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Royal Oak Celebrates 100 Years!

A COMMUNITY COLLABORATION:





Royal Oak RECREATION



Browse through the variety of programs offered for youth and adults.



Acting Out Kids Community Theatre

www.aoktheatre.org

Junior Theatre – In Person

Ages 3 ½ - 6 years

Kids will have fun learning basic acting and improv skills by playing a variety of acting and improv games designed for our youngest performers. This class will focus on creativity, imagination, and pretend play. Perfect for kids that love to act and have a flair for drama! Minimum 8 students. **Face masks will be required.**

For the Junior Theatre class, in order not to disrupt or inhibit the students, parents will not be allowed in the classroom during the class. Since this is only a 30-minute class and due to the young age of the students, parents will be required to wait in the building during class.

Session 1

Mondays at Salter Community Center

June 21 - July 19, 1:00 - 1:30 pm **YA6001**

Fee: \$75 / 4 weeks

No class July 5

Session 2

Mondays at Salter Community Center

August 2 - 23, 1:00 - 1:30 pm **YA6003**

Fee: \$75 / 4 weeks

Acting and Improv – In Person

Ages 7 - 12 years

Kids will learn acting, improv and public speaking skills through a variety of acting and improv games, activities, monologues and skits. This class is great for building confidence, making new friends and having lots of fun! Minimum 8 students. **Face masks will be required.**

Session 1

Mondays at Salter Community Center

June 21 - July 19, 1:45 - 2:30 pm **YA6002**

Fee: \$75 / 4 weeks

No class July 5

Session 2

Mondays at Salter Community Center

August 2 - 23, 1:45 - 2:30 pm **YA6004**

Fee: \$75 / 4 weeks

Acting and Improv – Online

Ages 7 - 12 years

Kids will learn acting, improv and public speaking skills through a variety of acting and improv games, activities, monologues and skits. This class is great for building confidence, making new friends and having lots of fun! Minimum 8 students.

Session 1

Wednesdays, ONLINE

June 2 - 23, 5:30 - 6:15 pm **YA6101**

Fee: \$75 / 4 weeks

Session 2

Wednesdays, ONLINE

July 7 - 28, 5:30 - 6:15 pm **YA6103**

Fee: \$75 / 4 weeks

Teen Acting and Improv – Online

Ages 11 - 16 years

Teens will learn acting, improv and public speaking skills through a variety of acting and improv games, activities, monologues and skits. This class is great for building confidence, making new friends and having lots of fun! Minimum 8 students.

Session 1

Wednesdays, ONLINE

June 2 - 23, 6:30 - 7:15 pm **YA6102**

Fee: \$75 / 4 weeks

Session 2

Wednesdays, ONLINE

July 7 - 28, 6:30 - 7:15 pm **YA6104**

Fee: \$75 / 4 weeks





Summer Camps

www.leisureunlimited.net

Sports Starters (preschoolers, ages 3 - 5)

Your toddlers will love this first introduction to sports. Kids will improve their large muscle movement and hand-eye coordination as they throw, catch, kick, run and play silly games. Our experienced coaches will make sure your little ones have a positive and fun learning experience. Wear gym shoes and bring a water bottle. **Kids must be three by the first day of class.** Minimum 10 campers. Instructor: Coach Dave, Leisure Unlimited. **Face masks will be required.**

July 19 - 23 at Salter Community Center YA2001

Monday - Friday, 12:45 - 1:35 pm
\$60 / 1 week

Tee-Ball Camp (ages 4 - 6)

Make a hit with your youngster this summer. Kids will learn throwing, base-running, catching, batting and fielding. Directions are easy-to-follow. Fun, progressive drills allow kids to advance at their own pace in a safe, nurturing environment. Players will learn the importance of effort, teamwork and sportsmanship. Wear gym shoes and bring a water bottle. Mitts are optional. Minimum 10 campers. Instructor: Coach Dave, Leisure Unlimited. **Face masks will be required.**

July 19 - 23 at Salter Community Center YA2002

Monday - Friday, 2:00 - 3:15 pm
\$81 / 1 week

Soccer Starters Camp (preschoolers, ages 3 - 5)

Our enthusiastic coaches will teach your kids the basic kicks, how to score, goalie work, throw-ins, positions, and rules. Our emphasis is on teamwork, self-confidence, and effort in a safe and nurturing environment. Wear tennis shoes and bring a water bottle. **Kids must be three by the first day of class.** Minimum 10 campers. Instructor: Coach Dave, Leisure Unlimited. **Face masks will be required.**

August 16 - 20 at Salter Community Center YA2003

Monday - Friday, 12:45 - 1:35 pm
\$60 / 1 week

Basketball Camp (ages 6 - 9)

Jump into basketball! Progressive drills help players improve their individual and team skills. In-class scrimmages allow kids to develop better game comprehension. Emphasis is on sportsmanship and teamwork. Wear gym shoes and bring a water bottle. Minimum 10 campers. Instructor: Coach Dave, Leisure Unlimited. **Face masks will be required.**

