

September - December 2024

Sterling Special

Dear Adaptive Recreation Friends,

I hope your summer was filled with fun. From the Parks and Recreation end, I am happy to report that we had another successful summer! From our Amped Up Day Program to Dodge Park Thursdays, we saw many familiar faces along with some new ones, but all were filled with smiles!

While the summer weather remains with us for now, we are ready for the fall programs to begin! Inside this edition of the Sterling Special is your key to staying active and social while the weather cools. To those of you who are familiar with our Adaptive Recreation Programs, welcome back! If you are new to our programming, please read on to learn more about what we do.

Sterling Heights Parks and Recreation prides itself on offering inclusive recreation opportunities. We have an array of programming for everyone to enjoy regardless of age or ability level. Our Adaptive Recreation programs, however, are designed for individuals with physical, cognitive, and/or developmental disabilities. These specialized programs promote community engagement, independence, and wellness leading to an overall enhanced quality of life.

If you are looking for social events, please consider attending one of the Monthly Dances. Looking to try a new hobby? The Prep like a Pro or Creative Community Classes would be a great fit. You might even notice some new additions like the Adaptive Jazz Classes and the Diners Club. If you or your loved one seeks leisure opportunities in an environment that is welcoming and full of positive energy, then look no further. Sterling Heights Parks and Recreation is ready to add some fun to your life!

Warm Regards,
Becca Lynn, CTRS
Adaptive Recreation Specialist
rlynn@sterlingheights.gov
(586) 446-2703



Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in 2024. **Special Thanks to :**

**St. Isidore
Knights
of Columbus**

**St. Lawrence
Knights
of Columbus**

**Autism Society of
Greater Detroit**



STAY CONNECTED:

Phone: 446-2700

Online: www.myshpr.net


Facebook: www.facebook.com/myshpr

X: @sterlingheights

Instagram: @myshpr

Save the Date

---Tear out this page, to remember upcoming events!---

September 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 All buildings closed Last day for Splash Pad 	3	4 Bike Club 6 - 8 p.m.	5 Dodge Park Farmers Market 3 - 8 p.m. Adaptive Kickball 6 - 7:30 p.m.	6	7
8	9 Movin' & Groovin' 6-7 p.m.	10 Adaptive Yoga 5 - 6 p.m.	11 Bike Club 6 - 8 p.m.	12 Dodge Park Farmers Market 3 - 8 p.m. Adaptive Kickball 6 - 7:30 p.m.	13	14 Artist Inside 1 - 2:30 p.m.
15	16	17 Adaptive Yoga 5 - 6 p.m.	18 Creative Community Art Class 1 - 2:30 p.m. Bike Club Adaptive Jazz 6 - 8 p.m. 7:15 - 7:45 p.m.	19 Dodge Park Farmers Market 3 - 8 p.m. Adaptive Kickball 6 - 7:30 p.m.	20 "Let's Get Wild" Adaptive Dance 6 - 9 p.m.	21
22	23 Diners Club 6 - 7:30 p.m. Movin' & Groovin' 6-7 p.m.	24 Adaptive Yoga 5 - 6 p.m. Prep like a Pro 6 - 7 p.m.	25 Adaptive Jazz 7:15 - 7:45 p.m.	26 Dodge Park Farmers Market 3 - 8 p.m. Touch a Truck Sensory Friendly Time 3 - 4 p.m. Adaptive Kickball 6 - 7:30 p.m.	27	28
29	30 Movin' & Groovin' 6-7 p.m.					


