at this event, hosted by top financial advisor and national Annuity trainer, Nathan Lawson. This educational event will cover the basics of Annuities and reveal the latest strategies. Lunch provided.

Learn the annuity sales pitches and "scare tactics" to look out for:

- What are the 3 main types of annuities and how are they designed to be used?
- Why do annuities have a bad reputation?
- What are the fees charged for annuities and where do you find them?
- What your financial advisor isn't telling you.

RSVP by May 24; call 248-246-3900.



**Foot Doctor**

**2nd Friday, every other month**  
**By appointment only, 9:00 - 11:30 am**  
**March 8, May 10**

Dr. Adas will see patients at the Mahany / Meininger Senior Center for your convenience. Most services will be covered by insurance. Call Dr. Adas' Office directly at (248) 478-6870 and ask to be seen at the Royal Oak Senior Community Center for your appointment.

**Massage Therapy**

**By appointment only**  
**30-minute massage \$35**  
**60-minute massage \$60**  
**March 5, 7, 11, 13, 18, 20;**  
**April 8, 10, 16, 18, 22, 24**  
**May 2, 6, 8, 14, 16, 21**

Licensed massage therapist Heidi offers Swedish massage, stretching and relaxation techniques which help alleviate muscle tension, stress and nerve pain. Massage also improves circulation, promotes well-being and increases overall energy. Please call the Senior Center to book an appointment: 248-246-3900.

**Retirement Planning Fundamentals**

**Tuesdays, May 14 and 21**  
**6:30 - 8:30 pm**

**Thursdays, May 16 and 23**  
**6:30 - 8:30 pm**

**\$39.00 per registration (spouse, decision maker or partner, free)**

An educational course for adults who are nearing retirement, already retired, or in the process of accumulating money for retirement. The course will help you develop money management skills that can last a lifetime, focusing on retirement planning, 401(K) & pension plans, tax savings strategies, investments, Social Security & Medicare, long-term care, and estate planning. Classes fill quickly. Preregister by calling 248-246-3900.

**Japanese Sushi Education & Tasting with Takayuki Sakaguchi**

**Select Mondays, 5:30 - 7:00 pm**  
**March 11, April 8, May 20, June 17**  
**\$42 per class**

Learn the proper techniques of sushi making with the former manager of Noble Fish. Taste your works of art as you go and leave with the knowledge to make sushi at home! Open to all ages! Must pre-register by Friday before class.

**Computer Club**

**2nd & 4th Wednesdays, 12:30 pm**

Calling all beginners to experienced computer and tech enthusiasts. All levels are welcome to join our growing club; no membership required, drop in anytime! Guest speakers discuss various tech topics covering computers, cell phones, tablets, smart TVs, etc. There is always time for questions and answers so bring your tech questions. Check the *Senior Times* Newsletter for topics and speakers. Donations accepted.

**Ask the Computer Lady!**

**Tuesdays through June 2024**

**11:00 am - 12:00 pm**

**12:15 - 1:15 pm**

**1:30 - 2:30 pm**

**\$35 / 60 minutes**

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, your Mac, Tablet, Android or iPhone, and learn how to check your email or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

**Garden Club Meeting**

**Saturday, April 27, 9:30 am - 12:30 pm**

This Garden Club was established in 1934. Flora enthusiasts of all ages are welcome to discussions of all things garden-related. This one focuses on water conservation programs and rain barrels. Join us for monthly educational programs and engaging workshops, field trips and more! For more information, email [royaloakgardenclub@gmail.com](mailto:royaloakgardenclub@gmail.com) or visit [www.royaloakgardenclubmi.org](http://www.royaloakgardenclubmi.org).

**House Plant Workshop**

**Friday, May 10, 7:00 - 8:30 pm**

**\$5 per person; limit 5 plants each**

**NEW!**

We want to meet you and your house plants. Take this time to divide your plants if they are getting too big for their pot. Bring an empty pot to replant into and meet the garden club group. Exchange if you have too many! Some members have completed their Michigan State Master Gardener Certification. They can diagnose most issues to help improve the plants' longevity. Go home with your plant in better condition for thriving! (members hosting the class can't be held responsible if your house plant does not survive). If this one-time session is a hit, more can be offered. Cost covers supplies available in the replanting process. The garden club will have some tools available but bring garden gloves and clean tools if you have them. RSVP by Monday, May 6.

**Spring Perennial Exchange**

**Saturday, May 18, 9:00 - 11:00 am**

**FREE**

Always a fan favorite organized by the Garden Club, this is a free twice yearly event. Plants need to be labeled for the benefit of those interested in taking them home. Bring your perennials in a container or bag to give away. Take new plants to add to your garden. Held indoors, rain or shine. No trees or woody shrubs allowed, please.

# Mahany/Meininger Center Presents

## Coffee with a Veteran

**FREE** Talk from Easterseals

**Friday, March 22, 10:00 am**

Easterseals' "Coffee with a Veteran" is a complimentary event that offers a platform for community members, including Veterans, to discuss mental health, housing, and medical benefits available to them. This event aims to increase awareness about the resources available and provide networking opportunities for Veterans to learn about new resources. The event is open to all members of the community. Light Refreshments will be provided.

Must RSVP by March 18; call 248-246-3900.

**FREE!**



## AARP Smart Driver TEK workshop

**Friday, April 12, 10:00 am**

**FREE**

Smart Driver TEK is a 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Register today and tell a friend -it's FREE!

Must RSVP by April 5; call 248-246-3900.

**FREE!**

## Seven Habits of Highly Successful Seniors

**How Super Seniors Live Better Longer!**

**Tuesday, April 23, 2024**

**9:30 - 11:30 am**

**\$5.00 registration fee**

Ensure that your Senior Years are your best years yet. Learn from those who are truly engaging in and enjoying the golden years. We will share the simple actions that can unleash a more fulfilling daily experience. Plan on joining us for an informal, informative, and interactive time.

Must RSVP by April 15; call 248-246-3900.

## One-Day Special Event

### Day Center and Alzheimer's Caregiver Support Group

**May 6, 2:30 - 4:00 pm FREE**

**Sponsored by: Home Instead**

Combo Day Room activity for those with dementia and Support Group for Caregivers. Call 248-246-3900 to register and find out more about this wonderful event.

**FREE!**

## Importance of Building Your Core

**Wednesday, May 15, 10:00 am**

**FREE**

Come join us for light refreshments and an important health-related talk about building your core. Dana Rizzo from Waltonwoods will discuss what daily movements and which exercises can improve your balance and help prevent falls.

Must RSVP by May 6; call 248-246-3900.

**FREE!**

## Make May Purple / Action On Stroke Month 2024

**"Stroke Smart" with Dana Rizzo of Waltonwood - Licensed Assisted Living**

**Thursday, May 16 at 10:00 am**

**FREE**

A stroke can be difficult to detect, so it's important not to wait until it's too late to take action. Stroke Smart is here to help you recognize the warning signs of stroke, guide how to react quickly, and offer further education to keep you informed.

Must RSVP by May 10; call 248-246-3900.

**FREE!**

## M/M Book Clubs

**1st Thursdays, 11:00 am - 12:30 pm**

Contact volunteer Reyes, 248-545-6064

**4th Fridays, 10:00 - 11:30 am**

Contact volunteer Doris, 248-586-0045

We are now offering two well-attended groups! In partnership with the **Royal Oak Public Library**, we offer readers the opportunity to explore novels or nonfiction titles together. Don't worry about driving at night to typical book club gatherings!

Need a library card? Go to [ropl.org/1063/](http://ropl.org/1063/)  
**Apply-for-a-library-card**

## Koffee Klatch

**Fridays, 1:00 - 2:30 pm**

**M/M Senior Community Center**

**3500 Marais in Royal Oak**

A discussion and networking group for LGBTQ+ community ages 45 and over. Meetings are open to any topic presented by those in attendance. Various social outings and potlucks are held throughout the year. Masks are currently optional and strongly encouraged.

**FREE!**

## Medical Equipment Loan Closet

The Mahany/Meininger Center has walkers, wheelchairs, bath stools, crutches and more available for loan. There is **no charge** to borrow an item – keep them as long as necessary and return clean. Clean, working, durable medical equipment donations are also accepted. Please call ahead prior to bringing in equipment since our storage space is limited.

**Chair Exercise with Cindy**

**Wednesdays, 9:30 - 10:15 am**  
**April 3 - May 15**  
**\$49 / 7 weeks**

**May 29 - June 26**  
**\$35 / 5 weeks**

**Fridays, 9:30 - 10:15 am**  
**April 5 - May 17**  
**\$49 / 7 weeks**

**May 31 - June 28**  
**\$35 / 5 weeks**

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasize posture, coordination, and fall prevention. It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, and bring a water bottle and hand-held weights, if you wish. Instructor – Cindy Erlandson.

**Chair Yoga with Cindy**

**Wednesdays, 10:30 - 11:15 am**  
**April 3 - May 15**  
**\$49 / 7 weeks**

**May 29 - June 26**  
**\$35 / 5 weeks**

**Fridays, 10:30 - 11:15 am**  
**April 5 - May 17**  
**\$49 / 7 weeks**

**May 31 - June 28**  
**\$35 / 5 weeks**

This class consists of three 15-minute sections: first and last are performed seated, the middle section is performed standing using a chair for balance. Focus: breathing, relaxation, stretching for flexibility and balance practice, which also increases muscular strength. Instructor – Cindy Erlandson.



