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**Royal Oak Outdoor Art Fair July 6 - 7**

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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	8:30-4:30	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



## Summer Camps

[www.leisureunlimited.net](http://www.leisureunlimited.net)

### Sports Starters (preschoolers, ages 3 - 5)

Your toddlers will love this first introduction to sports. Kids will improve their large muscle movement and hand-eye coordination as they throw, catch, kick, run and play silly games. Our experienced coaches will make sure your little ones have a positive and fun learning experience. Wear gym shoes and bring a water bottle. Kids must be three by the first day of class. **Held at Salter Center in Royal Oak.** Minimum 10; max. 20. Instructor: Leisure Unlimited LLC, Coach David East

#### July 22 - 26 at Salter Community Center YA2001

Monday - Friday, 12:45 - 1:35 pm  
\$68 / 1 week

### Tee-Ball Camp (ages 4 - 6)

Make a hit with your youngster this summer. Kids will learn throwing, base-running, catching, batting and fielding. Directions are easy-to-follow. Fun, progressive drills allow kids to advance at their own pace in a safe, nurturing environment. Players will learn the importance of effort, teamwork and sportsmanship. Wear gym shoes and bring a water bottle. Mitts are optional. Snack provided. **Held at Salter Center in Royal Oak.** Minimum 10; max. 20. Instructor: Leisure Unlimited LLC, Coach David East

#### July 22 - 26 at Salter Community Center YA2002

Monday - Friday, 2:00 - 3:15 pm  
\$88 / 1 week

### Soccer Starters Camp (ages 3 - 5)

Our enthusiastic coaches will teach your kids the basic kicks, how to score, goalie work, throw-ins, positions, and rules. Our emphasis is on teamwork, self-confidence, and effort in a safe and nurturing environment. Wear gym shoes and bring a water bottle. **Held at Salter Center in Royal Oak.** Minimum 10; max. 20. Instructor: Leisure Unlimited LLC, Coach David East

#### August 5 - 9 at Salter Community Center YA2003

Monday - Friday, 12:45 - 1:35 pm  
\$68 / 1 week

### Basketball Camp (ages 6 - 9)

Jump into basketball! Progressive drills help players improve their individual and team skills. In-class scrimmages allow kids to develop better game comprehension. Emphasis is on sportsmanship and teamwork. Wear gym shoes and bring a water bottle. **Held at Salter Center in Royal Oak.** Minimum 10; max. 20. Instructor: Leisure Unlimited LLC, Coach David East.

#### August 5 - 9 at Salter Community Center YA2004

Monday - Friday, 2:00 - 3:15 pm  
\$88 / 1 week

## 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, June 28 - August 23 at Salter Community Center

Fee: \$133 / 8 weeks No class July 5

**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, June 25 - August 27 at Salter Community Center

9:30 - 10:00 am **YA3001**

Fee: \$165 / 10 weeks

### TumbleBunnies Gymnastics (ages 3+)

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. Comfortable clothing is all that is required. Minimum of 8 students per session.

#### Tuesdays, June 25 - August 27 at Salter Community Center

Fee: \$165 / 10 weeks

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

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

### TumbleBunnies Cheer Camp (ages 6-8)

Camp features warmups, chants, cheers, jumps, and pom routines. Picture motion cards at each station. Props such as pom poms, megaphones, and ribbons. Active "jock rock" music to learn pompom dances to. Students will learn cheering hand stamps such as ready, T, touchdown, toe touch, and high V. Join the cheering mania that is sweeping the country!

#### Summer 1: July 29 - August 2 at Salter Community Center

9:00 - 11:00 am **YA3009**

Fee: \$250

#### Summer 2: August 26 - August 30 at Salter Community Center

9:00 - 11:00 am **YA3010**

Fee: \$250



[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, October 12 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, October 12 at Salter Community Center**

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

Fee: Res. \$15 / 1 class



**FOUR SEASONS  
PRESCHOOL**

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

- 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**

**FULL**

**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**



### Flag Football Camp (ages 7-12)

Experience the excitement of football with Skyhawks Flag Football Fueled by USA Football. Using a curriculum developed by the experts from USA Football, coaches will teach skills like passing, receiving, kicking and flag pulling. Participants will gain confidence and learn important life lessons in a fun, positive environment.

**June 17 - 21, 9:00 am - 12:00 pm at Worden Park**  
 Fee: \$219 **YA5001**

### Lacrosse Camp (age 7-12)

Athletes will learn the fundamentals of stick handling, cradling, passing and shooting in a fun, non-checking environment. All equipment is provided, but participants are welcome and encouraged to bring their own lacrosse stick. Program format and equipment used may vary by location, but the program is consistently conducted as a non-contact and non-checking format.

**June 24 - 28, 9:00 am - 12:00 pm at Worden Park**  
 Fee: \$219 **YA5002**

### Beginner Golf Camp (age 5-9)

Skyhawks Beginning Golf is powered by Payne Stewart Golf Experiences, the recommended entry-level golf program for PGA Junior Golf Camps. The unique, games-based play program and modified learning equipment make it easier for kids to hit the ball and experience early success. Putting, chipping, pitching and full swing, are all taught through games, simple repetitive motions and learning rhymes that make it easy for young kids to remember and repeat. Specially designed, age-appropriate golf equipment is provided.

**July 1 - 3, 9:00 am - 1:00 pm at Royal Oak Golf Course**  
 Fee: \$185 **YA5003**

### Volleyball Camp (age 7-12)

Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.

**July 8 - 12 at Starr Jaycee Park**  
 Fee: \$219

**Ages 8-10: 9:00am - 12:00pm YA5004**  
**Ages 11-14: 12:30pm - 3:30pm YA5005**



**First Serve** is excited to provide tennis classes through Royal Oak Parks and Rec! At First Serve we love to share the joy and freedom of movement with kids and adults. We teach kids fierce competition tempered with good sportsmanship.

Our lesson plans and competitions are based on the latest research and guidelines from the top youth sports and tennis programmers in the country. We understand that kids learn more and are less likely to quit when sports are fun. We teach fundamental athletic skills that apply to all sports and support multi-sport athletes. Our goal is to make tennis more accessible and more fun to more people, especially kids! **Check us out on Facebook.com/firstservemi**

**Contact Coach Chip with any questions about the leagues or placement within the leagues: chipfazio@gmail.com or 313-670-3277 (cell)**

### Spring Outdoor Tennis Lessons

**Thursdays, May 16 - June 6 (4 classes)**

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	5:15-6:00 pm	\$73
Ages 7-10 years	6:00-7:00 pm	\$73
Ages 11-17 years	7:00-8:00 pm	\$73
<b>Adult Start/Restart</b>	8:00-9:00 pm	\$73

*This is a class for adults who have never played tennis or adults who may have played when they were younger and would like a refresher to get them back into tennis. Loaner racquets will be provided.*

### Summer Outdoor Tennis Lessons

**Thursday evenings, June 19 - July 31 (6 classes) No class July 3**

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	5:15-6:00 pm	\$109
Ages 7-10 years	6:00-7:00 pm	\$109
Ages 11-17	7:00-8:00 pm	\$109
Adult (18+)	8:00-9:00 pm	\$109

*We welcome beginners and experienced players into this class.*

### Location

All classes take place at the **Meininger Park Tennis Courts** at 600 Maxwell Ave. south of Catalpa Dr. between Woodward Ave and Washington Ave..

**Pre-registration for all classes is required online at [www.ifirstserve.net](http://www.ifirstserve.net)**

Please bring your own racquet and water bottle, and wear tennis shoes for class.

## Summer 2024 Instructional Swim Program

**Session 1: June 17 - 27 (8 sessions)**

**Session 2: July 8 - 28 (8 sessions)**

**Session 3: July 22 - August 1 (8 sessions)**

**Location: Royal Oak High School**

### Classes

**Competitive Swim, ages 7-17**

**7:30 - 8:15 am**

Fee: \$120 (per session)

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

**8:30 - 9:15 am, 9:30 - 10:15 am, 10:30 - 11:15 am**

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

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

**11:30 am - 12:15 pm**

Fee: \$120 (per session)

### General Information

- Registration is done online at [royaloakrec.recdesk.com](http://royaloakrec.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 and Closures:

**Independence Day: July 3**

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



## Summer 2024 Evening Recreational/Open Swim

### Schedule:

Mondays & Wednesdays

### 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 [royaloakrec.recdesk.com](http://royaloakrec.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

## Fit Mix

Burn calories in this heart-healthy 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.

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

June 26 - August 21 at M/M Senior/Community Center **FF2006**

No class July 3

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

## Low-Impact 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**

June 27 - August 22 at M/M Senior/Community Center **FF2002**

No class July 4

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

## Stretch Relief New Day & Time for Summer!

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.

**Tuesday, 7:30-8:30 pm Instructor: Karen B**

June 25 - August 20 at M/M Senior/Community Center **FF2021**

No class August 6

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

## Mat Pilates New Location for Summer!

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**

June 24 - August 19 at M/M Senior/Community Center **FF2013**

No class August 5

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

## Total Body Conditioning

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**

June 25 - August 20 at M/M Senior/Community Center **FF2010**

No class August 6

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

**Thursday, 7:30-8:30 pm Instructor: Kendall R**

June 27 - August 22 at M/M Senior/Community Center **FF2016**

No class July 4

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.

## 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 Family Tai Chi: Essential Forms & Sanshou (1)

**Must have tai chi experience. One posture for each week.**

Tuesday, 7:30-8:30 pm **AF2002**

July 2 - August 13 at M/M Senior/Community Center

No class August 6

Fee: Res. \$48; Non-Res. \$53 / 6 weeks

### Yang Style Push Hand (cont.)

Tuesday, 8:30-9:30 pm **AF2003**

July 2 - August 13 at M/M Senior/Community Center

No class August 6

Fee: Res. \$48; Non-Res. \$53 / 6 weeks

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

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

Wednesday, 6:30-7:30 pm **AF2001**

July 10 - August 14 at Salter Community Center

Fee: Res. \$48; Non-Res. \$53 / 6 weeks

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

**Ready to move on from Beginner 1? This class is right for you.**

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

Thursday, 6:30-7:30 pm **AF2006**

July 11 - August 15 at Salter Community Center

Fee: Res. \$48; Non-Res. \$53 / 6 weeks

### Chen Style Laojia Yilu (2), Sanshou (2)

**One posture for each week.**

Thursday, 7:30-8:30 pm **AF2004**

July 11 - August 15 at Salter Community Center

Fee: Res. \$48; Non-Res. \$53 / 6 weeks

### Mulan Fans (cont. whole form)

Thursday, 8:30-9:30 pm **AF2005**

July 11 - August 15 at Salter Community Center

Fee: Res. \$48; Non-Res. \$53 / 6 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

June 26 - August 14, 7:30 - 8:45 pm **AF2401**

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

## 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.

### Wednesday at Royal Oak Middle School Pool

June 26 - August 14, 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!

