

Spring
Summer
2016

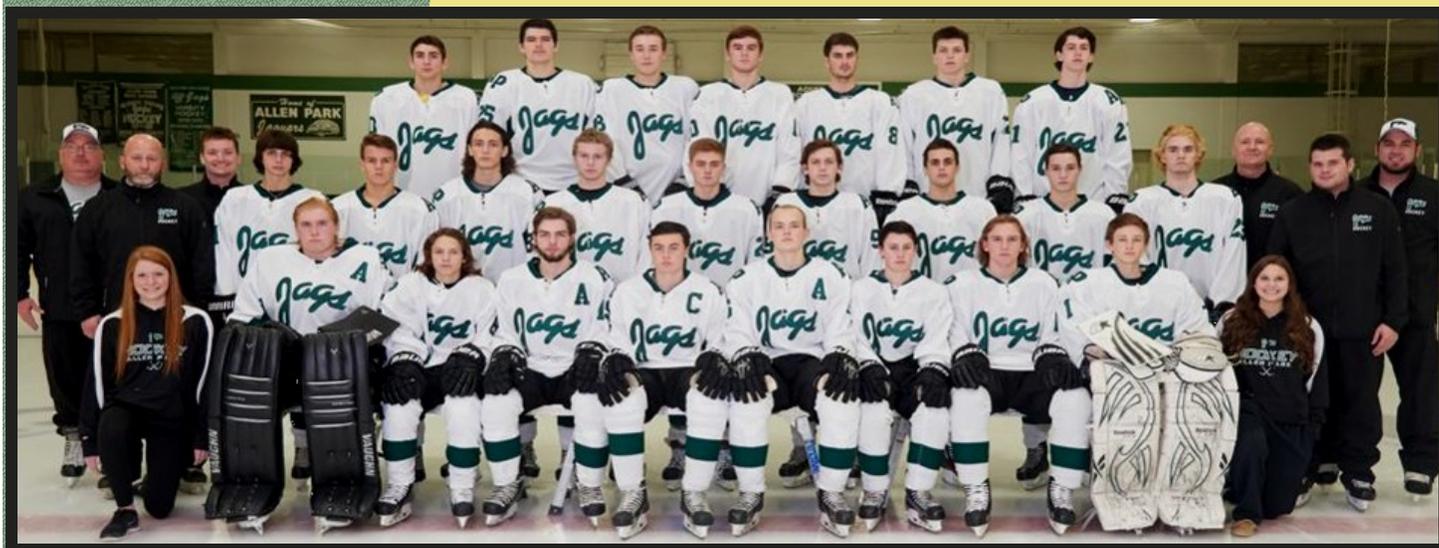


Allen Park Community Center
15800 White St.
Allen Park, MI 48101
Office: 313-928-0770
Senior Office: 313-928-0771
Monday-Friday 8:30am-4:30pm

Fitness Center Hours
(Subject to Change)
Monday-Friday
6:00 am-10:00 pm
Saturday
6:00 am-9:00 pm
Sunday
8:00 am-6:00 pm

THE RECREATOR

**CONGRATULATIONS
Allen Park High School Hockey
"Record Breaking Season" 24-2-2
Metro League Champions**



Letter From the Director

April 2016

Dear Residents:

We are pleased to present this edition of The Recreator News. Enclosed are our program offerings for the spring and summer of 2016, with additional programs still to come. Please check our web page for the most recent additions.

Over the past few years, we have installed new playground equipment in five parks through grant funding from Wayne County. In 2016, we plan to have a new playground at Boccabella Park and Millward/Rotary Park. Both of these playgrounds are planned as "Community Build" installations. This means we will need your help to construct and install these units. Please check our website often for more information. By coming together as a community to build these structures, we can provide more play activities for Allen Park children. Boccabella is planned for installation in late spring or early summer with Millward/Rotary planned for the fall.

We also thank the Bulldogs, APAC and MUSYL Soccer for their support and welcome the Allen Park Hockey Association back to Allen Park Community Center. For tots, youth, adult or seniors, we hope you join us in an activity that will put a smile on your face. It's a very good time to be an Allen Parker.