**Drop-in Line Dancing**

**Fridays, 1:00 - 3:00 pm**  
**\$3.00**

This class consists of beginner and high beginner dances for those who **have some line dance experience**. Dances are done not just to country music but to many genres including pop, rock, oldies, Latin and Irish music. So come and join our line dance family for some fun and great exercise. Your body and mind will thank you for it! **NO BOOTS. MUST HAVE SOME EXPERIENCE.** Instructor-Jeannette Forster

**Social Square Dance**

**Mondays, 1:00 - 3:00 pm**  
**Wednesdays, 7:00 - 8:45 pm**  
**Drop-in, \$7.00 per class, CASH ONLY**

This dance group will teach you how to move in a square of eight people. An excellent way to get cardio while still having low impact on joints. The directions are simple and Walt creates a fun atmosphere while calling out the moves. No partner necessary. Wear comfortable shoes that won't mark up our floors. Ask about monthly Friday evening dances with creative themes!



**Self-Guided DVD Workouts**

**Monday & Friday, 9:30 am**  
**FREE**

Want to exercise without the commitment (or cost) of a class? Come on in and enjoy a DVD workout! We have a variety of different workout videos from a number of instructors including Richard Simmons, Jane Adams and Curtis Adams!

**Tai Chi Chen Style with Han**

**Thursdays, 9:15 am**  
**April 4 - June 6**  
**\$70 / 10 weeks**

Tai Chi Basic exercises are for beginner and continuing students. The class will include Tai Chi warm-up, gentle stretching, Tai Chi walking and silk reeling, and section one of Chen Style Tai Chi old form. To register, call 248-249-3900 or in-person at M/M Center.

**Gentle Yoga**

**Mondays, 10:00 - 11:00 am**  
**April 29 - June 10** *No class May 27*  
**\$42 / 6 weeks**

**June 24 - July 15**  
**\$28 / 4 weeks**

**Mondays, 1:00 - 2:00 pm**  
**April 29 - June 10** *No class May 27*  
**\$42 / 6 weeks**

**June 24 - July 15**  
**\$28 / 4 weeks**

**Thursdays, 1:00 - 2:00 pm**  
**May 2 - June 13**  
**\$49 / 8 weeks**

**June 27 - July 18**  
**\$21 / 3 weeks**

*All spring/summer Gentle Yoga classes will be outside, weather permitting.*

Yoga creates many benefits in your overall health and wellness. Improve your strength, flexibility, and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Instructor Noreen Daly.

**Zumba Gold with Debbie**

**Fridays, 12:00 - 1:00 pm**  
**Drop-in, \$6 CASH ONLY**

Join Debbie for a group class with lots of positive body movements. Wear comfortable clothing, athletic shoes and bring a bottle of water. She will entertain you with her personality, get your blood pumping and teach you with the beat stomping music of Zumba routines. Beginner to advanced Zumba dancers are welcome. Toning sticks are available for purchase from the instructor.

**Zumba with Michelle**

**Thursdays, 6:30 - 7:30 pm**  
**March 14 - May 2**  
**\$64 / 8 weeks; Drop-in, \$10 CASH ONLY**

Michelle has 12 years of experience teaching Zumba. Set to Latin and International music, her easy-to-follow movements provide a total body workout. Participants should wear comfortable clothing, athletic shoes and bring a water bottle.





## Fitness with Josh

All classes are drop-ins for \$10.00 each (cash only) and held at M/M Community Center (3500 Marias Ave.)

Josh has a B.S. in Kinesiology from Kansas State University. He can be found offering classes five days a week at the M/M Community Center. The beauty of these drop-in classes is no commitment if your schedule gets hectic and no worries about missing the first class then joining late into the session. However, the regular attendees are addicted and attend multiple classes a week!

All ages are welcome and equipment is supplied. In pleasant weather, classes may be held outside so dress accordingly. **Questions?** Email Josh at [GPCfitnessstudio@gmail.com](mailto:GPCfitnessstudio@gmail.com).

### 30-Minute Monday Morning Warm Up Two sessions for \$10.00!

Start the day with a short 30-minute session to wake up the body. Josh will help you personalize your time by focusing on strength, mobility, cardio and balance, or work on all of them!

### Full Body Circuit

A staple class to incorporate most of your major muscle groups in various, challenging ways. A great way to gain exposure to a wide variety of fitness styles. Josh surprises class members with new and interesting things.

### Senior Circuit

A group class of loyal followers with a laid-back mentality. Everyone has limitations such as injuries from wear, tear, or mobility issues, but that doesn't mean we can't improve! Use Bosu balls, resistance bands, body weight static moves, and much more.

### Stability & Balance

The focus of this class is conditioning your body to stabilize and move more effectively. Joints in the ankles, hips, and back are points of instability that can be strengthened through challenging movements and static holds.

### Total Strength

One hour dedicated to building strength in muscles, tendons, ligaments, and bones in our bodies. Kettle bells, dumbbells, weighted bars, and resistance bands are supplied. Build your musculature to fill out, create shape and add definition.

### Mat Work

Excellent opportunity to become grounded using bodyweight strength, balance, flexibility, and mobility. Thick mats are provided.

### Running & Core

Half of the class is focused on core, flexibility and strength using equipment. The remaining half of the class focuses on learning how to run safely. Running will take place outside if weather permits.

## Meditation and Yoga Practice with Brian Black

Wednesdays, 7:00 - 8:00 pm

March 27 - April 24

May 1 - 29

**\$50 / 5 weeks or \$10 drop-in (cash only)**

Brian Black has been a meditator for over 40 years. He is an ERYT (experienced yoga teacher), inspirational speaker, author, musician, and retired therapist and clergyman. In the East, they say the mind is like a monkey. To keep it from chattering all day long, we practice stilling it. Here in the West, meditation is well known as a technique to reduce stress and anxiety while research shows that it may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills.



## "The Cry Without A Voice" Elder Abuse Awareness Class

Saturday, April 13, 11:00 am - 12:30 pm  
OR

Saturday, April 27, 11:00 am - 12:30 pm  
**\$35 per person**

Charlene Tuck, certified anger resolution therapist, has worked as a para for special needs populations, and conflict resolution therapist. Her passion is to help her community in relationship strengthening.

The golden years, it's safe to say, are from 51 to the end of life. During this time physiological and emotional changes take place, leaving elders vulnerable to many things like neglect, physical abuse, sexual abuse, abandonment, financial abuse, and self-neglect. This class will aim to bring awareness, education, techniques, and strategies to help elders prepare and act when violations try to creep in. Elders have rights. Let's implement them together. Charlene looks forward to sharing stories and a Q&A. Class is open to elders, family members, group home and nursing home professionals. Refreshments will be served. RSVP 1 week prior. Maximum 24 attendees.

## Class Schedule

Monday	Tuesday	Wednesday	Tuesday	Friday
9:30 - 10:00 am Morning Warm-up	9:00 - 10:00 am Full Body Circuit	9:00 - 10:00 am Mat Work	9:00 - 10:00 am Full Body Circuit	9:00 - 10:00 am Morning Warm-up
10:00 - 11:00 am Senior Circuit	10:00 - 11:00 am Senior Circuit	10:00 - 11:00 am Senior Circuit	10:00 - 11:00 am Senior Circuit	10:00 - 11:00 am Senior Circuit
	11:15 am - 12:15 pm Stability & Balance		11:15 am - 12:15 pm Stability & Balance	
5:30 - 6:30 pm Full Body Circuit	5:30 - 6:30 pm Running & Core	5:30 - 6:30 pm Full Body Circuit	5:30 - 6:30 pm Running & Core	
	6:30 - 7:30 pm Total Strength			

## R.O.S.E.S. - Royal Oak Senior Essential Services

Are you in need of light home chores, minor repair work or temporary personal aid? If so, R.O.S.E.S. is here to assist! R.O.S.E.S. is a program providing a variety of supportive services to Royal Oak residents aged 62 and older and qualify for subsidy. You must live in your own home – alone, with a spouse, or with a disabled adult child. Seniors living with able-bodied adult children do not qualify for the subsidy assistance. However, R.O.S.E.S. will provide those who don't qualify for subsidy with service referrals, if requested.

To determine if you qualify, please submit a copy of either your most recent Home Heating Credit, Michigan Homestead Property Tax Credit, or your Individual Income Tax Return form. If you live in one of the senior high rises, you will need to submit the HUD Tenant Eligibility & Rent Procedures Form. The following subsidy scale will apply:

Income-One	Income-Two	Rate/ Hour
\$0 - \$19,900	\$0 - \$22,750	\$3
\$19,901-\$33,150	\$22,751-\$37,900	\$5
\$33,151-\$53,050	\$37,901-\$60,600	\$7

- Home Chores
- Home Repairs
- Personal Care

*This service is sponsored by the City of Royal Oak. For questions and concerns, contact a R.O.S.E.S. specialist Monday-Friday at 248-246-3919.*

## Adjacent Generational Exchange (A.G.E.)

Sponsored by a grant from Beaumont Hospital, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

### Looking for a Few Good Volunteers!

The M/M Community Center is always looking to introduce new programs. Do you have a few hours of time to spare each month?

Have you recently retired and would like to share your on-the-job experience to help others? Or do you have a skill, a hobby or craft to share? If so, please consider volunteering and enlightening others in our community. Call Carolyn Marsh, Volunteer Coordinator at 248-246-3917.

## Alzheimer's Association Caregiver Support Group

1st Mondays, 3:00 pm FREE

March 4, April 1, May 6, June 3

Facilitator - Theresa Neu

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe space for caregivers, family, and friends of persons with dementia to build support system with people who understand. It allows participants to exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, as well as learn about community resources. The support group meets each month to encourage caregivers to maintain their own personal, physical, and emotional health, as well as optimally care for the person with dementia.