### Wednesday at Royal Oak Middle School Pool

June 26 - August 14, 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  
Thursday Coed Division III

#### Men's

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

### Registration Dates

#### July 8 - August 12

Open registration.

#### August 26

Beginning August 26, 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 September 3

Leagues games will begin. (Monday league will begin September 9).

### 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 #4 6:10 pm, 7:20 pm, 8:30 pm; 9:40 pm

Worden #5 6:10 pm, 7:20 pm, 8:30 pm; 9:40 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)**



## Are You Ready for Some Football or Cheerleading?

**If so, Royal Oak Youth Football is looking for you!**

**We promote sportsmanship, dedication and team work, all in a family fun environment.**

**We offer youth football and cheerleading for children ages 6 - 13.**



**Visit our website for registration information, requirements and football camp:**

**[www.royaloaktitans.org](http://www.royaloaktitans.org)**

## 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 cancellation, 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.**

## Drop-In Sports at the Salter Center

Pickleball has moved outdoors for May through October at Whittier and Upton Parks. Courts are open daily from 9:00 am to 8:00 pm.

Visit [royaloakrec.com](http://royaloakrec.com) for lessons, leagues, mixers, and court locations.



## 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**

**Summer**

**June 17 - August 5**

**Low-Impact**

**SA5001**

**Cardio Kickboxing**

**SA5002**

**\$64 / 8 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**

**June 25 - August 13**

**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**

**Summer**

**Mondays: June 3 - July 29 SA6004**

**\$54 / 9 weeks**

**Wednesdays: May 29 - July 31 SA6005**

*No class June 19*

**\$54 / 9 weeks**

**Fridays: May 31 - July 26 SA6006**

**\$54 / 9 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**

**June 25 - August 13**

**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.

## 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!



### Sunset Mountain Woods

Thursday, July 11 at M/M Community Center

6:00 - 9:00 pm AE2016

Fee: \$80

### Nighttime Seascape

Thursday, August 15 at M/M Community Center

6:00 - 9:00 pm AE2017

Fee: \$80

## Cooking

### Italian Three-Cheese Ravioli and Tortellini

Tuesday, June 11, 6:00 - 8:30 pm AE2011

Room 3 at M/M Community Center

Fee: \$36

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, June 18, 6:00-8:30 pm AE2013

Room 3 at M/M Community Center

Fee: \$36

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.

### Dinner & Dessert: German Strudels

Tuesday, June 25, 6:00-8:30 pm AE2015

Room 3 at M/M Community Center

Fee: \$36

In this fun, hands on class you'll work on your own to prepare an amazing dinner strudel filled with savory seasoned meat or poultry, fresh cut veggies, and yummy shredded cheese! You'll also prepare a sinfully sweet dessert strudel filled with your choice of fresh apples, cherries, blueberries or strawberries! Email [supplylist@gmail.com](mailto:supplylist@gmail.com) or call (586)256-8144 for a list of supplies to bring.

## 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 & improve Royal Oak's two nature preserves, Cummingston Park & Tenhave Woods. Dogs are not allowed inside either Tenhave Woods or Cummingston 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, e-mail 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.

### 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. Programs are held on Thursdays at the Royal Oak Historical Museum (1411 W. Webster) and begin at 7:00 pm. There are no programs scheduled for the summer.

### Royal Oak Nature Society 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, Cummingston, 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.

### 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 Cummingston 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 for these walks and registration is not required.

DATE	TIME & PLACE	TOPIC
June 2 (Sun)	2:00 pm at Tenhave	Pond Life
June 22 (Sat)	10:00 am at Tenhave	Mushrooms
July 14 (Sun)	2:00 pm at Tenhave	Pond Life
July 23 (Tue)	7:00 pm at Erb Arboretum	Arboretum Walk
July 27 (Sat)	10:00 am at Cummingston	Mushrooms
Aug 22 (Thur)	7:00 pm at Erb Arboretum	Arboretum Walk
Aug 24 (Sat)	10:00 am at Tenhave	Mushrooms

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



## MAY / JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
26 KMO 6:35PM	27 KEN 8:35PM	28 KEN 11:05AM	29 LAK 6:35PM	30 LAK 11:05AM	31 KMO 1:05PM & 6:35PM	1
2 KMO 6:35PM	3 KMO 7:05PM	4	5 BC 6:35PM	6 BC 6:35PM	7 RFD 6:35PM	8 RFD 6:35PM
9 KMO 6:35PM	10 KMO 7:05PM	11 KEN 6:35PM	12 KEN 6:35PM	13 LAK 6:35PM	14 LAK 6:35PM	15 GB 6:35PM
16 GB 6:35PM	17	18 TC 6:35PM	19 TC 1:05PM & 6:35PM	20 TC 6:35PM	21 KZO 6:35PM	22 KZO 6:35PM
23 TC 6:35PM	24	25 BC 6:35PM	26 BC 6:35PM	27 KEN 6:35PM	28 KEN 6:35PM	29 GB 6:35PM
30						

## JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
	1 KZO 6:35PM	2 KZO 6:35PM	3 TC 6:35PM	4 TC 6:35PM	5 BC 6:35PM	6 BC 6:35PM
7 KZO 6:35PM	8 KZO 6:35PM	9 TC 6:35PM	10 TC 1:05PM & 6:35PM	11 TC 7:05PM	12 KZO 6:35PM	13 KZO 6:35PM
14 BC 6:35PM	15 BC 6:35PM	16 RFD 6:35PM	17 RFD 1:05PM	18 BC 6:35PM	19 BC 6:35PM	20 KEN 6:35PM
21 KEN 6:35PM	22 ALL STAR BREAK	23	24	25 KMO 6:35PM	26 KMO 6:35PM	27 KZO 6:35PM
28 KZO 6:35PM	29	30 BC 6:35PM	31 BC 6:35PM			

## AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
				1 RFD 6:35PM	2 RFD 6:35PM	3 KMO 6:35PM
4 KMO 6:35PM	5 KMO 6:35PM	6 KMO 6:35PM	7 KZO 6:35PM	8 KZO 6:35PM	9 RFD 6:35PM	10 RFD 6:35PM

HOME

AWAY

**KEN** Kenosha Kingfish

**LAK** Lakeshore Chinooks

**BC** Battle Creek Battle Jacks

**KMO** Kokomo Jackrabbits

**RFD** Rockford Rivets

**TC** Traverse City Pit Spitters

**KZO** Kalamazoo Growlers

**GB** Green Bay Rockers

**ALL NEW LEAGUE. ALL NEW COMPETITION**

## 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 ..... www.royaloaksandlot.com  
 Royal Oak Football Club (Youth Soccer).....www.royaloakfc.com  
 Royal Oak Titans (Youth Football).....www.royaloaktitans.org  
 Royal Oak Hockey ..... www.royaloakhockeyclub.com

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

# 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

## 2024 Park Shelter Pricing

Rental Season April 1 - October 31, 2024

Park Shelters	Weekday Fees and Time Slots	Weekend Fees and Time Slots
<b>Normandy Oaks</b> (large)	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$125 Non-Resident: \$175	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$150 Non: \$200
<b>Memorial</b> (large)	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$75 Non-Resident: \$100	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$100 Non: \$125
<b>Starr/VFW</b> (large)	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$50 Non-Resident: \$65	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$80 Non: \$95
<b>Lawson</b> (small)	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$50 Non-Resident: \$65	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$80 Non: \$95
<b>Starr East &amp; West</b> (small)	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$30 Non-Resident: \$45	10:00 am-2:00 pm; 3:00 pm-7:00 pm Resident: \$40 Non: \$50

# Outdoor Adventures

Register for our  
interpretive programs  
- fun for the whole family!



30300 Hales St., Madison Heights, MI 48071



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

# Registration Information

## How to Register for Programs and Classes

**Registration begins on May 13 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 Programs Online

**www.royaloakrec.com**

For additional information, click on “answers to frequently asked questions” on the home page.

### Open Online Registration May 13

### General Guidelines

If anyone in your family has taken a Recreation or Senior Center class since 2012, your household account may already be set up. Be sure to check for an existing account before attempting to create a new one. If you are not sure, you can call the office to check. You will need to obtain a temporary password (which you should change) from the office to log into an existing account. Your account login is your e-mail address.

If you have never registered for class with Royal Oak Recreation or the Senior Center, you will need to “create a new account” through the website. You cannot register for classes as a “guest”.

**Online registration will only be available for some programs.** You can only register your own family. For transfers, corrections or questions, please call the Recreation Office at 248-246-3180, Monday through Friday, 8:30 am to 5:00 pm.

### 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 Day Trips and Extended Trips should be done 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 \_\_\_\_\_

# Learn to SKATE!



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

## PUBLIC SKATE

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

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

## NEW EDGE FIGURE SKATING CLUB

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 HOCKEY LEAGUE

**Spring/Summer League:**  
LATE APRIL - MID JULY

**Fall/Winter League:**  
SEPTEMBER - MARCH



### 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
- Tier 3 (B) Hockey for 10u, 12u, 14u and 16u age groups
- Tier 2 (A/AA) Hockey for ages 9 through 18.

