Sports Starters (ages 3 - 5)
A fun introduction to individual sports skills. Various balls, bean bags, and hula hoops will be used to help your toddlers understand and execute the skills of running, catching, throwing, and kicking. Class emphasis is on participation, effort, and FUN! Wear gym shoes and bring a water bottle. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

**Wednesday at Salter Community Center**
Jan. 15 - Feb. 19, 4:00 - 4:45 pm  YA 2001
Fee: Res. $72; Non-Res. $77 / 6 weeks

Kiddie Sports and Games (ages 4 - 6)
Introduce your youngsters to a variety of sports including soccer, lacrosse, floor hockey, tee-ball, volleyball, pickleball, kickball, football, and a few surprises! We teach sports fundamentals with fun, progressive drills and games. Children improve their individual skills and work at their own pace. Our emphasis is on teamwork, cooperation and effort. Bring a water bottle and wear gym shoes. Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

**Wednesday at Salter Community Center**
Jan. 15 - Feb. 19, 5:00 - 5:55 pm  YA 2002
Fee: Res. $72; Non-Res. $77 / 6 weeks

**Wednesday at Salter Community Center**
Feb. 26 - April 1, 5:00 - 5:55 pm  YA 2005
Fee: Res. $72; Non-Res. $77 / 6 weeks

Youth Basketball (ages 7-11)
Jump into the fast-paced game of basketball. For the beginning and intermediate player. Using progressive drills and games, players will learn dribbling, passing, positions, shooting techniques, offenses and defenses. Kids will scrimmage during class time. Emphasis is on effort, teamwork and sportsmanship. Wear gym shoes, bring a water bottle and a ball (ball is optional). Instructor: Leisure Unlimited (www.leisureunlimited.net), minimum 9 students.

**Wednesday at Salter Community Center**
Jan. 15 - Feb. 19, 6:00 - 6:55 pm  YA 2003
Fee: Res. $72; Non-Res. $77 / 6 weeks

**Wednesday at Salter Community Center**
Feb. 26 - April 1, 6:00 - 6:55 pm  YA 2006
Fee: Res. $72; Non-Res. $77 / 6 weeks

This introductory program to traditional Tang Soo Do has been commended by many communities, law enforcement personnel, teachers and parents for the positive impact it has on children. It is a 20-year proven program that is positive, fun, exciting and educational. There is no better program for kids! Optional uniforms will be available for purchase at www.pksa.com/royal-oak. Optional belt testing will be offered for a $20 fee.

Little Ninjas – Ages 4-6
The Little Ninjas Karate Program is an introductory karate class specifically designed for children ages 4 through 6. It focuses on teaching children eight important main life skills: Focus, Memory, Teamwork, Discipline, Self-Control, Fitness, Balance and Coordination. All this is achieved through exciting and fun games and activities! Wear loose fitting clothes. A responsible adult must remain in attendance during class.

**Saturday at PKSA Karate**
Jan. 11 - Feb. 15, 10:00 - 10:30 am  YA2011
Fee: Res. $37; Non-Res. $42 / 6 weeks

**Saturday at PKSA Karate**
Feb. 22 - March 28, 10:00 - 10:30 am  YA2013
Fee: Res. $37; Non-Res. $42 / 6 weeks

**Kids Power – Ages 7-12**
The Kids Power Karate Program offers traditional martial arts training to children ages 7 through 12 and emphasizes self-defense, physical fitness, conflict resolution, team work and anti-kidnapping techniques. This program is designed specifically for children and teaches prevention first. It does not promote active aggressiveness but teaches children to respect themselves, others and the skills they learn. Wear loose fitting clothes. A responsible adult must remain in attendance during class.

**Saturday at PKSA Karate**
Jan. 11 - Feb. 15, 10:45 - 11:30 am  YA2012
Fee: Res. $40; Non-Res. $45 / 6 weeks

**Saturday at PKSA Karate**
Feb. 22 - March 28, 10:45 - 11:30 am  YA2014
Fee: Res. $40; Non-Res. $45 / 6 weeks

*PKSA Karate - Royal Oak is located at 4304 Rochester Road (between 13 & 14 Mile Roads)*
Four Seasons Preschool offers a wonderful learning environment for children ages three through five years old.

We are currently full for the 2019-2020 school year.

We will begin registration for the Fall 2020 school year on Tuesday, February 4 at 9:00 am. Walk-in registrations will have first priority from 9:00 to 10:00 am that morning in person at the recreation office, 1600 N. Campbell Road. We will process registrations by mail, fax or online at www.royalrec.com beginning at 10:00 am. If you are interested in being placed on our mailing list for a registration flyer, please call 248-246-3180.

The Four Seasons Preschool is located at the Senior/Community Center, 3500 Marais (1 block north of 13 Mile, 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
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!

On select Saturdays, **11:00 am** at Senior/Community Center
Fee: $5 per child, per class:

- **Jolly Santa Storytime & Crafts**
  Saturday, December 21  YA4012
- **Perfectly Penguins Storytime & Crafts**
  Saturday, January 25  YA4001
- **Fabulous Fishy Storytime & Crafts**
  Saturday, February 29  YA4002
- **Silly Snacks Storytime & Crafts**
  Saturday, March 28  YA4003
- **Racing Rabbits Storytime & Crafts**
  Saturday, April 25  YA4004

TumbleBunnies Gymnastics

www.tumblebunnys.com

**Itty Bitty Bunny – ages 18 months - 2 years**
This fun, energetic class has *parents working with their child* that is filled with a variety of activities such as gymnastics focused warm-ups, movement to music, many activities on a ton of equipment such as octagons, wedge mats, trampoline, bars and much more. Comfortable clothing is all that is required. Minimum of 8 students.

**Tuesdays at Salter Community Center**
Jan. 14 - March 24, 9:30 - 10:00 am  YA3009
Fee: $120 / 10 weeks
*No class 2/18*

**Saturday at Salter Community Center**
Jan. 18 - March 21, 9:30 - 10:00 am  YA3001
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, Jan. 14 - March 24 at Salter Community Center**
Fee: $120 / 10 weeks  *No class 2/18*
**Bizzy Bunnies, 3 - 5 year olds, 10:00 - 10:30 am**  YA3010

**Saturdays, Jan. 18 - March 21 at Salter Community Center**
Fee: $120 / 10 weeks
**Bizzy Bunnies, 3 - 4 year olds, 10:00 - 10:30 am**  YA3002
**Happy Hoppers, 5 - 7 year olds, 10:30 - 11:00 am**  YA3003

**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.

**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.
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**
Jan. 6 - March 23, 5:40 - 6:55 pm [AF2007]
Jan. 6 - March 23, 7:00 - 8:15 pm [AF2008]
No class 1/20
Fee: Res. $77; Non-Res. $82 / 11 weeks

**Wednesday at Senior/Community Center**
Jan. 8 - March 25, 5:40 - 6:55 pm [AF2009]
Fee: Res. $84; Non-Res. $89 / 12 weeks

**Thursday at Senior/Community Center**
Jan. 9 - March 26, 7:00 - 8:15 pm [AF2010]
Fee: Res. $84; Non-Res. $89 / 12 weeks

Tactical Self-Defense “TSD”

In today's increasingly violent world, the ability to defend yourself is critical. Men, women, and teens need time proven self protection skills now more than ever. Our unique program will teach you those skills quickly, effectively, and safely while learning about important elements such as awareness and strategy – all while having a ton of fun. You will learn how to deal decisively with any form of assault, grabs, punches, kicks, lock, or even armed attackers. The self-defense and martial arts skills you will learn at Tactical Self Defense are based on ancient techniques, designed and taught for a modern world. We know each individual is just that, and individual with different strengths and weaknesses. Martial arts is not a team sport, the only person that you are competing with is yourself. Students come to us from age 15 to 70. Some students are in shape while others are overweight. Some come for self defense, fitness, and others for pure fun. Each person is treated as an equal and is trained to the best of their own ability and potential. At Tactical Self Defense our instructors are there to guide, instruct, and motivate you to be the best you can be. Instructor Dean Hadin 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**
Jan. 15 - Feb. 19, 7:30 - 8:45 pm [AF2401]
Fee: Res. $54; Non-Res. $59 / 6 weeks

**Wednesday at Salter Community Center**
Feb. 26 - April 1, 7:30 - 8:45 pm [AF2402]
Fee: Res. $54; Non-Res. $59 / 6 weeks

Tai Chi

Tai Chi is 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. Han Hoong Wang has been certified as a Senior Instructor with Yang Family Tai Chi and has been teaching for more than 35 years in the United States and Canada. Ms. Wang believes the pursuit of knowledge, understanding and excellence in Tai Chi is a life-long journey. She has traveled extensively throughout the US and to China to study in the Yang Style and Chen style with the grand masters.

**Churchill Community Education Center:** Please park and enter at the south main entrance off Girard only.

**Yang Style Tai Chi Traditional Hand Form – Beginner**
Class taught by Brian Buchanan, Certified instructor by Yang Family Tai Chi
Monday, 6:30-7:30 pm [AF2001]
Jan. 6 - March 23 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/20, 2/17

**Yang Style Tai Chi Traditional Hand Form – Continuing**
Monday, 7:30-8:30 pm [AF2002]
Jan. 6 - March 23 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/20, 2/17

**Yang Style Traditional Sword & Basic Long Staff**
Must know hand form basic.
Monday, 8:30-9:30 pm [AF2003]
Jan. 6 - March 23 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
No class 1/20, 2/17

**Yang Style Push Hand – Beginner**
Class taught by Brian Buchanan, Certified instructor by Yang Family Tai Chi. Must know hand form basic.
Thursday, 6:30-7:30 pm [AF2006]
Jan. 9 - March 12 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks

**Yang Style Push Hand & Silk Reeling - Continuing**
Must know push hand basic circles.
Thursday, 7:30-8:30 pm [AF2004]
Jan. 9 - March 12 at Churchill Community Education Center
Fee: Res. $80; Non-Res. $85 / 10 weeks
Low-Impact Workout
Great for Beginners!
Need to restart your exercise program? Perform simple low-impact, joint-friendly moves to burn calories, condition your body, and improve balance and functional fitness. Get a motivating workout to music without complicated choreography. Bring a mat for floor work (chairs are available for modified floor work) and water. Light hand weights are optional.

