49th Annual
Royal Oak Outdoor Art Fair July 6-7
Details on back cover
Mixed Media by Kandy Myny, Shelby Township, MI
Day Camp
Summer 2019

It’s where you want to spend your summer!

Camp Location: Royal Oak Middle School
709 N Washington
(between 11 Mile & Catalpa)

Camp Registration: Royal Oak Recreation
1600 N Campbell Road
Tel 248-246-3180
Fax 248-246-3007
Online www.royaloakrec.com

Camp Hours: Monday – Friday, 9 am to 4 pm
Before/after care available 7 - 9 am and 4 - 6 pm

Camp Dates:
Week 1 June 17 – 21
Week 2 June 24 – 28
Week 3 July 1 – 3 (3 days $78)
Closed July 4 & 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
Week 9 August 12 – 16

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

Camp Costs: Camp fee is $130 per week. Before/after care is $30 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 9/1/18) 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 8:30 am, Tuesday, March 19, 2019. Walk-in registrations will be first priority. Mail and fax registrations will be processed after 12 noon. On-line registration will begin at 12 noon.
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.

You may register in person, online, by mail or fax.

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 • www.royaloakrec.com

Registration Form 2019

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.

<table>
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<th>Week</th>
<th>Dates</th>
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Total amount $________________________

Payment Method:  \[\square\] Check   \[\square\] Visa/Discover# ______________________ CVV2 ________

\[\square\] 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 Youth Dance

Preschool Dance
This fun-filled introduction to dance and creative movement is specially designed for 3-5 year old students. This class will challenge young children to explore movement, music and their unique creativity. Children are exposed to the design and structure of a dance class.

Intro to Dance
This class is designed to be a fun-filled introduction to Ballet, Jazz and a stylized version of “Song and Dance” combinations. Emphasis will be placed on the basic fundamentals and terminology of a Ballet Barre, Jazz center, traveling progressions and a characterized routine.

Hip Hop Jazz
Each age division and level will be provided with a challenging and energetic warm up, isolations, pop and lock hip hop moves, along with traditional turns, jumps, progressions and combinations.

Storytime & Crafts with Cowboy ALEX
Kids ages 3-8 years old will enjoy 45 minutes of stories, puppets, magic, crafts and fun with Cowboy ALEX. Sign up for one or all of the classes!

Select Saturdays, 11:00 am at Senior/Community Center
Fee: $5 per child, per class
- Tasty Taco Storytime & Crafts
  Saturday, May 18  YA4005
- Terrific Totem Pole Storytime & Crafts
  Saturday, June 22  YA4006
- Unique Unicorn Storytime & Crafts
  Saturday, July 27  YA4007
- Kewl Cruiser Car Storytime & Crafts
  Saturday, August 24  YA4008

New for Spring - Select Thursdays, 10:00 am at Salter Center
Fee: $5 per child, per class
- Marvelous Marshmallows Storytime & Crafts
  Thursday, May 9  YA4038
- Wonderful Warm Weather Storytime & Crafts
  Thursday, June 13  YA4039
- Silly Sequence Storytime & Crafts
  Thursday, July 18  YA4040
- Super Squishies Storytime & Crafts
  Thursday, August 8  YA4041

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 nurturing 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. Minimum 10 campers. Instructor: Leisure Unlimited staff
July 8 - 12 at Salter Community Center  YA2001
Monday - Friday, 12:45 -1:35 pm
$55 / 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. Minimum 10 campers.
Instructor: Leisure Unlimited staff
July 8 - 12 at Salter Community Center  YA2002
Monday - Friday, 1:45 - 3:00 pm
$72 / 1 week

Soccer Starters Camp (preschoolers, ages 3 - 5)
Introduce your youngsters to the fast-paced world of soccer. 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, sportsmanship and effort in a safe and nurturing environment. Snack provided. Wear tennis shoes and bring a water bottle.
Kids must be three by the first day of class. Minimum 10 campers. Instructor: Leisure Unlimited staff
August 12 - 16 at Salter Community Center  YA2003
Monday - Friday, 12:45 - 1:35 pm
$55 / 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. Snack provided. Minimum 10 campers.
Instructor: Leisure Unlimited staff
August 12 - 16 at Salter Community Center  YA2004
Monday - Friday, 1:45 - 3:00 pm
$72 / 1 week

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**TumbleBunnies Gymnastics**
www.tumblebunnys.com

**Itty Bitty Bunny – ages 18-35 months**
This fun, energetic class has parents working with their child that is filled with a variety of activities such as gymnastics focused warm-ups, movement to music, many activities on a ton of equipment such as octagons, wedge mats, trampoline, bars and much more. Comfortable clothing is all that’s required. Minimum of 8 students.

**Tuesdays at Salter Community Center**
June 18 - August 20, 9:30 - 10:00 am YA3009
Fee: $120 / 10 weeks

**TumbleBunnies Gymnastics – ages 3 and older**
Students will be introduced to the wonderful world of gymnastics by using equipment such as balance beams, bars, trampoline, vault, octagons, wedge mats and so much more. Our classes are fun, fast-moving and challenging. Our enthusiastic instructors will make each child feel special and encourage them to do their very best. Each session is non-repetitive throughout the session and filled with all new skills and drills. Comfortable clothing is all that is required. Minimum of 8 students per session.

**Tuesdays, June 18 - August 20 at Salter Community Center**
Fee: $120 / 10 weeks
Bizzy Bunnies, 3 - 4 year olds, 10:00-10:30 am YA3010
Happy Hoppers, 5 - 7 year olds, 10:30-11:00 am YA3011

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**Four Seasons Preschool**

Four Seasons Preschool offers a wonderful learning environment for children ages three through five years.

**We are currently full for the 2019-2020 school year.**
Our 33-week school year begins September 3, 2019.

Our preschool is located at the Senior/Community Center at 3500 Marais (1 block north of 13 Mile Road and 3 blocks east of Crooks).

Our program offers the following:
- Story Time
- Physical Education
- Music
- Computers
- Hands-on activities that promote pre-reading, pre-math, thinking and reasoning skills, and language development.

**2019 - 2020 Class Schedule and Pricing**

**Tues/Thurs Morning, 8:30 - 11:00 am**
PRE2019-R3
Tuition for our morning 2-day a week program is $1,072. This includes a non-refundable registration fee of $100 and three installments of $324.

**Mon/Wed/Fri Morning, 8:30 - 11:00 am**
PRE2019-R1
Tuition for our morning 3-day a week program is $1,609. This includes a non-refundable registration fee of $100 and three installments of $503.

**Mon/Tues/Thurs Afternoon, 12:15 - 2:45 pm**
PRE2019-R2
Tuition for our afternoon 4-day a week program is $2,146. This includes a non-refundable registration fee of $100 and three installments of $682.

Four Seasons Preschool is licensed by the State of Michigan

www.fourseasonspreschoolonline.com

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**Pickleball**

Free Lessons for Beginners at Whittier Park

Learn to play pickleball this summer! Free beginner lessons will be provided every Tuesday evening during the month of June at 6:00 PM in Whittier Park (weather permitting). Loaner paddles will be provided, just bring proper footwear (tennis shoes). Lessons will be provided by members of the Southeastern Michigan Pickleball Association, SMPA. Whittier Park is located at the corner of East Farnum and Potter Avenue. No pre-registration needed, just sign in at the picnic table.
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, is licensed to instruct through the Chinese government and has been teaching more than 30 years.

Push Hands Beginner
Must know 103 form. Taught by Brian Buchanan
Tuesday, 6:30-7:30 pm AF2006
June 18 - August 6 at Senior/Community Center - Rooms 8 & 9
Fee: Res. $64; Non-Res. $69 / 8 weeks

Push Hands Continuing
Tuesday, 7:30-8:30 pm AF2004
June 18 - August 6 at Senior/Community Center - Rooms 8 & 9
Fee: Res. $64; Non-Res. $69 / 8 weeks

Yang Style Section 1
Taught by Brian Buchanan
Thursday, 6:30-7:30 pm AF2001
June 20 - August 8 at Salter Center Gym
Fee: Res. $56; Non-Res. $61 / 7 weeks
No class July 4

Yang Style Section 2/3 of 103 Form - Continuing
Thursday, 7:30-8:30 pm AF2002
June 20 - August 8 at Salter Center Gym
Fee: Res. $56; Non-Res. $61 / 7 weeks
No class July 4

Basic Long Staff
Thursday, 8:30-9:30 pm AF2003
June 20 - August 8 at Salter Center Gym
Fee: Res. $56; Non-Res. $61 / 7 weeks
No class July 4

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

Monday at Senior/Community Center
July 8 - August 26, 5:40 - 6:55 pm AF2007
July 8 - August 26, 7:00 - 8:15 pm AF2008
Fee: Res. $56; Non-Res. $61 / 8 weeks

Wednesday at Senior/Community Center
July 10 - August 28, 5:40 - 6:55 pm AF2009
Fee: Res. $56; Non-Res. $61 / 8 weeks

Thursday at Senior/Community Center
July 11 - August 29, 7:00 - 8:15 pm AF2010
Fee: Res. $56; Non-Res. $61 / 8 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 Jeff Danuloff of Michigan 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 19 - August 14, 7:30 - 8:45 pm AF2401
Fee: Res. $72; Non-Res. $77 / 8 weeks
No class July 3
Perfect Pierogies

Choose One Date

In this fun, hands-on class you’ll work on your own and make about two dozen fresh and delicious pierogies from scratch overstuffed with fillings YOU get to choose! Learn how to flavor and season your dough, and ways to create endless varieties of savory or sweet fillings. Once you’ve made homemade pierogies you’ll never buy store brands again! Send an email to supplylist@gmail.com or call 586-549-7648 for a list of supplies to bring. Minimum age: 16 years. Class runs 2.5 hours. Instructor: Andrea Janssen

Friday, June 14, 7:00-9:30 pm at Senior/Community Center
Fee: $34 / 1 class  AE2301

Friday, July 12, 7:00-9:30 pm at Senior/Community Center
Fee: $34 / 1 class  AE2303

Friday, August 16, 7:00-9:30 pm at Senior/Community Center
Fee: $34 / 1 class  AE2305

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 (Dondero) Pool
June 19 - August 14, 7:00 - 7:55 pm  AF2011
Fee: Res. $56; Non-Res. $61 / 8 weeks
No class July 3

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 (Dondero) Pool
June 19 - August 14, 8:00 - 8:55 pm  AF2012
Fee: Res. $56; Non-Res. $61 / 8 weeks
No class July 3

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

Adult Fall Softball

Royal Oak Recreation will begin open adult softball team registrations on Tuesday, July 9. Registration deadline is Friday, August 2 or when league sells out.