## Aphasia Support Group

Thursdays, 10:00 am - 12 noon

This group is for adults with communication disorders. Gain support from others on your road to recovery. For more information, call Carolyn Marsh, Volunteer Coordinator at (248) 246-3917.

## Low Vision and Blind Support Group

2nd Thursday, 10:00 am FREE

March 14, April 11, May 9, June 13

Royal Oak Senior Community Center offers a Low Vision and Blind Support Group, **hosted by Henry Ford Health and the Detroit Institute of Ophthalmology.**

Through support groups, the Detroit Institute of Ophthalmology seeks to help those who suffer from vision loss by providing a comfortable environment to discuss the successes and challenges of living fully with visual impairment. Attendees will engage in open discussion and will hear from speakers on a variety of topics.

Preregistration is required. Contact Ashley Livshiz, Support Group Coordinator, at 313-936-1969.

## Grief Support – Living On

Hosted by Hospice of Michigan

1st and 3rd Fridays, 10:30 - 11:30 am

FREE

March 1 & 15; April 5 & 19; May 3 & 17, June 7 & 21

Living On is a series of ongoing groups where grief and loss topics are addressed as they arise, depending on the interests of those attending the group. The focus of this group is to express feelings and experiences related to the loss in a supportive, caring and non-judgmental environment.

Registration required. Contact Cindy Palmer, Grief Counselor, at 248-334-1323 or email [cpalmer@hom.org](mailto:cpalmer@hom.org).

## Legal Consultations

3rd Wednesday No Fee

March 20, April 17, May 15, June 26

By appointment only

Soren Andersen has completed 40 years of law practice. Most of those years have been as a sole practitioner private attorney. His practice included consumer and small business issues, debtors' rights and creditors remedies, real estate transactions, probate administration, and estate planning. Provided free 20-minute consultations to Senior Citizens. Consultations will be in person. A fee will be charged for additional services. Please call ahead to register.

## Medicare/Medicaid Assistance Program

MMAAP counselors are available for assistance in choosing the right health plan for you. For questions regarding Medicare, Medicare Part D prescription plans and Medicaid, call Carolyn Marsh at (248) 246-3900. In-person assistance by appointment only.

## Outreach

Our Outreach Administrator is available to help residents aged 62 and over through the sometimes overwhelming process of obtaining needed services. Please call (248) 246-3900 with your concerns about personal care, housing or other independent living requests. An in-home visit to assess needs is available through this service at no cost.

## Tim's Kitchen

The current month's meal calendar will be available in the *Times* Newsletter and online at [romi.gov](http://romi.gov). *Menu is subject to change without notice due to availability.*

- All meals are \$5.00 each. Payment is due upon placing the order either by phone with a credit card OR in person with cash, credit card or check. Please call 248-246-3900 to register.
- Ordering DEADLINE is 11:30 am THREE BUSINESS DAYS PRIOR to the date you want to purchase. *Closure may affect cut off dates.*
- There is no same day purchase, punch card or walk-ins.
- DINE-IN ORDERS CANNOT BE CHANGED TO CARRY OUT.
- Carry out lunches will be refrigerated in compliance with food safety protocols.
- There are NO REFUNDS if you are unable to come in to eat or pick up your lunch.

## Meals on Wheels

Meals on Wheels are available to home bound residents unable to travel to the Center. Call Western Oakland Meals on Wheels at 248-223-9160 for hot meals delivered daily. The menu for homebound meals differs from the meals served at the Senior Center.

## Transportation

This service provided by the City of Royal Oak promotes independence for residents aged 60 or older, and adults with permanent disabilities. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. You are limited to six grocery bags and must handle them yourself. **Call 248-246-3914 between the hours of 9:30 am and 12:30 pm** to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. Be ready for your pickup 15 minutes before and after your scheduled time. Drivers cannot always accommodate exact scheduled times. All buses are equipped with lifts. Prepaid tickets are available: \$19 /5 round-trip tickets and \$14 / 5 one-way tickets.

The Royal Oak Transportation service is sponsored by the City of Royal Oak; funded by Beaumont Health, SMART Municipal and Community Credit Funds, and rider donations.

# Rentals at M/M Community Center

**3500 Marais Ave., Royal Oak, MI 48073**

Rentals are available Monday through Saturday only. A \$200 security deposit and full payment is due upon booking.

The security deposit is refundable if the following conditions are met:

- Premises are left in the same condition as the start of the event
- Trash has been taken to the dumpster
- Tiled floors have been swept
- Tables and chairs returned as they were upon arrival
- Coffee service for a fee

No alcohol or bounce houses are allowed on the premises.

**CANCELLATION POLICY:** A full refund will be given with 48 hours advanced notice, otherwise it will be forfeited.

If you would like to book a rental or require further information, please call **248-246-3911**.

Room/ Facility	Rental Rate per hour		Maximum Occupancy	Details
	(w/food)	(w/o food)		
<b>Lounge</b> 608 sq ft	N/A	\$25	12	Couches, square tables, chairs, carpeted floor, windows overlooking Arboretum
<b>Game Room</b> 1088 sq ft	N/A	\$25	20	Rectangular tables, chairs carpeted floor; use of pool tables is NOT INCLUDED
<b>Room 1</b> 400 sq ft	\$35	\$30	20	Rectangular tables, chairs, carpeted floor, dry erase board
<b>Room 2</b> 416 sq ft	\$45	\$40	20	Rectangular tables, chairs, sink coat rack, pull-down, projector screen, carpeted floor
<b>Room 3</b> 638 sq ft	\$45	\$40	40	Rectangular tables, chairs, tiled floor, sink, coat rack, dry erase board
<b>Rooms 4 &amp; 5</b> 4416 sq ft	\$60	\$50	100-150	Oval tables, chairs, tiled floor, 86-inch monitor, 12 ft ceiling, windows overlooking Arboretum
<b>Room 6</b> 1034 sq ft	N/A	\$45	70-80	Square tables, chairs, carpeted floor, 12 ft ceiling, windows overlooking Arboretum
<b>Room 7</b> 280 sq ft	\$30	\$20	12	Square tables, chairs, carpeted floor
<b>Rooms 8 &amp; 9</b> 1040 sq ft	\$50	\$40	40	Rectangular tables, chairs, tiled floor, 75-inch monitor, two sinks
<b>Patio</b> 2275 sq ft	\$35	\$25	N/A	Cement pavement, surrounded by Arboretum
<b>Parking Lot</b> 105 regular spaces 10 accessible spaces	\$75	\$75	N/A	Call for details. must provide own Liability Insurance



# Royal Oak

Life Now Playing

## Mayor

Michael Fournier

Monica Hunt, Mayor Pro Tem  
Rebecca Chezzum

## City Commission

Sharlan Douglas  
Amanda Herzog

Brandon Kolo  
Melanie Macey

## Property Tax Assessment Hearings

Royal Oak's 2024 Board of Review hearings will start on **Monday, March 11**, and continue through **Tuesday, March 12**. Additional hearing dates may be added if necessary.

Notices of new assessed valuations are mailed to property owners every year prior to the Board of Review hearings. The hearings are held for residents who wish to contest their new assessments. Protest at the Board of Review is necessary to protect your right to further appeals to the Michigan Tax Tribunal for valuation and exemption appeals and/or the State Tax Commission for classification appeals. Real or Personal properties classified Commercial, Industrial, or Utility may be appealed to the regular March Board of Review or directly to the Michigan Tax Tribunal without protest to the March Board of Review prior to May 31.

**You must have an appointment to appear before the Board of Review.** You may visit the Assessor's Office in City Hall or call (248) 246-3110 to schedule an appointment. **The deadline for appointments is Monday, March 11 at 4:30 p.m.**

The hearings are scheduled to be held in conference room 122 in City Hall, located at Third and Troy Streets just south of the Royal Oak Farmer's Market. The initial schedule is **Monday, March 11** from 9:00 a.m. to 12:00 p.m. and 6:00 to 9:00 p.m. and **Tuesday, March 12** from 9:00 a.m. to 12:00 p.m. and 6:00 p.m. to 9:00 p.m.

Any agent representing a taxpayer must present written authorization to the Board of Review at the time of his or her appointment. Letters of authorization must be for the 2024 tax year and include a single parcel identification number, the name of the authorized agent, the authorizing person's original signature and the date of the signature.

A property owner or agent representing taxpayer must provide articles of organization for a limited liability company to prove ownership.



## Spring Park Cleanup April 20 & 21, 2024

Help the City of Royal Oak to show appreciation for our parks by participating in the annual park cleanup to be held on **April 20 and 21, 2024**. The city is looking for individuals as well as volunteer groups to pick up any debris and leaves for City crews to dispose of. Yard waste and trash bags will be provided and can be picked up a week prior to the event at the Department of Public Service.

### Where do I sign up?

If you are interested, you may register online at [romi.gov/cleanup](http://romi.gov/cleanup) or scan the QR code below. Please submit the form by April 10. Questions? Contact us: (248) 246-3300 or [DPS@romi.gov](mailto:DPS@romi.gov)

There are over 50 parks in the City of Royal Oak, and we would appreciate any help you can give!



## FREE Street Tree

Royal Oak residents have the opportunity to help expand the tree canopy by requesting that a tree is planted in the easement in front of their home! A diverse selection of trees will be available for planting this Fall but act fast as quantities are limited! The tree request form will open on **Monday, July 29**. The form may be filled out online at [romi.gov/trees](http://romi.gov/trees). After submitting your tree request, a City Arborist will review the planting site to ensure there is sufficient space before planting.