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

### 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  
**ROYALOAKICEARENA.COM**

## 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 insure 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, please call Carolyn Marsh at (248) 246-3917 for an application form. The fee to display in house physical brochures is \$150.00 per 12 months. **The Royal Oak Senior Community Center and/or the City of Royal Oak does not provide medical advice, diagnosis, treatment, legal, financial, or professional service advice or endorse any professional services or institutions.**

**M/M Community Center Rental Information on page 30.**

## Special Events and Workshops

Month	Date	Event	Time
May	14	Neck Pain L/L	11:30 am
	14	TK Presents Dine-in & Music	11:45 am
		Motown Hits, \$5 RSVP by May 8	
	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	Memorial Day	CLOSED	
June	3	Welcome Newcomers	10:30 am
	3	Simplify and Sort L/L	11:30 am
	4	Truth About Annuities L/L	11:30 am
	4	TK Presents Dine-in & Music	11:45 am
		Vibraphonist, \$5 RSVP by May 30	
	6	1st Thursday M/M Book Club	11:00 am
	7	BINGO	12:30 pm
	11	Turning 65 L/L	11:30 am
	11	TK Presents Dine-in & Music	11:45 am
		Steel Drum Band, \$5 RSVP by June 6	
	17	Sushi Making Class \$42.00	5:30 pm
	18	TK Presents Dine-in & Music	11:45 am
		Jazz Music & Singer, \$5 RSVP by June 13	
19	Juneteenth	CLOSED	
21	Kerry Price Piano Concert \$2.00	12:30 pm	
25	Leg Pains? Think Veins! L/L	11:30 am	
28	4th Friday M/M Book Club	10:00 am	
July	1	Welcome Newcomers	10:30 am
	4	Independence Day	CLOSED
	5	BINGO	12:30 pm
	9	"I Remember" Roberta Brown FREE	10:00 am
	9	Veterans Burial Benefits L/L	11:30 am
	11	1st Thursday M/M Book Club	11:00 am
	16	What to do when your Benefits run out	11:30 am
	19	Kerry Price Piano Concert \$2.00	12:30 pm
	21	Hydration & Heat-Related Prevent FREE	11:30 am
	26	4th Friday M/M Book Club	10:00 am
	August	1	1st Thursday M/M Book Club
2		BINGO	12:30 pm
5		Welcome Newcomers	10:30 am
6		Primary Elections - NO PROGRAMMING	7:00 am
16		Kerry Price Piano Concert \$2.00	12:30 pm
19		Sushi Making Class \$42.00	5:30 pm
23		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.

## Extended Trips

**Skybridge & Sunflowers \$491 pp/DBL**  
**August 27-28, 2024 Bianco Tours**

Take advantage of this unique overnight trip to the Boyne Mountain Resort, in Boyne Falls MI. Day one includes a stop at Cops and Doughnuts, in Clare MI, before check-in at the Boyne Mountain Resort. From the lodge, a short walk takes you to the chair lift where you will ride to the top of the mountain. Enjoy a snack and drink at the Eagle's Nest on top of the mountain, before making your way across the Skybridge, the world's longest timber-towered suspension bridge with amazing bird's eye views throughout the valley. Dinner at the resort is included. After breakfast, a local guide will lead you through Charlevoix on a tour of the "Gnome Homes" designed by the area's famous architect, Earl Young. After lunch and shopping in downtown Charlevoix, you will stop at Lavender Hill Farm, to explore 33 acres with more than 29 varieties of lavender. Cost includes: Transportation via deluxe motorcoach, one night accommodation, dinner and breakfast at the resort, guided tour, and admission to the farm. \$20 deposit due upon registration. Balance due and registration deadline: July 12, 2024.

**Battle of the Big Bands \$400 pp/DBL**  
**September 25-26, 2024 Bianco Tours**

Battle of the Big Bands - Glenn Miller vs. Tommy Dorsey! Imagine the energy and excitement as these incredible bands take the stage, each showcasing their unique style while paying homage to the swing era's greatest hits. This fun trip to Shipshewana IN, starts out with a visit to the Shipshewana Flea Market, the Midwest's largest open-air flea market covering 100 acres. From there you will get settled in the Blue Gate Garden Inn, enjoy a family-style Amish dinner at the Blue Gate Restaurant. Then enjoy the Battle of the Big Bands. After breakfast the next day, you will depart for Eash Sales to shop for home décor and gift items. Lunch is at an Amish home where you will enjoy an included haystack lunch and get to ask questions about the Amish way of life. Cost includes: 1 night accommodation, 1 breakfast, 1 lunch and 1 dinner, and admission to the show. \$20 deposit due at registration. Balance due and registration deadline: August 9, 2024.



**Smoky Mountains \$1063 pp/dbl**  
**October 21 -24, 2024 Bianco Tours**

Embark on this breathtaking tour of the Smoky Mountains during the peak "fall colors" season. On day one, take in the panoramic river and mountain views from the Black Fox Lodge in Pigeon Forge, TN. The next day, you can take a chairlift, enclosed Chondula or Ridge Rambler truck to the summit of Anakeesta Mountain. Shop in downtown Gatlinburg before enjoying the Hatfield and McCoy Dinner Show. Day three your guide will take you through the National Park with stops at Newfound Gap, the Appalachian Trail, and Chimneys. Later, take a ride on the SkyFly Adventure to experience the sights, sounds and smells of the United States in this unique custom film presentation. Cost includes transportation via deluxe motorcoach, accommodations, 6 meals, admission to all featured attractions and guided tour. \$50 deposit due upon registration. Balance due and registration deadline: September 10, 2024.

**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 noted on the trip flyers.**

## Day Trips



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

**July 25**  
**September 19**

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.



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

**7:30 am - 5:15pm 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 Danley's Country House in Tecumseh. 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.

**More Day Trips on page 21**

# Day Trips

continued from page 20

**It's a Mystery!** **\$180**

**Wednesday, August 7**

**6:30 am - 6:15pm**

**Rybicki Tours**

A mystery tour is a fun and exciting adventure where you don't know where you're going or what you'll be doing until you get there! It's full of surprises, designed to create a memorable experience that you won't forget! Put on your walking shoes and be sure to dress for the weather. Cost includes: Transportation via modern motorcoach, Visit 1- admission, Visit 2 – lunch at historic restaurant, Visit 3 – walk of approx. 1-1.5 miles visiting historic and iconic landmarks. Please note the final stop on this trip enroute home will be for shopping and dinner On Your Own. Registration deadline: July 10, 2024.

**Huron Lady II**

**\$113.00**

**Friday, August 16**

**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.



**AQS Quilt Show 2024 Grand Rapids** **\$70**

**Wednesday, August 21**

**7:00 am - 6:00 pm**

Join us for a day that celebrates QUILTING! We're heading to Grand Rapids to view hundreds of beautiful quilts on exhibit and possibly chat with world-renowned quilt making instructors. Aisles of fabrics, machines & quilting supplies await. Cost includes transportation via motor coach and admission fee. Registration deadline: July 11, 2024.



**Kellogg Manor**

**\$122.00**

**Tuesday, September 10, 2024**

**7:00 am - 6:30 pm**

**Bianco Tours**

Built on the highest point overlooking Gull Lake in 1925, the Kellogg Manor House boasts awe-inspiring views and historic grandeur. W.K. Kellogg Manor House is the former estate of cereal magnate W.K. Kellogg and his wife Dr. Carrie Stains Kellogg. A guided tour of this Michigan Gem will be followed by lunch in the Manor. From there you will head over to the Cherry Creek Cellars nestled in the Irish Hills, to taste some award-winning wines created by John and Denise Burtko in the old-world hand crafting tradition. Sample other Cherry Creek artisan foods including Butter fudge, Michigan Cherry preserves, and olive oil. Cost includes transportation via deluxe motorcoach, guided tour, lunch, and wine tasting. Registration deadline: August 27, 2024.

**Heaven and Hell**

**\$102**

**Wednesday, September 18**

**8:30 am - 5:15 pm**

**Bianco Tours**

This tour starts out in the Heavenly Scent Herb Farm, a 1910 barn, painted to look like three European store fronts, where you will be surrounded with beautiful colors and stunning fragrances as you stroll through ten differently themed gardens. Lunch will be at Lucky's Steakhouse and then it is off to Hell Michigan, where an official Hell guide will conduct a spirited light-hearted tour of Hell! After the tour, indulge in a scary treat at Screams Ice Cream, while browsing the finest masks and Halloween decorations in the world. Cost includes transportation via motorcoach, tour of Hell, Lunch. Registration deadline: September 4, 2024.

## Garden Club

This Garden Club was established in 1934. Flora enthusiasts of all ages are welcome to discussions of all things garden-related. For more information on upcoming field trips, garden walks and social events, email [royaloakgardenclub@gmail.com](mailto:royaloakgardenclub@gmail.com) or visit [www.royaloakgardenclubmi.org](http://www.royaloakgardenclubmi.org).

## SOCWA Native Garden Tour

**Tuesday, July 23, 6:30 - 7:30 pm**

Join hosts Marie Donigan & Lillian Dean at the South Oakland County Water Authority, located on W. Webster between Coolidge and Greenfield behind the Beaumont water tower.

## Visit to Butterfly Garden Habitat

**Saturday, August 3, 2024**

We will visit a butterfly garden habitat at John Blair's Farm in Brooklyn, MI. We will have lunch afterwards in Brooklyn.

We will meet at the Royal Oak Sr. Center to car pool and leave RO at approximately 9:00 am. Arrive at garden at 10:30 am.

## Computer Club

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

Calling all beginner 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 *Times* Newsletter for topics and speakers. Donations accepted.

## Ask the Computer Lady!

**Tuesdays**

**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.

## Welcome Newcomers

**1st Monday, 10:30 am**

**May 6, June 3, July 1, Aug. 5, Sept. 9**

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 reserve. 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 Senior Community Center. Pool may be played Monday through Friday from 9:00 am to 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, 12:00 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 fee.

## Helping Hands

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

Do you like to knit or crochet? This group creates beautiful hats, scarves, lap blankets, and afghan blankets and donates them to Beaumont Hospital, local 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**

**May 3, June 7, July 5, August 2**

**Must preregister**

**by calling 248-2246-3900**

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. Summer Bingo prizes are sponsored. 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 Overall cash prizes.*

## Kerry Price Sing-A-Longs

**Select Fridays, 12:30 pm**

**May 17, June 21, July 19, August 16**

**\$2.00 per performance**

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. Must have some experience to play. Players must follow National Mah Jongg League rules.



## 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.

## Foot Doctor

3rd Friday, every other month

By appointment only, 9:00 - 11:30 am

May 17, July 19, Sept. 20

Dr. Adas will see patients at the Center for your convenience. Most services will be covered by insurance. Please 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

June 3, 5, 10, 12, 18, 20; July 1, 3, 9, 16,

18, 23; August 5, 7, 13, 15, 20, 22

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 center for an appointment: 248-246-3900. Books up fast!