League Offerings:

Monday  Coed Division  8 teams
Tuesday  Men’s Division  8 teams
Wednesday  Men’s Division  8 teams
Thursday  Coed Division  8 teams

Entry Fee: $600 includes 12-game season (6 doubleheaders) plus one play-off night for the top 4 teams, ASA Registration, softballs and awards.

Umpire Fees: $15 per team per game (pay at game site)

Field/Times:
Worden #4  6:10, 7:20, 8:30, 9:40
Worden #5  6:10, 7:20, 8:30, 9:40

Rosters:  Teams can have up to 20 players with no restrictions on non-residents. Player rosters are due in the Recreation office before second week of games.

Awards:  Season Champion receives 15 individual awards.

ASA rules and regulations govern all leagues. League games will begin the week of September 3 (Monday league will begin September 9). Teams may begin and end a game with eight players.

Managers:  Teams can pick up supplies after August 22. Schedules will be e-mailed on August 22.

NO SPOTS RESERVED
You are officially in the league when payment of $600 and completed team application is received in the Recreation Office.

We accept payment by cash, check, VISA/MC/Discover.

Register online at royaloakrec.com

Water Color Painting

Beginning through Experienced Students

Noted Bloomfield Hills artist, Karen Halpern, will guide beginning through experienced students in working effectively with watercolor. While learning about color, design, shading and painting techniques, you will enjoy the brilliance of the paint, the sparkle of its transparency, and the pleasure of color mixing. Supply list is available. Max. 20 students.

Monday, 1:30 - 3:30 pm at Senior/Community Center (Room 3)
June 24 - August 19  AE2006
Fee: Res. $126; Non-Res. $131 / 9 weeks

Call 248.246.3180
Low-Impact Workout to Oldies Music  
**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 the songs you love to hear – 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

**20/20/20**

This class includes 20 minutes each of three essential components of fitness: cardio, strength and flexibility. Cardio portion includes warm-up, aerobic drills and combos. Hand weights are used during strength segment. Core work followed by a series of controlled, static stretches in the final flexibility section will enhance range of motion and release stress. Bring a mat, hand weights and water.

**Monday, 5:50-6:50 pm  Instructor: Karen B**  
June 24 - August 12 at M/M Senior/Community Center  FF2005

**STRONG!**

Get leaner, fitter, stronger with this effective, heart-smart, high-energy combination of muscle conditioning, cardio, body weight and plyometric training moves. STRONG is a full body HIIT workout that’s as fun as it is challenging and can be modified for various fitness levels. Maximum fat burning while toning abs, glutes, arms and legs result in increased metabolism – that’s a higher caloric burn for the entire workout and post-class as well. Bring mat, towel and water.

**Monday, 7:00-8:00 pm  Instructor: Brannon W**  
June 24 - August 19 at M/M Senior/Community Center  FF2025  
No class July 1

**Zumba**

Set to Latin and other international music with exotic rhythms, this fun dance fitness workout is extremely effective in burning calories and keeping the heart rate up. The steps are easy to learn and follow and will get you moving in an exhilarating new way for a high-energy class to tone and shape your entire body. Bring a water bottle and towel.

**Thursday, 7:30-8:30 pm  Instructor: Joli P**  
June 27 - August 22 at M/M Senior/Community Center  FF2017  
No class July 4

**Mat Pilates**

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

**Wednesday, 6:20-7:20 pm  Instructor: Ginger V**  
June 26 - August 14 at M/M Senior/Community Center  FF2014

**Total Body Conditioning**

Build muscle strength and endurance and burn more calories for safe, fast results with this joint-friendly 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 13 at M/M Senior/Community Center  FF2010

**Fees for Royal Oak Fitness classes on this page:**

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<td>4 classes per week</td>
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<td>$189</td>
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Note: You must indicate which days you will be attending; no make-ups or substitutions will be allowed.
Calling All Who Need More Sleep! Yoga Nidra is Here

There is a Yoga practice that provides you with the equivalent of three hours of deep sleep during a 45-minute guided meditation. This deep ‘Yogic Sleep’ allows the cells in your mind and body to repair and rejuvenate and greatly reduces stress. The initial 30 minutes of class will consist of very basic stretching, followed by a 45-minute Guided Yoga Nidra Meditation. During the Yoga Nidra portion of class, the lights will be dimmed and we will be lying on our backs. Some people like to bring blankets and pillows to support their body and allow for deeper relaxation. We will end with an optional 15-minute manifestation and sharing circle. Please come in comfy clothes, and bring a yoga mat, an open heart, and any props that will help you position your body to relax.

Wednesday, June 19, 7:30-9:00 pm at M/M Senior Community Center
Cost: $20.00  AF4000
Instructor: Preya Shah, PT, RYT-500

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 protect and promote the usage of Royal Oak’s two nature preserves, Cummingston Park and Tenhave Woods. They are also developing the Royal Oak 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, send something by regular mail to: Royal Oak Nature Society, 1600 N. Campbell Rd, Royal Oak, 48067 or check out our website at www.romi.gov/nature. You can also find us on Facebook. Park trail maps and maps showing the location of Tenhave Woods, Cummingston Park and the Royal Oak Arboretum can be found on our website. There is no pre-registration or cost for our speaker programs and public nature walks.

Nature Walk Schedule
Meet at the park/arboretum

There is at least one naturalist lead walk per month with additional ones added during the spring wildflower and fall color seasons. 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. Dogs are not allowed inside either Tenhave Woods or Cummingston Park. Wearing boots while in the parks is recommended during the winter and spring months. Dressing appropriately for bugs and using insect repellant is advised from late spring through the end of summer. To learn more about the parks, please come to our naturalist led nature walks listed below.

For Cummingston, park and meet at Torquay and Leafdale (just east of Meijer). For Tenhave Woods (just east of RO High School), park at the Marais/Lexington lot and walk about 300’ east to the entrance. For Tenhave Owl Hoots, park and meet at Marais/Lexington lot. For the Arboretum, park and meet at the north end of the Senior/Community Center (3500 Marais) lot.

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<tr>
<th>DATE</th>
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<tr>
<td>June 11 (Tue)</td>
<td>7:00 pm at Arboretum</td>
<td>Meadow of Arboretum</td>
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<tr>
<td>June 22 (Sat)</td>
<td>10:00 am at Cummingston</td>
<td>Mushroom Walk</td>
</tr>
<tr>
<td>July 23 (Tue)</td>
<td>7:00 pm at Arboretum</td>
<td>Meadow of Arboretum</td>
</tr>
<tr>
<td>July 27 (Sat)</td>
<td>10:00 am at Tenhave</td>
<td>Mushroom Walk</td>
</tr>
<tr>
<td>Aug 13 (Tue)</td>
<td>7:00 pm at Arboretum</td>
<td>Meadow of Arboretum</td>
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<tr>
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<td>10:00 am at Cummingston</td>
<td>Mushroom Walk</td>
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49th 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 49th year. It is set among the beautiful trees of Memorial Park at the corner of 13 Mile and Woodward Avenue. The fair offers a unique blend of fine art and fine crafts. The show attracts artists from across the country and has national ranking as one of the top fairs in the United States. Art work 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 onsite for lunch and dinner. No dogs in the park, please.

Co-sponsored by Royal Oak Recreation and the Royal Oak Arts Council.

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Co-sponsored by Royal Oak Recreation and the Royal Oak Arts Council.
**Tennis & Soccer Camp - Royal Oak**

July 29 - August 1 (Monday - Thursday, rain make-up Friday, August 2)
Tennis & Soccer Camp (5-12 years) 9:00 - 11:30 am $120

Join us for a fun combo of tennis and soccer. Each will offer drills and games along with agility and team building activities. The camp will have three 45-minute intervals of tennis, soccer and fitness fun games including kickball, water games, nerf games, etc.

<table>
<thead>
<tr>
<th>Age Groups</th>
<th>Activities</th>
<th>Rotation Times</th>
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<tbody>
<tr>
<td>5 - 7 years</td>
<td>I. Tennis</td>
<td>9:00 - 9:45 am</td>
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<tr>
<td>8 - 12 years</td>
<td>I. Soccer</td>
<td>9:00 - 9:45 am</td>
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<td></td>
<td>15-minute break</td>
<td>9:45 -10:00 am</td>
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<tr>
<td>5 - 7 years</td>
<td>II. Soccer</td>
<td>10:00 -10:45 am</td>
</tr>
<tr>
<td>8 - 12 years</td>
<td>II. Tennis</td>
<td>10:00 -10:45 am</td>
</tr>
<tr>
<td>Everyone</td>
<td>III. Fitness Fun!</td>
<td>10:45 -11:30 am</td>
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</tbody>
</table>

**Youth Day Clinics**

Monday - Thursday (rain make-up Fridays)

- High School Team Training (13-18 years) 9:00 - 11:00 am $92
- Pee Wee (4-6 years) 11:00 - 11:45 am $48
- Youth Beginner (7-10 years) 12:00 noon - 1:00 pm $63
- Youth Intermediate (9-11 years) 12:00 noon - 1:00 pm $63
- Middle School (grades 6-8) 1:00 - 2:00 pm $63

**Session Dates**

- June 17 - 20, rain make-up June 21
- June 24 - 27, rain make-up June 28
- August 5 - 8, rain make-up August 9
- August 12 - 15, rain make-up August 16

*Please note we offer more morning camps in Huntington Woods. See website for more details.*

**Wednesday Youth Weekly Classes**

Session 1: June 26 - July 31 (5 weeks - rain make-up 8/7; no class 7/3)

- Quick Start Match (K-5th grade) Th 4:00-5:15 pm $115
- Bitty Pee Wee (3-4 years) Th 5:30-6:00 pm $48
- Pee Wee (4-6 years) Th 6:00-6:45 pm $72

Session 2: August 14 - 28 (3 weeks - rain make-up 9/4)

- Quick Start Match (K-5th grade) Th 4:00-5:15 pm $60
- Bitty Pee Wee (3-4 years) Th 5:30-6:00 pm $24
- Pee Wee (4-6 years) Th 6:00-6:45 pm $36

**Thursday Youth Weekly Classes**

Session 1: June 20-August 1 (6 weeks - rain make-up 8/8; no class 7/4)

- Quick Start Match (K-5th grade) Th 4:00-5:15 pm $65
- Bitty Pee Wee (3-4 years) Th 5:30-6:00 pm $24
- Pee Wee (4-6 years) Th 6:00-6:45 pm $36

Session 2: August 15 - 29 (3 weeks - rain make-up 9/5)

- Quick Start Match (K-5th grade) Th 4:00-5:15 pm $60
- Bitty Pee Wee (3-4 years) Th 5:30-6:00 pm $24
- Pee Wee (4-6 years) Th 6:00-6:45 pm $36
- Middle School/Teen Drill & Play (12-17 years) Th 7:00-8:30 pm $71
**Wednesday Adult 18+ Weekly Classes**  
Session 1: July 10-August 28 (8 weeks - rain make-up 9/4)

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<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Mixed Doubles League</td>
<td>W</td>
<td>6:30-8:30 pm</td>
<td>$112</td>
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</table>

This league is for the advanced beginner on up (3.5+). See website for advanced beginners league (2.5+) in Huntington Woods on Thursday nights.