October 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Adaptive Yoga 5 - 6 p.m.	2 Adaptive Jazz 7:15 - 7:45 p.m.	3 Adaptive Kickball 6 - 7:30 p.m.	4	5
6	7 Movin' & Groovin' 6-7 p.m.	8 Adaptive Yoga 5 - 6 p.m.	9 Adaptive Jazz 7:15 - 7:45 p.m.	10	11	12 Artist Inside 1 - 2:30 p.m.
13	14 In-service Day Buildings Open at 5:00 p.m. Movin' & Groovin' 6-7 p.m.	15 Adaptive Yoga 5 - 6 p.m.	16 Adaptive Jazz 7:15 - 7:45 p.m.	17	18	19 Sterling Frights 
20	21 Diners Club 6 - 7:30 p.m. Movin' & Groovin' 6-7 p.m.	22 Adaptive Yoga* 5 - 6 p.m. Prep like a Pro 6 - 7 p.m.	23 Adaptive Jazz 7:15 - 7:45 p.m.	24	25 "Boo Bash" Adaptive Dance 6 - 9 p.m.	26 Halloween "Candy-Palooza" Bingo 12:00 p.m.
27	28	29 Adaptive Yoga 5 - 6 p.m.	30 Creative Community Art Class 1 - 2:30 p.m. Adaptive Jazz 7:15 - 7:45 p.m.	31 HAPPY HALLOWEEN 		

** Most programs require pre-registration. Please visit our website at www.myshpr.net for more information.

Save the Date

---Tear out this page, to remember upcoming events!---

November 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Artist Inside 1 – 2:30 p.m.
3	4 Movin' & Groovin' 6-7 p.m.	5	6 Adaptive Jazz 7:15 – 7:45 p.m.	7	8	9
10	11 All buildings closed	12 Adaptive Yoga 5 – 6 p.m.	13 Creative Community Art Class 1 – 2:30 p.m. Adaptive Jazz 7:15 – 7:45 p.m.	14 NEAR Basketball Practice 6 – 7:30 p.m.	15 "Living in a Barbie World" Adaptive Dance 6 – 9 p.m.	16
17	18 Diners Club 6 – 7:30 p.m. Movin' & Groovin' 6-7 p.m.	19 Adaptive Yoga 5 – 6 p.m. Prep like a Pro 6 – 7 p.m.	20 Adaptive Jazz 7:15 – 7:45 p.m.	21 NEAR Basketball Practice 6 – 7:30 p.m.	22	23
24	25 Movin' & Groovin' 6-7 p.m.	26 Adaptive Yoga 5 – 6 p.m.	27	28 HAPPY THANKSGIVING  All buildings closed	29 All buildings closed	30

December 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Dodge Park Ice Rink Opens 	2 Movin' & Groovin' 6-7 p.m.	3 Adaptive Yoga 5 – 6 p.m.	4 Adaptive Jazz 7:15 – 7:45 p.m.	5 NEAR Basketball Practice 6 – 7:30 p.m.	6	7 A Sterling Christmas 
8	9 Diners Club 6 – 7:30 p.m. Movin' & Groovin' 6-7 p.m.	10 Adaptive Yoga 5 – 6 p.m.	11 Creative Community Art Class 1 – 2:30 p.m.	12 In-service Day Buildings Open at 5:00 p.m. NEAR Basketball Practice 6 – 7:30 p.m.	13	14 Artist Inside 1 – 2:30 p.m.
15	16 Movin' & Groovin' 6-7 p.m.	17 Adaptive Yoga 5 – 6 p.m. Prep like a Pro 6 – 7 p.m.	18	19	20 Holiday Adaptive Dance 6 – 9:30 p.m.	21
22	23	24 CHRISTMAS EVE  All buildings closed	25 CHRISTMAS DAY  All buildings closed	26	27	28
29	30	31 NEW YEAR'S EVE  All buildings closed				

DANCE THE NIGHT AWAY

(Ages 16+)

Join us once a month for themed parties to "Dance the Night Away". The music is sure to get you moving, involved and connected. Refreshments are included in the registration fee. Deadline to register is 5 p.m. on the Thursday before the dance. This is a firm deadline, no exceptions. Accompanying staff, parent, and guardian registration fee is \$6 and includes food and dancing as well.

Let's Get WILD

5003.061 F 9/20 6 – 9 p.m. \$11 / \$14

Boo Bash

5003.062 F 10/25 6 – 9 p.m. \$11 / \$14

Living in a Barbie World

5003.063 F 11/15 6 – 9 p.m. \$11 / \$14

Holiday Dance

5003.064 F 12/20 6 – 9:30 p.m. \$24 / \$32

Register for Holiday Dance by 12/13. Parents and staff must pay full price. No tickets sold at the door.