## 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/Apply-for-a-library-card](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!**

# Mahany/Meininger Center Presents

## 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!**

## 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) and pension plans, tax savings strategies, investments, Social Security and Medicare, long-term care, and estate planning. Classes fill quickly. Preregister by calling 248-246-3900

## 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!**

## "Hydration" with Dana Rizzo

Waltonwood - Licensed Assisted Living

Wednesday, July 24th 10:00 AM

Free workshop on the importance of hydration and how to prevent heat-related illnesses. Must RSVP; call 248-246-3900.

**FREE!**

## "I Remember..."

Poetry Workshop with

Roberta Brown

Monday, July 9, 10:00 - 11:30 am

M/M Community Center Library

Join Royal Oak Artist Laureate, Roberta Brown, for a fun, relaxing hour of writing our memories in poetry form. No previous experience needed, just bring your fond recollections of your life, and we'll put them to paper. Examples of "I Remember..." poems will be shared, and writing materials for you to keep will be supplied, including the official Royal Oak Commission for the Arts pen and notebook! No charge for this workshop. RSVP is appreciated.

**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.



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

Presenter: Foundation Manual Physical Therapy & 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 May 13; call 248-246-3900.

### Simplify & Sort Monday, June 3

Presenter : Real T Simplistic

Step into the world of senior move managers and delve into their role as orchestrators of seamless move for seniors, navigating the complexities of downsizing, relocation, and estate organization. Discover the growing demand for their expertise, as aging populations seek tailored solutions and compassionate guidance in navigating life transitions.

RSVP by May 27; 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.

### Turning 65 Workshop Tuesday, 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. No cost to attend and lunch will be served.

RSVP by June 3; 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.*

### Leg Pains? Think Veins! Tuesday, June 25

Presenter: Miller Vein

Join Miller Vein and learn about how their board-certified Physicians and Certified Therapists can help you with pain-free and varicose vein-free legs. This workshop will discuss:

- How disease is a common disease that affects many people.
- Risk factors for vein disease.
- The symptoms of vein disease
- Who should receive treatment, and who should not.
- When to seek treatment.

RSVP by June 17; call 248-246-3900.

# Lunch and Learn

## Veterans Burial Benefits

**Tuesday, July 9**

Presenter: A.J. Desmond and Sons Funeral directors

Lunch will be provided along with an informative overview designed to assist Veterans and their families in securing the burial benefits they've earned while creating an intentional plan to help their loved ones begin healing during a time of loss.

Topics will include Veteran Burial Benefits Cremation & Burials Traditional Funerals Payment Plans Prearrangements.

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

## What to do when your Benefits run out?

**Tuesday, July 16**

Presenter: Sharron Daniels, Royal Oak House

Are you a Senior or U.S. Military Veteran? Are there new benefits available for you regarding your health care? Has your Physical Therapy or Occupational Therapy services run out?

Join Sharron for lunch and discover what you can do to receive your services.

RSVP by July 8; call 248-246-3900.

## Questions on Cremations

**Tuesday, Sept. 10**

Presenter: A.J. Desmond and Sons Funeral directors

What does cremation entail? Can I have a traditional visitation before I'm cremated? What can be done with my cremated remains? Can my cremated remains be mailed to loved ones? Can more than one cremated remains be buried in one cemetery plot? What if I die while on vacation or away from home? Can I still be cremated? Is cremation less or more expensive than burial?

RSVP by August 30; call 248-246-3900.

## Importance of Annual Enrollment Period

**Tuesday, September 24**

Presenter: Medicare Advisor Mark Steffens  
The Medicare Annual Enrollment Period (AEP) runs from October 15-December 7 each year. During AEP, Medicare recipients can evaluate their current coverage and make changes. How does AEP differ from Special enrollment or Advantage open enrollment? Join Mark for lunch and hear why you should pay attention to this annual event.

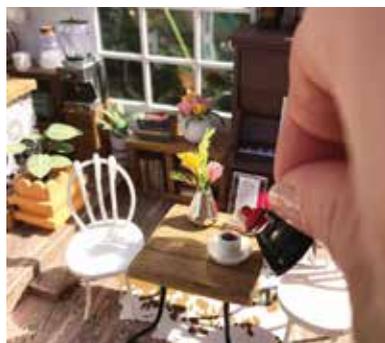
RSVP by September 16; call 248-246-3900.

## 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.)



## Creative Coloring

**1st and 3rd Mondays, 10:30 am**

**May 6 & 20; June 3 & 17; July 1 & 15;**

**August 5 & 19**

**\$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 (ages 18+)! 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, November 2-16, 2024 held at the Royal Oak Historical Museum.

For more information, visit

**southoaklandart.com**

or email [roac.carol@gmail.com](mailto:roac.carol@gmail.com)



## Painting – All Media

**Thursdays, 9:15 - 11:45 am**

**May 16 - June 27**

**\$57 / 7 weeks**

**July 11 - August 29**

**\$65 / 8 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**

**May 17 - June 28**

**\$57 / 7 weeks**

**July 12 - August 30**

**\$65 / 8 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.

## Band Jam and Vocals

**Every Friday 1:00 - 3:00 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. Text messages to volunteer group leader Jim for inquiries at 248-302-6036.

## Peer Support Discussions for Newly Disabled Adults

**Select Wednesdays, 11:30 am - 12:30 pm**  
**July 10, 17, 24 & 31**  
**\$1.00 per person**

Group held outdoors; dress accordingly but it will be moved indoors in inclement weather.

Facilitator, Iris Partlan, joins us with a bachelor's degree from U of M in 2021. This new group is aimed at young adults (17-40) who are recently disabled and focuses on their experiences. Group discussion topics will include invisible and visible disabilities, self-care & accommodations, overlapping identities, grieving and more. Come and connect with diverse peers who understand what it's like to live with disabilities. Please pre-register to attend, but will allow drop-ins. Call 248-246-3900 or stop at the front desk of the M/M Community Center to RSVP.

## "When Anger Gets Its Way" Group Discussion Techniques with Charlene Kemp

**Saturdays, July 13 & 27**  
**11:00 am - 1:00 pm**

**\$40 per person for both days**

Not your typical Anger Management course. This course will give you the "ah ha" moment we all need to see the facts and not our interpretations of different situations. Anger comes in many forms, but this class will open us up to the vulnerable side of anger. Anger left unchecked turns to rage. We are all triggered by things in life, be it a violation that we think justifies our anger or an injustice. Let's learn how to take a step-by-step approach to the 30 second rule of choice. This course is broken down into two sessions, but 12-week sessions are also available for those interested in going further with getting a handle on anger. Remember your relationships and health could be affected by this unchecked emotion. This course can be tailored for adolescents as well as adults, and seniors included.

Charlene is CART certified Anger Resolution Therapist and conflict Resolution Therapist. Class is held at the M/M Community Senior Center. Call 248-246-3900 or stop at the front desk of the M/M Community Center to RSVP.

**NEW!**

## Japanese Sushi Education & Tasting with Takayuki Sakaguchi

**Select Mondays, 5:30 - 7:00 pm**  
**May 20, June 17, August 19**  
**\$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.



## "Cooking for One" Demonstration with Chef Maurita Plouff

**Wednesday, July 10, 6:30 - 8:30 pm**  
**Room 2**

**Cost \$25 per person**

**Minimum age 18**

**Minimum class size 6; maximum 16**

Cooking for just yourself? You don't have to make a huge pot of stuff. Join Maurita Plouff, retired personal chef, at the Royal Oak Senior Center. She will teach you how to cook scaled down: one, at most two, servings.

You will learn tips for shopping for one, and for reducing kitchen waste. We'll discuss good equipment for the small-batch kitchen, guidelines for food storage and clever uses for any leftovers.

This is a demonstration class. Each evening, several recipes will be prepared, with samples to taste. Bring a notebook and pen if you'd like to take notes. All the recipes will be provided so you can cook your own delicious food at home (cream biscuits, soup, salad and dressing, vegetable, and dessert).

**CAUTION: All major food allergens will be present if you have food sensitivities.**

## Chef Maurita Plouff Jam Making Classes

**Select Tuesdays, 6:00 - 8:30 pm**

**June 20 - Strawberry**

**July 23 - Peach**

**August 23 - Raspberry**

**Cost \$45 per person**

**Minimum age 18 (12+ if attending with an adult family member)**

**Minimum class size 3; maximum 6**

Learn how to make jam! Join Maurita Plouff, Certified Master Food Preserver, in the kitchen at the RO Senior Center. She will teach you how to make jam using everyday kitchen items (no special equipment required). This is a hands-on class. We will prepare the fruit, cook the jam, and seal the jars - with a sample for taste-testing, too. All attendees will go home with their own freshly made jar of jam. Recipes will be provided. We will discuss flavor variations that you might make in your own kitchen. We'll make strawberry jam in June, peach in July and raspberry in August. See list below for items to bring or wear.

### What to bring or wear:

- Generous apron
- Two clean kitchen towels
- Closed-toe shoes
- Something to tie back your hair
- Notebook and pen to take notes

### We will supply:

- Seasonal fruit (local if possible) and all other ingredients
- Jam jars and lids
- Required kitchen equipment



## Chair Exercise with Cindy

Wednesdays, 9:30 - 10:15 am

May 29 - June 26

\$35 / 5 weeks

July 10 - August 14

\$42 / 6 weeks

Fridays, 9:30 - 10:15 am

May 31 - June 28

\$35 / 5 weeks

July 2 - August 16

\$42 / 6 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

May 29 - June 26

\$35 / 5 weeks

July 10 - August 14

\$42 / 6 weeks

Fridays, 10:30 - 11:15 am

May 31 - June 28

\$35 / 5 weeks

July 2 - August 16

\$42 / 6 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 with Walt Zatorski

Mondays, 1:00 - 3:00 pm

Wednesdays, 7:00 - 8:45 pm

Drop-in, \$7.00 per class, CASH ONLY

Join host caller Walt for this lively social group. Enjoy a low impact workout that challenges the mind yet doesn't require equipment. Advanced and beginners are welcome, experienced dancers will assist in the learning process. No boots please.



## Self-Guided DVD Workouts

Mondays & Fridays, 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 - 10:00 am

June 13 - August 15

No class June 19, Aug. 15

\$56 / 8 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.