**Thursday Adult 18+ Weekly Classes**  
Session 1: June 20-August 1 (6 weeks - rain make-up 8/8; no class 7/4)

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Time</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Beginner</td>
<td>Th</td>
<td>6:00-7:00 pm</td>
<td>$94</td>
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<tr>
<td>Advanced Beginner</td>
<td>Th</td>
<td>7:00-8:00 pm</td>
<td>$94</td>
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Session 2: August 15-29 (3 weeks - rain make-up 9/5)

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<tr>
<th>Class</th>
<th>Day</th>
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<th>Cost</th>
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<tbody>
<tr>
<td>Beginner</td>
<td>Th</td>
<td>6:00-7:00 pm</td>
<td>$47</td>
</tr>
<tr>
<td>Advanced Beginner</td>
<td>Th</td>
<td>6:00-7:00 pm</td>
<td>$47</td>
</tr>
<tr>
<td>Drill &amp; Play (3.5+)</td>
<td>Th</td>
<td>7:00-8:30 pm</td>
<td>$71</td>
</tr>
<tr>
<td>Cardio Tennoga*</td>
<td>Th</td>
<td>7:00-8:30 pm</td>
<td>$71</td>
</tr>
</tbody>
</table>

*Please bring a yoga mat for Cardio Tennoga.

**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.

**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.

**Activity Cancellation**

Due to bad weather – 248-246-3187

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.

**Who to Contact**

John Lindell Ice Arena  
248-246-3950

Swimming (see page 47)  
248-435-8500 ext. 1148

Boys & Girls Club of SOC  
248-544-4166

RO Sandlot League  
www.royaloaksandlot.com

Royal Oak Football Club (formerly ROYSA)  
www.royaloakfc.com

Royal Oak Youth Football  
www.royaloaktitans.org

Royal Oak Hockey  
www.royaloakhockeyclub.com

For class descriptions and registration visit  
www.luvalltennis.com
How to Register for Programs and Classes

Registration begins on May 10 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.

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 10

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

No Telephone Registrations

Registration for all Day Trips and Extended Trips should be done at the Mahany/Meininger Senior Community Center, 3500 Marais.
### Registration Information

#### Registration Form

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Date of Birth</th>
<th>Male/Female</th>
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<th>Address</th>
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<th>Telephone - Home</th>
<th>Work</th>
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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)

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Signed ____________________________ Date ____________________________
City of Royal Oak

School Buildings
1. Addams, 2222 W. Webster
2. Churchill Community Education Center, 707 Girard Ave.
3. Helen Keller, 1505 N. Campbell Rd.
5. Oakland, 2415 Brockton Ave.
7. Royal Oak High, 1500 Lexington Blvd.
8. Royal Oak Schools Administrative Offices, 800 Devillen
9. Royal Oak Middle, 709 N. Washington Ave.
10. 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
John Lindell Ice Arena, 1403 Lexington
Royal Oak Golf Course, 3417 Don Soper Dr.
Jack & Patti Salter Community Center, 1545 E. Lincoln
Orson Starr House, 3123 N. Main

City Hall Complex
16. City Hall, 211 Williams St.
Public Library, 222 E. 11 Mile
Police Department, 221 E. Third
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, F. Farnum & N. Alexander
27. Quickstad Park, Tenhave Woods, between Normandy & Lexington east of Crooks

Picnic Shelter Rental
Picnic shelters are available for rent at Starr/JC, VFW and Memorial Parks. Royal Oak residents and businesses may secure rental permits beginning January 2 through March 29 for the 2019 season. Non-residents may apply beginning April 1.

All rentals must be processed in person at the Recreation Office, 1600 N Campbell Rd, Monday through Friday, 8:30 am - 4:30 pm. Please call 248-246-3180 for rental rates and availability.
LEARN TO SKATE
Where it all begins.
Classes offered all year round. Ages 3 & Up. Introduction to figure skating and hockey.

OPEN SKATING
Skate at your own leisure. Bring friends and family to share the fun. GENERAL, ADULT and PRESCHOOL sessions offered. Check schedule for days and times.

SK8 JAMZ
OPEN SKATE WITH MUSIC & LIGHTING
ALL AGES ARE WELCOME.
Skate rental is included in the admission price
Check schedule for days and times.

ADULT WOMEN’S LEAGUE
for Beginners to Intermediate Ability
Two games per week from May through July
Individual Registration – Jersey included

ADULT HOCKEY LEAGUE
Summer League:
JUNE - MID AUGUST
Fall/Winter League:
SEPTEMBER - MARCH
Spring League:
APRIL - JUNE

DROP IN HOCKEY
18 and up-full equipment
Come in to play a competitive game of hockey with fellow adult skaters.

STICKS & PUCKS
Open to all ages. full equipment required

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

For more information on any of these programs, please visit ROYALOAKICEARENA.COM
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. Pick up our monthly newsletter, Times. Start enjoying opportunities for lifelong education, fitness, and leisure activities. Try a great meal at Tim’s Kitchen (M/M Center) for $3.50 dine-in or $4.00 carryout. The staff is committed to working with and for seniors to develop activities and services that support their efforts to remain healthy, active and independent.

**Mission Statement:**
The City of Royal Oak offers mature 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 disabled 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 Senior 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 (248) 246-3900 for an application form. The fees to display brochures are $10 monthly or $100 yearly.

**Rental Information**
The use of the Leo Mahany/Harold Meininger Senior Community Center shall be available to nonprofit organizations and groups engaged in educational, cultural, civic or charitable activities or private functions (birthday parties, wedding receptions, baby and wedding showers, graduation parties, etc.). Room set-up and take-down is the responsibility of the requesting organization. Please call (248) 246-3900 for rental fees and room availability.

<table>
<thead>
<tr>
<th>Special Events and Workshops</th>
</tr>
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<tbody>
<tr>
<td><strong>May</strong></td>
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<td><strong>June</strong></td>
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Day Trips

Detroit Symphony Orchestra
POPS Coffee Concerts 2019
Fridays, 9:15 am - 1:30 pm
$68 per concert – Dress Circle seats

June 14, 2019
The Wonderful Music of Oz T1010SP
Defy gravity and follow the yellow brick road on a musical journey over the rainbow. From Wicked to Elton John, relive the music inspired by Frank Baum’s classic novel.

Summer 2019

Senior Lunch and a Movie at Emagine Royal Oak $28
Tuesday, May 21 T1033SP
10:45 am - 3:00 pm
Come along for a great day out! See a first-run movie, enjoy a full buffet lunch and a small pop and popcorn. Cost includes transportation via Senior Bus and all the above! Movie title: The Hustle.

Mid-Life Crisis
Tuesday, May 7 T1029SP
9:15 am - 6:30 pm Bianco Tours
A series of scenes and sketches poke fun at the frustrations and joys of growing older: love handles, reading glasses and menopause, but also the sentimental wisdom that the later years afford us. It’s a hilarious romp about the trials and tribulations of the unavoidable aging process. Cost includes delicious Cornwell’s Turkey Lunch Buffet, performance and transportation via motor coach.

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DIA Senior Thursdays $5
Thursday, May 9 T1034SP
12:15 - 3:45 pm
Today’s activity is a Special Performance: Music Performance in Honor of Mother’s Day. You may skip the presentation and explore the museum on your own if you wish. Cost includes transportation via motor coach, lecture and cookie reception.

Thoroughly Modern Millie at Huron Country Playhouse $144
Thursday, June 20 T1041SP
7:45 am - 9:00 pm Rybicki Tours
Small-town girl Millie arrives in NYC with a simple plan: find a job as a secretary for an eligible bachelor…and then marry him. But her plans go awry! Don’t miss this romantic musical comedy with its catchy tunes, frisky flappers and explosive dance numbers. Cost includes transportation via motor coach, performance and lunch at a local country inn near Grand Bend. This trip goes into Canada - a passport, passport card or enhanced license is required.

Marshall, MI $88
Tuesday, May 14 T1032SP
8:00 am - 5:45 pm Bianco Tours
Tour the beautiful city of Marshall, MI and see some of the lovely historic homes, stopping at three historic museums: Honolulu House, U. S. Postal Museum and the Governor’s Mansion Museum. Lunch at the famous Schuler’s Restaurant and Pub and top it all off with a scoop of ice cream from the Parlour of Jackson! Cost includes transportation via motor coach, lunch and tours.

Put-in-Bay $120
Wednesday, July 10 T1011SU
6:15 am - 9:00 pm Bianco Tours
Ferry out into Lake Erie to South Bass Island and Put-in-Bay, a perfect summer vacation town! You’ll enjoy a narrated tour aboard the tour train, stopping at Perry’s International Peace memorial, a winery and the Butterfly House or Perry’s Cave. Cost includes transportation via motor coach, ferry, lunch and tour.

Best of Saugatuck $144
Tuesday, July 16 T1012SU
7:15 am - 8:45 pm Rybicki Tours
Take a fun, exhilarating ride aboard the “Dune Schooner” along Goshorn Lake, and over large dunes and woodlands. After lunch and free time in downtown Saugatuck, enjoy a leisurely, narrated cruise on the Kalamazoo River and (weather permitting) onto Lake Michigan! The Star of Saugatuck is an authentic stern-wheel paddleboat. Cost includes transportation via motorcoach, tours and lunch.

Midland $94
Friday, July 5 T1010SU
7:30 am - 6:30 pm Bianco Tours
Tour the Alden B. Dow Home and Studio, and example of Dow’s contributions to the style of Michigan Modern. Lunch is at Lucky’s Steakhouse, and then it’s on to Dow Gardens. Experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, towering pines and delightful water features. Lastly, immerse yourself in the forest on the nation’s longest canopy walk! It’s 1,400 feet long and ranges from 25-40 feet above the ground. Cost includes transportation via motor coach, tours and lunch. Make your lunch choice upon registration.