ADAPTIVE JAZZ

(Ages 7 - 18)



Part of the Sterling Stars Dance Program, this class gives individuals with disabilities a chance to enjoy the fun, upbeat style of jazz while belonging to a team. Dance moves are tailored to meet the needs of participants with a focus on enhancing abilities, boosting confidence and promoting inclusion! A dance routine will be established and all will be invited to participate in the annual dance recital. To purchase a costume you must register for the winter session. **Instructor:** Karrigan Schell

4503.044 W 7:15 - 7:45 p.m. 9/18 - 12/3* \$50 / \$65 CC

*No Class: 11/27

BINGO

(All Ages)

Saturday, October 26
12 p.m.

BOO! Come out for a fun-filled Halloween Bingo event with a few tricks and lots of treats provided! Our event will feature five games of bingo, prizes and refreshments. Pre-registration is required by Wednesday, October 23. Costumes are encouraged, yet optional.

Halloween "Candy-Palooza" Bingo

1003.205 \$6 / \$10 CC





ADAPTIVE YOGA

(Ages 12+)

Yoga is not a one-size fits all activity. Our adaptive yoga classes are designed for individuals with disabilities and are considerate of all bodies and abilities. Sessions are modified to provide a safe and encouraging space for all. This class focuses on balance, strength, breathing techniques and mindfulness to lead to improved overall health and well-being. **Instructor: Elizabeth Wilk**

5003.038 T 9/10 – 10/22 5 – 6 p.m. \$44 / \$65

5003.039 T 10/29 – 12/17* 5 – 6 p.m. \$44 / \$65*

No Class: 11/5



MOVIN' & GROOVIN'

(Ages 10+)

This unique class incorporates stretching, dancing, cardio drumming and more into a fun, well-rounded workout. All exercises are modified to best suit each participant. This program promotes inclusion, independence, creativity, and fun! This program is designed for adaptive recreation participants who will be successful in a group setting.

Instructor: Rosemary Dahl

5003.050 M 9/9 – 10/21* 6 – 7 pm. \$38/\$56

5003.051 M 11/4 – 12/16* 6 – 7 p.m. \$38/\$56

No Class: 9/16, 11/11



NORTHEAST ADAPTIVE RECREATION BASKETBALL LEAGUE

(Ages 12+)

Sterling Heights Adaptive Recreation teams play in the Northeast Adaptive Recreation Basketball League. Enjoy fun, healthy competition between our teams and those from other cities. All playing levels welcome. Register early, space is limited. **5003.042**

Dates: Practices – TH 11/14, 11/21, 12/5 and 12/12

Games: TH Beginning of January - end of February

Time: 6 – 7:30 p.m.

Fee: \$62 Resident / \$80 Non-resident

Locations: Practices and home games are played at the Community Center.

Away game information will be provided closer to the start of the season.

Registration deadline is November 8. Please make sure to register early – this league fills up quickly.



CREATIVE COMMUNITY (Ages 16+)

Designed to integrate art and socialization, this program is for community members with disabilities. Each class will allow you explore new creative techniques that will result in beautiful projects you get to take home. These art classes are guided so no experience is required. Fee includes supplies and refreshments. **Instructor:** Katie LaChance

Rock Painting

5003.080 W 9/18 1 – 2:30 p.m. \$15 / \$19

Spooky Slime

5003.081 W 10/30 1 – 2:30 p.m. \$15 / \$19

Fall Tree Painting

5003.082 W 11/13 1 – 2:30 p.m. \$15 / \$19

DIY Snowglobes

5003.083 W 12/11 1 – 2:30 p.m. \$15 / \$19

ARTIST INSIDE (All Ages)

Discover your inner artist while learning new techniques and designs Each class offers a new project allowing Artists to create a masterpiece that they can take home. These art classes are guided so no experience is required. Open to all ages and abilities. Children 13 and under must have adult supervision. Fee includes supplies and refreshments. **Instructor:** Danielle Edwards