Sincerely,

Patrick Hawkins, Director

Senior Membership Information

The Allen Park Parks and Recreation Department offers Senior Adult Programs for Allen Park Senior Residents. The Senior Program provides diverse services and activities which are available to Seniors 50 years of age and over.

Programs and activities at the Community Center include recreational activities plus many special events; many of these programs are offered in coordination with other agencies. The center also serves as a community resource for information and keeps you abreast of current happenings at our site and in our community.

We extend an invitation to the Senior Adults of our community to join us in programs designed especially for you. Pick up our monthly senior newsletter the "GRAPEVINE" for additional information.

Dues for membership are \$9 per year.

Lunch/Meals on Wheels:

313-928-1775
Monday-Friday
8:30am-12:00pm
(Call 24 hrs in advance
for reservation)

Liquid Nutrition:

734-727-7357
3rd Friday of Month
(8:30 a.m. – 12 noon)

Senior Citizen's Alternative Transportation (SCAT)

The City of Allen Park provides **Senior Program Members (Annual Fee)** with a means of transportation **Monday through Friday, 8:30 a.m. to 3:30 p.m.** Our transportation is a way to provide an accessible and affordable means of transportation for seniors who do not drive.

The Bus/Van travels within a 3 mile radius of the borders of Allen Park for medical, dental, business, banking and shopping needs. Also, transportation to and from the Community Center is provided. You must reserve your transportation one day in advance. **To schedule a ride, call the Senior Office 313-928-0770, Monday thru Friday, 8:30 a.m. – 4:30 p.m.**

Same Day Shuttle service is now available. Need a ride at the last minute? We can help. Give us a call and based on availability, we can be there in about an hour! The cost for the Same Day Shuttle is \$3 each way.

The staff at the Parks & Recreation/Senior offices will try to assist you with activities, scheduling and transportation needs.

Transportation: \$2 each way
Same Day Shuttle Service: \$3 each way
Transportation to Community Center: \$1 total

Pickle Ball

Join us Tuesday & Thursday
in the Gym
from 9:00AM to 12:00PM
PURCHASE A \$25.00 PUNCHCARD
With 10 visits Or \$3.00 a Day
All are welcome!
Paddle and Balls provided.
Questions? 313-928-0771

Senior Exercise

Senior Exercise with Mary

Increase your functional fitness for a better quality of life. Mary demonstrates low impact Senior Exercises designed to keep you fit.

Monday, Wednesday, Friday 9-10am.
Cost: \$3 per class

Tai Chi with Barb Reynolds

Enhance balance and body awareness through slow, graceful precise body movements. Wear loose clothing and flat shoes.

Monday and Friday 10-11am.

Cost: \$3 per class
Activities will be held at the Community Center

Cards and Games

BINGO

Tuesdays at 12:30pm cost: 25 cents per card

PINOCHLE

Thursdays at 12:00pm cost: \$1.50 per player
 Activities will be held at the Community Center

Senior Activities

Senior Trips

We are in the planning stages for some one-of-a-kind ONE DAY Senior Trips.

Our April Trip is to the FOX Theatre!
 Please see the GRAPEVINE or flyers in the Lobby for more up to date information!

Senior Olympics

Downriver Senior Olympics will be hosted by the City of Wyandotte on July 25-July 29, 2016. Downriver Men and Women 50 years of age or older residing in one of the 18 participating cities within Wayne County are eligible to participate. Events include Golf, Bowling, Pickle Ball, Pinochle, Darts, Tennis, Horseshoes Baking Contest, Chili Contest and more!

Entry forms are available at the Parks and Recreation Department and must be returned to the office no later than June 30, 2016 .

Health Awareness

Blood Pressure

Testing on 1st Tues. of the month

Massage with Denise

Every other Thursday. Please call for appointment
 \$6 for 15 minute session
 313-928-0771

Dr. Redmond

Foot Doctor-Every 63 days
 Please call for appointment, insurance required
 313-928-0771

Toledo Zoo

Weekdays September through October are “Discovery Days” at the Toledo Zoo. Seniors ages 60+ will receive **FREE:**

- Parking in the Anthony Wayne Parking Lot
- Small Coffee and Muffin at Timberline Bakery
- **FREE** admission on **Tuesdays ONLY**
 And much more!
 Contact the Toledo Zoo at (419) 385-4040 for more information.