More Day Trips on page 19
Lilac Festival $699 pp/dbl
June 14 - 17, 2019 Rybicki Tours
Celebrate Mackinac Island’s Lilac Festival! Stay at the historic Lake View Hotel in downtown Mackinac Island, enjoy lunch at the Grand Hotel, daily festival activities, take a carriage tour of the island, and SMELL those fabulous lilacs! Cost includes transportation via motor coach, accommodations, luggage handling, five meals and much more! $50 deposit; balance due May 3, 2019.

Ohio Light Opera $649 pp/dbl
July 9 - 11, 2019 Rybicki Tours
The OLO is dedicated to performing late-19th and 20th Century Operetta in English. This two-night trip features THREE great performances: Girl Crazy by George and Ira Gershwin, The Pirates of Penzance by Gilbert and Sullivan and Music in the Air by Hammerstein and Kern. Cost includes transportation via motor coach, accommodations at Hilton Garden Inn, and four meals. $150 deposit; balance due May 28, 2019.

Shipshewana $283 pp/dbl
July 30 - 31, 2019 Bianco Tours
On the way to the Midwest’s largest flea market we’ll be stopping at Amish sites including Linton’s Enchanted Gardens, Dutch Country Market, Spring Valley Woodcraft and Deutsch Kase Haus. An included lunch will be in an authentic Amish home, the Carriage House, where you’ll partake in The Haystack, a signature meal for the Amish in this area. Cost includes transportation via motor coach, accommodations and three meals. $20 deposit; balance due June 30, 2019.

Canadian Rockies $3599 pp/dbl
August 4 - 10, 2019 T1004SP Shoreline Tours
Fly Detroit to Calgary to begin A TRIP OF A LIFETIME! There are tours and stays in awe-inspiring Banff National Park, spectacular Yoho National Park, amazing Waterton & Glacier National Parks. Visit Lake Louise, journey along the Going-to-the-Sun Highway, and revel in a two-nation boat cruise on Upper Waterton Lake. Cost includes round-trip air, motor coach transportation, accommodations, 11 meals and MUCH more! Astounding natural beauty awaits! $250 deposit; balance due June 4, 2019. This trip goes into Canada-a passport, passport card or enhanced license is required.

Toronto Theater Weekend $849 pp/dbl
August 16 - 18, 2019 Rybicki Tours
Main Floor tickets to two performances: Waitress-The Musical tells the story of Jenna who dreams of a way out of her small town and loveless marriage. This uplifting musical celebrates friendship, motherhood and the magic of a well-made pie! And Come from Away, the true story taking place on 9/11 in Gander, Newfoundland, where 38 planes were ordered to land. It’s a reminder of human kindness in the darkest of times and the triumph of humanity over hate. Dine at the CN Tower, visit the Eaton Center and tour Casa Loma. Cost includes transportation via motor coach, accommodations and performances. This trip goes into Canada-a passport, passport card or enhanced license is required.

Twilight Riverboat Cruise $999 pp/dbl
August 25 - 29, 2019 Rybicki Tours
Cruise for two days on the Mississippi River aboard the Riverboat Twilight, a replica of the glorious steamboats of a bygone era. You’ll be told true River stories by the Captain, view countless eagle nests built along the river and enjoy the scenery. Also visit Rock Island Arsenal, from 1862 to the present, supplying a wide variety of items to the US Army. Cost includes transportation via motor coach, accommodations and tours. $100 deposit; balance due July 12, 2019.

Travel is Fun!

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Travel is Fun!
Traverse City Wine & Dine $596 pp/dbl
September 9 - 11, 2019
Bianco Tours
Take in the best of the Traverse City area: Old Mission Peninsula and its wineries and the spectacular scenery of Sleeping Bear Dunes National Lakeshore. We'll indulge in a four-course gourmet dinner with wine along with educational commentary on wine / food pairing at Chateau Chantal; there are visits to Bowers Harbor Vineyards and French Valley Vineyards as well. Cost includes transportation via motor coach, accommodations at Sugar Beach Resort Hotel, tours and four meals. $20 deposit; balance due August 9, 2019.

Mackinac Island Grand Experience
October 24 - 27, 2019 $863 pp/dbl T10075P
Indulge yourself with three nights at the fabulous, historic and legendary Grand Hotel! The format is a little different this year: the trip is over a weekend and is during the Somewhere in Time Celebration at the Grand Hotel. There are lots of activities, tours and contests or you can just relax and rock on the fabulous front porch. Cost includes transportation via motor coach, accommodations, breakfast each morning, Grand Luncheon Buffet on two days, tea and cookies each afternoon, 5-course dinner each night, a special champagne reception, nightly dancing to the Grand Hotel Orchestra and many extras. Single Rate: $1153; Triple Rate: $769 per person. Deposit of $425 per person is due June 7, 2019; balance due August 30, 2019.

Day Trips continued from page 17

Cornwell's Marvelous Wonderettes $104
Wednesday, July 24 T1015SU
9:15 am – 6:45 pm Rybicki Tours
You meet the Wonderettes at their 1958 prom, and again at their 10-year reunion – hear about their lives and loves all while being serenaded with classic 50's hits like Lollipop, Dream Lover, and Lipstick on Your Collar. Featuring over 30 classic hits from the 50s and 60s! Cost includes transportation via motor coach, performance and Cornwell's own delicious carved turkey luncheon.

Summer in the City $50
Thursday, July 25 T1016SU
9:15 am – 3:15 pm Bianco Tours
Make the most of summer with this fun and interesting trip! You'll have a guided tour of the Boston Edison Historic District, lunch on the Detroit Riverfront at Andiamo's, and free time to check out the great Detroit River Walk. It is fascinating! The final stop is Clawson's Leon and Lulu's, for one-of-a-kind gifts, clothing and furniture. Cost includes transportation via motor coach, tour and lunch.

Grease @ Huron Country Playhouse $144
Wednesday, August 14 T1020SU
7:45 am - 9:00 pm Rybicki Tours
Get out your leather jackets and bobby socks and get ready to hand jive! The slick T-Birds and sassy Pink Ladies are entering their senior year at Rydell High in 1959 - and you get to find out if their “summer dreams” come true! Cost includes transportation via motor coach, lunch near Grand Bend and performance. This trip goes into Canada- a passport, passport card or enhanced license is required.

Discover Detroit $82
Tuesday, August 15 T1021SU
8:45 am - 6:45 pm Bianco Tours
Fall in love with Detroit on this fun and interesting trip! The Federal Reserve Bank is one of the least-known buildings in Detroit. Old money is destroyed, new money is sent out, and it also holds an impressive collection of paintings, a garden and one of the finest gun ranges in the state! Lunch is at river-front Sindbad's, then it’s off to Rivard Plaza to mix with others who are enjoying this outstanding riverfront gem. Lastly, take in a fabulous 2-hour narrated cruise on the Diamond Jack on the world's busiest waterway! Cost includes transportation via motor coach, lunch and tours. NOTE: There is a fair amount of walking and stairs on this tour.

FireKeeper’s $30
Tuesday, August 20 T1023SU
9:00 am – 6:00 pm Bianco Tours
With over 2,680 of the latest slot and video poker games, 78 table games, a 200 seat Bingo room, a live poker room, you’ll see why FireKeeper’s is Battle Creek’s newest gaming hotspot. Cost includes transportation via motor coach, $20 slot credit and $5 for food, gift shop or slot play!

Comerica Park Senior Days $52
Thursday, August 29 T1022SU
11:30 am - 4:30 pm+ Bianco Tours
This trip will open for registration on Wednesday, June 5.
Come cheer on our Detroit Tigers as they take on the Cleveland Indians! These are Lower Baseline Seats, Section 113, in the shade! Cost includes transportation via Senior Bus, ticket, hot dog and soft drink. No residency requirements, but only two tickets per person/couple. You must be age 62+. No online registration. Sign-up deadline: July 26, 2019.
Welcome Newcomers  
**1st Monday, 10:30 am**  
June 3, July 1, August 5  
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. Receive a complimentary lunch. Call 246-3900 to reserve. Need a ride from your R.O. home? Call 246-3900.

**Crochet Creations**  
**Thursdays, 12:15 pm**  
Join this group for an afternoon of stitching your personal work in progress; pattern discussion; and/or help reading a pattern or learning a new stitch. Beginners are welcome, we will teach you how to crochet. Several times a year, the group jointly creates projects to give back to the community. No charge.

**Helping Hands**  
**Tuesdays & Thursdays, 9:30 am**  
Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes hats, scarves, lap robes and afghans. Currently working with William Beaumont Hospital, Judson Center and local churches and other charitable organizations.

**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.

**Mah Jongg Class**  
**Tuesdays, 12:30-3:30 pm**  
June 4 - 25  
$20 / 4 weeks  
C10355P  
For all beginning students or those wanting a refresher. Instructor Robin Kaufman grew up watching her mother play Mah Jongg and developed a love for the game in her adulthood; she’s been teaching for eight years. Come well-rested and with a clear head – there is a lot of information to absorb in the first class! The National Mah Jongg League rules are followed, and the yearly card will be available to purchase for $9 at the first class; please let us know if you already have your own card. Don’t wait to sign up – 8-person maximum; 4-person minimum. Sign-up deadline: May 24, 2019.

**BINGO! Try Your Luck!**  
**First Fridays, 12:30 pm**  
June 7, July 5, August 2  
Royal Oak Senior Center hosts First Friday Recreational BINGO. BINGO cards are 25 cents per card with a maximum of three (3). Format is five (5) regular games with prizes! ONE Coverall prize at $5.00. All revenue from BINGO is used towards future BINGO prizes. BINGO is conducted solely for the amusement and recreation of the ROSC guests. Prizes sponsored by Brookdale Senior Living Solutions.

**Kerry Price on Piano**  
**3rd Friday, 12:30 pm**  
May 17, June 21, July 19, August 16  
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! $2.00 per program, payable at the door.

**Monthly Matinee**  
**2nd & 4th Friday, 12:30 pm**  
Enjoy movies but don’t like watching them alone? Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Suggestions and donations are welcome.

“Star-Grabbers”  
**Amateur Astronomy Club**  
**2nd & 4th Wednesdays, 10:00 am**  
Bill hosts this amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Star Grabbers meet to discuss current astronomical events, view interesting lectures, and share personal viewing experiences.