## Gentle Yoga

Mondays, 10:00 - 11:00 am

April 29 - June 24 No class May 27

\$56 / 8 weeks

Mondays, 1:00 - 2:00 pm

April 29 - June 24 No class May 27

\$56 / 8 weeks

Monday Gentle Yoga classes will not be held in July and August but will resume in September.

Thursdays, 1:00 - 2:00 pm

May 2 - June 20

\$56 / 8 weeks

Thursdays, 10:30 - 11:30 am

(summer time change)

June 27 - July 18

\$28 / 4 weeks

August 1 - 29

\$35 / 5 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. Please preregister. 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

Through August 22 (back in the Fall)

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. Modified to be lower impact, avoiding joint aches and pains.



# 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).

### Monday 30-Minute 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.

### Friday 60-Minute Morning Warm Up

Round out the work week with 1 hour of purposeful movements. Some mat work, resistance bands and weights with personalized modifications if needed.

### 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.

## Class Schedule

Monday	Tuesday	Wednesday	Tuesday	Friday
9:30 -10:00 am 30-Min. 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 Hour 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			

## Royal Oak Outdoor Art Fair

### July 6-7 in Memorial Park

Saturday, July 6,  
10:00 am - 6:00 pm

Sunday, July 7,  
10:00 am - 5:00 pm

## 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 - \$20,150	\$0 - \$23,000	\$3
\$20,151-\$33,600	\$23,001-\$38,400	\$5
\$33,601-\$53,700	\$38,401-\$61,400	\$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 Corewell Health, 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**  
**May 6, June 3, July 1, August 5**  
**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**  
**May 9, June 13, July 11, August 8**  
 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**  
**May 3 & 17, June 7 & 21, July 5 & 19, August 2 & 16**

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 is 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**  
**May 15, June 26 (special date), July 17, August 21**  
**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 includes consumer and small business issues, debtors' rights and creditors remedies, real estate transactions, probate administration, and estate planning. Provided free 20-minute consultations to older persons. Consultations will be in person. A fee will be charged for additional services. Please call ahead to request an appointment.

## Medicare/Medicaid Assistance Program

MMAP 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 on-line 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 are no same-day purchases, punch cards 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 4:00 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 Corewell 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. Building closed on Sundays. 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. No tape on walls.
- 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 additional fee for projector – must bring own laptop.

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 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

**Rooms subject to availability for construction and/or early voting.**

**Mayor**

Michael Fournier

Monica Hunt, Mayor Pro Tem  
Rebecca Chezzum

**City Commission**

Sharlan Douglas  
Amanda Herzog

Brandon Kolo  
Melanie Macey

*53rd Annual*  
**Royal Oak**  
**Outdoor Art Fair**  
**July 6-7 in**  
**Memorial Park**

Saturday, July 6, 10:00 am - 6:00 pm  
Sunday, July 7, 10:00 am - 5:00 pm

The Royal Oak Outdoor Art Fair is a juried fine arts fair in its 53rd year. It is set among the beautiful trees of Memorial Park at the corner of 13 Mile and Woodward. The fair offers a unique blend of fine art and fine crafts. The 2024 show is July 6-7 and attracts artists from across the country and has national ranking as one of the top fairs in the United States. Artwork will be for sale in many categories including: drawing, painting, photography, clay, collage, glass, metal, wood, jewelry, leather/fiber, and mixed media.

The Art Fair offers an excellent opportunity to purchase an original item for your home, office or as a gift. Food concessions will be on site for lunch and dinner.

Co-sponsored by Royal Oak Recreation and the Royal Oak Arts Council.  
**No dogs allowed in the park.**



**2024 Memorial Day**  
**Parade & Ceremony**

The 2024 Memorial Day parade steps off at **9:00 am on Monday, May 27** on Main Street at Lincoln and heads north to Centennial Commons. As one of the oldest Memorial Day parades in the state of Michigan, it features Veteran organizations, marching bands, and community groups.

This year's Grand Marshal is Gladys Waters, 100, of Royal Oak. A WWII veteran, she served in the Women's Army Corps and was stationed at Fort Wayne. As part of the motor convoy group, she crisscrossed the US as a teenager, driving BIG trucks loaded with supplies to support the war effort.

A memorial service immediately follows the conclusion of the parade at the Royal Oak War Memorial in Centennial Commons.

Returning for a third is the must-see Field of Honor – a stunning display of 189 flags, one for each name on the Royal Oak War Memorial. The display will grace the hill at Centennial Commons from Memorial Day through Sunday, June 2

**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 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)



## Memorial Trees

Want a great way to honor someone you care about? Consider purchasing a Memorial Tree! Memorial Trees are planted in a city park of your choosing, but the precise location within the park is determined by a city arborist. There are several species of trees to choose from. Tree availability is limited, and the species offered differ every year to ensure trees planted within our parks remain diverse. The price of a memorial tree plus planting labor will cost \$389. You may order a tree now at [romi.gov/TreeMem](http://romi.gov/TreeMem). Planting will not occur until mid-October 2024. You may also coordinate with DPS staff to separately purchase a plaque to be installed in front of the memorial tree. If you have any questions, please call the Department of Public Service at (248) 246-3300.



## 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.

## 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 tanglers. 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 SUSTAINABILITY



# Royal Oak RECYCLE RIGHT



Take a pause to  
recycle right

## ACCEPTED

CARDBOARD &  
MIXED PAPER



PLASTICS  
GUNK FREE



METALS



GLASS



CARTONS



When in Doubt,  
throw it out!



## NOT ACCEPTED

TANGLERS



SOFT PLASTICS



STYROFOAM



BATTERIES



SMALL ITEMS



COMPOST



Learn how to recycle  
just about anything!



Royal Oak  
SUSTAINABILITY



# Royal Oak YARD WASTE RIGHT

## YARD WASTE DO'S

### YARD WASTE



### GARDEN & TREE WASTE



### RAW FRUITS & VEGETABLES



50 LBS. MAX PER BAG | GRASS CLIPPINGS | LEAVES | SOD | SPENT FLOWERS  
GARDEN WASTE | BRANCHES (2" IN DIAMETER OR SMALLER) | TREE/SHRUB TRIMMIINGS  
WOOD CHIPS | PUMPKINS | STRAW | DIRT/SOIL | RAW VEGETABLES | RAW FRUITS

## YARD WASTE DONT'S

### COOKED FOOD



### PAPER PRODUCTS



### COFFEE & TEA



### PERSONAL CARE



### BREADS/GRAINS



### PLASTIC BAGS



### MEAT & DAIRY



### PET WASTE



### BPI CERTIFIED DINNERWARE



Royal Oak  
SUSTAINABILITY



# Royal Oak COMPOST RIGHT

Take a pause to  
compost right



Did you know you can bring compostable materials to the Royal Oak Farmers Market on Saturdays from 8 AM until Noon? We will compost your items for FREE. Even better, we can take items you cannot compost at home through traditional methods.

## ACCEPTED

### FRUITS



### VEGETABLES



### MEAT & DAIRY



### PERSONAL CARE



### YARD WASTE



### BPI CERTIFIED DINNERWARE



### LEFTOVERS



### PAPER PRODUCTS



### COFFEE & TEA



## NOT ACCEPTED

### GLASS



### PET WASTE



### PLASTIC



Learn how to compost  
just about anything!



Royal Oak  
SUSTAINABILITY



# ROYAL OAK FOOD WASTE REDUCTION PILOT

## COMPOSTING

Starting on February 24th, Royal Oak Sustainability will offer free composting drop-offs at the Royal Oak Farmers Market from 8 AM until Noon on Saturdays. This is a three-month trial to gain insight and interest on how best to serve Royal Oak residents, businesses, and organizations.

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.



VISIT ROYAL OAK'S  
WEBSITE TO KEEP  
UP TO DATE

*Learn  
more*



**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., 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.

## 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 sewer emergency procedures, consult the City's website at [www.romi.gov](http://www.romi.gov).

## 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).



## 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.

# 2023 Consumers Annual Report on Water Quality

## ATTENTION: This is an important report on water quality and safety

The City of Royal Oak, The Southeastern Oakland County Water Authority (SOCWA) and the Great Lakes Water Authority (GLWA) are proud of the fine drinking water they supply and are honored to provide this report to you. The 2023 Consumers Annual Report on Water Quality shows the sources of our water, lists the results of our tests, and contains important information about water and health. We will notify you immediately if there is ever any reason for concern about our water. We are pleased to show you how we have surpassed water quality standards as mandated by the Environmental Protection Agency (EPA) and the Michigan Department of Environment, Great Lakes, and Energy (EGLE).

### About the System

The City of Royal Oak purchases water from the Southeastern Oakland County Water Authority (SOCWA) at thirteen locations. SOCWA provides GLWA water through its member distribution systems to a population of 210,000 within a 56 square mile area. Current members are Berkley, Beverly Hills, Bingham Farms, Birmingham, Clawson, Huntington Woods, Lathrup Village, Pleasant Ridge, Royal Oak, Southfield, and Southfield Township.

Your source water comes from the Detroit River, situated within the Lake St. Clair, Clinton River, Detroit River, Rouge River, Ecorse River, watersheds in the U.S. and parts of the Thames River, Little River, Turkey Creek and Sydenham watersheds in Canada. The Michigan Department of Environmental Quality in partnership with the U.S. Geological Survey, the Detroit Water and Sewerage Department, and the Michigan Public Health Institute performed a source water assessment in 2004 to determine the susceptibility of GLWA's Detroit River source water for potential contamination. The susceptibility rating is based on a seven-tiered scale and ranges from very low to very high determined primarily using geologic sensitivity, water chemistry, and potential contaminant sources. The report described GLWA's Detroit River intakes as highly sus-

ceptible to potential contamination. GLWA's water treatment plants Northeast and Springwells that draw water from the Detroit River has historically provided satisfactory treatment and meets drinking water standards.

And/or

Your source water comes from the lower Lake Huron watershed. The watershed includes numerous short, seasonal streams that drain to Lake Huron. The Michigan Department of Environmental Quality in partnership with the U.S. Geological Survey, the Detroit Water and Sewerage Department, and the Michigan Public Health Institute performed a source water assessment in 2004 to determine the susceptibility of potential contamination.

The susceptibility rating is a seven-tiered scale ranging from "very low" to "very high" based primarily on geologic sensitivity, water chemistry, and contaminant sources. The Lake Huron source water intake is categorized as having a moderately low susceptibility to potential contaminant sources. The Lake Huron water treatment plant has historically provided satisfactory treatment of this source water to meet drinking water standards.