Questions? Contact us: (248) 246-3300 or [DPS@romi.gov](mailto:DPS@romi.gov)



## Yard Waste Reminder

Yard waste must be separated through December 15, 2023. Between December 18, 2023 and March 29, 2024, residents need to either hold onto yard waste materials until the program starts on April 1 or residents can take a limited amount (10 bags per day) to SOCRRA at 995 Coolidge, free of charge, until the program begins April 1. Please call (248) 288-5150 for details. The best way to handle grass clippings is to not collect them. Grass clippings are good for the lawn. **By appointment only.**

## Reporting Streetlight Outages

The City of Royal Oak continues to work with DTE Energy to expedite the repair and maintenance of streetlight outages, please call the City of Royal Oak Department of Public Service at 248-246-3300, Monday - Friday, 7:30 am - 4:00 pm with the following information:

1. The specific streetlight location (i.e. the nearest cross streets, nearby address, etc.).
2. Whether the pole is wooden or metal.
3. The streetlight pole number (if possible).
4. Details about the outage (i.e. light out, light turns on and off, light stays on during the day, etc.)

Please be aware that DTE policy allows a two-week response time once the problem has been reported to DTE. In cases where a pole has been knocked down or if there is any other emergency, please call DTE Energy at 800-477-4747.

## What to Do About Sewer Problems

Residents who experience sewer problems should call the Department of Public Service immediately at (248) 246-3300 during regular working hours (7:30 am - 4:00 pm) Monday - Friday or the Police Department at (248) 246-3500 any other time. A Sewer Department representative will respond to your emergency. If the problem exists in the main sewer line, a City crew will clear the line. If the problem is in the property owner's sewer line, it is the homeowner's responsibility to call either a plumber or a sewer cleaning company. For full details on water and sewer emergency procedures, consult the City's website at [www.romi.gov](http://www.romi.gov).

# Refuse and Recycling Directory

**Department of Public Services (DPS)**..... 248-246-3300  
(Calls regarding garbage and recycling pickups)

**SOCRRA MRF/Drop-off Center** 995 Coolidge..... 248-288-5150  
Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); used clothing; screw-off lids/caps; styrofoam (no peanuts).

**Please visit [www.socrra.org/recycling-drop-off](http://www.socrra.org/recycling-drop-off) for accepted drop-off recyclables.**

### Household Hazardous Waste Disposal & Electronic Recycling

Drop-off at 995 Coolidge: Monday-Friday, 8:00 am -3:00 pm; Saturday, check website for limited hours.

**BY APPOINTMENT ONLY. Visit [socrra.org](http://socrra.org) for more information.**

**Hazardous Waste** – To dispose of: automotive products, lawn/garden products, cleaning products, fluorescent light bulbs, insulin syringes (in rigid container), oil-based paint, propane tanks, etc. NOTE: Containers will NOT be returned. NOT ACCEPTED: unlabeled containers with unknown contents, radioactive, explosives or hazardous waste from businesses.

**Used Electronics** – To recycle computer monitors, CPUs, printers, TVs (no wooden cabinets), radios, phones, cell phones, copy & fax machines, stereos, VCR/CD/DVD players, video game systems, etc. **Residents must remove sensitive or personal information from ALL devices.**

**Recyclables** – All plastic as long as it is a container; all glass bottles, jars; metal cans/pie tins/empty aerosol cans; newspaper; magazines, catalogs, paper, mail, paperback books, food/beverage/drink/juice boxes, paper cups; phone books; (flattened) corrugated cardboard; paperboard. Place everything loose in recycling bin/toter and set at curb on refuse day before 7:00 am. Material cannot stick out of the toter/bin.

**No styrofoam or batteries at curb. These items must be dropped off at SOCRRA by appointment.**

**Regular Refuse** – Put household materials in the blue 64 gallon city issued trash can. You may continue to use 20 to 32 gallon containers (max. size) or in 20 to 30 gallon plastic bags. Put all trash at curb by 7:00 am. Non-city issued cans and bags cannot weigh over 40 lbs. Containers under 20 gallons will be considered expendable and may be thrown out with the trash. **Yard waste cannot be mixed with trash at any time due to state law.**

**Yard Waste** – Picked up curbside from April 1 through third week of December: Separate non-woody material as well as woody yard waste (up to 2" in diameter) from regular refuse and put at curb by 7:00 am in a 32-gallon container with a yard waste decal (decal must face street) or in a paper landscape bag. Containers/bags cannot weigh more than 50 lbs. **Yard waste cannot be mixed with trash at any time.** Plastic bags are not acceptable. Not picked up as either yard waste or trash after third week of December to March 31. Either hold on to until program begins April 1 or call SOCRRA for disposal (248-288-5150).

**Leaf Vacuum Program** begins at end-October. Rake leaves into street according to city schedule or put into acceptable containers and set at curb by 7:00 am of refuse day until third week of December. For pick-up schedule, check *Insight*, WROK Cable (Channel 17 or 10) or the city's website at [www.romi.gov](http://www.romi.gov).

**Brush, Tree Trimmings & Shrubs** – Tie woody material between 2"-5" in diameter in bundles up to 4' long and 15" in diameter, weighing no more than 40 lbs. each (under 2" SEE YARD WASTE). Set at curb with trash by 7:00 am of refuse day OR contact a private tree company (the city's recommended chipping contractor is JH Hart, 586-795-5581).

**Broken Glass** – Wrap in heavy paper or place in cardboard box or metal can with lid and mark as broken glass. Put with regular refuse NOT in recycling bin/toter.

**Appliances** (refrigerator, stove, hot water tank, etc.) – Set at curb on refuse day by 7:00 am. In apartment, cul de sac or dead end street, call DPS the day before your pickup at 248-246-3300. Remove doors on refrigerators and freezers and place to side (state law).

**Carpeting & Padding** – Roll and securely tie no longer than 4' in length and weighing no more than 40 lbs. per bundle. Set at curb with trash by 7:00 am on refuse day.

**Latex Paint** – Remove lid and allow to harden or add kitty litter or sand to absorb liquid; set at curb on refuse day with lid removed for pickup with trash. Or chip out dried paint, rinse can and put in recycling with lid removed. Oil-based paint is hazardous, please take to SOCRRA for disposal. Refer to Hazardous Waste for hours.

**Excluded Curbside Items** – The following items are **NOT** acceptable for curbside collection: Liquids, radioactive items, flammable products, explosives, infectious materials, asbestos insulation, tires, hazardous waste, engines, transmissions, rear axles, construction items, loose items such as bricks or concrete (even if it's attached to something). These materials must be disposed of privately. See [www.socrra.org](http://www.socrra.org) or call 248-288-5150 for locations, hours, rates and procedures. Limited amounts of construction items from home occupant's personal repair or remodeling are acceptable. However, items cannot be longer than 4' in length, must be bundled and weigh less than 40 lbs. per bundle.

**Holiday Refuse Collection** – When one of the following holidays (official not observed) falls on a weekday, collection for the remaining days of the week will be delayed one day: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day. Refuse collection is not affected for any other holidays or when the above holidays fall on a weekend.



## Yard Waste Separation Begins April 1

### What is yard waste?

Grass clippings, leaves, spent flowers and garden plants, weeds, pine needles, pine cones, acorns, chestnuts, walnuts, apples, Halloween pumpkins, corn cobs and husks, vines, straw (dry bales less than 40 lbs.), wood chips, woody material up to 2" in diameter and small shrubs (no root balls), untreated, unpainted wood boards with nails removed, sawdust and wood shavings. **All containers must weigh less than 50 lbs.**

### How do I prepare yard waste for collection?

Yard waste may be placed in 32-gallon trash cans, clearly marked with a "Yard Waste" sticker facing the street (available at some city offices) or brown paper yard waste bags available at most stores. Containers or bags cannot weigh more than 50 pounds each.

### Why must I separate these items?

Yard waste is banned from disposal in Michigan landfills. SOCRRA converts yard waste into compost, a useful nutrient rich soil amendment.

### Is yard waste collected year-round?

No, weekly curbside collection is provided from April 1 through the third week of December.

### What if I have yard waste when collection isn't provided?

SOCRRA residents can bring yard waste to the SOCRRA Transfer Station at 995 Coolidge Road in Troy at no charge after the third week of December through March 31 - limit 10 bags per day per household. (No contractors or landscapers please).



## Brush & Branches

Brush and branches are generally considered to be branches between 2" and 5" in diameter. Small twigs (less than 2" in diameter) are not considered brush and should be placed with yard waste.

### What do I do with brush and branches?

Bundle brush and branches securely with twine (bundles no longer than 4 feet in length or 15" in diameter) and place at the curb by 7:00 am of collection day. Bundles cannot weigh more than 40 pounds. Please set bundles so that large end of branches are closest to the street. Bundles will be taken with trash.

### What about logs, firewood and lumber?

Logs or firewood must be less than 5" in diameter, cut to 2 foot lengths, bundled securely, weighing less than 40 lbs. per bundle. Logs or firewood over 5" in diameter must be disposed of privately. Lumber (without nails) must be cut to 4 foot lengths or less, bundled, weighing less than 40 lbs. each. Bundles must be next to your trash for collection by 7:00 am.

## Dispose of Hazardous Materials Year-Round

Is your basement or garage filled with unwanted chemicals, paints and other hazardous materials? According to the Environmental Protection Agency, the average home can accumulate as much as 100 pounds of HHW (Household Hazardous Waste) in the basement, garage and storage closets!