**Thursday, 6:20 - 7:20 pm  Instructor: Angie M**
Jan. 9 - March 26 at M/M Senior/Community Center  FF2002
Fee: Res. $84; Non-Res. $89 / 12 weeks

**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**
Jan. 6 - March 23 at M/M Senior/Community Center  FF2005
No class Jan. 20
Fee: Res. $77; Non-Res. $82 / 11 weeks

**Wednesday, 5:50-6:50 pm  Instructor: Karen B**
Jan. 8 - March 25 at M/M Senior/Community Center  FF2006
Fee: Res. $84; Non-Res. $89 / 12 weeks

**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**
Jan. 6 - March 23 at M/M Senior/Community Center  FF2025
No class Jan. 20
Fee: Res. $77; Non-Res. $82 / 11 weeks

**Zumba + Core**
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. Mat-based core exercises will follow the cardio portion of class. Bring a water bottle, towel and mat.

**Thursday, 7:30-8:30 pm  Instructor: Joli P**
Jan. 9 - March 26 at M/M Senior/Community Center  FF2017
Fee: Res. $84; Non-Res. $89 / 12 weeks

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

**Wednesday, 7:15 - 8:15 pm  Instructor: Jennifer M, RYT-500**
Jan. 8 - March 18 at M/M Senior/Community Center  FF2021
Fee: Res. $70; Non-Res. $75 / 10 weeks  No class Feb. 5

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

**Monday, 6:20-7:20 pm  Instructor: Ginger V**
Jan. 6 - March 23 at Salter Community Center  FF2013
Fee: Res. $77; Non-Res. $82 / 11 weeks  No class Jan. 20

**Wednesday, 6:20-7:20 pm  Instructor: Tammy R**
Jan. 8 - March 25 at Salter Community Center  FF2014
Fee: Res. $84; Non-Res. $89 / 12 weeks

**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**
Jan. 7 - March 31 at M/M Senior/Community Center  FF2010
Fee: Res. $84; Non-Res. $89 / 12 weeks  No class March 10

**Saturday, 8:45-9:45 am  Instructor: Angie M**
Jan. 11 - March 21 at Salter Community Center  FF2012
Fee: Res. $77; Non-Res. $82 / 11 weeks
Calling All Who Need More Sleep! Yoga Nidra is Here

There is a Yoga practice that provides 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 consists of very basic stretching, followed by a 45-minute Guided Yoga Nidra Meditation. The lights are dimmed during meditation, and we lie on our backs. Some people like to bring blankets and pillows to support their body and allow for extra heat, comfort and deeper relaxation. We 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, Feb. 5, 7:15-8:45 pm at M/M Senior Community Center**
Cost: $20.00  AF4000
Instructor: Preya Shah, PT, RYT-500

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.

**Monday, 1:30 - 3:30 pm
at Senior/Community Center (Room 3)**
Jan. 6 - March 9  AE2006
No class 1/20
Fee: Res. $126; Non-Res. $131 / 9 weeks

Teen/Adult Dance
All levels welcome!
Ages 16 and up

Join us for a hybrid ballet and jazz class for ages 16 and up with instructor, Amanda Ray.

**Saturday, 1:30 - 2:30 pm at Salter Community Center**
Jan. 11 - Feb. 29  AE 7001
Fee: Res. $70; Non-Res. $75 / 8 weeks

Aqua Zumba

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

**Wednesday at Royal Oak Middle School Pool**
Jan. 8 - March 25, 8:00 - 8:55 pm  AF2012
Fee: Res. $84; Non-Res. $89 / 12 weeks

Line Dancing

Welcome to the fun world of LINE DANCING! It’s as easy as saying 5, 6, 7, 8 and you don’t need a partner. Line dancing is terrific exercise for mind, heart and body. Learn to dance to Rock, County, 50s & 60s, and Fun Dances. Bring your friends and join us. Instructors: Joe and Penny Barker, County Cuzzins Dancin.

**Session 1**
**Basic Beginner - Single Dancer**
**Monday, 6:45 - 7:30 pm at Addams Small Gym**
Jan. 27 - March 16  AE 2003
Fee: Res. $35; Non-Res. $40 / 7 weeks
**No class Feb. 17**

**Beginner Plus - Single Dancer**
**Monday, 7:30 - 8:30 pm at Addams Small Gym**
Jan. 27 - March 16  AE 2004
Fee: Res. $35; Non-Res. $40 / 7 weeks
**No class Feb. 17**

**Session 2**
**Beginner Plus - Single Dancer**
**Monday, 7:00 - 8:00 pm at Addams Small Gym**
March 23 - May 11  AE 2005
Fee: Res. $35; Non-Res. $40 / 7 weeks
**No class April 6**

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.

**Wednesday at Royal Oak Middle School Pool**
Jan. 8 - March 25, 7:00 - 7:55 pm  AF2011
Fee: Res. $84; Non-Res. $89 / 12 weeks
Cooking

Create Your Own Asian Appetizers
Do you love Chinese egg rolls, spring rolls and potstickers? They're even more delicious when you make them with your favorite ingredients! Come to our class and prepare a filling blended with either beef, pork, chicken (or vegan meat or chicken), and lots of your favorite chopped veggies and seasonings. Learn how to work different varieties of edible Asian wrappers too. You'll take home dozens of flavorful Asian appetizers (they'll stay fresh in your freezer for months). Send an email to supplylist@gmail.com or call 586-549-7648 for a list of supplies to bring. Minimum age 16 years. Instructor: Andrea Janssen

Friday, January 31, 7:00-9:30 pm at Senior Community Center
Fee: $35 / 1 class  AE2205

Create Your Own Perfect Pierogies
In this fun, hands-on class you'll work on your own and make about 2 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. Instructor: Andrea Janssen

Friday, February 7, 7:00-9:30 pm at Senior Community Center
Fee: $35 / 1 class  AE2210

Create Your Own Fresh, Flavored Noodles
Why buy dried, months old, bland tasting boxed or bagged noodles when you can prepare fresh, FLAVORED noodles from scratch for all of your recipes? It's fun and easy! In our hands on class you'll make three foolproof batches of differently flavored pasta dough (savory garlic, onion, and tomato), and then create dozens of linguine, fettuccini, and bow tie noodles! Send an email to supplylist@gmail.com or call (586)549-7648 for a list of supplies to bring. Minimum age 16 years. Instructor: Andrea Janssen

Friday, February 28, 7:00-9:30 pm at Senior Community Center
Fee: $35 / 1 class  AE2206

Adult Softball Leagues
We will offer the following leagues this season:

League Offerings
Coed
- Monday Coed Division III
- Tuesday Coed Division II
- Wednesday Coed Division III

Tuesday Men’s Division II
- Wednesday Men’s Division III

Division III is ASA rated “D Recreational”.

Registration Dates
February 3 - 28
Returning team and Royal Oak Resident team entry fee is due.
March 2 - 27 or until leagues sellout
Open registration.
April 16
Beginning April 16, Manager’s Packets will be available for pick up at the Royal Oak Department of Public Services, 1600 N. Campbell Rd. (east side of Campbell, just south of 12 Mile), 8:30 am - 4:30 pm.

Week of April 27
All Leagues begin

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

Umpire Fee
$15 per game per team (paid at site)

Fields/Times
Worden #1 6:10 pm, 7:20 pm
Worden #2 6:10 pm, 7:20 pm
Worden #5 6:10 pm, 7:20 pm, 8:30 pm
Kenwood #2 6:10 pm, 7:20 pm

Call 248-246-3180 for registration packet.
Non-resident teams are welcome to participate.

Who to Contact
John Lindell Ice Arena  248-246-3950
Swimming (see page 44)  248-435-8500 ext. 1148 or 1087
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.royft.com
Royal Oak Hockey  www.royaloakhockeyclub.com

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

Director, Equal Opportunity Program
National Parks Service
PO Box 37127
Washington DC 20013-7127
**Royal Oak Sandlot League 2020**  
**Baseball & Softball Registration**

ROSL is a volunteer run non-profit program that begins practicing in May, with games starting in early June and the season running until the end of July. Children are placed in leagues according to their age as of May 1, 2020:

<table>
<thead>
<tr>
<th>Age</th>
<th>Baseball</th>
<th>Fast Pitch Softball</th>
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<tbody>
<tr>
<td>4</td>
<td>Beginning T-Ball</td>
<td>Ages 9-11</td>
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<tr>
<td>5-7</td>
<td>T-Ball</td>
<td>Freshman</td>
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<td>7-8</td>
<td>Control Pitch</td>
<td>14U (12-14)</td>
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<td>9-11</td>
<td>Freehan</td>
<td>18U (14-18)</td>
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<td>12-13</td>
<td>Kaline</td>
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<td>14-17</td>
<td>Harwell</td>
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**Registration:**  
*Online*: We will be accepting registrations [online] through our website listed below. Payment must be by credit card. Registration is open at [www.royaloaksandlot.com](http://www.royaloaksandlot.com).

Information required to complete registration:  
- **ALL** participants must provide legal proof of birth date (birth certificate, baptismal record, passport)

League openings are filled on a first-come, first-served basis. Placement on a team is not guaranteed and is subject to available openings in the League.

Please check our website for fees and registration information:  
[www.royaloaksandlot.com](http://www.royaloaksandlot.com)

Registration Deadline: **April 1, 2020**

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**We’re Planning to Make Royal Oak Age-Friendly for Everyone**

Share your ideas! Participate in a focus group on Saturday, January 11, 9:00 am - 12 noon

Lunch will be served afterwards. Location to be announced.

Say “yes!” by calling 248-246-3200 or email AlexusC@romi.gov

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**Register for Recreational Spring Soccer!**

Royal Oak Football Club offers programs for all ages and skill levels from preschool to seniors in high school.

- ROFC focuses on fun teamwork and developing a player’s skills
- The Spring season runs from early April to early June
- Teams practice weekly (as determined by coaches) and play 10 games during the season
- ROFC offers summer camps, a 3 v 3 tournament, futsal and fun club-wide events

As a community-based, not-for-profit organization, ROFC recreational offers an affordable program for children to learn and play soccer.