**Ring-A-Thon**  
The Royal Oak Handbell Choir’s 29th Annual Ring-A-Thon will be held **10:00 am - 2:00 pm on Saturday, July 6 at Memorial Park** during the Royal Oak Outdoor Art Fair. Bells will peal to delight the Fair’s patrons and park-goers, as the all-volunteer choir seeks to raise funds for its yearlong program. Pledges and donations are being sought by the bellringers. Stop by the park on July 6 or call the Senior Center to offer your support at 248-246-3900.
Financial/Investment Aide
3rd Thursdays, 10:00 am
May 16, June 20, July 18, August 15
Hantz Financial will provide financial and tax advice and offer a complimentary review of your current investment portfolio. Call (248) 246-3900 to reserve your free 30-minute appointment.

Focus on the News
Interested in News
1st & 3rd Tuesdays, 10:30 am
Tired of talking back to your TV set? Join a fun and lively discussion of local, national and international news issues. Visitors encouraged. We're always looking for new people.

Foot Doctors
2nd Wednesday, 9:00-11:00 am
June 12, July 10, August 14, Sept. 11
Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Grief Support Group
First and Third Fridays
10:30 - 11:30am
May 17; June 7 & 21; July 5 & 19; August 2 & 16
This service is offered at no charge to anyone mourning the loss of a loved one. Offering a safe and supportive environment for participants to express their feelings and better understand the grief process. Group will be facilitated by Claudia Been, MA, Grief Support Manager at Hospice of Michigan, Oakland County. State of Michigan Licensed Counselor & Social Worker.

For more information, call 248- 246-3900.

Massachusetts Aide
By appointment only
June 12, 25 & 27
July 18, 19, 23 & 25
August 15, 16, 20 & 22
Licensed Massage Therapist Heidi provides therapeutic massage using the holistic approach. All of these massages provide benefits; help in reducing muscular and nerve pain, and aids relaxation. She provides massage sessions of 30 minutes for $30, 60 minutes for $50, or 75 minutes for $60. Call the Center for an appointment at 248-246-3900.

Creative Coloring for Grown-Ups
1st and 3rd Mondays, 10:30 am
June 3 & 17; July 1 & 15; August 5 & 19
Drop-in $2.00 material fee/per class
C1094
Creative Coloring for Grown-Ups is coming to Royal Oak Senior Center. Make coloring your NEW hobby. Choose from large Patterns and designs, on professional card stock. Challenge your brain in fine motor movement and detail. Socialize and connect with other color artists, in a relaxed atmosphere, and create a Masterpiece. Studies have shown hobbies like coloring:

• Reduce stress
• Improve concentration and eye to hand coordination
• Boost Self Esteem

Relax, play, and indulge in an activity which will take you back to carefree days.

Painting – All Media
Thursday, 9:15 - 11:45 am
May 2 - June 20
$55 / 8 weeks
June 27 - August 15
No class July 4
$48 / 7 weeks
Mike Byrne is a Past Vice President of the South Oakland Art Association and Past President of the Royal Oak Arts Council. He is a working artist in many mediums and accepts student artists from beginner to expert. Supply list is given at sign-up for those without any of their own supplies. Preregister.

Watercolor Painting / Stipple Drawing
Friday, 9:15 - 11:30 am
May 3 - June 21
$55 / 8 weeks
June 28 - August 16
No class July 5
$48 / 7 weeks
Explore the exciting art world of watercolor painting with instructor Mike Byrne! Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush. For those interested in Stipple Drawing, a drawing technique using only dots applied with a pen or brush to paper, you'll be rewarded with a piece of art that reflects your patience and talent. Supply list is given at sign-up for those without any of their own supplies. Preregister.

Computer Club
1st through 3rd Wednesdays, 12:30 pm
FREE Computer Help!
Calling all beginners to experienced computer and tech enthusiasts. All levels are welcome to join our growing club, no membership required, drop in anytime! Guest speakers discuss various tech topics covering computers, cell phones, tablets, smart TVs, etc. There is always time for questions and answers so bring your tech questions. Check the Senior Times Newsletter for topics and speakers. Donations accepted.

Call the Computer Lady!
Tuesdays through August 2019
9:15-9:45 am
C1028SU
12:45 - 1:15 pm
C1029SU
$20 / 30 min. sessions OR
$35 for one hour (12:45 - 1:45 pm)
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, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: (248) 246-3900.

“Get” your Gadget
Tuesdays, 11:15 am - 12:00 pm
May 14, 21, 28
C1032SP
June 4, 11, 18
C1033SP
July 9, 16, 23
C1030SU
August 6, 13, 20
C1031SU
$60 / Three 45-minute One-on-One Sessions on consecutive Tuesdays
This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! You may also use the time for learning basic computer skills on our desktop computers. Remember to bring all cables and power cords along. Call to register for your choice of dates: 248-246-3900.

Laptop Computer Class
Tuesdays, 10:00 - 11:00 am
May 7 - 28
C1026SP
June 4 - 25
C1027SP
July 9 - 30
C1025SU
August 6 - 27
C1026SU
$40 / 4 weeks
Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. Pre-registration required. A $5 materials fee due to instructor at first class. Class size limited to 4. If only one student registers, the class will be shortened to two sessions, effectively becoming a one-on-one.

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Dr. Robert Adas and Dr. Larry Wexler will see patients at the Center for your convenience with an office in Huntington Woods. Most services will be covered by insurance. Please pre-register.

Grief Support Group
This service is offered at no charge to anyone mourning the loss of a loved one. Offering a safe and supportive environment for participants to express their feelings and better understand the grief process. Group will be facilitated by Claudia Been, MA, Grief Support Manager at Hospice of Michigan, Oakland County. State of Michigan Licensed Counselor & Social Worker.

For more information, call 248-246-3900.

Massachusetts Aide
Licensed Massage Therapist Heidi provides therapeutic massage using the holistic approach. All of these massages provide benefits; help in reducing muscular and nerve pain, and aids relaxation. She provides massage sessions of 30 minutes for $30, 60 minutes for $50, or 75 minutes for $60. Call the Center for an appointment at 248-246-3900.

Creative Coloring for Grown-Ups
Creative Coloring for Grown-Ups is coming to Royal Oak Senior Center. Make coloring your NEW hobby. Choose from large Patterns and designs, on professional card stock. Challenge your brain in fine motor movement and detail. Socialize and connect with other color artists, in a relaxed atmosphere, and create a Masterpiece. Studies have shown hobbies like coloring:

• Reduce stress
• Improve concentration and eye to hand coordination
• Boost Self Esteem

Relax, play, and indulge in an activity which will take you back to carefree days.

Painting – All Media
Mike Byrne is a Past Vice President of the South Oakland Art Association and Past President of the Royal Oak Arts Council. He is a working artist in many mediums and accepts student artists from beginner to expert. Supply list is given at sign-up for those without any of their own supplies. Preregister.

Watercolor Painting / Stipple Drawing
Explore the exciting art world of watercolor painting with instructor Mike Byrne! Beginners through advanced artists will work in wet-on-wet through to finishing with techniques that include drybrush. For those interested in Stipple Drawing, a drawing technique using only dots applied with a pen or brush to paper, you’ll be rewarded with a piece of art that reflects your patience and talent. Supply list is given at sign-up for those without any of their own supplies. Preregister.

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

Call the Computer Lady!
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, learn how to check your email, or make sure your security is up to date. Call ahead to register and pay: (248) 246-3900.

“Get” your Gadget
This one-on-one class will clear up the mysteries of your tablet, e-reader, cell phone, laptop or camera! You may also use the time for learning basic computer skills on our desktop computers. Remember to bring all cables and power cords along. Call to register for your choice of dates: 248-246-3900.

Laptop Computer Class
Set up for beginners and advanced students to bring your own laptop to class and learn to safely use Windows. Pre-registration required. A $5 materials fee due to instructor at first class. Class size limited to 4. If only one student registers, the class will be shortened to two sessions, effectively becoming a one-on-one.
Ballroom Dance Class  
Mondays, 1:00 pm  
Join instructor Bill Scheff on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. $5.00

Line Dancing  
Fridays, Intermediate, 1:00 pm  
Line dancing is not only fun but good exercise as well. And you don’t need a partner. Join instructor Jeanette Forster and learn the hot country line dances. $2 payable at each lesson. NO BOOTS.

Chair Exercise with Cindy  
Wednesdays, 10:30 am  
June 12 - July 24  
C1019
No class July 10  
$25 / 6 weeks
July 31 - August 28  
C1021
$20 / 5 weeks
Fridays, 10:30 am  
June 14 - July 26  
C1023
No class July 12  
$25 / 6 weeks
August 2 - 30  
C1024
$20 / 5 weeks

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasizing posture, coordination, and fall prevention, in a 45-minute workout. 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. Pre-registration is requested.

Healthy Back Class  
Wednesdays, 1:30 pm  
June 12 - July 24  
C1016
No class July 10  
$25 / 6 weeks
July 31 - August 28  
C1017
$20 / 5 weeks

If you have ever experienced acute or chronic back pain, you are in the majority. This class, based on the YMCA’s Way to a Healthy Back, is designed to strengthen and stretch back and core muscles in order to prevent back injuries that can often result from everyday activities; to improve posture; and to increase awareness of body mechanics to promote safety in everyday movements. Class is 45 minutes; please bring a mat and water. Wear comfortable clothing and shoes. Instructor – Cindy Erlandson. Pre-register. Call (248) 246-3900 for more information. Active adults get great results.

Pilates/Core Body Conditioning  
Wednesdays, 8:30 am  
June 5 - July 31  
No class June 12  
C1010
$36 / 8 weeks
August 7 - 28  
C1011
$14 / 3 weeks

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This basic class emphasizes gradual progression, strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor Connie Bassy (Workout Connie, Inc.) is certified in YogaFit, TRX Suspension Training, Brains & Balance, Past 60 Specialist and Certified Personal Trainer.

Silver Foxes  
Monday, Tuesday, Wednesday & Friday, 9:30 am  
June 4 - July 23  
C1009
$36 / 8 weeks

Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

Sit Down & Tone Up  
Tuesday, 10:30 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!

Chair Yoga  
Wednesdays, 12:30 - 1:15 pm  
June 12 - July 24  
C1018
No class July 10  
$25 / 6 weeks
July 31 - August 28  
C1014
$20 / 5 weeks
Fridays, 11:30 am - 12:15 pm  
June 14 - July 26  
C1012
No class July 12  
$25 / 6 weeks
August 2 - 30  
C1013
$20 / 5 weeks

It’s amazing how much yoga can be done in a chair! This 45-minute class consists of three 15-minute sections, the first and last of which are done seated in the chair. The middle section is done standing using the chair for balance. We focus on breathing and relaxation, stretching for flexibility, and balance practice which also increases muscular strength. The class is accompanied by soothing, stress-relieving music. You will leave feeling rested and rejuvenated.