### Drop Off Hours:

Monday - Friday: 8:00 am - 3:00 pm

Saturday: Check [socrra.org](http://www.socrra.org) for limited Saturday hours

### APPOINTMENT REQUIRED.

### What is Household Hazardous Waste?

Many common household products can pose a hazard to human health, groundwater and the environment if they are not handled properly for disposal. Placing items such as paint, automotive products, car batteries, pesticides and more in our trash is NOT the most environmentally sound way to get rid of them.

**HOUSEHOLD HAZARDOUS WASTE:** Items collected through the program include toner and ink jet cartridges, paints, solvents, garden chemicals, household cleaners, insulin syringes (in rigid containers), medications (in unmarked zip-top baggies), most automotive products, large amounts of cooking oil, rechargeable batteries and compact fluorescent light bulbs. Please note: containers should be clearly marked and will NOT be returned. SOCRRA may refuse if containers are unlabeled, radioactive, explosive or from a business. For a complete list, please visit [www.socrra.org](http://www.socrra.org) - **APPOINTMENT REQUIRED.**

**ELECTRONIC EQUIPMENT** is also collected through this program. SOCRRA accepts computer monitors, CPUs, printers, TVs (no wooden TV cabinets) radios, telephones, cell phones, copy machines, fax machines, stereos, VCR/DVD/CD players. For a complete list please visit [www.socrra.org](http://www.socrra.org). **Please note: residents must remove sensitive or personal information from ALL devices.** **APPOINTMENT REQUIRED.**



As a member of SOCRRA, the regional recycling authority, Royal Oak residents may take advantage of these programs offered daily, year-round. The collection site is located at 995 Coolidge (about 1/4 mile north of 14 Mile, across from the Meijer gas station). This program offers residents a convenient and effective means of disposing of those materials that should not be placed in the trash.





## 5 Tips to Being a Better Recycler!

Did you know Royal Oak makes up 25% of the recycling brought to the SOCRRA Recycling Facility? Angela Fox, Sustainability Manager for Royal Oak, recently toured the SOCRRA Recycling Facility and wanted to share some pointers on ensuring your recyclable get recycled. Please learn what SOCRRA can and cannot take and only place those items in your bin. Many items not taken curbside can be dropped off at SOCRRA locations with online appointments that can often be made the same day.

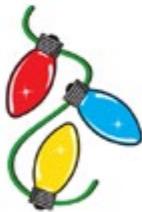


1. Lithium-ion batteries CANNOT go in your curbside bin. They are one of the most significant contributors to recycling center fires. They CAN be brought to SOCRRA or other drop-off locations.

2. Cardboard boxes must be broken down and must fit in your bin. Boxes that do not fit in your bin should be cut down or dropped off at a recycling location.

3. Do not put small items (2 inches or less) in your bin. They do not reach the sorting station. Bottle caps, for example, should be kept on bottles. All other small items should be disposed of in the trash.

4. Avoid tangles. Extension cords, Christmas lights, soft plastic, and anything else that can get wrapped up in machines. These items are removed and landfilled, but can damage equipment and stop production if not seen. Many of these items have drop-off recycling options.



*Learn more*

Reduce WISH-CYCLING by learning what SOCRRA can and cannot accept through curbside pick-up and drop-off. Their Waste Wizard tool gives options for items they cannot take, if options exist. Use the Waste Wizard tool via the QR Code. Royal Oak will be working on expanding recycling options, drop-off locations and events.



## Recycling & Trash Compactors at Park Shelters

### Please put **RECYCLING** through blue door:

- Empty juice boxes (discard straws & juice pouches)
- All empty plastic bottles
- Clean paper products (paper decorations, boxes, etc.)
- Empty paper & plastic cups & lids (coffee, pop, etc. ~ discard straws)
- All clean aluminum containers
- Pizza boxes without grease or food (discard liners & white pizza saver)
- Plastic veggie & fruit containers
- Wrapping paper (no foil paper, ribbon, bows, etc.)

### Please put **TRASH** through black door:

- All paper & plastic plates
- Styrofoam containers (or take to SOCRRA)
- All silverware, serving utensils, etc.
- Napkins, paper towels
- All food
- Snack food bags (potato chip, etc.)
- Plastic tablecloths
- Plastic bags (or take for recycling)
- Soiled food containers (aluminum, plastic, trays, etc. If clean, can be recycled)
- All straws
- All non-paper decorations

**WHEN IN DOUBT, THROW IT OUT!**  
**(otherwise it contaminates the load and will be discarded)**

# ROYAL OAK FOOD WASTE REDUCTION PILOT



## COMPOSTING

Royal Oak Sustainability will offer Royal Oak residents and businesses free composting drop-offs at the Royal Oak Farmers Market from 8 AM until Noon. This is a three-month trial to gain insight and interest on how best to serve the Royal Oak community and their efforts to reduce food waste.

In addition to the farmers market, Royal Oak Sustainability is partnering with several local businesses and organizations specializing in home composting, restaurant and commercial composting, food donation, and food waste reduction education. Our goal is to help you find the perfect solution for your needs while working on a more comprehensive strategy.

## FOOD DONATION

In addition to composting, we will be working with Metro Food Rescue on a food donation pilot to support caterers, schools, religious organizations, and anyone with larger-scale food donation needs. Organizations interested in this pilot should reach out to [sustainability@romi.gov](mailto:sustainability@romi.gov). Food is collected and distributed to various local organizations tackling food insecurity and access in Southeast Michigan.

## EDUCATION & COLLABORATION

### 1. Educational Workshops

Royal Oak Sustainability will be hosting a variety of educational workshops for homes, restaurants, schools, etc. to provide resources and support on your food reduction journey.

### 2. Food-Waste Reduction Cohorts

Royal Oak Sustainability will create collaborative cohorts based on needs and industry for businesses to provide peer-to-peer learning opportunities and collaboration.

### 3. Ongoing Growth and Support

This pilot is the first of several steps Royal Oak Sustainability will be taking to reduce food waste. This pilot is meant to learn, collect data, and determine the best way to offer more comprehensive food waste reduction solutions.

Learn  
more



## COMMUNITY PARTNERS

This pilot would not be possible without the support and innovative strategies of several community organizations, businesses, and people serving the Royal Oak community.



**ROYAL OAK  
SUSTAINABILITY**

[sustainability@romi.gov](mailto:sustainability@romi.gov)

### Volunteer Opportunities Available

Please email if you are interested in lending a hand towards a zero waste Royal Oak.



## Is the water in your home delivered by a lead or galvanized steel service line?



Because ingestion of lead is known to be hazardous to health, the Department of Public Services is committed to finding and removing all lead/galvanized water services connected to the city's water system. In that effort, DPS staff is reviewing its records to determine the material type at each home. Our records, however, only indicate what material was used on the publicly-owned portion of the water line – typically between the property line and the water main. The other section of pipe – often referred to as the 'private side'

of the water service, was installed with the construction of the home and choice of water line materials was that of the contractor and/or homeowner. Our records do not reliably indicate what materials were used on the privately-owned portion. That's where you come in.

If you **know** that the water service pipe coming into your home is made of lead and/or galvanized steel, please tell us about it. And if you'd like to be included in a future replacement project, visit [www.romi.gov/gettheleadout](http://www.romi.gov/gettheleadout) to learn about the program and to get on the replacement list.

**Lead and/or galvanized service lines will be replaced at no cost to the homeowner.**

For more information on reducing exposure to lead from drinking water, visit [www.michigan.gov/mileadsafe](http://www.michigan.gov/mileadsafe).



## Drinking Water: We Need Your Help

The City of Royal Oak, along with state and federal agencies, has taken extra precautions to protect our water systems. But we need help from residents and business owners to keep our drinking water system safe.

If anyone observes someone tampering with and/or opening a fire hydrant, manhole lid, etc., who does not appear to be a City employee, please call the Department of Public Service immediately at (248) 246-3300, if the incident occurs between 7:30 am and 4:00 pm, Monday through Friday, and the Royal Oak Police Department at (248) 246-3500 any time thereafter.

Our goal is to continue to provide pure and wholesome water to our community. We know that we can do that with your help.

## Residential Cross Connection Control Program

The City of Royal Oak is required under Public Act 399, Part 14, to maintain a cross connection control program to identify and eliminate any possible connections that could contaminate the public water system.

To fully comply with this state mandate, the city has contracted with HydroCorp of Troy, MI to assist with facilitating a Cross Connection Control Program.

Inspectors from HydroCorp will be in Royal Oak neighborhoods reviewing exteriors of homes for connections that could possibly contaminate the water distribution system. A typical site visit lasts approximately five minutes and the inspector will be looking at exterior garden hose connections, lawn sprinkler systems, and any other water sources.

There are no fees for the inspection; however, in circumstances where cross connections exist, any costs associated with the replacement, modification, installation and/or testing of backflow prevention assemblies remain the obligation of the homeowner.

The city's website has answers to frequently asked questions regarding the Cross Connection Control Program at [www.romi.gov/cccp](http://www.romi.gov/cccp). Informational brochures may also be picked up at the Royal Oak Public Library and at City Hall.

Additionally, residents may call HydroCorp directly at 1-800-690-6651 or email [residential@hydrocorpinc.com](mailto:residential@hydrocorpinc.com). You can visit HydroCorp's website at [www.hydrocorpinc.com/resources/faq](http://www.hydrocorpinc.com/resources/faq).



### Royal Oak SUSTAINABILITY

Royal Oak Sustainability is a collaborative group of city departments, the Royal Oak Environmental Advisory Board, and the Sustainability Manager. We strive to make Royal Oak a more sustainable and just place to live, work, and play.