**Register online by February 1, 2020**  
**Hurry, teams fill up quickly!**

For more information and to register, visit [www.royaloakfc.com](http://www.royaloakfc.com)
Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain and improve Royal Oak’s two nature preserves, Cummingston Park & 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, mail us at: 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 the two nature parks and the Royal Oak Arboretum can be found on our website. There is no preregistration or cost for our speaker programs or our public nature walks.

Monthly Meeting / Speaker Program Schedule

Our monthly general meeting/speaker programs are scheduled from October to April. The meeting/programs are held at the Royal Oak Senior Center which is located at 3500 Marais. At our monthly Wednesday meetings, we present speaker programs that are usually slide shows focusing on various natural history topics. If you watch nature programs on PBS or the Discovery Channel, this is better because you can meet with the speakers afterwards and ask questions. The general meeting begins around 7:30 pm, with the speaker program to follow.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TOPIC &amp; SPEAKER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec. 4</td>
<td>“Birds, Bugs &amp; Blooms” with photographer David Stimac</td>
</tr>
<tr>
<td>Jan. 8</td>
<td>“Fungi in the Environment” with Tess Burzynski, founder of Fungi Freights and Environmental Studio</td>
</tr>
<tr>
<td>Feb. 5</td>
<td>“Isle Royale: Wolves, Moose, and More” with Erin Parker, Nature Centers Manager of the Detroit Zoological Society</td>
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Friends of Fungi Mycology Club

The Friends of Fungi Mycology Club meets Wednesdays (November, January, February and March) at the Royal Oak Senior Center (3500 Marais) beginning at 7:00 pm.

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<tbody>
<tr>
<td>Jan. 8</td>
<td>See above speaker program. It will be a joint program with the Nature Society and will begin at 7:30 pm this time only.</td>
</tr>
<tr>
<td>Feb. 12</td>
<td>“What Am I Looking At? How to Use Guidebooks, Keys and Other Tools to Identify Mushrooms in the Woods and Elsewhere” presented by Mary Fredricks, Nature Society Mycologist</td>
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</tbody>
</table>

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 repellent 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 & meet at Torquay & 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 & meet at Marais/Lexington lot. For the Arboretum, park & meet at the north end of the Senior/Community Center (3500 Marais) lot.

<table>
<thead>
<tr>
<th>DATE</th>
<th>TIME &amp; PLACE</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>Dec. 14</td>
<td>2:00 pm at Tenhave</td>
<td>Mammals of Tenhave</td>
</tr>
<tr>
<td>Jan. 11</td>
<td>2:00 pm at Tenhave</td>
<td>Tree Bark</td>
</tr>
<tr>
<td>Jan. 16</td>
<td>7:30 pm at Tenhave</td>
<td>Owl Hoot</td>
</tr>
<tr>
<td>Feb. 18</td>
<td>7:30 pm at Cummingston</td>
<td>Owl Hoot</td>
</tr>
<tr>
<td>Feb. 22</td>
<td>2:00 pm at Tenhave</td>
<td>Finding the Largest Trees</td>
</tr>
</tbody>
</table>

Royal Oak Symphony Orchestra

Celebrating its 25th season, the orchestra is a cultural offering to Royal Oak and our neighboring communities. Formed specifically for area musicians who desire to continue making music a life-long avocation, the orchestra is comprised of adults of all ages and professions. ROSO meets every Wednesday evening from 7:30-9:30 at Royal Oak Middle School and performs four concerts each season. For concert ticket information, call 248-549-0262. If interested in joining, click on the “Auditions” tab on the website: www.royaloakorchestra.org.

Concert admission: $15; Students and Seniors, $12; Ages 18 and under free.

Schedule:

- Friday, December 20, 8:00 pm, Holiday Concert, RO Middle School
- Friday, March 20, 8:00 pm, The Tradition Continues, RO Middle School

Royal Oak Concert Band

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

Concert admission: $10; Seniors and students, $8; Ages 12 and under free.

Schedule:

- Sunday, December 15, 3:00 pm, A Joyful Noise featuring the Bethel AME Church Praise Chorale, RO Middle School
- Sunday, March 3, 3:00 pm, Latin Magic, RO Middle School
- Sunday, May 3, 3:00 pm, Women of Music, RO Middle School
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.

OPEN SKATE

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.

NEW EDGE

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

ADULT HOCKEY LEAGUE

Fall/Winter League:
SEPTEMBER – MARCH
Leagues available for teams of all skill levels

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 recommended

ROYAL OAK HOCKEY CLUB

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

www.royaloakhockeyclub.com

SUBURBAN HOCKEY SCHOOLS

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

CAMPS OFFERED 2019 www.suburbanhockey.com

For more information on any of these programs, please visit
ROYALOAKICEARENA.COM
How to Register for Programs and Classes

Registration begins on November 19 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
November 19

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

**Student Name** ___________________________  **Date of Birth** ___________  **Male/Female** ______

**Address** ___________________________  **City, Zip** ___________

**Telephone - Home** ___________________________  **Work** ___________

**E-mail** _______________________________________________________

**Class** ___________________________  **Day** ______  **Time** ______  **Start Date** ___________

**Class** ___________________________  **Day** ______  **Time** ______  **Start Date** ___________

**Amount enclosed:** $ ___________________________

**Payment Method:**

- [ ] Check
- [ ] Cash

- [ ] Visa/Discover # ___________________________  **3-digit Security Code** ___________

- [ ] Mastercard # ___________________________  **3-digit Security Code** ___________

**Cardholder Name** ___________________________  **Expiration Date** ___________

**Signature of Cardholder** ___________________________

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

**Signed** ___________________________  **Date** ___________________________

(If youth, parent or guardian must sign)

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### Registration Form

**Student Name** ___________________________  **Date of Birth** ___________  **Male/Female** ______

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**Signed** ___________________________  **Date** ___________________________

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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 31 for the 2020 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.
December
2  Welcome, Newcomers              10:30 am
2  Creative Coloring $2.00             10:30 am
3   Lunch and Learn                        11:30 am
13   Movie                                        12:30 pm
13   Handbell Concert                        1:00 pm
16  Salter Center Book Club 10:00 am
16   Creative Coloring $2.00             10:30 am
27   Movie                                           12:30 pm
27   Dinner Dance $16                         7:00 pm

January
3   BINGO                                       12:30 pm
6   Welcome, Newcomers               10:30 am
6   Creative Coloring $2.00             10:30 am
10   Movie                                        12:30 pm
17   Kerry Price $2.00                       12:30 pm
24   Movie                                           12:30 pm
27  Salter Center Book Club 10:00 am
28   Lunch and Learn                        11:30 am

February
3   Welcome, Newcomers                   10:30 am
3   Creative Coloring $2.00               10:30 am
7    BINGO                                         12:30 pm
14   Movie                                           12:30 pm
17  Salter Center Book Club 10:00 am
17   Creative Coloring $2.00             10:30 am
21   Kerry Price $2.00                        12:30 pm
25   Lunch and Learn                          11:30 am
28   Movie                                           12:30 pm

March
2   Creative Coloring $2.00                10:30 am
2   Welcome, Newcomers                   10:30 am
6   BINGO                                           12:30 pm
16  Salter Center Book Club 10:00 am
16   Creative Coloring $2.00             10:30 am
20   Kerry Price $2.00                        12:30 pm
27   Movie                                           12:30 pm
27   Dinner Dance $13                         7:00 pm

Special Events and Workshops

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.
Extended Trips

Arizona $3199 pp/dbl
January 25 - February 3, 2020 T1011F
Shoreline Tours
Stay all 9 nights at Crown Plaza San Marcos Golf Resort in the heart of Chandler, Arizona. This unique vacation is a combo of low-cost optional tours, a few included day trips and leisure time to enjoy the resort, the Arizona sunshine, enjoy a golf game and visit some of Arizona’s “coolest” cities! Included day trips to: Scottsdale, Sedona, Goldfield Ghost Town, Tortilla Flats and a Canyon Lake Cruise. You can also choose to visit the Titan Missile Museum as well as the Verde Canyon Rail. Cost includes round-trip air from Detroit to Phoenix, accommodations, 11 meals, a Super Bowl viewing party on the last day, and much more! $250 deposit; balance due November 29, 2019.

Little River Casino
Winter Special $162 pp/dbl
February 18 - 19, 2020 Bianco Tours
We’re heading to Manistee, Mi for lots of gaming fun at Little River Casino. Next day it’s off to Soaring Eagle Casino in Mt. Pleasant. Cost includes transportation via motor coach, accommodations, and a total of $45 in casino credits. $20 deposit; balance due January 18, 2020.

Vera Bradley Outlet $293 pp/dbl
April 15 - 16, 2020 Bianco Tours
It’s the Vera Bradley Annual Outlet Sale! Come along to Fort Wayne, Indiana and shop to your heart’s content. We’ll visit the Outlet sale, with an exclusive entrance and no waiting line; you’ll receive a Vera Bradley lanyard and have available a special waiting room with refreshments and a complimentary gift. Also visit DeBrand Chocolatiers and Three Rivers Distillery. Cost includes transportation via motor coach, accommodations and two meals. $20 deposit; balance due March 15.

Washington, D.C. $1,199 pp/dbl
April 15 - 20, 2020 Rybicki Tours
Stay three nights in charming Old Town Alexandria, VA, just across the Potomac River from D.C. Attractions visited include: An all-day D.C. tour, Mt. Vernon, Arlington National Cemetery, the WWII, Lincoln Vietnam and Korean Memorials, tour of Annapolis and U.S. Naval Academy, and more! Cost includes transportation via motor coach, accommodations, tours, and eight meals.

Thunder Over Louisville $799 pp/dbl
April 17 - 19, 2020 T1005W
Rated as one of the top 100 events in North America, the Derby Festivals’ Opening Ceremonies are truly a sight to behold. It’s one of the country’s largest annual pyrotechnics displays, complete with an Air Show and a 28-minute fireworks show! Tour the Kentucky Derby Museum and a Breakfast Tour at Churchill Downs featuring a presentation with a retired jockey. Your choice of tour of either the Louisville Slugger Factory or the Muhammad Ali Center. Cost includes transportation via motor coach and accommodations. $20 deposit; balance due April 28, 2020.