GLWA has initiated source-water protection activities that include chemical containment, spill response, and a mercury reduction program. GLWA participates in the National Pollutant Discharge Elimination System permit discharge program and has an emergency

*Continued on page 42*

Key to the Detected Contaminants Tables		
Symbol	Abbreviation for	Definition/Explanation
AL	Action Level	The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.
°C	Celsius	A scale of temperature in which water freezes at 0° and boils at 100° under standard conditions.
>	Greater than	
HAA5	Haloacetic acids	HAA5 is the total of bromoacetic, chloroacetic, di-bromoacetic, dichloroacetic, and trichloroacetic acids. Compliance is based on the total.
Level 1	Level 1 Assessment	A Level 1 assessment is a study of the water system to identify potential problems and determine (if possible) why total coliform bacteria have been found in the water system.
LRAA	Locational Running Annual Average	The average of analytical results for samples at a particular monitoring location during the previous four quarters.
MCL	Maximum Contaminant Level	The highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.
MCLG	Maximum Contaminant Level Goal	The level of contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow a margin of safety.
MRDL	Maximum Residual Disinfectant Level	The highest level of a disinfectant allowed in drinking water. There is convincing evidence that addition of a disinfectant is necessary for control of microbial contaminants.
MRDLG	Maximum Residual Disinfectant Level Goal	The level of a drinking water disinfectant below which there is no known or expected risk to health. MRDLGs do not reflect the benefits of the use of disinfectants to control microbial contaminants.
n/a	Not applicable	
ND	Not Detected	
NTU	Nephelometric Turbidity Units	Measures the cloudiness of water.
pCi/L	Picocuries per Liter	A measure of radioactivity.
ppb	Parts per billion (one in one billion)	The ppb is equivalent to micrograms per liter. A microgram = 1/1000 milligram.
ppm	Parts per million (one in one million)	The ppm is equivalent to milligrams per liter. A milligram = 1/1000 gram.
RAA	Running Annual Average	The average of analytical results for all samples during the previous four quarters.
SMCL	Secondary Maximum Containment Level	
TT	Treatment Technique	A required process intended to reduce the level of a contaminant in drinking water.
TTHM	Total Trihalomethanes	Total Trihalomethanes is the sum of chloroform, bromodichloromethane, dibromochloromethane and bromoform. Compliance is based on the total.
µmhos	Microohms	Measure of electrical conductance of water.

# City of Royal Oak 2023 Report on Water Quality

2023 Springwells Regulated Detected Contaminants Table								
2023 Inorganic Chemicals - Monitoring at Plant Finished Water Tap								
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level Detected	Range of Detection	Violation	Major Sources in Drinking Water
Fluoride	4-11-23	ppm	4	4	0.86	n/a	No	Erosion of natural deposits; Water additive, which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Nitrate	4-11-23	ppm	10	10	0.63	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
2023 Disinfectant Residual - Monitoring in Distribution System								
Regulated Contaminant	Test Date	Unit	Health Goal MRDLG	Allowed Level MRDL	Highest Level RAA	Range of Quarterly Results	Violation	Major Sources in Drinking Water
Total Chlorine Residual	2023	ppm	4	4	0.74	0.67-0.81	No	Water additive used to control microbes
2023 Turbidity - Monitored every 4 hours at Plant Finished Water Tap								
Highest Single Measurement Cannot exceed 1 NTU	Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)					Violation	Major Sources in Drinking Water	
0.09 NTU	100%					No	Soil Runoff	
Turbidity is a measure of the cloudiness of water. We monitor it because it is a good indicator of the effectiveness of our filtration system.								
Regulated Contaminant	Treatment Technique						Typical Source of Contaminant	
Total Organic Carbon ppm	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC is measured each quarter and because the level was low, there is no requirement for TOC removal.						Erosion of natural deposits	
2023 Special Monitoring								
Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected		Source of Contaminant	
Sodium	4-11-23	ppm	n/a	n/a	7.0		Erosion of natural deposits	

*These tables are based on tests conducted by GLWA in the year 2023 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. The data is representative of the water quality, but some are more than one year old.*

## 2023 Springwells Tap Water Mineral Analysis

Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	1.08	0.03	0.14
Total Solids	ppm	153	115	138
Total Dissolved Solids	ppm	156	102	129
Aluminum	ppm	0.077	0.018	0.038
Iron	ppm	0.4	0.2	0.3
Copper	ppm	0.003	ND	0.001
Magnesium	ppm	8.4	7.2	7.9
Calcium	ppm	28.5	25.3	26.9
Sodium	ppm	7.0	4.6	5.3
Potassium	ppm	1.3	1.0	1.0
Manganese	ppm	0.001	ND	ND
Lead	ppm	ND	ND	ND
Zinc	ppm	0.003	ND	0.001
Silica	ppm	2.9	1.1	2.1
Sulfate	ppm	32.3	22.5	25.0
Chloride	ppm	11.5	9.5	10.4

Parameter	Units	Max.	Min.	Avg.
Phosphorus	ppm	0.61	0.37	0.49
Free Carbon Dioxide	ppm	11.6	4.4	8.4
Total Hardness	ppm	146	90	116
Total Alkalinity	ppm	94	70	77
Carbonate Alkalinity	ppm	ND	ND	ND
Bi-Carbonate Alkalinity	ppm	94	70	77
Non-Carbonate Hardness	ppm	66	10	39
Chemical Oxygen Demand	ppm	11.1	ND	4.5
Dissolved Oxygen	ppm	20.0	7.2	11.4
Nitrite Nitrogen	ppm	ND	ND	0.0
Nitrate Nitrogen	ppm	0.63	0.32	0.38
Fluoride	ppm	0.86	0.10	0.59
pH		7.52	7.09	7.28
Specific Conductance @ 25 °C	µohms	219	180	191
Temperature	°C	23.4	3.4	13.2

**Continued from page 41**

response management plan. GLWA has an updated Surface Water Intake Protection plan for the Lake Huron water intake. The plan has seven elements that include: roles and duties of government units and water supply agencies, delineation of a source water protection areas, identification of potential sources of contamination, management approaches for protection, contingency plans, siting of new water sources, public participation, and public education activities. If you would like to know more information about the Source Water Assessment Report, please, contact GLWA at (313) 926-8127).

Drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that water poses a health risk. More information about contaminants and potential health effects can be obtained by calling the Environmental Protection Agency's Safe Drinking Water Hotline (800-426-4791).

The sources of drinking water (both tap water and bottled water) include rivers, lakes, streams, ponds, reservoirs, springs, and wells. As water travels over the surface of the land or through the ground, it can dissolve naturally occurring minerals and, in some cases, radioactive materials, and can pick up substances resulting from the presence of animals or from human activity.

**Continued on page 43**



# City of Royal Oak 2023 Report on Water Quality

2023 Northeast Regulated Detected Contaminants Table								
2023 Inorganic Chemicals - Monitoring at Plant Finished Water Tap								
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Nitrate	4-11-23	ppm	10	10	0.64	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
2023 Disinfectant Residual - Monitoring in Distribution System								
Regulated Contaminant	Test Date	Unit	Health Goal MRDLG	Allowed Level MRDL	Highest Level RAA	Range of Quarterly Results	Violation	Major Sources in Drinking Water
Chlorine Residual	2023	ppm	4	4	0.69	0.55-0.76	No	Water additive used to control microbes
2023 Turbidity - Monitored every 4 hours at Plant Finished Water Tap								
Highest Single Measurement Cannot exceed 1 NTU	Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)					Violation	Major Sources in Drinking Water	
0.11 NTU	100%					No	Soil Runoff	
Turbidity is a measure of the cloudiness of water. We monitor it because it is a good indicator of the effectiveness of our filtration system.								
Regulated Contaminant	Treatment Technique						Typical Source of Contaminant	
Total Organic Carbon ppm	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC is measured each quarter and because the level was low, there is no requirement for TOC removal.						Erosion of natural deposits	
2023 Special Monitoring								
Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected		Source of Contaminant	
Sodium	4-11-23	ppm	n/a	n/a	7.3		Erosion of natural deposits	

*These tables are based on tests conducted by GLWA in the year 2023 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. The data is representative of the water quality, but some are more than one year old.*

## 2023 Northeast Tap Water Mineral Analysis

Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	3.00	0.03	0.30
Total solids	ppm	157	113	133
Total Dissolved Solids	ppm	159	101	129
Aluminum	ppm	0.071	0.018	0.038
Iron	ppm	0.4	0.2	0.3
Copper	ppm	0.003	0.001	0.001
Magnesium	ppm	8.3	6.7	7.7
Calcium	ppm	28.6	24.9	26.6
Sodium	ppm	7.3	4.6	5.4
Potassium	ppm	1.3	0.9	1.0
Manganese	ppm	ND	ND	ND
Lead	ppm	ND	ND	ND
Zinc	ppm	0.003	ND	ND
Silica	ppm	2.8	1.6	2.1
Sulfate	ppm	34.9	22.3	25.8
Chloride	ppm	14.0	7.5	10.4

Parameter	Units	Max.	Min.	Avg.
Phosphorus	ppm	0.66	0.36	0.47
Free Carbon Dioxide	ppm	16.4	6.7	10.0
Total Hardness	ppm	138	98	113
Total Alkalinity	ppm	94	68	81
Carbonate Alkalinity	ppm	ND	ND	ND
Bi-Carbonate Alkalinity	ppm	94	68	80
Non-Carbonate Hardness	ppm	48	8	32
Chemical Oxygen Demand	ppm	9.2	ND	4.6
Dissolved Oxygen	ppm	13.5	7.3	10.2
Nitrite Nitrogen	ppm	ND	ND	0.0
Nitrate Nitrogen	ppm	0.64	0.30	0.38
Fluoride	ppm	0.86	0.50	0.63
pH		7.35	7.03	7.21
Specific Conductance @ 25 °C	µohms	262	177	213
Temperature	°C	23.2	6.7	15.0

*Continued from page 42*

**Contaminants that may be present in source water include:**

- **Microbial contaminants**, such as viruses and bacteria, which may come from sewage treatment plants, septic systems, agricultural livestock operations, and wildlife.
- **Inorganic contaminants**, such as salts and metals, which can be naturally-occurring or result from urban storm water runoff, industrial or domestic wastewater discharges, oil and gas production, mining, or farming.
- **Pesticides and herbicides**, which may come from a variety of sources such as agriculture, urban storm water runoff, and residential uses.
- **Organic chemical contaminants**, including synthetic and volatile organic chemicals, which are by-products of industrial processes and petroleum production, and can also come from gas stations, urban storm water runoff and septic systems.
- **Radioactive contaminants**, which can be naturally occurring or be the result of oil and gas production and mining activities.