Heartland Home Healthcare Presents:

Family Feud: A fun and entertaining way to learn about services that are offered to Seniors: skilled care, home care, hospice and more.

Fun starts at 11:30am on June 1, 2016.
 Light refreshments will be served
 Register at the Senior Center at the Recreation Department

Medicare Bingo: A new and exciting way to learn everything you need to know about Medicare. From what is covered to when to apply for Medicare.

BINGO starts at 11:30am on July 27, 2016.
 Light refreshments will be served
 Register at the Senior Center at the Recreation Department

Crafts

Handi-Crafters

Do you like to do crafts or have a craft that you would like to finish? Grab your craft bag and join us every Tuesday from 9am-12pm in rooms F&G, for a few hours of crafting. Bring your craft to work on and enjoy a morning of crafting!

Quilters

The Quilters meet every Wednesday morning at 10am. Please bring your own quilting supplies.
 Cost is \$3 per person.
 Activities will be held at the Community Center

PACE Home Healthcare Presents:

Homecare: What is it?	April 14, 2016
Home Safety: Making my home safe	May 12, 2016
Nutrition and Hydration for the Summer	June 9, 2016
Hypertension (Blood Pressure)	July 14, 2016
Keep Moving	August 11, 2016
Falls-How to Prevent Them	Sept. 8, 2016
Flu and Pneumonia Shots-Why should I get them?	October 13, 2016

Light refreshments will be served
 Register at the Senior Center at the Recreation Department
 Activities will be held at the Community Center

Adult Activities

DETROIT INSTITUTE OF ARTS BUS TRIP

Calling all Allen Park Residents! On April 16, 2016, join us for a FREE bus trip to the DIA! Bus leaves the Community Center at 10am and returns at 2pm. Lunch will be available for purchase at the DIA. Spots are limited! Call the DIA at 313-833-4005 to reserve your seat!

YOGA

Gentle Flow Yoga is a supportive, therapeutic class for those who are new to yoga or for those who want a more relaxed pace. Please bring a mat and water. It is suggested that you not eat 1.5 hours prior to class. **\$32 per 4 week session or \$10 drop in per class.** Classes are held on Saturdays from 10:15-11:30am.

Session 4: April 9-April 30

Registration Begins: March 15

Session 5: May 7-June 4 (except May 14)

Registration Begins: April 15

Classes will be held at the Community Center

Korean Karate Academy Tang Soo Do

Classes available for all levels!

Session 1: May 16-June 2, 2016

JUNIOR 6:00 P.M. – 7:30 P.M.

SENIOR 7:00 P.M. – 9:00 P.M.

Registration Begins: May 1

3 week session \$20

Session 2: July 12-September 1, 2016

Registration Begins: July 12

ALL CLASSES: 6:00pm-8:00pm

8 week session \$55

Classes will be held at the Community Center

ELEMENTS OF EXERCISE

Whether you enjoy the fast paced class of Zumba or slower paced Pilates-Yoga Fusion, we have the class for you. Sample of classes offered are: Zumba, Total Body Boot Camp, Brazilian Lift, Kettlebell and Pilates.

For class times and session dates: elementsofexercise.com

Cost for 6 week session:

1 class per week: \$53

2 classes per week: \$85

3 classes per week: \$101

Register at: elementsofexercise.com

Or

888-363-3635

Classes will be held at the Community Center

Kids Activities

JEDI TRAINING

Dress up as a Jedi and use the force to conquer obstacle courses, defeat storm troopers, and make your own light saber. Graduate from a young padawan to a master jedi.

Ages 3-5 10am-11:00am

Limit 10 **\$25 per child**

Ages 6-12 11:30am-12:30pm

Limit 14 **\$25 per child**

3 week class will be held on Tuesday beginning June 28

Registration Begins: May 15

MY FIRST GARDEN

These theme-based sessions introduce children to plants, flowers and the garden world! Art projects, stories and more! Class held at the Historical Museum.

Ages 4-6 11am-12:30 pm

Limit 10 **\$25 per child**

5 week class will be held on Wednesday beginning June 29

Registration Begins: May 15

LITTLE MOVERS AND SHAKERS

Music and movement class for mommy and me! Young children will learn to create music and strengthen their movement abilities through dancing. Sit with your child as he or she sings, plays, listens, and learns.