Niagara Falls Getaway $222 pp/dbl
May 28 - 29, 2020 Bianco Tours
Stay overnight at the Sheraton on the Falls, view the awesome Falls, visit the casino, snap a photo at the Floral Clock and the Whirlpool, and explore the town! Cost includes transportation via motor coach and accommodations. $20 deposit; balance due April 28, 2020.

Lilac Festival / Rybicki Tours
June 12 - 15, 2020
Save the date! More information to follow.

New York City Fireworks $1999 pp/dbl
July 3 - 8, 2020 T1010W
Shoreline Tours
Board the largest cruise vessel in NYC for an all day cruise on the Hudson River. Beautiful views and sightseeing, meals, entertainment and relaxation are on the agenda! The final destination is the NYC Harbor for the nation’s most extravagant fireworks display, the Annual Macy’s 4th of July Fireworks Show. Included is a tour of West Point, Madison Square Gardens, Flight 93 Memorial, the 9/11 Museum OR One World Trade Center, and much more. Cost includes all tours, accommodations in Times Square, sightseeing tour of NYC, 9 meals. $250 Deposit; balance due May 3, 2020.

Register at royaloakrec.com
**Detroit Trips**

**Detroit Symphony Orchestra**

**CLASSICAL Coffee Concerts 2020**

- **Fridays, 9:15 am - 1:30 pm**
  - $31 per concert – Main Floor Seats
  - Cost includes transportation via Senior Bus and performance.

  **January 24, 2020**
  - **T1015W**
  - **Hadelich plays Paganini** - Augustin Hadelich returns to Orchestra Hall to perform Paganini’s First Violin Concerto. In the second half we join Berlioz on the psychedelic trip that is his *Symphonie Fantastique*. This symphonic hallucination evokes dark revels, unrequited love, an execution, and a visit to the underworld.

  **March 6, 2020**
  - **T1017W**
  - **Classical Roots: André Watts Plays Beethoven** - Megawatt pianist André Watts takes the stage for the DSO’s annual celebration of African-American contributions to classical music. Watts, a recipient of the National Medal of Arts, performs Beethoven’s *Emperor* Piano Concerto. Thomas Wilkins conducts.

  **February 28, 2020**
  - **T1016W**
  - **$68 Dress Circle Seats**
  - **From Broadway to Hollywood** - Musicals like *West Side Story*, *Chicago*, *The Sound of Music*, *Les Misérables*, and more become hits both on Broadway and in Hollywood. Enjoy a program of music that has thrilled audiences of the stage and screen, including beloved songs like “My Favorite Things,” “I Dreamed A Dream,” and “All That Jazz”.

  **March 27, 2020**
  - **T1018W**
  - **$63 Main Floor Seats**
  - **Music and Magic** - Michael Grandinetti, star of TV’s *Masters of Illusion* and one of today’s leading pioneers of live magic, combines his art of illusion with the DSO’s magical melodies, including music from *Harry Potter*, *Mussorgsky’s Night on Bald Mountain*, and *Stravinsky’s The Firebird*. Get ready to be on the edge of your seat, and don’t worry: only one lucky audience member will be cut in half!

**Detroit Institute of Arts**

**Thursdays at the Museum** trips will be scheduled when the events are posted on the DIA’s calendar. At press time there were no events posted.

**Great Lakes Crossing & Sanders Candy**

- **$59**
- **Tuesday, January 7**
- **T1059F**
- A visit to Sanders’ Candy for a guided tour of the factory and free time to shop at their chocolate and Ice Cream Shoppe. Followed by a visit to Great Lakes Crossing Outlets; lunch (included) at Bar Louie and shopping time on your own. Cost includes transportation via motor coach and lunch.

**Bandstand at Stranahan Theatre**

- **$140**
- **Sunday, January 12**
- **T1020W**
- **8:30 am - 6:00 pm**
- **Bianco Tours**
  - After lunch at Georgeio’s Café International, it’s on to the Stranahan Theater in Toledo, OH. *Bandstand* is a poignant and inspiring new American musical that explodes with infectious music and high-octane, heart-stopping dancing. It’s 1945 and soldiers coming home form a band unlike any the nation has ever seen. They discover the power of music to face the impossible, rebuild their lives and find their voices. Cost includes transportation via motor coach, lunch and performance.

**Unholy Toledo**

- **$74**
- **Monday, January 20**
- **T1022W**
- **9:30 am - 6:30 pm**
- **Bianco Tours**
  - Escape into the Glass City’s underworld and enjoy a sightseeing adventure featuring famous Toledo crime scenes from the turn of the 20th Century through the 1940’s. Visit several gangster hit locations, Toledo’s infamous Tenderloin, and the sites of popular casinos and gambling spots. Lunch at Angelo’s Northwood Villa will be interesting, as it was a speakeasy run by the Purple Gang and was used for smuggling whiskey and other illicit activities! The famous Tony Packo’s is the spot for dessert, serving authentic Hungarian food since 1932. Cost includes transportation via motor coach, meals and tour.

**Detroit Symphony Orchestra**

**Friday, January 24**

See left column for trip information.

**The Winter's Tale**

- **$31**
- **at Hilberry Theatre**
- **Lunch on your own**
- **Wednesday, February 12**
- **T1023W**
- **11:30 am - 5:00 pm**
  - Including one of Shakespeare’s most famous and funny stage directions, “Exit, pursued by a bear,” *The Winter’s Tale* is a romance, a comedy, and a fairy tale that has entertained audiences for 400 years. Enjoy this classic performance after lunch at Traffic Jam & Snug, on your own. TJ’s has an interesting and scrumptious menu with something for everyone. Cost includes transportation via Senior Bus and performance. **Lunch is on your own**; Avg. Salads / Sandwiches $11; Avg. Entrees $15.

**Mardi Gras**

- **$32**
- **Tuesday, February 25**
- **T1025W**
- **8:30 am - 4:30 pm**
- **Bianco Tours**
  - Celebrate at Caesars Windsor! Your trip includes coffee, paczki, special Mardi Gras entertainment AND a free lunch buffet OR a $15 meal voucher OR a $15 coin voucher! Cost includes transportation via motor coach and incentives.

**Detroit Symphony Orchestra**

**Friday, February 28**

See left column for trip information.

**Detroit Symphony Orchestra**

**Friday, March 6**

See left column for trip information.

**Stahls Auto Museum**

- **$14**
- **(Lunch on your own)**
- **Tuesday, March 17**
- **T1028W**
- **11:15 am - 3:15 pm**
  - The Stahls Museum has over 80 cars on display ranging from the 1886 Daimler prototype to the muscle cars of the 1960s with special emphasis on the great cars of the 1930s and 1940s, a period of style and constant evolution. The Museum is also home to many automated musical instruments (think gigantic calliopes) and gas pumps. There is something for everyone! Lunch is at nearby Strawberry Fields, a café dedicated to the Beatles – try The Salad of John and Yoko, or the Onion Ringos! Cost includes transportation via Senior Bus. Admission to the Stahl Museum is by donation, and **lunch is on your own**; salads/sandwiches avg. $8, entrees avg. $11.

**More Day Trips on page 20**

Winter 2020 17

City of Royal Oak
Welcome Newcomers
1st Monday, 10:30 am
Jan. 6, Feb. 3, March 2
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 246-3914.

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.

Billiards
Three pool tables are located in the game room at the Mahany/Meininger Senior Community Center. Pool may be played Monday through Friday from 9:00 am to 4:30 pm. There is a $50 daily charge or $3.00 monthly fee for use of the tables. Drop-in Pool Tournaments are held monthly.

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 Beaumont Hospital, Judson Center, local churches and other charitable organizations.

Drop-In Cards
Rubber Bridge
Mondays, 12:15 pm
Drop in with a partner to play Rubber Bridge, $1.00. Come early if you have no partner, will try to pair.

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.

BINGO! Try Your Luck!
Friday, Jan. 3 at 12:30 pm
Friday, Feb. 7 at 12:30 pm
Friday, March 6 at 12:30 pm
First BINGO card is free; additional cards are 25 cents each. Format is ONE coverall prize at $5.00 and six (6) regular games with prizes! 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 Troy.

Monthly Matinee
2nd & 4th Friday, 12:30 pm
Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Call the Center for movie titles and descriptions. Suggestions and donations are welcome.

Senior Quilting
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.

Pinochle
Tuesdays, 12:30 pm
Drop in for pinochle, meet new friends, $1.00.

Duplicate Bridge
Wednesdays, 12:30 pm
Drop in with a partner to play Duplicate Bridge, $2.00. For more information, visit roduplicatebridge.org.

Euchre
Thursdays, 12:30 pm
Drop in to join experienced players who like to play Euchre. Play 8 rounds of cards, $1.00.

Mahjongg Drop-In
Wednesdays, 9:30 am - 12 noon
Fridays, 12:30 - 3:00 pm
Experienced players may drop in and play on Wednesday mornings. Players must follow National Mahjongg League rules only. 50¢ 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.

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Friday, Feb. 7 at 12:30 pm
Friday, March 6 at 12:30 pm
First BINGO card is free; additional cards are 25 cents each. Format is ONE coverall prize at $5.00 and six (6) regular games with prizes! 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 Troy.

Monthly Matinee
2nd & 4th Friday, 12:30 pm
Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Join us as we show the latest and greatest releases on DVD each month projected on a larger screen. Call the Center for movie titles and descriptions. Suggestions and donations are welcome.
Focus on the News  
1st & 3rd Tuesdays, 10:30 am  
Tired of talking back to your TV set? Join a fun and lively discussion of local, national, international and informal news issues. Visitors encouraged. We’re always looking for new people.

Foot Doctors  
2nd Wednesday, 9:00 - 11:00 am  
Jan. 8, Feb. 12, March 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.

Healthy Back Class  
Wednesdays, 1:30 pm  
Jan. 8 - Feb. 12 C1018W  
Feb. 26 - April 1 C1019W  
$25 / 6 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. Active adults get great results.