Mixed Media Watercolors

3003.026 SA 9/14 11 a.m. – 12:30 p.m. \$26 / \$34

Spooktacular Creations

3003.027 SA 10/12 11 a.m. – 12:30 p.m. \$26 / \$34

Fall Slime

3003.028 SA 11/2 11 a.m. – 12:30 p.m. \$26 / \$34

Holiday Character Collage

3003.029 SA 12/14 11 a.m. – 12:30 p.m. \$26 / \$34

ESPORTS DROP-IN

Players will have access to our PC's along with setups on the Switch, PS4 and PS5 weekly. Players are allowed to bring in their own games and devices. Games that are brought in will be checked by staff.

Juniors (Ages 7 - 11)

M Starting 9/9* 4:30 - 6:30 p.m. \$0 / \$5

***No Drop-In: 10/14, 11/11, 12/30**

Teens (Ages 12 - 17)

M Starting 9/9* 2:30 - 4:30 p.m. \$0 / \$5

***No Drop-In: 10/14, 11/11, 12/30**

Open (Ages 7+)

T Starting 9/3 * 4:30 - 6:30 p.m. \$0 / \$5

W Starting 9/4* 6 - 8:30 p.m. \$0 / \$5

SA Starting 9/7 * 9 a.m. – 3 p.m. \$0 / \$5

***No Drop-In: 10/19, 12/7, 12/24, 12/25**



PREP LIKE A PRO

(All Ages)

This program guides chefs of all experience levels through the basics of food preparation. Bolster your independence while gaining valuable knowledge for both in and out of the kitchen including knife safety skills, motor skills, problem solving skills, confidence and more!

Classes will be held once a month and will teach meal prepping basics through different recipes. Each participant will take home their concoctions to freeze and prepare at home. Main ingredients will be provided, you will just need to add your choice of protein at home.

This inclusive class is designed for all ages and abilities. Children 13 and under must have adult supervision. **Instructor:** Katie LaChance

Crockpot Creations

5003.070 T 9/24 6 – 7 p.m. \$22 / \$33 CC

The Great Pumpkin

5003.071 T 10/22 6 – 7 p.m. \$22 / \$33 CC

Savory Soups

5003.072 T 11/19 6 – 7 p.m. \$22 / \$33 CC

Homemade Holiday Pies

5003.073 T 12/17 6 – 7 p.m. \$22 / \$33 CC



DINERS CLUB

(Ages 16+)

NEW!

Join us once a month for a surprise restaurant visit where we celebrate good food and better friends! This opportunity is designed to support community members with disabilities. Participants will have the opportunity to enhance their independence and social skills while enjoying a meal together. Participants are responsible for the cost of their meal, beverage and tip. Transportation is included in the fee.

Diners Club September

5003.101 M 9/23 6 – 7:30 p.m. \$10 / \$13

Diners Club October

5003.102 M 10/21 6 – 7:30 p.m. \$10 / \$13

Diners Club November

5003.103 M 11/18 6 – 7:30 p.m. \$10 / \$13

Diners Club December

5003.104 M 12/9 6 – 7:30 p.m. \$10 / \$13



"STERLING FRIGHTS" Halloween

Check out the exciting events, attractions and cast of characters coming this October to the 10th Annual "Sterling Frights" Halloween Party.



Saturday, October 19 - 10 a.m. - 1 p.m.

Dodge Park

Ages - 12 years and younger

We will also be collecting non-perishable food items to support local food banks.

- Live music
- Hay rides
- Straw Maze
- Cider & donuts
- Candy for all participants
- Photo opportunities
- Inflatables Activities
- Rides
- Much More



"A Sterling Christmas"



Everyone is invited to ring in the holiday season with a variety of family fun activities at the 47th Annual "A Sterling Christmas"!



"A Sterling Christmas" is sponsored by:

Saturday, December 7

5:30 - 8:30 p.m.

Dodge Park



- Tree lighting
- Holiday music and caroling
- Visits with Santa
- Petting farm
- Refreshments
- Pony rides
- Horse-drawn wagon rides
- Train rides
- Ice skating
- Warming fires
- Sterling Stars
- And much more!