Website: [www.romi.gov/sustainability](http://www.romi.gov/sustainability)  
Email: [sustainability@romi.gov](mailto:sustainability@romi.gov)



## What's Lost in a Leak?

### Water is Precious – Use It But Don't Waste It



One of the more common causes of water waste is the leaky faucet. Though it can be seen, the amount of water that can be wasted by such a leak is seldom appreciated. Toilet leaks are common too, and they are a little more difficult to detect. The escape of water from tank to bowl is often so slow that the movement of the water is not discernable. A quick check can be made by dumping some laundry bluing in the tank after it has filled and become quiet, and watching for its appearance in the bowl. Even if no leak is detected, the test should be repeated, as such leaks are often intermittent.

Outside the house, too, leaks often remain undetected because the water they waste soaks into the ground. Outside fixtures or underground pipes are often guilty of such undetectable leaks, as are garden hoses and similar equipment when left attached.

If you have reason to suspect a leak, your meter furnishes you with an excellent checking device. To make a leak test, turn off all faucets and other water outlets, and keep watch on the hand of the one-cubic-foot or a flashlight on the meter face for ten or fifteen minutes. If the hand continues to move or there is water use recorded on the meter face, you will know there is a leak. You can measure the size of the leak by timing the hand or taking a timed beginning and ending reading from the meter to see how long it takes to waste a given quantity. If a hidden leak is indicated, call your plumber immediately. You will save money by having the wasted water stopped at once. If the leak is wasting a considerable quantity, you may want to consider shutting off the water at the meter while you are waiting for repairs.



1/32" leak wastes 25 gallons in 24 hours



## Help Protect Our Environment: Keep Drains Clear of Fat, Oil & Grease (FOG) and Flushable Wipes (FW)

Fat, oil and grease (FOG) and Flushable Wipes (FW) in sewer pipes can create severe pollution and sewer problems in our City. FOG & FW enters sewer pipes through restaurant, residential and commercial drains. Once in the sewer, FOG sticks to the pipes and thickens which can build up and eventually block the entire pipe. FW can easily get stuck on FOG and other items within the sewer pipe compounding the problem. Blockages can send sewage backward – out of manholes into streets, rivers or into homes.

### Impact of FOG & FW

Preventing sewer backups from FOG & FW blockages saves residents money and protects the environment. When sewer pipes on private property back up, the homeowner is responsible for the cleanup. If you regularly pour grease or FW down the drain, it will form a blockage in the sewer pipe which then backs up through floor drains, toilets and/or at the lowest point in the house. A plumber will have to be hired to clean the sewer and possibly repair plumbing inside the home.

### Sources of FOG

Fat, oil and grease are by-products of cooking found in: food scraps, meat fats, lard, cooking oil, butter, margarine or shortening, etc.

### "Flushable" Products

Wet wipes, which are used for everything from wiping babies' bottoms to removing makeup to quick house cleaning are labeled "flushable." The problem is they're really not ~ at least not the way toilet paper is. They may be flushable, but they are not biodegradable (like toilet paper) and are clogging sewer systems across the state and country. The phenomenon, which local officials call ragging, is causing major clogging problems. All it takes is one wipe to catch on a tree root or any other debris in the sewer system and then wipes or other items pile on each other causing a blockage. If residents think "out of sight, out of mind, it's not my problem" they are mistaken. If a main sewer line gets dammed by a pile of wipes, then eventually it will back up into private sewer lines which will cause a back-up in people's homes.

Unfortunately, the most frequently found items in sewer systems are paper towels/napkins, baby wipes, feminine hygiene products and household wipes which don't deteriorate like toilet paper does. The only items that should be flushed is toilet paper and human waste; please throw everything else in the garbage.

### Keep Drains Clear by Following These Tips

1. Pour or scrape greasy or oily food waste into a container or jar.
2. Allow grease to cool/freeze in a container before throwing in the trash.
3. Mix liquid vegetable oil with an absorbent material such as cat litter or coffee grounds in a sealable container before throwing in the trash.
4. Keep drains clean by pouring ½ cup baking soda down the drain followed by ½ cup vinegar. Wait 10 – 15 minutes and then rinse with hot water.
5. Do not put any flushable products down the drain, please throw in the trash.



# City of Royal Oak Home Improvement Program

Loans and grants are available through the City's Housing Office to help qualified homeowners repair their homes. The Home Improvement Program is intended to maintain and improve the City's neighborhoods by helping low- and moderate-income homeowners make necessary repairs. Eligible applicants must be the owner and occupant of a single-family home in the City of Royal Oak with a household income within the established guidelines.

**INSTALLMENT LOANS/FORGIVABLE LOANS:** Regular monthly installment loans up to \$50,000 with 0% interest require applicants to be the owner and occupant of a single-family home with a total household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$53,050	4	\$75,750
2	\$60,600	5	\$81,850
3	\$68,200	6	\$87,900

**DEFERRED LOANS:** Homeowners may be eligible for a deferred loan up to \$50,000. These loans have a interest rate of 3%, interest starts when payment begins. The loan becomes due for a period of time as determined by the Loan Committee. Applicants for deferred loans must have a household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$33,350	4	\$47,350
2	\$37,900	5	\$51,150
3	\$42,650	6	\$54,950

Forgivable loans are available for qualified exterior work up to \$15,000, the income qualification is the same as the installment loan.

The City assists determining the work necessary to selecting a contractor. Applicants are not required to put money down or pay fees usually charged by private lenders. Mortgages and Liens are placed on the property.

Home improvements are to correct health and safety violations, provide for structural preservation, energy conservation or handicapped access. The program is also equipped to address lead-based paint hazards. These are some eligible improvements:

- |              |                           |
|--------------|---------------------------|
| ROOF         | PLUMBING/SEWER            |
| SIDING       | FURNACE/ AIR CONDITIONING |
| WINDOWS      | ELECTRICAL UPDATE         |
| INSULATION   | KITCHEN UPDATE            |
| PORCH REPAIR | BATHROOM UPDATE           |
| DRIVEWAY     | BASEMENT WATERPROOFING    |

The City maintains a list of qualified general contractors who are responsible for all of the trades involved in residential construction. The program will provide a loan or grant up to the amount of the lowest, viable bid.

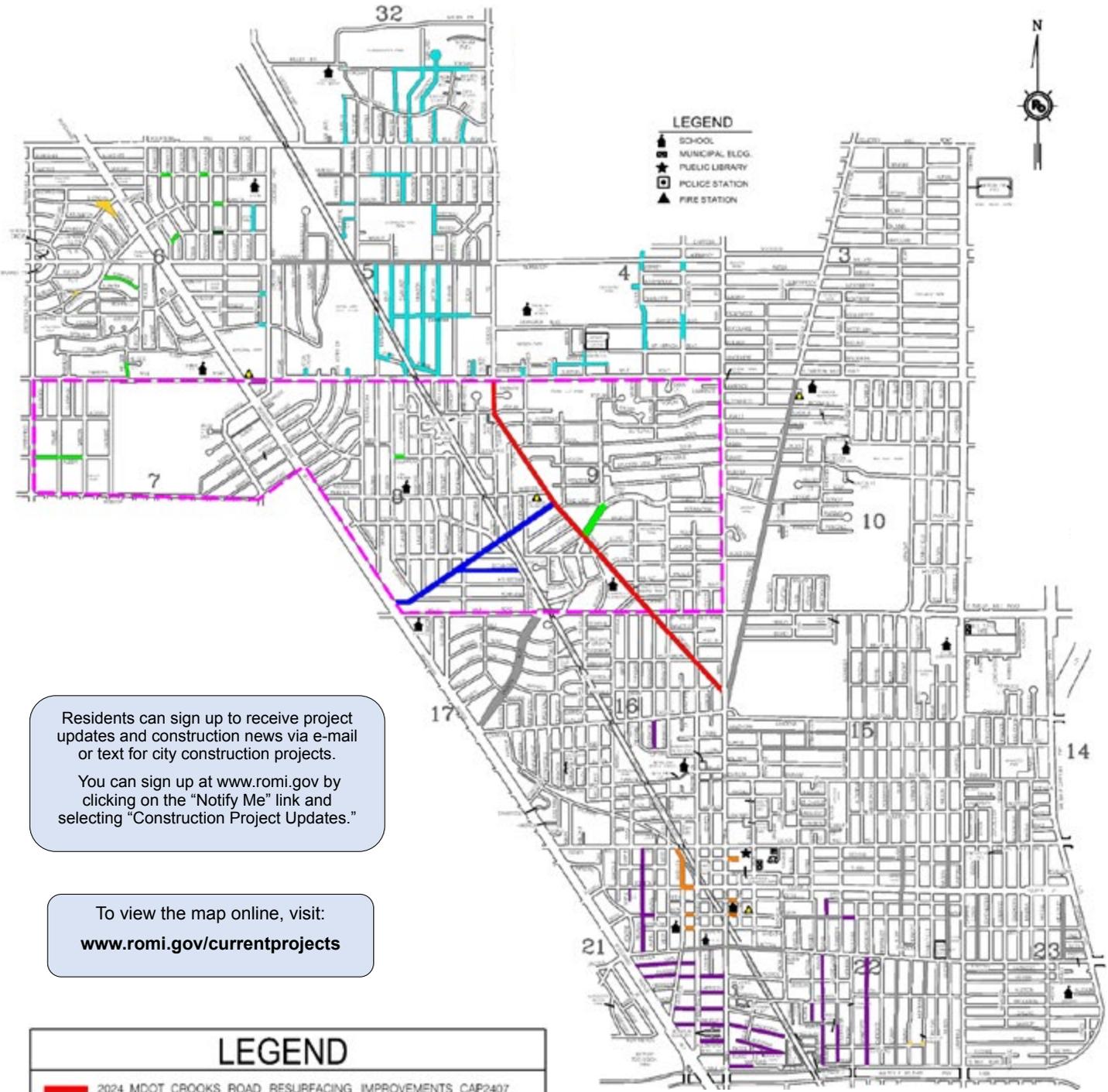
**For more information call (248) 246-3292 or visit [www.romi.gov](http://www.romi.gov)**