Massage Therapy  
By appointment  
Jan. 16, 17, 21 & 23; Feb. 20, 21, 25 & 27; March 19, 20, 24 & 26; April 16, 17, 21 & 23  
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 35-minute massage sessions for $30, or 75-minute sessions for $60. Call the Center for an appointment, 246-3900.

Retirement Planning Fundamentals  
(Pre-retirement)  
Tuesday, Jan. 21 and 28  
6:30 to 8:30 pm C1007W  
Thursday, Jan. 23 and 30  
6:30 to 8:30 pm C1008W  
$39/person, bring a spouse or guest at no additional charge  
An educational course for people from 6 months to 10 years from retirement. The course focuses on planning and preparing for retirement covering topics such as investments, managing taxes, employer retirement plans estate planning, social security and insurance planning. Call 248-246-3900 to register.

Retirement Planning Fundamentals  
(Post-retirement)  
Tuesday, March 24 and 31  
1:30 to 3:30 pm C1010W  
Thursday, March 26 and April 2  
9:30 to 11:30 am C1009W  
$39/person, bring a spouse or guest at no additional cost  
An educational course for people already retired. The course focuses on issues retirees face today and how they can be addressed. The course covers topics such as required minimum distribution, retirement income, Medicare, long-term care, investments and estate planning. Call 248-246-3900 to register.

R.O./AARP Tax-Aide Program  
Mondays & Wednesdays, Feb. 3 - April 8, 2020  
Doors open at 9:00 am; Service provided on a first-come, first-served basis  
AARP-trained and IRS certified volunteers will assist individuals with free tax help and free e-filing for taxpayers. Preparers will assist with tax forms including homestead rebate, home heating credit, Federal, State, and local forms. You must bring photo identification, copy of last year’s tax return, Social Security card or statement with full SSN on it for you, spouse and all dependents and all W-2’s, 1099-R’s and other income related forms. For more specifics, please pick up a flyer at the Mahany/Meininger Senior Center.

Volunteer Opportunities: Hundreds of low-to moderate-income people, especially those 60 and older, need help preparing their taxes. AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. We’re looking for compassionate and friendly individuals to join our team of local volunteers for the upcoming tax season. You’ll receive training and continued support in a welcoming environment. We are seeking volunteers to help in Royal Oak and surrounding communities. If you are good with numbers, love working with people, or want to help others, please consider the AARP Tax-Aide Program in Royal Oak. AARP prepares hundreds of returns each tax season at the Royal Oak Senior Center. Please get more information online at www.aarp.org/money/taxes/aarp_taxaide. You can apply online or contact Jim Sauter at (248) 828-8186 for more information.
Day Trips
continued from page 17

Cornwell's Turkeyville:
Grandma's Secret Diary
Tuesday, March 24
9:15 am - 6:45 pm
Rybicki Tours
While going through her Grandma's things, Rachel finds a diary. As Rachel reads the diary she finds that her grandma had a far more exciting life than anyone ever knew. A visit to Cornwell's Dinner Theatre for their delicious carved turkey luncheon followed by the performance. Cost includes transportation via motor coach, performance and lunch.

Detroit Symphony Orchestra
Friday, March 27
See page 17 for trip information.

Zehnder's Ragtime Festival
Friday, March 27
8:15 am - 4:30 pm
Sign-up Deadline: February 28, 2020
Join us for this fantastic annual music concert in Frankenmuth! You will be amazed by the skill of three veteran pianists (including our own Kerry Price and the legendary Bob Seeley!) as they pound out smokin' hot tunes! There's Ragtime, Blues and Boogie-Woogie, intermixed with many stories and a lot of humor! You will have 30-45 minutes to shop in town before the plated lunch and the concert. Cost includes transportation via motor coach, Zehnder's plated lunch, performance.

Creative Coloring for Grown-Ups
1st and 3rd Mondays, 10:30 am
$2.00 drop-in material fee/per class
No class Jan. 20
Creative Coloring for Grown-ups is coming to Royal Oak Senior Center. Explore the latest coloring craze and make coloring your NEW hobby. Choose from large patterns and designs on professional card stock, that will challenge your brain in fine motor movement and detail. Socialize and connect with other color artists, in a relaxed atmosphere, and create a Masterpiece suitable for framing.
Studies have shown hobbies like coloring:
• Reduces stress and insomnia.
• Improves concentration and eye to hand coordination.
• Boosts self-esteem, when your friends and family see your finished results.
• Discover what this fad is all about, while you relax, play, and indulge in an activity which will take you back to carefree days.

Painting – All Media
Thursdays, 9:15 - 11:45 am
Jan. 9 - Feb. 27 C1020W
March 5 - April 23 C1021W
$55 / 8 weeks
Mike Byrne is past vice president of the South Oakland Art Association and past president of the Royal Oak Arts Council. Mike is a working artist in many mediums and accepts students from beginner to expert. Supply list is given at sign-up for those without their own supplies. Preregister.

Watercolor Painting/
Stipple Drawing
Fridays, 9:15 - 11:45 am
Jan. 10 - Feb. 28 C1022W
March 6 - April 24 C1023W
$55 / 8 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 their own supplies. Preregister.

Restaurant of the Month

Join us bi-monthly as we travel near and far, seeking out both familiar and new cuisines. Look for announcements in our monthly Newsletter, or call the Center at (248) 246-3900 for more information.

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

Ask the Computer Lady!
Tuesdays through March 2020
9:15 - 9:45 am C1027W
12:45 - 1:15 pm C1028W
$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, and learn how to check your email or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

“Get” your Gadget
Tuesdays, 11:15 am - 12:00 pm
Jan. 7 - 21 C1029W
Jan. 28 - Feb. 11 C1030W
Feb. 18 - March 3 C1031W
March 10 - 24 C1032W
$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 am - 11:00 am
Jan. 7 - 28 C1024W
Feb. 4 - 25 C1025W
March 3 - 24 C1026W
$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 is 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.
Winter Lunch and Learn Series

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

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

**Tuesday, Jan. 28**  
**A1002**  
**Fall Prevention**  
**Register by Jan. 20**  
Presenter: Wellsbrooke – Certified Home Health Care

Who is at risk for falling? Come on out and see the statistics regarding falls and the results of falls for people over the age of 65. You will learn ways to prevent falls in your home, outside and in public areas. You will also learn simple ways to make your home safe at any level of mobility. Participants will have a chance to win a prize!

**Tuesday, Feb. 25**  
**A1003**  
**Change your Smile, Change your Life**  
**Register by Feb. 14**  
Presenter: North Oaks Dental

Join Dr. Joel Kerwin for lunch for information about dental topics important to you, your health, and smile. Dr. Kerwin is passionate about helping patients with all their dental needs. He is an advocate for continued education and he strives to keep up with the latest technology and trends in the industry. Q & A period after the workshop. Free lunch and goodie bag to all who attend.

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 discussing popular selections:

- **December 16:** *The Professor and the Madman* by Simon Winchester
- **January 27:** *Born a Crime* by Trevor Noah
- **February 17:** *News of the World* by Paulette Jiles
- **March 16:** *Monk of Mokha* by Dave Eggers

Borrowed books are provided upon registration for each session. The selection of titles is subject to change without notice depending on availability of copies.

For more information call 248-246-3180.
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. Learn the hot country line dances. $2 payable at each lesson. NO BOOTS.

Chair Exercise with Cindy  
Wednesdays, 10:30 am  
Jan. 8 - Feb. 12 C1033W  
Feb. 26 - April 1 C1034W  
$25 / 6 weeks  
Fridays, 10:30 am  
Jan. 10 - Feb. 14 C1035W  
$25 / 6 weeks  
Feb. 28 - April 3 No class 3/6 C1036W  
$21 / 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.

Chair Yoga Exercise (DVD)  
Mondays, 10:30 am  
No class 1/20  
This session is of a “gentle” nature for those of you who are just starting on a fitness program, or those who must not do strenuous exercise.

Silver Foxes  
Monday, Tuesday & Friday, 9:30 am  
No class 12/24, 12/31, 1/20  
Low impact aerobic classes for the intermediate exerciser. Increases flexibility and works the heart – all to a Richard Simmons video tape. No fee.

Senior Pilates  
Wednesdays, 8:30 am  
Jan. 8 - Feb. 26 C1004W  
$36 / 8 weeks  
March 11 - 25 C1005W  
$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 Bazzy (Workout Connie, Inc.) is certified in YogaFit, TRX Suspension Training, Brains & Balance, Past 60 Specialist and Certified Personal Trainer.

Sit Down & Tone Up  
Tuesday, 10:30 am  
No class 12/24, 12/31  
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!

Tai Chi Basic & Chen Style  
Thursdays, 9:15 am  
Jan. 9 - March 26 C1003W  
$72 / 12 weeks  
Tai Chi Basic exercises are for beginner and continue. The class will include: Tai Chi warm-up, gentle stretching. Tai Chi walking and silk reeling and Tai Chi Ball Qigong (the Ball in the Mind), and section one of Chen Style Tai Chi old form.

Zumba Gold / Zumba Toning  
Wednesdays, 9:15 am  
Jan. 9 - March 26 C1004W  
$5 per class; Drop in No class Feb. 12 - March 11  
Combines a dance workout with a party-like atmosphere. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. Designed to be approachable by all populations, regardless of fitness level. No experience needed. Barb Wolcott will supply 1.2 lb. Zumba Toning sticks. Dress comfortably, wear dance sneakers or tennis shoes. Bring water.