Gentle Yoga  
Thursdays, 1:00 pm  
August 15 - September 5  
C1041
$20 / 4 weeks

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.

Yoga  
Tuesdays, 1:00 pm  
June 4 - July 23  
C1009
$36 / 8 weeks

Yoga is the practice of bringing harmony and balance to your body and mind. The postures, in coordination with the breathing techniques, will cleanse your body, increase your energy and make you feel stronger with increased flexibility. Plan to wear comfortable clothing and bring a mat. You may also consider bringing a blanket and a strap. Instructor Tracy Hennessy, RYT has been practicing and teaching yoga for the past several years. She completed her training at Namaste Yoga Studio in Royal Oak in 2004, is a Registered Yoga Teacher, and an active member of the Yoga Association of Greater Detroit.
Wellness Walk and Talk in Royal Oak
This FREE program helps you take steps for a healthier future. Learn about health and wellness topics from Beaumont health professionals, then get answers to your questions and enjoy casual conversation during a 20-30 minute walk on the beautiful Community Center neighborhoods.

The United States Surgeon General has recognized walking as one of the most important things Americans can do to support their own health. Wellness Walk and Talk provides walkers of all ages and abilities the opportunity to walk in a safe, beautiful and social environment, all while gaining useful health related information and enjoying a healthy snack.

All walks are at the Mahany/Meininger Center located at 3500 Marais.

June 13 at 11:00 am
     July 11 at 5:30 pm
     August 8 at 11:00 am

For more information, call (947) 522-1133 or visit Beaumont.org/getswalking

Medical Equipment Loan Closet
Senior Center has walkers, wheelchairs, bath stools and such 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 (248) 246-3900 prior to bringing in equipment.

Handbells
Mondays, 2:00 pm
Experience the fun of ringing handbells with a group to create beautiful music. The best time to join the group is in early September to learn the music. No previous Handbell ringing experience is necessary, but some music background with music reading skills is very helpful. Anyone is welcome to come to a rehearsal to observe and see if it is something you would like to join. Group will resume in September 2019.

Summer Lunch and Learn Series
11:30 am - 1:00 pm
Receive a free lunch from Tim’s Kitchen for all whom pre-register and attend a presentation. Presentation last from 11:30 am to 1:00 pm. Out of respect for 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.

Tuesday, July 9 A1002
Communicating with a loved one with Alzheimer’s
Register by July 5
Presented by: BrightStar Care of Troy/RO
Losing the ability to communicate is one of the most frustrating problem for people diagnosed with Alzheimer’s as well as their family members and caregivers. Please Join us for a Free Lunch and Learn for tips on how to effectively communicate using tone and body language. Get tips on inexpensive alternative therapies that you can do from the comfort of your home.

Friday, July 19 A1001
Balance and Fall Risk Screening
Register by July 12
Presented by: Physical Therapy Specialist
Join Physical Therapy Specialists for lunch and learn about how physical therapy can benefit your quality of life. Physical Therapy Specialists is an independent clinic located on the border of Troy and Clawson. We have been in practice for 42 years serving the local community. There will be an opportunity to take part in a free balance and wellness screening with bonus giveaways and exercise handouts.

Tuesday, August 27 A1000
Make Your Move with Confidence
Register by August 22
Presented by: Property Solvers Detroit
The transitional nature of the Real Estate market isn’t the best suited for homeowners with special circumstances. For this reason, seniors face the most difficulties when parting with their home.

Join Brandon and Fiona as they explain the process and problems seniors face when listing their home on market.

Getting through the process is full of uncertainty and only adds stress when making one of life’s emotional decisions. Learn from their expertise, so you will make your move with confidence.

Free Summer Seminar: Keep your Elderly Love One At Home
Monday, August 12, 10:00 - 11:30 am
Program of All-Inclusive Care for the Elderly (PACE®) of South Eastern Michigan, will be here to discuss the goals and mission of their Program. Their Elder Care Experts will offer an alternative to nursing home placement that features comprehensive, coordinated care for a senior’s medical, social and physical needs, while also providing peace of mind for family caregivers.

PACE Southeast Michigan was created as a way to provide you, your family, caregivers and professional health care providers the flexibility to meet your health care needs. For more information call: 248-246-3900
Salter Center Activities
Drop-In Sports at the Salter Center

Pickleball
Mondays, Wednesdays and Fridays
11:00 am - 1:00 pm or 1:00 - 3:00 pm
$2 per session
Limit 16 players per session
Pickleball is played with wooden or composite paddles and a whiffle-type ball, a combination of tennis and badminton, easy to learn and great exercise!

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.

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.

Salter Center Book Club
3rd Monday, 10:00 - 12:00 noon
Are you an avid reader? Would you like to meet with people who share your passion for the written word? Join Matthew Day, Outreach Librarian from the Royal Oak Public Library, and members in the reading and discussion of the following popular selections:

May 20: Thunderstruck
by Erik Larson

June 17: The Kelloggs, the Battling Brothers of Battle Creek
by Howard Markel

July 15: Underground Railroad: a Novel
by Colson Whitehead

August 19: TBD

Drop-In Pinochle
Wednesdays & Fridays, 12:30 pm
Drop in for an enjoyable game of pinochle, meet new friends. $1

Balance Training 50+
Fridays, 12:30 - 1:00 pm
July 12 - August 16
SA2007
Cost: $25 / 6 weeks
Feeling unsteady? Loss of balance often results in falling and bone fractures. This 30-minute workout is designed to build bone, strengthen core, pelvic and leg muscles while improving posture and balance. Fun and innovative exercises keep you smiling and moving! Jo Schirtzinger, from Leisure Unlimited LLC, has been teaching fitness classes since 1994.

Let’s Walk!
Monday - Friday, 8:30 am - 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, 11:45am - 1:00 pm
July 9 - August 27
SA2301
$36 / 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.

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!

Stretch & Strength (40+)
Cardio, weights and stretching
11:00 am - 12 Noon

Yoga
Tuesdays, 1:15 pm
July 9 - August 27
SA2320
$36 / 8 weeks

Thursdays, 10:15 am
July 18 - September 5
SA2320
$36 / 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.
Adjacent Generational Exchange (A.G.E.)
Sponsored by a grant from Beaumont Hospital, the A.G.E. program provides assistance to the frail elderly of Royal Oak, utilizing the talents of volunteers.

Looking for a Few Good Volunteers!
The Senior 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 Support Group
1st & 3rd Mondays, 10:00 am
May 6 & 20; June 3 & 17; July 1 & 15; August 5 & 19
This group is an opportunity for caregivers to share information and learn from others in a supportive, caring environment. Contact the Alzheimer’s Association at 800-272-3900.

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.

Deaf Assistance Group
Wednesdays, 9:00 am
We welcome deaf adults for socialization each Wednesday.

Hearing Tests/ Clean Hearing Aids
Thursdays, 9:00 - 10:00 am
June 15, August 15
Belsono will provide free Hearing Tests and Hearing Aid Cleanings every other month. Call (248) 246-3900 for a 15-minute appointment.

Legal Aid
3rd Wednesday
3:30 - 5:30 pm
Senior/Community Center
May 15, June 19, July 17, August 21
Do you have a legal issue to resolve, but are not sure you need to engage the services of an attorney? Soren Andersen, Attorney at Law, will provide free 15-minute consultations to senior citizens each month. A fee will be charged for additional services. Call (248) 246-3900 for 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.

P.A.L. (Positive Attitude Living)
Fridays, 10:30 am
Your attitude determines your life! Join this group to enrich your life and meet new friends. Bring your ideas for positive change to share with the group. Newcomers welcome.

Tim’s Kitchen
Enjoy meals, $3.50, prepared from scratch in the Mahany/Meininger Center kitchen Monday - Friday. Chef Erin Koch’s creations are nutritious, filling, and delicious! Call for monthly menus.

• Call (248) 246-3900, at least 1 day in advance to reserve a meal.
• Call to cancel reservations if unable to attend.
• Purchase meal vouchers (5 or 10 meals) at any time. Great gift idea!
• Bus fee is waived if you ride the bus to the Center for lunch!
• Menu subject to change based on availability of food supplies.

Carry-outs now available $4.00

Meals on Wheels are available to homebound residents unable to travel to the Center. Call Oakland Meals on Wheels at (248) 689-0001 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 who are permanently handicapped. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. The driver will assist with bags of groceries. Call (248) 246-3914 between the hours of 9:30 am - 12:30 pm to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. All buses are equipped with lifts for the handicapped. Prepaid tickets are available: $19 /5 round-trip tickets and $14 / 5 one-way tickets.

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

Extreme BMX Bike Show
Test Ride an Electric Bike
Learn to Skate
Free Bike Helmets*
Free Bike Bells*
Obstacle Course & More

*While supplies last

JUN 1
10a-Noon
Fifth & Williams in Downtown Royal Oak
runwiththepolice5k.com
Royal Oak's civic center development project, which includes a new police station, city hall, downtown park and parking garage is currently 30 percent complete.

- **The new 581 space parking garage will open in June 2019.**
  A grand opening will take place in early June – stay tuned!

- **The new 30,000 square foot standalone Royal Oak City Hall is scheduled for completion in 2020.**
  The new facility will provide better navigation, larger meeting spaces, higher energy efficiency, an increase in accessibility, and new modern technology.

- **The new police station is scheduled for completion in 2020.**
  The new Royal Oak Police Station will allow for a more robust dispatch area. The new building will come with a modern lock up and booking area that is safer for both officers and prisoners. The space will also be designed with more substantial storage for property the police department is required to keep.

- **A new public downtown park is scheduled for completion in 2021.**
  This will be located where the current City Hall and Police Station stand – learn more at [www.romi.gov/downtownpark](http://www.romi.gov/downtownpark).

All these resources – the parking garage, City Hall, Police Station and downtown park – are aimed at improving city efficiencies and providing community cornerstones.

**Pardon Our Dust**

During construction, the Royal Oak Farmers Market will remain open. Market officials have implemented solutions to make the market user-friendly during the construction, including offering free valet parking and shopping carts. The comprehensive project is 30 percent complete.

- The Farmers Market will also be getting a facelift to its porch this spring that will make outdoor vendor space more inviting for shoppers.