*Non-English speaking or hearing impaired and disabled persons wishing to arrange translation or interpretive services may inform the City Clerk's Office. The City Clerk may be reached at (248) 246-3050 or (248) 246-3010 for telecommunications device for the Deaf (TDD).*

## At Your Service

- Emergency Calls Only Police, Fire & Ambulance**.....911
- General Information**..... 248-246-3000
- Animal Complaint** ..... 248-246-3500
- Animal Shelter** 1515 N. Edgeworth ..... 248-548-3058
- Assessor** ..... 248-246-3110
- Building Inspection** ..... 248-246-3210
- Building Inspection Requests** ..... 248-246-3234
- Building Inspection Fax** ..... 248-246-3006
- Cable TV (WROK)** 203 S. Troy St..... 248-246-3040
  - Questions regarding Comcast ..... 800-934-6489
  - Questions regarding WOW ..... 866-496-9669
- City Attorney** ..... 248-246-3240
- City Clerk** ..... 248-246-3050
- City Manager** ..... 248-246-3200
- Code Enforcement** ..... 248-246-3210
  - Code Enforcement 24-hour Hotline ..... 248-246-3238
- 44th District Court** ..... 248-246-3600
  - Probation, 400 E. 11 Mile ..... 248-246-3670
- Engineering** ..... 248-246-3260
- Farmers Market** 316 E. 11 Mile..... 248-246-3276
- Finance** ..... 248-246-3030
- Fire Department** 215 E. Sixth St.
  - Emergency ..... 911
  - Non-Emergency..... 248-246-3800
  - Fire Prevention Bureau ..... 248-246-3810
- Housing Assistance - Rehabilitation Loans**..... 248-246-3130
- Human Resources** ..... 248-246-3070
- Ice Arena** 1403 Lexington Blvd..... 248-246-3950
- Information Systems** ..... 248-246-3080
- Landlord Licensing Program** ..... 248-246-3210
- Library** 222 E. 11 Mile Rd. .... 248-246-3700
- Mahany-Meininger Sr./Community Center** 3500 Marais..... 248-246-3900
- Mayor**..... 248-246-3200
- Orson Starr House** 3123 N. Main St..... 248-588-0170
- Parks & Forestry** ..... 248-246-3300
- Planning & Zoning** ..... 248-246-3280
- Police Department** 450 E. 11 Mile Rd.
  - Emergency ..... 911
  - Non-Emergency..... 248-246-3500
  - Community Policing..... 248-246-3524
  - Detective Division ..... 248-246-3515
  - Record Division ..... 248-246-3530
  - Snow Emergency Announcement ..... 248-246-3442
- Public Service Department** 1600 N. Campbell
  - Highway Maintenance ..... 248-246-3300
  - Parks & Forestry..... 248-246-3300
  - Recycling & Refuse Collection ..... 248-246-3300
  - Sewer Maintenance..... 248-246-3300
  - Water Maintenance ..... 248-246-3300
  - Emergencies between 4:00 pm - 7:30 am & weekends ..... 248-246-3500
- Purchasing** ..... 248-246-3030
- Recreation** 1600 N. Campbell..... 248-246-3180
- Royal Oak Golf Course** 3417 Don Soper Dr. .... 248-554-0019
- Salter Community Center** 1545 E. Lincoln ..... 248-246-3180
- Senior Citizen Programs** 3500 Marais ..... 248-246-3900
- Street Lighting Outage - DTE Energy** ..... 800-477-4747
- TDD (Hearing Impaired)** ..... 248-246-3010
- Treasurer** ..... 248-246-3140
- Voter Registration** ..... 248-246-3050
- Water Bills** ..... 248-246-3160
- Youth Assistance** 1601 N. Campbell..... 248-546-8282
- Website**..... [www.romi.gov](http://www.romi.gov)



Residents can sign up to receive project updates and construction news via e-mail or text for city construction projects.

You can sign up at [www.romi.gov](http://www.romi.gov) by clicking on the "Notify Me" link and selecting "Construction Project Updates."

To view the map online, visit:  
[www.romi.gov/currentprojects](http://www.romi.gov/currentprojects)

LEGEND	
	2024 MDOT CROOKS ROAD RESURFACING IMPROVEMENTS CAP2407
	2024 WATER MAIN IMPROVEMENTS CAP2410
	2024 CONCRETE PAVEMENT REPAIR PROGRAM CAP2405 (MILLAGE)
	2024 ASPHALT RESURFACING IMPROVEMENTS CAP2415 (MILLAGE)
	2024 ASPHALT RESURFACING IMPROVEMENTS CAP2416 (MILLAGE)
	2024 JOINT SEALING IMPROVEMENTS CAP2425 (MILLAGE)
	2024 ROAD RECONSTRUCTION IMPROVEMENTS CAP2435 (MILLAGE)
	2024 SPECIAL ASSESSMENT PAVING (UNDER CAP2435)
	2024 GREEN INFRASTRUCTURE IMPROVEMENTS (CAP2440)
	2024 SIDEWALK IMPROVEMENTS CAP2402



# City of Royal Oak 2024 Construction Projects

The city will continue various construction improvements throughout the city in 2024 as outlined on the map on the previous page.

## Road Millage Improvements

The Royal Oak Engineering Division will continue a series of local road improvement projects this year. This will be the final year of the 10-year road millage, which focuses primarily on local roads. Voters recently approved a 2.5-mill road millage renewal for an additional 10 years (2025-2034), which will focus primarily on major roads.

**Concrete Pavement Repair Project:** These streets will have selected deteriorated sections of pavement removed and replaced with concrete for an estimated construction cost of \$1.3 million. These streets are shown in teal blue on the project map.

**Asphalt Resurfacing Project:** These streets will have minor concrete base repairs and partial curb replacement followed by asphalt milling and resurfacing with hot mix asphalt. These streets are shown in purple on the project map. The estimated construction cost is \$3.3 million.

**Concrete Road Reconstruction Project:** Pavement on these streets will be completely removed and replaced with new concrete pavement. Some streets also include water main upgrades. These streets are shown in green on the project map. This project will also include special assessment paving of Massoit Road, shown in dark green on the map. The estimated construction cost is \$3.3 million.

**Joint Sealing Project:** These streets are in fairly good condition and will be joint sealed to extend the service life of the pavement. These streets are shown in gray on the project map and the total estimated cost is \$170,000.

## Royal Oak Major Road Improvements

**Crooks Road Resurfacing:** Crooks Road will be resurfaced from N. Main Street to 13 Mile Road this summer. Construction will include minor curb replacements, sidewalk ramp upgrades, concrete base repairs and partial water main replacement, followed by asphalt milling and resurfacing with hot mix asphalt. There will be one lane of traffic in each direction throughout construction, and left turns will be prohibited at traffic signals along the corridor. This street is shown in red on the project map. The estimated construction cost is \$4.4 million, which is funded by MDOT and the city.

**Downtown Road Resurfacing:** The DDA is funding asphalt resurfacing improvements on several blocks in the downtown area. The estimated construction cost is \$700,000 and these streets are shown in orange on the project map.

## Sidewalk Improvements

The city will continue the six-year sidewalk program this summer in the neighborhoods outlined in the pink dashed line on the project map. Property owners will receive a construction notice in the spring with their estimate for sidewalk work. You can find more information regarding the sidewalk program including criteria, timeline, and forms at [www.romi.gov/sidewalks](http://www.romi.gov/sidewalks).

The city also operates a prepaid public sidewalk and approach replacement program for those residents who want this type of work performed at their properties in Royal Oak. Contact the engineering division for more information.

## Water Main and Sewer Projects

**2024 Water Main Improvements Projects:** Improvements will take place on various streets as shown on the project map in dark and light blue to replace sections of water main. In addition, the proposed millage road improvements scheduled for each of the streets will be incorporated as part of the project. Northwood Boulevard is included in this project and will also receive installation of traffic calming measures as approved by the city commission. The estimated construction cost is \$3.7 million.

**2024 Sewer Preservation Projects:** Sewer televising, spot sewer repairs and sewer lining will take place on various public sewers throughout the city as part of an ongoing sewer maintenance and improvement program to preserve, stabilize, improve flow, and enhance the conditions of public sewers. The cost of these projects is estimated at approximately \$2.2 million.

## Green Infrastructure

In addition to road, sidewalk and utility improvements, the City of Royal Oak has the following project scheduled in 2024.

**Green Infrastructure Improvements:** The city will be reconstructing portions of Arden Place, Grandview Road, and Sheridan Drive to direct stormwater drainage to new rain gardens. The project also includes water main upgrades along Sheridan Drive and Arden Place. This area is shown in yellow on the project map and has an estimated construction cost of \$1.1 million.

## What to Expect

The city mails out construction notices to affected properties in the spring that provide detailed information for nearby projects. During construction, residents may receive 24-hour advance notices via door hangers if driveway access will be affected or a water shut-off is planned.