Chair Yoga  
Wednesdays, 1:00 pm  
Jan. 8 - Feb. 12 C1037W  
$25 / 6 weeks  
Feb. 26 - April 1 C1038W  
$25 / 6 weeks  
Fridays, 11:30 am - 12:15 pm  
Jan. 10 - Feb. 14 C1039W  
$25 / 6 weeks  
Feb. 28 - April 3 No class 3/6 C1040W  
$21 / 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  
Mondays, Jan. 6 - March 2, 9:15 am  
$40 / 8 weeks C1012W  
No class 1/20  
Mondays, Jan. 6 - March 2, 1:00 pm  
$40 / 8 weeks C1013W  
No class 1/20  
Mondays, March 9 - 30, 9:15 am  
$20 / 4 weeks C1015W  
Mondays, March 9 - 30, 1:00 pm  
$20 / 4 weeks C1016W  
Thursdays, Jan. 9 - Feb. 27, 1:00 pm  
$40 / 8 weeks C1014W  
Thursdays, March 12 - April 2, 1:00 pm $20 / 4 weeks C1017W  
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.
Drop-In Sports at the Salter Center

Pickleball
- The cost is $2.00 per session. Any individual caught not paying will be asked to leave the gym immediately.
- Sign-in sheets will be made available 30 minutes before scheduled start times

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

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

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

Fridays
11:00 am - 1:00 pm or 1:00 - 3:00 pm
All levels - East Gym
5:00 - 7:15 pm
Open to ages 19 & up - East Gym
12:30 - 2:00 pm
3.5 & higher mixer - West Gym

Bounce Volleyball
Tuesdays and Thursdays
11:00 am - 1:00 pm
Bounce Volleyball, a slightly slower paced game than power volleyball, allows a wider range of skill levels to participate and enjoy this great game. $1 per session.

Balance Training
Fridays, 12:30 - 1:00 pm
Jan. 10 - Feb. 14 SA2006
Feb. 28 - April 3 SA2007
Cost: $26 / 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.

Book Club on page 21

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

Helping Hands
Fridays, 9:30 am
Interested in knitting, crocheting or sewing? Create blankets for chemotherapy patients at the Salter Center on Fridays, or work at home. Use your own or donated 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.

Let’s Walk!
Monday - Friday, 8:30 - 11:00 am
Strengthen your heart, lungs and vascular system. Improve your circulation. Relieve tension and modify the aging process. How? Join Let’s Walk! and enjoy the four seasons, briskly walking at your own pace. Walk indoors around the gym or outdoors in the park and neighborhoods, weather permitting. Track your progress by completing a mileage log sheet at the Salter Center.

Senior Pilates
Tuesdays, 11:45 am - 1:00 pm
Jan. 14 - March 3 SA2301
$36 / 8 weeks
Tuesdays, 11:45 am - 1:00 pm
March 10 - April 28 SA2302
$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

Winter 1
Mondays: Jan. 6 - Feb. 24 SA2008
Wednesdays: Jan. 8 - Feb. 12 SA2009
Fridays: Jan. 10 - Feb. 14 SA2010
Fee: $27 / 6 weeks for 1 day
$54 / 6 weeks for 2 days
$76.50 / 6 weeks for 3 days
$5 drop-in fee  No class 1/20, 2/17

Winter 2
Mondays: March 2 - April 6 SA2016
Wednesdays: Feb. 26 - April 1 SA2017
Fridays: Feb. 28 - April 3 SA2018
Fee: $27 / 6 weeks for 1 day
$54 / 6 weeks for 2 days
$76.50 / 6 weeks for 3 days
$5 drop-in fee

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

Yoga
Tuesdays, 1:15 pm
Jan. 14 - March 3 SA2320
March 10 - April 28 SA2321
$36 / 8 weeks
Thursdays, 10:15 am
Jan. 9 - Feb. 27 SA2015
March 5 - April 23 SA2014
$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.

City of Royal Oak
Royal Oak Senior Essential Services

R.O.S.E.S. is a program providing a variety of supportive services to Royal Oak residents age 62 and over and qualify for subsidy. You must live in your own home—alone, with a spouse, or with a disabled adult child. Seniors living with able-bodied adult children do not qualify for the subsidy assistance. To ascertain household income, please provide your most recent Home Heating Credit or Michigan Homestead Property Tax Credit form. If you live in one of the senior high rises you will need to provide the HUD Tenant Eligibility & Rent Procedures Form. The following subsidy scale will apply:

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<th>Income-One</th>
<th>Income-Two</th>
<th>Hour</th>
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<tr>
<td>Below $16,050</td>
<td>Below $18,350</td>
<td>$3</td>
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<tr>
<td>$16,051-$26,750</td>
<td>$18,351-$30,550</td>
<td>$5</td>
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- Home Chores
- Home Repairs
- Personal Care

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
Jan. 6; Feb. 3 & 17; March 2 & 16

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.

Legal Aid

3rd Wednesday
(Senior/Community Center)
Jan. 15, Feb. 19, March 18
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 available: $4.00
Must be picked up by 3:00 pm

Meals on Wheels are available to homebound residents unable to travel to the Center. Call Emerald Food Services 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.

Meals on Wheels
Community Discount Program

Do you have a damaged device and don’t know what to do? Don’t worry, uBreakiFix can help! Stop by one of our locations and we will have your device repaired and back to you in a snap. Most repairs can even be done while you wait!

$10 OFF ANY REPAIR SERVICE
Residents can greatly impact the snow removal process by moving their cars into driveways when a snow emergency is declared. This allows City snowplows to move unimpeded through residential streets and restore driveable conditions much sooner. Residents may call the Snow Emergency Hotline (248) 246-3442, to find out if a snow emergency is in effect.

Those who don't cooperate could be ticketed, fined and/or impounded under a 1992 ordinance requiring them to move their cars off the street when a snow emergency is declared. On-street parking is prohibited, except with special permits, when an official snow emergency is declared. Emergency conditions are generally defined as a snowfall of four inches or more, or a projected snowfall of four inches or more.

Residents need to remove their cars prior to an official emergency declaration. When the emergency is declared, it’s absolutely critical that cars be off the roads as trucks will already be plowing by that time.

Depending on the amount of snow – the City is plowed as follows:

**Priority One**
This covers snow up to four inches. Only major arterial streets such as 12 Mile Road are plowed and/or salted 24 hours a day as required.

**Priority Two**
When Priority One routes are done, crews shift to Priority Two which is connector streets and routes leading to schools. Intersections and drop-off areas at the schools are salted only during regular work hours, Monday-Friday, and are done only when they are in session.

**Priority Three**
This covers major storms of four inches or more. The City plows Priority One routes first, then Priority Two (if school is in session), then local streets and, finally, dead ends. Salting of intersections begins when dictated by conditions (salting every street is cost prohibitive). Plowing of local streets is started in a different area of the City after each snowfall as a matter of fairness.

In the downtown area, snow is plowed to the center of the street, then picked up upon completion of residential areas.

The goal is to complete plowing and pickup operations within 24 hours after the snow stops, and it’s much easier to do if vehicles are parked off the street.

The DPS is often bombarded by complaints when snow is plowed into resident's driveways. Unfortunately, it is an unavoidable circumstance because plows are fixed to push snow to the curb and there’s no place for it to go other than the driveway. It means the end of the driveway must be cleaned again after the plow goes through.

The City apologizes for the inconvenience but a plowed street is important for emergency vehicles and permits residents to go to work, school or shopping.

**Snow Emergency Ordinance: How it Affects You**
Winter is approaching and the citizens of Royal Oak should be aware of the city’s Snow Emergency Policy. The Royal Oak Snow Emergency Ordinance (Chapter 625) was enacted to provide for the safety of the public and to facilitate snow removal by city and county snow removal personnel.

It is unlawful for any vehicle to be parked on a street in the City of Royal Oak when a Snow Emergency has been declared, unless the vehicle has been issued an exemption permit by the Police Department. Permits will be granted for owners of vehicles who occupy a premises that does not have a driveway to park only in front of his/her residence. Applications for Snow Emergency Parking Exemption permits may be obtained from the Records Bureau of the Royal Oak Police Department (Monday-Thursday, 8:00 am - 4:00 pm) or the City’s website, www.romi.gov. Please note, permits once filled out need to be taken to Police Records Bureau. It cannot be completed online.

The Snow Emergency, once declared, will be broadcast publicly on radio, cable or the Snow Emergency hotline, 248-246-3442.

Any vehicle parked on any street is in violation of Ordinance 625 which constitutes a public hazard and an obstruction of traffic and may be ticketed, towed and/or impounded immediately.

When large snowfalls are expected, citizens should remove their vehicles from the street. This will eliminate any chance of fines and/or impoundment if a snow emergency is declared, reduce the chance of vehicle accidents and allow city workers to clear the streets quickly and efficiently. Citizen cooperation will enable the streets to be cleared quickly and allow the Snow Emergency to be lifted in a timely manner.

The success of a snow removal operation, while sometimes inconvenient, is a community effort. Please be considerate of your neighbors. Thank you.
Christmas Tree Collection

Trees will be collected curbside for recycling 12/30/19 - 1/17/20 by a private chipping contractor on your regularly scheduled refuse day. Please put to the curb by 7:00 am and remove all decorations, lights, stands, and plastic bags or the tree will be left until corrected for the next pickup day. Between 1/20/20 and 3/31/20 residents may take the tree to SOCRAA, 995 Coolidge for disposal. Call 248-288-5150 for details.

Yard Waste Reminder

Yard waste must be separated through December 20, 2019. Between December 23 and March 31, residents need to either hold onto yard waste materials until the program starts on April 1 or residents can take a limited amount (10 bags per day) to SOCRAA at 995 Coolidge, free of charge, until the program begins April 1. Please call (248) 288-5150 for details. The best way to handle grass clippings is to not collect them. Grass clippings are good for the lawn.

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.

Refuse and Recycling Directory

Department of Public Services (DPS) .............................................................................................................. 248-246-3300
SOCRAA MRF/Drop-off Center 995 Coolidge ............................................................................................ 248-288-5150

Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); 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 socraa.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; newspapers; 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 SOCRAA.

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 SOCRAA 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 SOCRAA 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.socraa.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.
The Normandy Invasion – A Remembrance

Runs through January 11, 2020

You’ve seen the movies, read the books now visit the Museum and see photos of Royal Oak men & women who served during WWII and that eventful day. We have photos and uniforms, donated to the Museum by Royal Oak families, from most branches of service.

There will be information about the inventions made during the War years that helped to defeat the enemy over all WWII battle areas. Artifacts including ammunition, guns, a real WWII Jeep, canteens, mess kits, cameras used by Bill Barr of Berkeley to photograph battles. Broadsheets of newspaper headlines printed during the war, sand from Normandy Beach, military Bibles, medals, hand grenades, and several military pamphlets.

The Homefront: What the Women and Children did to support the War Effort: Victory Gardens, bond drives, Red Cross Blood Drives, scrap metal drives, food and gas ration stamps, and much more.