The Royal Oak Public Library is also open during construction. The library is undergoing a makeover to reopen the north 11 Mile entrance. After being closed for more than a decade, the construction will transform this area of the building with a focus on accessibility for visitors. The new and improved entrance will feature an ADA compliant ramp to ensure safety and convenience for guests. Additionally, a decorative streetscape including ornamental street lights, trees with grates and stamped concrete will be put in place now that spring is here. Library hours and programs will not be affected by the ongoing work on the 11 Mile side of the building. The turn lane on 11 Mile north of the library will close and re-open intermittently during construction. The sidewalk along the soon-to-be north entrance is currently closed and is expected to reopen soon.

Due to these various construction projects, parking in the vicinity of the 44th District Court is currently very limited. When planning a visit to the court please allow an extra 30 minutes. You may also visit [www.romi.gov/court](http://www.romi.gov/court) to learn how to pay traffic fines online, find daily dockets, parking information and much more.

**Rethink Royal Oak**

For more information, specific project updates, parking information, including a guide that advises available parking options and more, please visit [www.rethinkro.com](http://www.rethinkro.com).

The new home of the Royal Oak Police Department broke ground in March. The station is slated to open late summer 2020.
Residential Lockbox Program

The program is in full swing and has already saved several residents the cost of a new door. Residents with medical alert alarms are strongly encouraged to participate in the program.

Firefighters “train extensively on doing the least amount of damage possible but nothing beats a key,” says Firefighter Noah Cockroft. “When someone is hurt and can’t come to the door speed is of the essence. A saw works but a key is better.”

Residents who want a lock box are encouraged to call the Royal Oak Fire Department at 248-246-3800 and a packet of information will be mailed to their home.

Boxes are available at Frentz and Sons for about $35.

FARMERS MARKET

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

Open All Year!
Farmers & Specialty Food Vendors are at the market
- Fridays, 7:00 am - 1:00 pm, May - Thanksgiving
- Saturdays, 7:00 am - 1:00 pm, All year

Antique & Collectible Vendors are at the market
- Sundays, 8:00 am - 3:00 pm, All year
  Closed Labor Day and if a major Holiday falls on a Sunday.

Calendar of Events at the Market:

May
8 Wed Food Truck Rally (5:00 - 9:00 pm)
9 Thurs Pierogi Fest (6:30 - 9:30 pm)
10 Fri Men Who Care “Spring Gala” (6:00 - 10:00 pm)
16 Thurs Haven Gala (6:00 - 11:00 pm)
27 Mon RO Historical Society Pancake Breakfast (7:00 am - 12 noon)

June
4 Tues Crime Prevention Block Party (West Lot, 6:00 - 8:00 pm)
12 Wed Food Truck Rally & Family Pride Celebration (5:00 - 9:00 pm)
18 Tues PBS Kids Club Live Shows (9:00 am, 1:00 pm, 5:00pm)
19 Wed PBS Kids Club Live Shows (9:00 am, 1:00 pm, 5:00pm)
27 Thurs Greater Detroit Veg Bash (6:00 - 9:30 pm)

July
10 Wed Food Truck Rally (5:00 - 9:00 pm)

August
10 Sat Corn Roast & Country Fair (9:00 am - 1:00 pm)
14 Wed Food Truck Rally (5:00 - 9:00 pm)
16 Fri Antique Fire Show (7:00 am - 4:00 pm)
17 Sat Carnival of Madness (6:00 - 11:00 pm)

Like us on Facebook!

Woodward Dream Cruise
Saturday, August 17, 9:00 am - 9:00 pm
For more information, visit woodwarddreamcruise.com

Woodward Dream Cruise
Saturday, August 17, 9:00 am - 9:00 pm
For more information, visit woodwarddreamcruise.com
Memorial Trees
Want a great way to honor someone you care about? Grandparents you can plant a tree in a Royal Oak park for your grandchildren and watch them grow together. How can you do this? Consider purchasing a Memorial Tree. Planting and a wooden stand (which will be installed flush to the ground next to the tree) is included with the purchase of your Memorial Tree (you would need to purchase the plaque and install yourself). Please call the Department of Public Service at 248-246-3300 to be added to the spring sale list to receive a form that will be mailed in January. There are several species of trees to choose from and they vary from year to year as does the cost. Memorial Trees are planted in any City park of your choosing, unless the arborist feels it won’t survive, then an alternate site is chosen. What a wonderful way to honor a loved one for years to come.

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

<table>
<thead>
<tr>
<th>Department of Public Services (DPS)</th>
<th>248-246-3300</th>
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<tbody>
<tr>
<td>(Calls regarding garbage and recycling pickups)</td>
<td></td>
</tr>
<tr>
<td>SOCRRA MRF/Drop-off Center 995 Coolidge</td>
<td>248-288-5150</td>
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Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); CDs/DVDs/VHS; floppy disks; cassette tapes (all cases recycled separately); used clothing; screw-off lids/caps; plastic bags (no twine or hard plastic handles; no frozen food bags); styrofoam (no peanuts). **NEW:** rigid plastics (such as containers, toys, shelving, plastic chairs, etc.).

**Household Hazardous Waste Disposal & Electronic Recycling**
Drop-off at 995 Coolidge: Monday-Friday, 9:00 am - 5:00 pm; Saturday, 7:00 am -1:00 pm

NO APPOINTMENT NECESSARY Visit 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; paperback. 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, plastic bags or batteries at curb. These items must be dropped off at SOCRRA.**

**Regular Refuse** – Put household materials in containers 20 to 32 gallon (maximum size) or in 20 to 30 gallon plastic bags and put at curb by 7:00 am. Cans and bags cannot be over 40 lbs. Containers under 20 gallon 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.

**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 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**

**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.

**Book, Scrap Metal, Electronics & Bulky Rigid Plastic Drive**

**Saturday, June 1, 2019**
**9:00 am - 1:00 pm**

**Department of Public Service Yard at 1600 N. Campbell Road**
(Just south of 12 Mile Road on the east side of Campbell)

A paper shredder will be available.

**Books**
Please consider donating books to the Royal Oak Public Library. There will be a collection bin at the event.

**Scrap Metal - Nothing too big or small:**
Appliances, Tools, Patio Furniture. You name it. Even the Kitchen Sink!

**Electronics - Just a few suggestions:**
Phones, Computers, Monitors, Printers, Holiday Lights. If you’re not sure, just bring it in!

Please note: Residents must remove sensitive and personal information from ALL devices.

**NEW: Bulky Rigid Plastic**
Items should be no larger than 4’ x 4’ to be baled. Acceptable items larger than a 5-gallon bucket include: plastic laundry baskets, plastic lawn/patio chairs, plastic toys, plastic buckets, plastic crates, plastic totes or storage containers, old curbside recycling bins, etc..

Hazardous waste cannot be accepted at this event.

For more information, go to www.socrra.org or call 248-288-5150
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.

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. 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. You can visit HydroCorp’s website at www.hydrocorpinc.com/resources/faq.
City Installs 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 (no food; clean)
- 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)

What Does SOCRRA Take?

Self-Service Recycling Drop-off
Monday - Friday, 9:00 am - 5:00 pm
Saturday, 7:00 am - 1:00 pm
Open to public and free of charge

Self-Service Shredder
Monday - Friday, 9:00 am - 5:00 pm
Saturday, 7:00 am - 1:00 pm
Open to public and free of charge
Please only shred sensitive documents.
Staples OK but no paper clips or plastic.

Household Hazardous Waste Disposal & Electronics Recycling
Monday - Friday, 9:00 am - 5:00 pm
Saturday, 7:00 am - 1:00 pm
No appointment necessary
Drop-off location: 995 Coolidge (between 14 Mile and Maple)
Only available to SOCRRA communities.
Residency will be verified by attendant.

For more information, visit www.socrra.org or call 248-288-5150
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.

NEW: Rigid Plastic Can Now Be Recycled!

SOCRRA, located at 995 Coolidge, now has a roll-off container at the drop-off center for bulky rigid plastic. Items such as old plastic garbage cans, old recycling bins, toys, shelving, etc. should be no larger than 4’ x 4’ to be baled by SOCRRA. The City is always encouraging the 3 R’s so if you can find a friend, women’s center, day care or other institutions that would benefit from still usable items, please consider donating so others may enjoy. Thank you.
Originally developed for drought-afflicted areas, the principles of xeriscape today have an ever broadening appeal. With water being an expensive and limited resource, all landscaping projects, residential or commercial, can benefit from this alternative.

**Xeriscape Benefits**

- **Saves Water** - Over 50% of residential water used is typically applied to landscape and lawns. Xeriscape can reduce landscape water use by 50 - 75%.
- **Requires Less Maintenance** - Aside from occasional pruning and weeding, maintenance is minimal. Watering needs are low, and can be met with simple irrigation systems.
- **No Fertilizers or Pesticides** - Using plants native to our area will eliminate the need for chemical supplements. Sufficient nutrients are provided by healthy organic soil.
- **Improves Property Value** - A good Xeriscape can increase your home’s “curb appeal” and raise its property value - which more than offsets the cost of installation.
- **Pollution Free** - Fossil fuel consumption from gas mowers is minimized or eliminated with minimal turf areas. Small turf areas can be maintained with a reel mower.
- **Provides Wildlife Habitat** - Use of native plants, shrubs, and trees offer a familiar and varied habitat for local wildlife.

**The 7 Principles of Xeriscaping**

Xeriscape is landscaping and gardening that reduces or eliminates the need for supplemental water from irrigation. Before designing your landscape, familiarize yourself with the seven principles of xeriscaping and begin your plan with the following considerations:

1. **Water Conservation**

   Orient your plot by marking down north, south, east, and west. Include any limiting features such as trees, fences, walkways, or structures. Note areas of sun and shade, which will help you establish zones of differing water needs. You’ll want to group plants with similar watering needs for most efficient water use.

   - Study the natural contours and drainage patterns of the land. These contours can be easily developed into terraces, which add visual interest and help reduce soil loss and erosion due to rain or irrigation. Terraces can be as little as 3" and still offer visual appeal; terraces over 12" will require considerable support, such as rock walls or timbers reinforced with steel stakes.
   - Consider the planned use of each area within the plot. Areas for seating, walkways, visual barriers, dining, or play should be defined and incorporated into your plan.
   - Areas to be left as turf should be designed to be easily mowed. Curved swaths are usually better than straight runs with sharp turns. Narrow swaths can be difficult to water with conventional sprinklers.

2. **Soil Improvement**

   Plan on testing your soil at a garden center or by using a home test kit to determine the best method to improve your soil quality.

   - The ideal soil in a water-conserving landscape does two things simultaneously: it drains quickly and stores water at the same time. This is achieved by increasing the amount of organic material in your soil and keeping it well aerated.