In order to ensure that tap water is safe to drink, EPA prescribes regulations, which limit the amount of certain contaminants in the water provided by public water systems. The Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water, which must provide the same protection for public health.

*Continued on page 44*



# City of Royal Oak 2023 Report on Water Quality

2023 Lake Huron Regulated Detected Contaminants Table								
2023 Inorganic Chemicals - Monitoring at Plant Finished Water Tap								
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level Detected	Range of Detection	Violation	Major Sources in Drinking Water
Fluoride	4-11-23	ppm	4	4	0.70	n/a	No	Erosion of natural deposits; Water additive, which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Nitrate	4-11-23	ppm	10	10	0.38	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
2023 Disinfectant Residual - Monitoring in Distribution System								
Regulated Contaminant	Test Date	Unit	Health Goal MRDLG	Allowed Level MRDL	Highest Level RAA	Range of Quarterly Results	Violation	Major Sources in Drinking Water
Total Chlorine Residual	2023	ppm	4	4	0.76	0.68-0.84	No	Water additive used to control microbes
2023 Turbidity - Monitored every 4 hours at Plant Finished Water Tap								
Highest Single Measurement Cannot exceed 1 NTU	Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)					Violation	Major Sources in Drinking Water	
0.14 NTU	100%					No	Soil Runoff	
Turbidity is a measure of the cloudiness of water. We monitor it because it is a good indicator of the effectiveness of our filtration system.								
Regulated Contaminant	Treatment Technique						Typical Source of Contaminant	
Total Organic Carbon ppm	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC is measured each quarter and because the level was low, there is no requirement for TOC removal.						Erosion of natural deposits	
2023 Special Monitoring								
Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected		Source of Contaminant	
Sodium	4-11-23	ppm	n/a	n/a	4.8		Erosion of natural deposits	

*These tables are based on tests conducted by GLWA in the year 2023 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. The data is representative of the water quality, but some are more than one year old.*

## 2023 Lake Huron Tap Water Mineral Analysis

Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	0.09	0.05	0.07
Total Solids	ppm	146	61	122
Total Dissolved Solids	ppm	153	103	123
Aluminum	ppm	0.071	0.018	0.042
Iron	ppm	0.4	0.2	0.3
Copper	ppm	0.001	ND	ND
Magnesium	ppm	7.9	7.0	7.7
Calcium	ppm	27.2	25.0	25.9
Sodium	ppm	5.5	4.5	4.9
Potassium	ppm	1.1	0.9	1.0
Manganese	ppm	ND	ND	ND
Lead	ppm	ND	ND	ND
Zinc	ppm	0.008	ND	0.002
Silica	ppm	2.5	2.0	2.2
Sulfate	ppm	21.0	17.9	19.2
Chloride	ppm	10.0	8.5	9.3

Parameter	Units	Max.	Min.	Avg.
Phosphorus	ppm	0.56	0.40	0.45
Free Carbon Dioxide	ppm	8.4	4.4	6.2
Total Hardness	ppm	140	96	113
Total Alkalinity	ppm	92	74	81
Carbonate Alkalinity	ppm	ND	ND	ND
Bi-Carbonate Alkalinity	ppm	92	74	81
Non-Carbonate Hardness	ppm	58	16	31
Chemical Oxygen Demand	ppm	12.8	ND	4.7
Dissolved Oxygen	ppm	13.3	8.5	10.8
Nitrite Nitrogen	ppm	ND	ND	ND
Nitrate Nitrogen	ppm	0.55	0.33	0.38
Fluoride	ppm	0.79	0.59	0.73
pH		7.56	7.34	7.43
Specific Conductance @ 25 °C	µohms	210	166	197
Temperature	°C	23.7	2.7	15.1



Continued from page 43

## Important Health Information

### Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Royal Oak is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using the water for drinking or cooking. If you have a service that is lead, galvanized previously connected to lead, or unknown but likely to be lead, it is recommended that you run your water for at least 5 minutes to flush water from both your home plumbing and lead service line. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the **Safe Drinking Water Hotline 1-800-462-4791** or at [www.epa.gov/safewater/lead](http://www.epa.gov/safewater/lead).

Infants and children who drink water containing lead could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure.

### People with Special Health Concerns

Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by Cryptosporidium and other microbial contaminants are available from the **Safe Drinking Water Hotline at (800) 426-4791**.

Continued on page 45

# City of Royal Oak 2023 Report on Water Quality

Continued from page 44

City of Royal Oak									
2023 Microbiological Contaminants - Monthly Monitoring in Distribution System									
Regulated Contaminant	MCLG	MCL		Highest Number Detected	Violation yes/no	Major Sources in Drinking Water			
Total Coliform Bacteria	0	Presence of Coliform bacteria > 5% of monthly samples		0	No	Naturally present in the environment.			
<i>E.coli</i> Bacteria	0	A routine sample and a repeat sample are total coliform positive, and one is also fecal or <i>E. coli</i> positive.		0	No	Sanitary defects			
2023 Disinfection By-Products – Monitoring in Distribution System, Stage 2 Disinfection By-Products									
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level RAA	Range of Quarterly Results	Violation	Major Sources in Drinking Water	
Total Trihalomethanes (TTHM)	2023	ppb	n/a	80	32	15 - 54	No	By-product of drinking water chlorination.	
Haloacetic Acids (HAA5)	2023	ppb	n/a	60	19	11 - 21	No	By-product of drinking water disinfection.	
2023 Lead and Copper Monitoring at Customer's Tap									
Regulated Contaminant	Test Date	Units	Health Goal MCLG	Action Level AL	90th Percentile Value*	Range of Individual Samples Results	Number of Samples Over AL	Major Sources in Drinking Water	
Lead	2023	ppb	0	15	12	0 - 30	2	Lead service lines, corrosion of household plumbing including fittings and fixtures; erosion of natural deposits	
Copper	2023	ppm	1.3	1.3	0.1	0.0 - 0.2	0	Corrosion of household plumbing system; erosion of natural deposits.	
*The 90th percentile value means 90 percent of the homes tested have lead and copper levels below the given 90th percentile value. If the 90th percentile value is above the AL additional requirements must be met.									

## Questions:

**Local Distribution: City of Royal Oak**  
(248) 246-3300

**Southeastern Oakland County Water Supply System – Water Authority offices:**  
(248) 288-5150

Visit our web site at [www.socwa.org](http://www.socwa.org)

**Great Lakes Water Authority:**  
[www.glwater.org](http://www.glwater.org)

**Michigan Department of Environment, Great Lakes, and Energy (EGLE):**  
(586) 753-3755 or [www.michigan.gov/egle](http://www.michigan.gov/egle)

**U.S. Environmental Protection Agency: Safe Drinking Water Hotline:**  
(800) 426-4791

Water quality data for community water systems throughout the United States is available at [www.epa.gov/wqs-tech](http://www.epa.gov/wqs-tech)

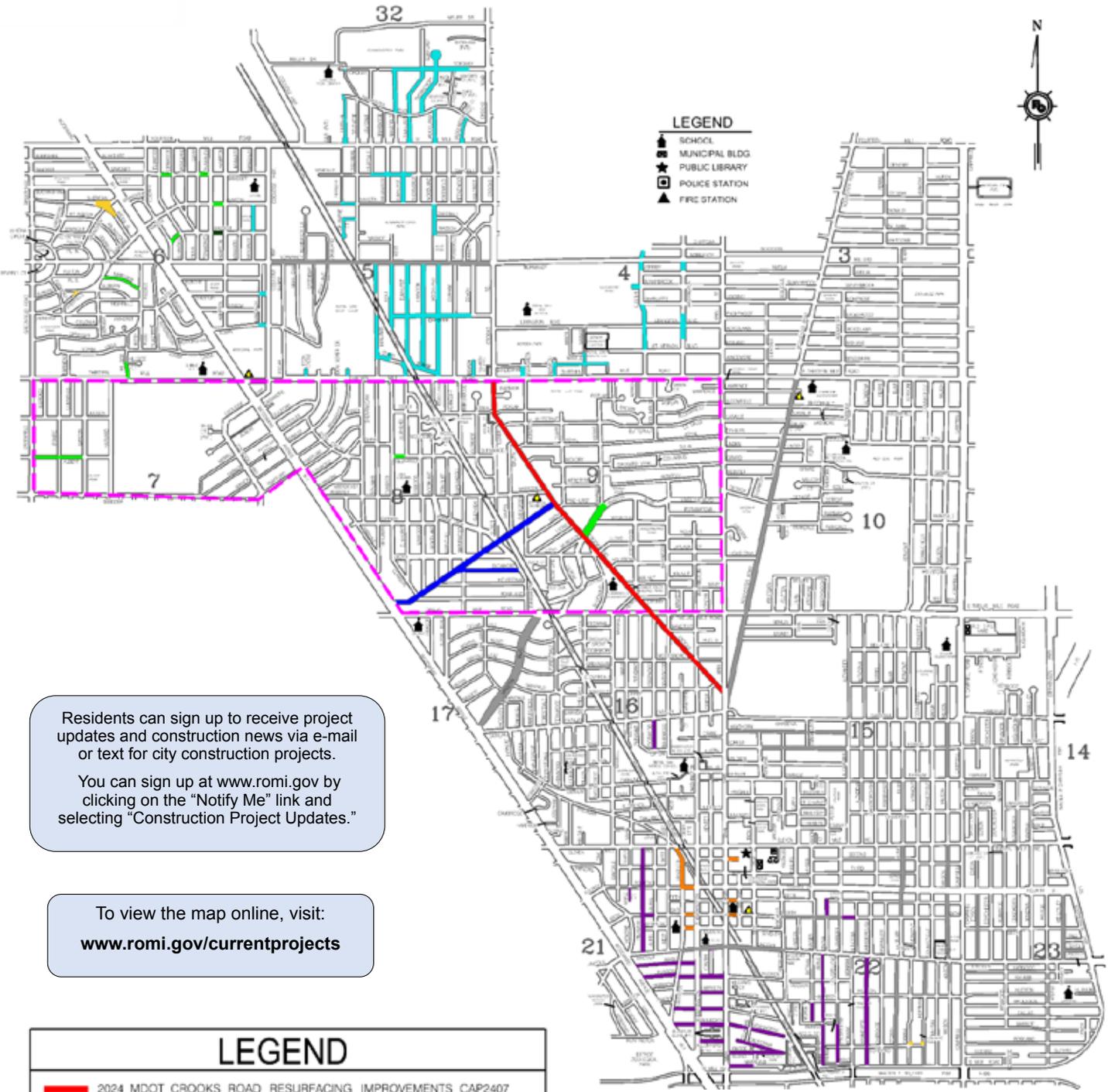
2023 Number of Water Service Connections by Service Line Material		
Number of Lead Service Lines	Number of Service Lines of Unknown Material	Total Number of Service Lines
1184	1294	23,561

## About Unregulated Contaminant Monitoring

Unregulated contaminants are those for which EPA has not established drinking water standards. Monitoring helps EPA to determine where these contaminants occur and whether it needs to regulate those contaminants.