The Royal Oak Historical Society is a nonprofit 501(c)(3) membership organization, all volunteer run. Donations gratefully accepted.

The Museum is located in the Northwood Fire Station at 1411 W. Webster. Regular hours are 1:00 - 4:00 pm, Tuesday, Thursday, and Saturday. Parking is available in the rear.

Visit royaloakhistoricalsociety.com for more information.

Like us on FB. 248-439-1501

Royal Oak Musicale

Celebrating a tradition of 95 years, Royal Oak Musicale offers free monthly community programs, as well as scholarships to area high school seniors who plan to major in music. We have a non-audition Chorus which rehearses weekly and performs twice a year as part of our Outreach program. ROM is a 501(c)(3) organization with no religious affiliation. Like Us on Facebook, visit our website, royaloamicsale.com. All programs are held at Good Shepherd Lutheran Church, 814 N. Campbell Rd., Royal Oak MI 48067

Schedule:

Tuesday, November 19, 1:00 pm, Flute Choir and Quintet Cantabile
Tuesday, December 17, 7:30 pm, ROM Chorus and Holiday Sing-along
Tuesday, January 21, 1:00 pm, Nadine Deleury, Cellist & Friends
Tuesday, February 18, 1:00 pm, Musica Batteria & Cello Quartet

At Your Service

Emergency Calls Only Police, Fire & Ambulance................................. 911
General Information ............................................................................. 248-246-3000
Animal Complaint ............................................................................... 248-246-3500
Animal Shelter 1515 N. Edgeworth .................................................. 248-246-3364
Assessor .............................................................................................. 248-246-3110
Building Inspection ........................................................................... 248-246-3210
Building Inspection Requests ............................................................ 248-246-3234
Building Inspection Fax ................................................................... 248-246-3006
Cable TV (WROK) 222 E. 11 Mile Rd. .............................................. 248-246-3040
Questions regarding Comcast .............................................................. 800-994-6849
Questions regarding WOW ................................................................. 866-496-9669
City Attorney ....................................................................................... 248-246-3240
City Clerk ............................................................................................ 248-246-3050
City Manager ..................................................................................... 248-246-3200
Code Enforcement ............................................................................. 248-246-3210
Code Enforcement 24-hour Hotline ................................................. 248-246-3238
44th District Court ............................................................................ 248-246-3600
Probation, 400 E. 11 Mile ................................................................. 248-246-3670
Engineering ........................................................................................ 248-246-3260
Farmers Market 316 E. 11 Mile ......................................................... 248-246-3276
Finance ............................................................................................... 248-246-3030
Fire Department 215 E. Sixth St. Emergency .................................... 911
Fire Prevention Bureau ....................................................................... 248-246-3810
Housing Assistance - Rehabilitation Loans .................................... 248-246-3130
Human Resources ............................................................................... 248-246-3070
Ice Arena 1403 Lexington Blvd.......................................................... 248-246-3950
Information Systems ........................................................................... 248-246-3080
Landlord Licensing Program ............................................................. 248-246-3210
Library 222 E. 11 Mile Rd ................................................................. 248-246-3700
Mahany-Meininger Sr./Community Center 3500 Marais ................. 248-246-3900
Mayor ................................................................................................. 248-246-3200
Orson Starr House 3123 N. Main St .................................................. 248-588-0170
Parks & Forestry ................................................................................. 248-246-3300
Planning & Zoning ............................................................................ 248-246-3280
Police Department 221 E. Third St. Emergency .............................. 911
Non-Emergency ................................................................................ 248-246-3500
Community Policing ......................................................................... 248-246-3524
Detective Division .............................................................................. 248-246-3515
Record Division ................................................................................ 248-246-3530
Snow Emergency Announcement .................................................... 248-246-3442
Traffic Safety Division ........................................................................ 248-246-3505
Public Service Department 1600 N. Campbell
Highway Maintenance ........................................................................ 248-246-3300
Parks & Forestry ............................................................................... 248-246-3300
Recycling & Refuse Collection .......................................................... 248-246-3300
Sewer Maintenance ........................................................................... 248-246-3300
Water Maintenance .......................................................................... 248-246-3300
Emergencies between 4:00 pm - 7:30 am & weekends .................. 248-246-3500
Purchasing .......................................................................................... 248-246-3030
Recreation 1600 N. Campbell ............................................................. 248-246-3180
Royal Oak Golf Course 3417 Don Soper Dr. ................................. 248-554-0019
Salter Community Center 1545 E. Lincoln ....................................... 248-246-3180
Senior Citizen Programs 3500 Marais ............................................ 248-246-3900
Street Lighting Outage - DTE Energy ............................................. 800-477-4747
TDD (Hearing Impaired) .................................................................. 248-246-3010
Treasurer ............................................................................................ 248-246-3140
Voter Registration ............................................................................. 248-246-3050
Water Bills ......................................................................................... 248-246-3160
Youth Assistance 1601 N. Campbell ................................................. 248-546-8282
Website ............................................................................................ www.romi.gov
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.
Drinking Water: We Need Your Help
The City of Royal Oak, along with state and federal agencies, has taken extra precautions to protect our water systems. But we need help from residents and business owners to keep our drinking water system safe.

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

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

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

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.

Royal Oak Animal Shelter
The Royal Oak Animal Shelter is operated as a City service under management of the Royal Oak Police Department. Our goals are to provide a safe haven for lost animal or animal given up by their owners; to reunite lost animals with their human companions, and to provide the best possible adoptions of available animals into the home best suited to their personalities.

Contact
1515 N. Edgeworth
(248) 548-3058
www.romi.gov/roas

Hours
Wednesday-Friday, 4:00 - 7:00 pm
Saturday, 11:00 am - 3:00 pm
Closed Sunday

Adoptable Royal Oak Animal Shelter pets can also be viewed by visiting www.adoptapet.com
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

Calendar of Events at the Market:

December
5 Thurs Holiday Magic Marketplace (4:00 - 9:00 pm)
11 Wed Food Truck Rally with Santa (5:00 - 9:00 pm)
14 Sat RDE Mitten Market
19 Thurs Jingle Bell Jazz - ROHS Marching Band
(6:00 - 9:00 pm)

January
4 Sat New Year /New You Expo (7:00 am - 1:00 pm)
8 Wed Food Truck Rally (5:00 - 9:00 pm)
13 Mon Preschool & Child Care Information Night
(7:00 - 8:30 pm)
18 Sat Royal Oak Toy Show (9:00 am - 2:00 pm)
30 Thurs Soup Bowl 2020 (5:00 - 9:30 pm)

February
12 Wed Food Truck Rally (5:00 - 9:00 pm)
13 Thurs Veg Bash (5:00 - 9:30 pm)
15 Sat Sauerkraut Making Day (8:00 am - 12:00 noon)

March
10 Tues Primary Election Day (7:00 am - 8:00 pm)
11 Wed Food Truck Rally (5:00 - 9:00 pm)
12 Thurs St. Pat’s Celebration (5:00 - 9:30 pm)
14 Sat Bestest Concert Ever (5:00 - 8:00 pm)

Like us on Facebook!

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.
Your Water Bill is Changing in 2020

Royal Oak is launching a new stormwater utility in spring 2020. Property owners currently pay for stormwater costs in their water/sewer bills, and the charge is based on how much water they use. A new stormwater utility will redistribute these costs in a much fairer way. In the future, property owners will be billed based on how much stormwater runoff their property contributes.

More than 1,500 local governments across 40 states have enacted this type of utility, including the cities of Detroit, Ann Arbor and Birmingham.

Visit www.romi.gov/stormwater for more information.

Unpaid Water Bill?

Water utility bills which are unpaid for 90 days or more at November 1st will be added to the December 1st tax bill, starting with the December 1, 2019 tax bill. This gives the responsible payor one more opportunity to address their outstanding bill before it is turned over to Oakland County as an unpaid lien on the property. Likewise, water utility bills which are unpaid for 90 days or more at June 1st will be added to the July 1st tax bill.

Open House

On October 12, the Royal Oak Professional Fire Fighters Association, Local 431 held its annual open house event. Firefighters demonstrated a vehicle extrication, a stove fire, technical rescue from a second story using the ladder truck. The open house provides a chance for residents to meet the firefighter/paramedics that are ready to respond to any emergency, 24 hours a day and 7 days week, tour the fire station, see the fire trucks and ambulance up close and learn about fire safety and prevention. The Royal Oak firefighters would like to remind everyone to change the batteries in your smoke detectors and ensure they are in good working condition.

Fire Department Awards

Awards were presented to several firefighters by Chief Cummins at the October 14 City Commission meeting. Firefighters received life saving awards for performing life saving medical interventions on a call where a patient had no pulse and CPR was needed and a traumatic pedestrian/motor vehicle accident that occurred on a freeway. Three firefighters also received a Medal of Bravery award for the actions they performed to rescue a resident that was trapped inside of a house fire.
There’s no good way to find out about a burst pipe in your home — whether you just noticed a watery bulge in your ceiling or you woke up to a flooded kitchen.

Even a crack of just a few millimeters can lead to an ocean-sized leak in your home to the tune of hundreds of gallons of water a day. In fact, water damage due to burst pipes and other perils is the second-most filed insurance claim in the U.S. — with the average residential claim amounting to a whopping $10,000.

Warning signs of a burst pipe in your Home

It usually doesn’t take long to figure out if you have a damaged pipe in your home. From atypical sounds to weird smells and visible leaks, here are a few ways you can use your senses to detect hidden plumbing problems.

1. Listen up - If you hear bubbling, whistling, or banging and clanking when you use the sink or flush the toilet, it could be a sign of a broken pipe.

2. Do a sniff test - If drains, sinks, or other areas of your house emit weird odors, there’s a possibility that sewage isn’t being properly transported from your house through its pipes. And if the water from your faucets has an unpleasant smell, it could be a sign of corrosion or contamination in your plumbing system.

3. Take a look around - Bulging and discoloration of your home’s walls and ceiling can signal a burst pipe. If you notice damp drywall or ceiling tiles, puddles of water, or any other visible leaks, it’s wise to get a professional inspection as soon as possible.