The engineering division wishes to thank residents in advance for their patience and cooperation as the city moves forward with construction. If you have any questions, you can contact the engineering division at **248.246.3260** or [engineering@romi.gov](mailto:engineering@romi.gov). Residents can visit [www.romi.gov/currentprojects](http://www.romi.gov/currentprojects) to find the most up-to-date information, copies of construction notices, and weekly project updates.

# Grilling Safety

There's nothing like outdoor grilling. It's one of the most popular ways to cook food. But, a grill placed too close to anything that can burn is a fire hazard. They can be very hot, causing burn injuries. Follow these simple tips and you will be on the way to safe grilling.

## SAFETY TIPS

- » Propane and charcoal BBQ grills should only be used outdoors.
- » The grill should be placed well away from the home, deck railings and out from under eaves and overhanging branches.
- » Keep children and pets at least three feet away from the grill area.
- » Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
- » Never leave your grill unattended.
- » Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

- » There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
- » If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- » Keep charcoal fluid out of the reach of children and away from heat sources.
- » There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
- » When you are finished grilling, let the coals completely cool before disposing in a metal container.

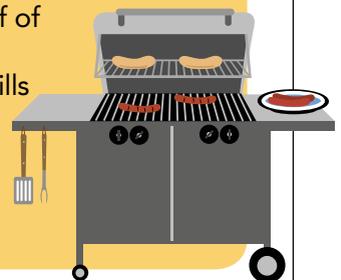
## PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.

## FACTS

- ! July is the peak month for grill fires.
- ! Roughly half of the injuries involving grills are thermal burns.



**NATIONAL FIRE  
PROTECTION ASSOCIATION**  
The leading information and knowledge resource  
on fire, electrical and related hazards



**Royal Oak  
FIRE DEPT**

# Fireworks Safety



**FIREWORKS** are often used to mark special events and holidays. The only safe way to view fireworks is to attend a professional show. It is important to know that **fireworks are not safe in the hands of consumers**. Fireworks cause thousands of injuries each year.

## A few ideas to get into the patriotic spirit, without fireworks:

1. Use glow sticks, they glow in the dark and are a safe alternative to a sparkler. Fun for all ages.
2. Loud and proud. Noise makers are sure to make a statement. They can be found at local party supply stores or make your own.
3. Outdoor movie night. Set up a screen and projector. Don't forget the bug spray!
4. Red, white and blue silly string...fun for all ages.
5. Make a patriotic craft with the family.
6. Throw a birthday party for the USA, and don't forget the cake.



## FACTS

- ! More than 19,500 reported fires are started by fireworks annually.
- ! Burns account for 44% of the 9,100 injuries treated in emergency rooms seen in the month around July 4.
- ! Half of the fireworks injuries seen at emergency rooms were extremities: hand, finger, or leg. One-third were to the eye or other parts of the head.
- ! Children ages 10–14 had the highest rate of fireworks injury, with more than one-third (36%) of the victims of fireworks injuries under age 15.
- ! Sparklers account for roughly one-quarter of emergency room fireworks injuries.

Source: U.S. Consumer Product Safety Commission (CPSC) 2018 Fireworks Annual Report



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading information and knowledge resource on fire, electrical and related hazards





## FARMERS MARKET

Locally grown produce and plants are in abundance at the Royal Oak Farmers Market. Every Saturday more than 30 Michigan farmers set up their booths offering everything from apples to zucchini. Most are picked within 24 hours of purchase. In addition to produce, there are several vendors selling antibiotic- and hormone-free meats, free range eggs and chicken, cheeses, freshly made salsa, baked goods, and much more. **For more information, please call (248) 246-3276.**

### Open All Year!

#### Farmers & Specialty Food Vendors are at the market

- Fridays, 7:00 am - 1:00 pm, May - Thanksgiving
- Saturdays, 7:00 am - 1:00 pm, All year

#### Antique & Collectible Vendors are at the market

- Sundays, 8:00 am - 3:00 pm, All year

### Calendar of Events at the Market:

#### April

- |    |     |                                   |
|----|-----|-----------------------------------|
| 6  | Sat | Bourbon Fest (4:00 - 10:00 pm)    |
| 10 | Wed | Food Truck Rally (4:00 - 8:00 pm) |
| 20 | Sat | Earth Day Event (Time TBA)        |

#### May

- |    |       |   |
|----|-------|---|
| 6  | Sat   | K-9 Charity Tequila Festival (6:00 - 10:00 pm)    |
| 8  | Wed   | Food Truck Rally (4:00 - 8:00 pm)                 |
| 16 | Thurs | Bridal Show (4:00 - 10:00 pm)                     |
| 31 | Fri   | Bree Betts Wine & Food Festival (6:00 - 10:00 pm) |

#### June

- |    |     |   |
|----|-----|---|
| 5  | Wed | City Wide Block Party (Time TBA)                          |
| 14 | Wed | <b>Food Truck Rally and Family Pride (4:00 - 9:00 pm)</b> |

 **Like us on Facebook!**




The Environmental Advisory Board makes recommendations to the city commission on all issues concerning city efforts related to energy waste reduction, air quality, water, waste, resilience, and/or other sustainability issues that improve quality of life and protect the environment.

The board meets on the fourth Wednesday of Sept., Oct., Nov., Jan., Feb., March, April, and May at 7:00 p.m. at the Mahany / Meininger Senior Center. Questions? **Email: [roeab@romi.gov](mailto:roeab@romi.gov)**

 Royal Oak Environmental Advisory Board

 @roenvironmental

 roenvironmentalboard



Solarize Royal Oak brings friends and neighbors together to learn about solar and participate in group buy-ins to save money! Visit **Solarize Royal Oak** (on Facebook) or email **[roeab@romi.gov](mailto:roeab@romi.gov)** for more details.



Check out the City's Sustainability Efforts Here:  
**[www.romi.gov/sustainability](http://www.romi.gov/sustainability)**



## Local Author Fair

Join the Royal Oak Public Library on Saturday March 23 from 2-4pm as we showcase authors from Royal Oak and neighboring communities at our first Local Author Fair. Authors whose works span different genres and ages will be stationed throughout the library, providing an opportunity for you to learn about and purchase copies of their work.

“Providing a venue for local authors to connect to their community is an important role for libraries,” says Sandy Irwin, Library Director. “We are excited to share and celebrate a sample of the many authors who share their creativity with us.”

Participating authors will be announced on Friday March 8. Visit our website at [ropl.org](http://ropl.org) for more details at that time.

## New Library Calendar

On March 4, 2024, the Library moved to a new online calendar. The calendar is updated to include the ability to reserve study rooms, items in the Makerspace, the Friends Auditorium and more. You can find the new calendar at [royaloak.librarycalendar.com](http://royaloak.librarycalendar.com), or visit our website at [ropl.org](http://ropl.org) and look for the events link.

## Conversations on Race Program Series

Join us for a 3-week, in-person series of guided conversations to build your awareness of and skills for talking about race and racism. Through shared videos, small group discussion, large group dialogue and creating actionable steps, we will engage in and sustain difficult conversations while building capacity for advocacy. Registration will open on April 1, 2024 on our new calendar system.

### Session Descriptions

#### May 2 - The Difference Between Us

Why has the myth of race as biology persisted and what effect does this have on our own perception of people?

#### May 9 - The Story We Tell

How has the idea that race is biology resulted in intentional inequalities in policy and practices throughout U.S. history?

#### May 16 - The House We Live In

What is structural racism and how have definitions of race shifted to support political and social inequities?



Royal Oak  
**PUBLIC LIBRARY**

222 E 11 Mile Road • Royal Oak, MI 48067  
248.246.3700 • [www.ropl.org](http://www.ropl.org)

# Sunshine or Showers

Whatever the weather, there is always something to do at the Red Oaks Nature Center - Check out our exciting and educational seasonal programming!



30300 Hales St., Madison Heights, MI 48071



Register online at [OaklandCountyParks.com](http://OaklandCountyParks.com)

**City Of Royal Oak**  
203 S. Troy St., P.O. Box 64  
Royal Oak, MI 48068-0064



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Warren, MI

**City Hall Office Hours**  
Monday-Thursday, 8:00 am - 4:30 pm  
Friday, 8:00 am - 12 noon  
[www.romi.gov](http://www.romi.gov)

# 2024 PARK SHELTER UPDATED PRICING

RENTAL SEASON RUNS FROM  
APRIL 1 - OCTOBER 31



Park Shelters	Weekday Fees & Time Slots	Weekend Fees & Time Slots
<b>NORMANDY OAKS (LARGE)</b>	10am-2pm, 3pm-7pm Resident: \$125 Non-Resident: \$175	10am-2pm, 3pm-7pm Resident: \$150 Non-Resident: \$200
<b>MEMORIAL (LARGE)</b>	10am-2pm, 3pm-7pm Resident: \$75 Non-Resident: \$100	10am-2pm, 3pm-7pm Resident: \$100 Non-Resident: \$125
<b>STARR/VFW (LARGE)</b>	10am-2pm, 3pm-7pm Resident: \$50 Non-Resident: \$65	10am-2pm, 3pm-7pm Resident: \$80 Non-Resident: \$95
<b>LAWSON (SMALL)</b>	10am-2pm, 3pm-7pm Resident: \$50 Non-Resident: \$65	10am-2pm, 3pm-7pm Resident: \$80 Non-Resident: \$95
<b>STARR EAST &amp; WEST (SMALL)</b>	10am-2pm, 3pm-7pm Resident: \$30 Non-Resident: \$45	10am-2pm, 3pm-7pm Resident: \$40 Non-Resident: \$50