In 2023, the city of Royal Oak participated in the Fifth Unregulated Contaminant Monitoring Rule. During this monitoring period 29 per – and polyfluoroalkyl substances and lithium were analyzed. For the four quarters of monitoring all 29 per – and polyfluoroalkyl substances and lithium sampling results reported as non-detect. All systems are required to report their data to the EPA. The analytical results from the UCMR are stored in the National Contaminant Occurrence Database for drinking water. For a summary of the UCMR results, please refer to the UCMR Occurrence Data webpage.





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.



# 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)



# 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.

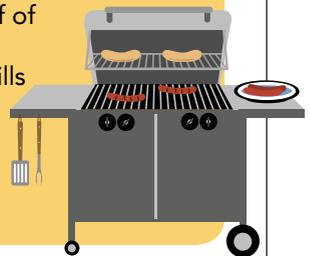
## PROPANE Grills

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 bugspray!
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



**Royal Oak FIRE DEPT**

## City Clerk's Office

### Boards and Committees

Are you looking to volunteer and make a difference within our community? How about serving on one of our committees? We are always accepting applications for those interested in serving on boards and committees. Check out our website to see a list of current vacancies and apply on-line at [www.romi.gov/308/Commissions-Boards-Committees](http://www.romi.gov/308/Commissions-Boards-Committees) or visit the city clerk's office for an application.

### Dog Licenses

Dog Licenses are available in the clerk's office. All dogs must be licensed by their owner (City Ordinance § 195-10). A copy of the dog's rabies certificate is required in order for the license to be issued, as well as proof of spaying or neutering. The licenses are issued according to the expiration of the rabies vaccination. A three-year license is \$20 for dogs that are spayed or neutered. A three-year license for dogs that are not spayed or neutered is \$40. There is a \$20 late fee if the dog license is renewed more than 30 days after the expiration of the current license. Residents who are 60+ receive a \$2 discount on dog licenses. You may now apply for dog licenses online at [www.romi.gov/179/Licensing-Dogs](http://www.romi.gov/179/Licensing-Dogs)

### Mark Twain Dog Park FOBS

Dog Park applications are available on our website at [www.romi.gov/542/Dog-Park-Membership-Renewal](http://www.romi.gov/542/Dog-Park-Membership-Renewal) or in person at the city clerk's office. The application and waiver must be filled out and brought into the city clerk's office in order to process. Owner must show proof that all shots for their dog are current (Bordetella, Distemper, Parvovirus and Rabies) and non-residents must also show a copy of their dog's current license. The fees for first time applicants are \$50 for residents and \$75 for non-residents. If you are renewing your dog park FOB and return the old FOB, the yearly fees are \$40 for residents and \$65 for non-residents. If a FOB is lost and needs to be replaced, there is an additional \$10 fee. FOBS expire one year from the original application date. If there will be additional handlers in the household using the FOB, they must sign a waiver as well.



### Upcoming Elections

We have two elections scheduled for this year to be held on **Tuesday, August 6, 2024** and on **Tuesday, November 5, 2024**. If you are interested in serving as an election inspector, please send an email to [cityclerkvote@romi.gov](mailto:cityclerkvote@romi.gov) to have an application emailed or mailed to you. Training is provided to all workers prior to election day and the pay is \$245. Polls are open from 7:00 am - 8:00 pm.

### Early Voting

On **Saturday, July 27**, nine days of early voting begins at the M/M Senior Center in Room 6, located at 3500 Marais, Royal Oak, MI 48073. Voting hours are 8:30 am - 4:30 pm, and continues until Sunday, August 4. Voting is open the same hours each day, with the exception of Thursday, August 1, on which the voting hours will be from 12:00 - 8:00 pm.

For more information, please visit [romi.gov/163/Elections-Voting](http://romi.gov/163/Elections-Voting) or scan the QR code below.



I'm a **RESIDENT**  
& I RENT MY HOME  
I'm making an impact.

MEET DAVID, a Royal Oak Public Library volunteer. He savors his Downtown lifestyle. Proximity to activities is essential for his quality of life.

**RENTERS** are **RESIDENTS**.



# FARMERS MARKET

Locally grown produce and plants are in abundance at the Royal Oak Farmers Market. Every Saturday more than 40 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.**

**Farm Fresh Fridays start May 10, 7:00 am-1:00 pm and runs through Thanksgiving.** Stop by the limited farmers market to pick up starter plants and herbs for your garden, farm fresh produce, baked goods, specialty foods and more.

## 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:

### May

- 4 Sat Tequila Fest (6:00 - 10:00 pm)
- 8 Wed Food Truck Rally (4:00 - 9:00 pm)
- 16 Thurs The Wedding Show (6:00 - 9:00 pm)
- 31 Fri Perfect Pairings (6:00 - 10:00 pm)

### June

- 6 Wed City Wide Block Party (Time TBA)
- 12 Wed **Food Truck Rally, Sights & Sounds Concert Series and Family Pride (4:00 - 9:00 pm)**

### July

- 10 Wed **Food Truck Rally and Sights & Sounds Concert Series**
- 30 Tue Royal Oak Chamber of Commerce Diversity Expo (6:00 - 10:00 pm)

### August

- 9 Wed **Food Truck Rally and Sights & Sounds Concert Series**
- 24 Sat Seltzers & Ciders (6:00 - 10:00 pm)

## Like us on Facebook!



# Royal Oak ENVIRONMENTAL ADVISORY BOARD

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

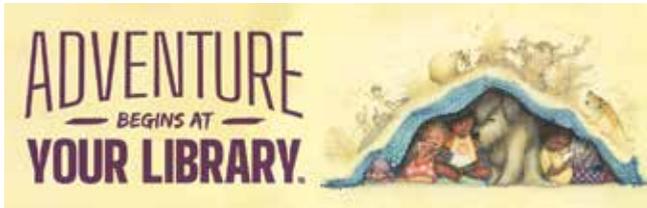
roenvironmentalboard



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)



### Adventure Begins at Your Library Summer Reading 2024

Residents of all ages are invited to read all summer long and participate in our Summer Reading Program! You can read or listen to books and earn prizes. Plus, we are offering a variety of programs throughout the summer. Check out our new events calendar and sign up for our monthly newsletters to stay informed about what's happening.

Join us for our **Summer Reading Program Opening Day event on Friday, June 14 from 4:00 - 6:00 pm**. Enjoy a fun-filled Friday as we kick off Summer Reading in Centennial Commons!

- Register for Summer Reading
- Sign up for a Library Card
- Bounce Houses provided by Oakland County Parks
- Face Paint and Glitter Tattoo Artists
- Button Making
- Bubbles and Chalk
- OUR Credit Union will be here with popcorn and an appearance from Oakey Dokey!
- Goldfish Swim School will be here with their mascot 'Bubbles the Goldfish'.
- Friends of the Library Book Sale.

Summer adventures await you at Royal Oak Public Library!

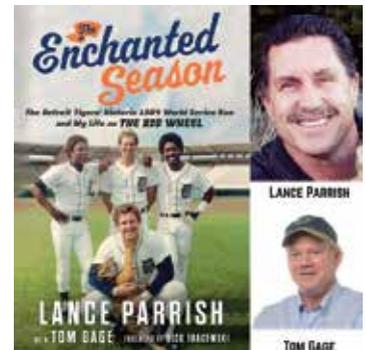


### New Library Calendar

The Royal Oak Public Library moved to a new online calendar. The new system is mobile-friendly and modernized to meet your needs. You can narrow down programs based upon age group or program type, or just browse to see what is being offered. Once you view a program, you can email a reminder to yourself, add it to your personal calendar, share it on social media, and register if needed. Additionally the calendar includes the ability to reserve study rooms, the Friends Auditorium, or items in the Makerspace. You can find the new calendar at [royalok.librarycalendar.com](http://royalok.librarycalendar.com).

### "The Enchanted Season" with Lance Parrish and Tom Gage

**On Thursday, June 20 at 6:00 pm**, join 3-time Gold Glove and 8-time All-Star Detroit Tiger catcher, **Lance Parrish**, and Michigan Journalism Hall of Fame and National Baseball Hall of Fame recognized author, **Tom Gage**, to discuss their new book "The Enchanted Season," honoring the 1984 World Championship Tigers.



Books will be sold and signed at the conclusion of the event.

Space is limited! Registration opens June 1 at 9:00 am at [royalok.librarycalendar.com](http://royalok.librarycalendar.com). Look on the calendar for the event on June 20 to register.

### Upcoming Closures

The Royal Oak Public Library will close on Sundays for the summer starting Memorial Day Weekend through Labor Day weekend. Upcoming holiday closures include:

- Memorial Day Weekend: Saturday, May 25 - Monday, May 27
- Juneteenth: Wednesday, June 19
- Independence Day: Thursday, July 4

**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)

53rd Annual



# ROYAL OAK OUTDOOR ART FAIR

- Local & National Artists
- Free Parking
- Live Music
- Food
- Free Admission
- Activities

## July 6 & 7

Sat 10 am - 6 pm

Sun 10 am - 5 pm

Memorial Park - 13 Mile & Woodward Avenue



Sponsored by the Royal Oak Arts Council and Royal Oak Recreation