4. Other signs - If you’ve been using the same amount of water as usual but your water bill suddenly skyrockets, it might be an indicator of a broken pipe or other plumbing issues. The same can be said for frequent backups or clogs, as well as little to no water pressure when trying to use the dishwasher, laundry machine, or any other faucet in your house.

How to Prevent a Burst Pipe

Freezing temperatures can be the most common culprit of burst pipes. Since water expands when frozen, it can cause the pressure inside the pipe to increase until it bursts. That being said, there are a few preventative measures you can take before cold weather overwhelms your plumbing system, causing a pipe to burst in your home:

- If you have a sprinkler system and/or swimming pool, drain it per the manufacturer’s or installer’s instructions.
- After removing and storing your garden hoses in the garage, turn off the water valves to outdoor faucets. Keep the outside valve open, however, in order to let any remaining water escape. This also allows water sitting in the pipe to freeze and expand without busting it open.
- Check for any exposed pipes in unheated areas of your house — like your basement, attic, garage, crawl space, and under bathroom and kitchen sinks. Insulate both hot and cold water pipes with pipe sleeves or heat tape, which you can find at a hardware store.
- Try to keep your garage door closed as much as possible if there are water supply lines in the garage.
- If you go on vacation during the winter months, leave your heater on, set to 55 degrees at minimum.
- Consider whether it makes sense for your household to shut your water supply off at the meter when you are going to be gone for a length of time (vacations, snowbirds, etc.)
- Consider reading your meter yourself at regular intervals. While this won’t prevent a burst pipe, it will help you to quickly identify high water use and reduce your potential exposure to a high bill.

Remember – the Treasurer’s office is here to assist you in understanding your water bill. Please call us at 246-246-3140 with your questions.
Public Advisory for Drinking Water Customers in the City of Royal Oak

October 29, 2019

In 2018, the Michigan Safe Drinking Water Act’s “Lead and Copper Rule” was amended to better detect lead in drinking water and protect your health. These changes require communities to focus sampling at lead service line locations, increase the number of sampling locations, and draw multiple samples from each location. This new, more rigorous sampling method is expected to result in higher lead results found at sample sites, not because the water source or quality has changed, but because of the Rule’s more stringent sampling procedures and analysis.

The City of Royal Oak has been conducting testing of tap water in homes with lead service lines for lead and copper in accordance with this Act since 1992. During the 2019 monitoring period, the city collected samples from 30 sites with known lead service lines. ‘Service lines’ are the pipes that connect homes to the city’s water mains. Out of 23,741 total service connections, the city estimates 6%, or approximately 1,400 services, were constructed with lead or lead-containing materials.

Eight of the 30 sites tested exceeded concentration levels of 15 ppb (parts per billion). Compliance testing procedures require water in the plumbing to sit stagnant for a minimum of six hours prior to testing. 15 ppb is the concentration ‘Action Level’ established by the Michigan Safe Drinking Water Act to evaluate corrosion control. When concentration levels exceeding 15 ppb are found within the 90th percentile of samples taken during a monitoring period, the water supply is required to take additional public education and sampling actions. The Action Level is not a health-based standard, and this exceedance is not a violation of the Michigan Safe Drinking Water Act.

The City of Royal Oak’s 90th percentile value for samples taken during the most recent monitoring period was 23 ppb.

In response to these results, the City of Royal Oak will increase both the frequency of monitoring and the number of sites tested. This additional information will provide important data for state and city officials to determine what additional actions may be required in order to bring the 90th percentile value below 15 ppb in subsequent biennial monitoring periods.

Although these results are site-specific and can vary between homes, the City of Royal Oak would like to share some recommended actions that all of our residents can take to reduce exposure to lead, since exposure to lead can cause serious health problems if too much enters your body from drinking water and other sources.

Lead can enter drinking water when in contact with older pipes, solder, interior plumbing, and older fittings and fixtures that contain lead, particularly when water has remained still, or stagnated, for extended periods. Homes with lead service lines have an increased risk of having high lead levels in drinking water. The following tips can help reduce exposure to lead:

- **Run your water before consuming.** The more time water has been sitting in your home’s pipes, the more lead it may contain. Therefore, if your water has not been used for several hours, run the water before using it for drinking or cooking. This flushes stagnant water from the pipes.

Additional flushing may be required for homes that have been vacant or have a longer service line, however the following provides a good guideline:

  - If you do not have a lead service line, run cold water for 30 seconds to two minutes, or until it becomes cold or reaches a steady temperature.
  - If you do have a lead service line, run cold water for at least five minutes to flush water from the plumbing of your home and the lead service line.

- **Consider using a filter to reduce lead in drinking water.** The Michigan Department of Health and Human Services recommends that any household with a child or pregnant woman use cold water and a certified lead filter to remove lead from their drinking water, especially when preparing baby formula.

  Look for filters that are tested and certified to NSF/ANSI Standard 53 for lead reduction. Be sure to maintain and replace the filter device in accordance with the manufacturer’s instructions to protect water quality.

- **Do not use hot water for drinking, cooking, or preparing baby formula.**

- **Boiling will not reduce the amount of lead in water.**

- **Clean your faucet aerator to remove trapped debris.**

- **Check whether your home has a lead service line.** If you are unsure whether your home is serviced by a lead service line, the following link provides a useful tool to assist you in determining your home’s service line material: www.romi.gov/leadtesting.

- **Have your water tested for lead.** The Michigan Department of Environment, Great Lakes, and Energy (EGLE) publishes a list of state laboratories that are certified for lead testing at www.michigan.gov/EGLElabs. The Oakland County Health Division also offers testing kits. For more information, contact the Oakland County Health Division at (248) 858-1280.

  Health-related questions can be directed to the Oakland County Nurse on Call at (800) 848-5533 or noc@oakgov.com.

  In the coming weeks, the City of Royal Oak will be providing additional informational resources as part of a comprehensive public education campaign. Additional information regarding the new regulations and lead safety can be found on the City of Royal Oak’s website at: www.romi.gov/leadtesting or on the EGLE website at: www.michigan.gov/MILeadSafe.

Thank you for your attention to this important matter.
Here at Thrive Chiropractic, you can be seen by just by walking in (no appointment required) six days a week. We are located in heart of Troy Mi, and are open 6 days a week to service you and your health needs.

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Troy Michigan 48084

248-574-WELL (9355)
thrivechiropractic@outlook.com

www.ThriveChiropracticTroy.com
Preschool/Child Care Information Night
Meet representatives from over 25 area preschools and child care providers at the **21st Annual Preschool/Child Care Information Night** on Monday, January 13 from 7:00 to 8:30 pm at the Royal Oak Farmers Market. No registration is necessary and parking is free in the Royal Oak Farmers Market lot for this event.

Friends Annual Book Sale: March 5–8, 2020
Visit the library for the **Friends Annual Book Sale, March 5 - 8**. Thousands of gently used and new books and DVDs for all ages will be on sale. Proceeds from the sale directly support library programs. The Friends Member Preview Night kicks off the sale on Thursday, March 5, 5:00 - 8:00 pm. Memberships, which start as low as $10, can be purchased at the door. Regular sale hours are 10:00 am - 5:00 pm on Friday, March 6; 10:00 am - 3:00 pm on Saturday, March 7; and 1:00 - 4:00 pm on Sunday, March 8.

Coming Soon:
The Daily Tribune Will be Available in Digital Format!
For the first time ever, the Daily Tribune will be digitized, fully indexed, and searchable from any computer. Royal Oak Public Library was able to complete this project through generous support provided in memory of Jane Carpenter. The digitization project is expected to be completed in early spring 2020.

There’s Something for Everyone at the Library!
ROPL prides itself on providing programming that spans all age groups and varying interests. Check out the program calendar at ropl.org to learn more about all of the events, classes, and workshops going on for FREE this winter and spring. There’s something for everyone!

**New this year:**
- Beginning computer classes for seniors
- Cooking demos from a professional chef
- ESL conversation group
- Adulting 101 classes to learn life skills
- And so much more!

**Youth Program Highlights:**
- **Story Times for all ages**
- **Story Time Together Bags** are a new, fun way to make stories come alive for children. Each bag contains numerous books (fiction and nonfiction), CDs, song and rhyme sheets, and puppets that center around a specific theme. The entire bag can be checked out for three weeks and is ideal for parents and teachers to use with preschoolers.
- **Plus**, arts and crafts programs, STEM programming and more!

Registration required for most programs. Check ropl.org for a complete list or call the Youth Services Desk at 248-246-3725.

Above is just a sampling of ROPL’s many winter programs. Visit ropl.org for the complete list or pick up a copy of the Leaflet.
Royal Oak Needs Your Help!
As part of the plan to remove lead service lines from the city’s water system, the Department of Public Services is working to complete a full, accurate inventory of lead service line locations. You can help by performing a simple test to determine what material your water line is made of and submitting the information online.

To take the test and submit your results, visit www.romi.gov/leadtesting

Thank you!

Shovel It Forward
The Royal Oak Department of Public Service is always ready to take on a snowstorm but ensuring people can move about our community safely after a snowfall requires more than plows. It takes a team effort. This winter, the City of Royal Oak is asking all property owners – residential and commercial – to join the Shovel It Forward movement and keep our sidewalks free of snow and ice. When sidewalks are clear, we increase the safety and mobility of everyone – from those with disabilities to school kids to first responders.

5 Things You Can Do to Shovel It Forward
1. Apply the 7-10 rule. Anytime it snows between 7 a.m. and 7 p.m., pledge to clear your walks by 10 p.m. If it snows between 7 p.m. and 7 a.m., pledge to clear your walks by 10 a.m.
2. Help your elderly or disabled neighbors remove snow and ice from steps and sidewalks.
3. Shovel your entire sidewalk. Wheelchairs need at least 36 inches to pass.
4. If your property is adjacent to curb ramps or bus shelters, pledge to help keep them clear of snow and ice.
5. Know someone who wants to keep his or her sidewalk clear but just can’t? Go to romi.gov/shovelitforward for a list of resources.

Holiday Magic Marketplace
Thursday, December 5
4:00 - 9:00 pm
Royal Oak Farmers Market
Over 75 crafters featuring unique gifts for all your holiday shopping needs.

Great holiday shopping – Visit with Santa!