Ages 18 months-3 years 10am-11:00 am

Limit 10 **\$25 per child**

5 week class will be held on Thursday beginning June 30

Registration Begins: May 15

KNOT YOUR AVERAGE BRACELET

Young jewelry designers will create personalized string bracelets to keep or give to a friend. Each week young designers will learn a different technique and create a new design of friendship bracelet that they can also do at home.

Ages 6-12 11:30am-12:30pm

Limit 14 **\$30 per child**

3 week class will be held on Thursday beginning June 30

Registration Begins: May 15

One Day Classes

Mother's Day Present

Moms love nothing more than a handmade present on Mother's Day. We will help the kids make mom feel special with a creative gift from the heart! Shhh! Your present is a surprise!

Ages 5-12 2:00-3:30 pm

Limit 16 **\$7 per child**

Class will be held on Saturday, May 7

Registration Begins: April 1

Father's Day Present

Anyone can buy a tie and call it a Father's Day gift, but this year, why not use the occasion as an opportunity for your kids to stretch their creative muscles, create a one-of-a-kind gift for Dad. Shhh! Your present is a surprise!

Ages 5-12 10:00-11:30am

Limit 16 **\$7 per child**

Class will be held on Saturday, June 18

Registration Begins: April 1

Youth Sports

YOUTH FOOTBALL

Allen Park Bulldogs Open registration for Allen Park Residents will begin soon.

For more information, contact allenparkbulldogs.com

TINY TUMBLERS GO!

Tiny Tumblers Go is a program designed to keep your little toddler playing, moving, and learning. Some movements include gymnastics, but other activities are simply designed to improve your little ones brain power!

\$50 per session

Monday: 5:45-6:30pm Ages 2-3
 Wednesday: 5:45-6:30pm Ages 4-6
 Wednesday: 6:45-7:30pm Ages 7-9

New Autism Spectrum Disorder Class
Sessions 2-3-4 only
Tuesday: 5:45-6:30pm Ages 2-3
Tuesday: 6:45-7:30pm Ages 4-6

Session 2: May 9-June 8
 Registration Begins: April 15

Session 3: June 13-July 18 (except July 4)
 Registration Begins: May 15

Session 4: July 25-August 24
 Registration Begins: June 15

Classes will be held at the Community Center

YOUTH SOCCER

We are pleased to announce that Allen Park Recreational (Rec) Soccer is back!

Registration for the Summer 8-week session is \$45. All proceeds from the program will be put back into the soccer program and into the reconditioning of Millward soccer fields. Additional camps and clinics will be held throughout the season. Participants do not have to be residents of Allen Park.

The fall season will kick off in September.

For more information on the program, to sign up, or to inquire about sponsorship opportunities, please visit www.muysl.org or call 888-613-4491.

Dance and Theatre

DANCE RECITAL 2016

Bon Voyage

Dancing across America
 Saturday, June 11 at 3:00 & 7:00PM
 Lincoln Park High School Auditorium

Want to dance in next year's recital?

ALLEN PARK DANCE CLASSES

Creative Movement – Ballet – Jazz – Tap – Hip Hop

Online Registration at www.creativecharacters.org

Opens Monday, August 1, 2016

for the 2016-2017 Dance Year

Classes held at the Community Center

THEATER

Creative Arts “Summer Daze”

Bring your creative minds as we learn through music, theatre, art, culinary and dance. This experience promises to find the artist within you! Open to students who have completed Kindergarten -7th grade.

Monday-Friday 10:00am-3:30pm

Session 1: June 27-July 1

Session 2: July 18-July 22

Session 3: August 8-August 12

Detailed information and register online at creativecharacters.org

“A Midsummer Night’s Dream”

Auditions will take place on Sunday, May 22 at 1pm.

Middle School and High School Students

Prepare a monologue from the play for auditions

“There’s a Monster in my Closet”

Auditions will take place in September for ages 6 to 16.

Actors will need to prepare the Audition Song.

Detailed information and registration, please contact

Creative Characters at: creativecharacters.org

Summer Nights

Geared toward children ages 4-14, come join us for a special theme night! Each theme night will include a pizza dinner!