3. **Create Limited Turf Areas**

   Reduce the size of turf areas as much as possible, while retaining some turf for open space, functionality and visual appeal. When planting new turf or seeding existing lawns, ask at your garden center for water-saving species adapted to this area.

4. **Use Appropriate Plants**

   - Use drought-resistant plants. In general, these plants have leaves which are small, thick, glossy, silver-grey, or fuzzy – all characteristics which help them save water.
   - Select plants for their ultimate size. This reduces pruning maintenance.
   - For hot, dry areas with south and west exposure, use plants which need only a minimum of water. Along north and east-facing slopes and walls, choose plants that like more moisture. Most importantly, don’t mix plants with high- and low-watering needs in the same planting area.
   - Trees help to reduce evaporation by blocking wind and shading the soil.

5. **Mulch**

   Cover the soil’s surface around plants with a mulch, such as leaves, coarse compost, pine needles, wood chips, bark, or gravel. Mulch helps retain soil moisture and temperature, prevent erosion, and block out competing weeds. Organic mulch will slowly incorporate with the soil and will need to be reapplied from time to time. To be effective, mulch needs to be several inches thick, with no areas of bare soil.

6. **Irrigate**

   Avoid overwatering by using soaker hoses and drip-irrigation systems. They offer the easiest and most efficient watering for xeriscapes because they deliver water directly to the base of the plant. This reduces moisture loss from evaporation. They also deliver the water at a slower rate which encourages root absorption and reduces pooling and erosion.

7. **Maintain Your Landscape**

   Low-maintenance is one of the benefits of xeriscape. Keeping the weeds from growing up through the mulch may require some attention. Thickening the layer of mulch will help. Turf areas should not be cut too short – taller grass is a natural mulch which shades the roots and helps retain moisture. Avoid over fertilizing.

**Xeriscape Benefits**

- Larger plantings, such as shrubs and trees, can be positioned to provide natural heating and cooling opportunities for adjacent buildings.

**Think Spring! Think Xeriscape!**

Water Saving Ideas from Your Treasury Staff, 248-246-3140
The City of Royal Oak, The Southeastern Oakland County Water Authority 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 2018 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 Environmental Quality (MDEQ).

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 GLWAs 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 GLWAs Detroit River intakes as highly susceptible to potential contamination. However, all four GLWA water treatment plants that service the city of Detroit and draw water from the Detroit River have historically provided satisfactory treatment and 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 a National Pollutant Discharge Elimination System permit discharge program and has an emergency response management plan. In 2016, the Michigan Department of Environmental Quality approved the GLWA Surface Water Intake Protection Program plan. The programs include seven elements that include the following: roles and duties of government units and water supply agencies, delineation of a source water protection areas, identification of potential of 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) 926-8102.

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

Key to the Detected Contaminants Tables

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Abbreviation for</th>
<th>Definition/Explanation</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt;</td>
<td>Greater than</td>
<td></td>
</tr>
<tr>
<td>°C</td>
<td>Celsius</td>
<td>A scale of temperature in which water freezes at 0° and boils at 100° under standard conditions.</td>
</tr>
<tr>
<td>AL</td>
<td>Action Level</td>
<td>The concentration of a contaminant, which, if exceeded, triggers treatment or other requirements which a water system must follow.</td>
</tr>
<tr>
<td>HAAS</td>
<td>Haloacetic acids</td>
<td>HAAS is the total of bromoacetic, chloroacetic, dibromoacetic, dichloroacetic, and trichloroacetic acids. Compliance is based on the total.</td>
</tr>
<tr>
<td>LRAA</td>
<td>Locational Running Annual Average</td>
<td>The average of analytical results for samples at a particular monitoring location during the previous four quarters.</td>
</tr>
<tr>
<td>MCL</td>
<td>Maximum Contaminant Level</td>
<td>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.</td>
</tr>
<tr>
<td>MCLG</td>
<td>Maximum Contaminant Level Goal</td>
<td></td>
</tr>
<tr>
<td>MRDL</td>
<td>Maximum Residual Disinfectant Level</td>
<td>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.</td>
</tr>
<tr>
<td>MRDLG</td>
<td>Maximum Residual Disinfectant Level Goal</td>
<td>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.</td>
</tr>
<tr>
<td>n/a</td>
<td>Not applicable</td>
<td></td>
</tr>
<tr>
<td>ND</td>
<td>Not Detected</td>
<td></td>
</tr>
<tr>
<td>NTU</td>
<td>Nephelometric Turbidity Units</td>
<td>Measures the cloudiness of water.</td>
</tr>
<tr>
<td>pCi/L</td>
<td>Picocuries per Liter</td>
<td>A measure of radioactivity.</td>
</tr>
<tr>
<td>ppb</td>
<td>Parts per billion (one in one billion)</td>
<td>The ppb is equivalent to micrograms per liter. A microgram = 1/1000 milligram.</td>
</tr>
<tr>
<td>ppm</td>
<td>Parts per million (one in one million)</td>
<td>The ppm is equivalent to milligrams per liter. A milligram = 1/1000 gram.</td>
</tr>
<tr>
<td>RAA</td>
<td>Running Annual Average</td>
<td>The average of analytical results for all samples during the previous four quarters.</td>
</tr>
<tr>
<td>TT</td>
<td>Treatment Technique</td>
<td>A required process intended to reduce the level of a contaminant in drinking water.</td>
</tr>
<tr>
<td>TTHM</td>
<td>Total Trihalomethanes</td>
<td>Total Trihalomethanes is the sum of chloriform, bromodichloromethane, dibromochloromethane and bromoform. Compliance is based on the total.</td>
</tr>
<tr>
<td>µS/cm</td>
<td>Micromhos</td>
<td>Measure of electrical conductivity of water.</td>
</tr>
</tbody>
</table>
Continued from page 35

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.

In 2015, GLWA received a grant from the Michigan Department of Environmental Quality to develop a source water protection program for the Lake Huron water treatment plant intake. The program includes seven elements that include the following: roles and duties of government units and water supply agencies, delineation of a source water protection area, identification of potential of source water protection area, management approaches for protection, contingency plans, siting of new sources and public participation and education. If you would like to know more information about the Source Water Assessment report please, contact GLWA at (313) 926-8102.

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 at (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 dissolves naturally-occurring minerals and, in some cases, radioactive material, and can pick up substances resulting from the presence of animals or from human activity.

continued on page 37

GLWA voluntarily monitors for Cryptosporidium and Giardia in our untreated source water monthly. The March 2018 untreated water samples collected from the Belle Isle intake indicated the presence of one Giardia cyst. All other samples collected from the Belle Isle intake in the year 2018 were absent for the presence of Cryptosporidium and Giardia. Systems using surface water like GLWA must provide treatment so that 99.9 percent of Giardia lamblia is removed or inactivated.
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 organics, 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 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.

More information on page 38
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 water for drinking or cooking. 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 or at www.epa.gov/safewater/lead.

People With Special Health Concerns
Some people may be more vulnerable to contaminants in drinking water than is 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.

Infants and young children are typically more vulnerable to lead in drinking water than the general population. It is possible that lead levels at your home may be higher than at other homes in the community as a result of materials used in your home’s plumbing. If you are concerned about elevated lead levels in your home’s water, you may wish to have your water tested and flush your tap for 30 seconds to 2 minutes before using tap water. Additional information is available from the Safe Drinking Water Hotline at (800) 426-4791.

Questions:
Local Distribution: City of Royal Oak, Public Works Administration (248) 246-3300.
Southeastern Oakland County Water Supply System – Water Authority offices: (248) 288-5150 or www.socwa.org
Great Lakes Water Authority: www.glwater.org
MI Department of Environmental Quality: (586) 753-3755 or www.michigan.gov/deq
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
Royal Oak
Memorial Day Parade
Monday, May 27, 2019, 9:00 am
Begins at Main Street and Lincoln and goes north to Second St. and the Royal Oak Veteran’s Memorial at Veteran’s Plaza between City Hall and the Library.

Memorial Day Pancake Breakfast
Monday, May 27, 2019
7:00 am - 12 noon
Royal Oak Farmers Market
Adults $6.00
Children 10 & under $3.00
Proceeds support the Royal Oak Historical Society Museum

You have the right to live where you choose.
Report housing discrimination.
1-800-669-9777  TTY, 1-800-927-9275
www.espanol.hud.gov/offices/fheo
www.hud.gov/fairhousing

LIVE FREE
EQUAL HOUSING OPPORTUNITY
2019 Summer Reading Program Begins June 15

A Universe of Stories is this year’s summer reading theme which celebrates the 50th anniversary of the Apollo moon landing. Join us on Saturday, June 15 starting at 10:00 AM for the kickoff which includes registration for the many free programs presented for all ages during June and July, crafts, popcorn, live music by Suzuki of Royal Oak, appearances by the OUR Credit Union and City mascots (Oakey Dokey and Romi), and farm animals from Bowers School Farm. If you cannot attend the opening day festivities, registration for summer reading will be ongoing. Visit ropl.org for details.

Friends of ROPL One-Day Book Sale: June 15

The Friends of the Royal Oak Public Library will help kickoff Summer Reading with a one-day book sale Saturday, June 15 from 10:00 am to 3:00 pm in the Friends Auditorium. Choose from a wide selection of books for adults, children and teens. Stop in and load up on all your summer reads with most books priced at 50¢ or less! Specials and CDs/DVDs will be available in the Friends Shop. All proceeds support ROPL programming. Come early for the best selection!

June Outdoor Music Series

Take a break, sit back, and enjoy live music on the lawn of the Royal Oak Public Library! Please bring your own lawn chair or blanket. Join us on two Wednesdays in June at 7:00 pm for these free performances. In the case of inclement weather the performances will be moved inside. No registration required.

June 5: The Music of New Orleans and Swing with the Boogie Woogie Kid

June 19: Royal Oak Blues Band

Michigan Activity Pass

Did you know that your library card can be your best travel companion? Discover hundreds of Michigan’s cultural destinations and natural attractions with your Michigan library card! You can “check out” FREE or discounted admission (or other exclusive offers) to hundreds of Michigan state forest campgrounds, parks, museums, trails, arts and cultural destinations, and more. Print out free or discounted one-day passes at home or the library. For more information, visit ropl.org or call the Adult Services desk at 248-246-3727.
49th Annual
Royal Oak Outdoor Art Fair
JULY 2019
MEMORIAL PARK
13 Mile & Woodward Avenue

Sat. 10am-6pm
Sun. 10am-5pm

- Free Admission
- Live Music
- Great Food

- Local & National Artists
- Free Parking

Sponsored by: Royal Oak Recreation & The Royal Oak Arts Council