Friday, July 8 - Night of Dance

Friday, July 15 - Night of Music

Friday, July 29 - Night of Dance

5:30 pm-9:30 pm

\$25 per person, per evening

For more information and registration, please contact

Creative Characters at: creativecharacters.org

Kid’s Cooking

Junior Chef Academy

Our Cooking School will focus on the techniques and skills necessary in meal preparation. We will be baking, beating, boiling, folding, freezing, grating, greasing, measuring, melting, mixing, peeling, rolling, shredding and slicing our way through fun-filled recipes for breakfast, lunch, dinner and dessert!

Ages 7-12

2:00-3:30 pm

Limit 10

\$45 per child

5 week class will be held on Wednesday beginning June 29

Registration Begins: May 15

Classes will be held at the Community Center

Mom and Me Tea

Mom and Me Tea

Geared towards Moms and Kids!

Join us on Saturday, May 14, for a special Mommy and Me Tea.

Start a new tradition! Enjoy a simple lunch with your special guest. While you enjoy your tea, your child will be busy creating a special craft to take home!

11am-12:30pm or 2pm-3:30pm

Cost: \$10 per person

Limit: 16 per time

Tea will be held at the Community Center

Senior Tea

1st Annual Senior's Mother's Day Tea

Join us for our FIRST annual Mother's Day Tea. This traditional Tea features scones, soup, simple tea sandwich, dessert and a special themed Tea. Enjoy a quiet time of friendship and conversation.

Date: May 3

Date: May 5

Time: 1pm-3pm

Time: 1pm-3pm

Cost: \$10 per person

Limit: 16 per date

Tea will be held at the Community Center

Engineering for Kids

Engineering For Kids® brings the wonder and excitement of STEM education (science, technology, engineering, mathematics) to children ages 4-14 through a variety of hands-on learning experiences. We encourage to challenge themselves and think critically to solve problems just like real engineers.

June 20-24:

Robo Olympics and Engineering Olympiad

June 27-July 1:

Robotics: Ocean Missions and Sail the Seas Engineering

July 11-15:

Envirobots and Environmental Engineering

July 18-July 22:

MinecraftEDU Traveling into the Future and Design the Future Engineering

Aug 1-Aug 5:

Engineering for the Zombie Apocalypse and PC Game Design: Invader Defense—Bug Invasion

Aug 8-Aug 12:

MinecraftEDU Redstone and Medieval Engineering

Cost varies per class. Please call 313-928-0771 for prices

Registration Begins: April 15

Classes will be held at the Community Center

City Events

Memorial Day Parade

May 22, 2016 1:00pm

The parade starts on Park Avenue at Southfield and continues to Champaign Park.

City Wide Garage Sale

Check out the City Wide Garage Sale!

SPRING: May 20-21-22

Registration Deadline: May 18

FALL: September 23-24-25

Registration Deadline: September 21

\$10 permit is required and can be obtained at the Recreation Department.

Maps to the Garage Sales will be on sale at the Recreation Department starting the Thursday before the Sale for \$1

For more information, please call the Recreation Office at 313-928-0771.

Flower Power

May 21, 2016 12-4pm

Split your perennials, put them in a pot and bring them to our FLOWER POWER DAY and exchange it for something different. Or if you are looking for annuals we will have local vendors. Event to be held at the Park Avenue Farmer's Market.

Allen Park Street Fair

August 5 and 6, 2016 HOURS: 10am-9pm

Enjoy an incredible arts & crafts display, food vendors, an area just for kids and top notch entertainment.

Your Mayor and Council

WILLIAM MATAKAS, MAYOR

City Council

Gail McLeod, Mayor Pro-Tem

Angelo DeGiulio

Tina Gaworecki

Kevin Rourke

Harry Sisko

Larry Templin

Elected Officials

Michael Mizzi, City Clerk

Maureen Armstrong, City Treasurer

Parks and Recreation Commission

Douglas Shepherd, Chairperson

Richard Lindow, Vice Chairperson

Margaret Leskosky, Secretary

Bruce Antioch

Steven Kelley

Janine Rossman

James Perry

Brad Crutz

Robert Turner