August 16 - 20 at Salter Community Center YA2004

Monday - Friday, 2:00 - 3:15 pm
\$81 / 1 week

Summer Youth Dance

Little Dancers

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

Intro to Dance

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

Instructor, Miss Kim

Salter Community Center

\$48/6 weeks

Wednesdays, June 23 - July 28 (6 weeks)

5:00-5:45 pm	Little Dancers (3 & 4 year olds)	YD2202
6:00-6:45 pm	Little Dancers (4 & 5 year olds)	YD2203
7:00-7:45 pm	Intro to Dance (K - 2nd grade)	YD2204



Class Attendance Protocol



Masks required



Class sizes limited



Registration required



**If you are sick,
please stay home**

TumbleBunnies Gymnastics

www.tumblebunnies.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's required. Minimum of 8, maximum of 12 students per session. **Parents must wear a mask.**



Tuesdays at Salter Community Center

June 22 - August 10, 9:30 - 10:00 am **YA3009**
Fee: \$106 / 8 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, maximum of 12 students per session. **Parents and students must wear masks.**

Tuesdays, June 22 - August 10 at Salter Community Center

Fee: \$106 / 8 weeks

Bizzy Bunnies, 3 - 4 year olds, 10:15 - 10:45 am **YA3010**

Happy Hoppers, 5 - 7 year olds, 11:00 - 11:30 am **YA3011**

Royal Oak Symphony Orchestra

For updates visit: www.royaloakorchestra.org

Royal Oak Concert Band

For updates visit: www.royaloakconcertband.org

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

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. The instructor, Han Hoong Wang, is licensed to instruct through the Chinese government and has been teaching more than 30 years. **Face masks required.**

Tuesdays - 15 student maximum per class

Tai Chi Single Fan

Should know basic hand form.

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

June 22 - August 10 at Senior/Community Center - Room 8 & 9

Fee: Res. \$64; Non-Res. \$69 / 8 weeks

Chen Style Saber

Should know basic hand form.

Tuesday, 7:45-8:45 pm **AF2004**

June 22 - August 10 at Senior/Community Center - Room 8 & 9

Fee: Res. \$64; Non-Res. \$69 / 8 weeks

Thursdays - 25 student maximum per class

Yang Family Tai Chi 103 Form

22 Essential Form & Tai Chi Ruler

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

June 24 - August 12 at Salter Center Gym

Fee: Res. \$64; Non-Res. \$69 / 8 weeks

Wushu Basic Long Staff

Should know basic hand form.

Thursday, 7:45-8:45 pm **AF2002**

June 24 - August 12 at Salter Center Gym

Fee: Res. \$64; Non-Res. \$69 / 8 weeks



Adult Fall Softball

Royal Oak Recreation will begin open adult softball team registrations on Thursday, July 8. Registration deadline is Friday, August 6 **or when league sells out.**

League Offerings:

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

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

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

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

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

Awards: Season Champion receives 15 individual awards.

ASA rules and regulations govern all leagues. **League games will begin the week of September 7** (Monday league will begin September 13). Teams may begin and end a game with eight players.

Managers: Teams can pick up supplies after August 24. Schedules will be emailed on August 24.

NO SPOTS RESERVED

You are officially in the league when payment of \$600 and completed team application is received in the Recreation Office.

For information call 248-246-3180.

Register online at royaloakrec.com

Activity Cancellation

Due to bad weather – 248-246-3187

When Royal Oak Schools are closed, Recreation Department classes held in school facilities are cancelled.

Special Thanks

A special thanks to the Royal Oak School District for the excellent City-School cooperation which allows us to provide numerous activities in school facilities.

Who to Contact

John Lindell Ice Arena	248-246-3950
Swimming	248-435-8500 ext. 1148
Metro Detroit Youth Clubs – Jack & Patti Salter Club (formerly Boys and Girls Club of SOC)	248-544-4166
RO Sandlot League	www.royaloaksandlot.com
Royal Oak Football Club (Youth Soccer)	www.royaloakfc.com
Royal Oak Titans (Youth Football)	www.royaloaktitans.org
Royal Oak Hockey	www.royaloakhockeyclub.com

Happy Memorial Day!

Monday, May 31, 2021



Are You Ready for Some Football or Cheerleading?

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

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

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



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

www.royaloaktitans.org



PLEASE REGISTER EARLY
to ensure your spot in class. Any classes
not meeting minimum enrollment requirements
three business days prior to start date may
be subject to cancellation.

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. Maximum 24 students.

Thursday, 6:20 - 7:15 pm Instructor: Angie M

July 1 - August 19 at M/M Senior/Community Center **FF2002**

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

Fit Mix

This class includes the essential components of fitness: cardio, strength, core and flexibility. Cardio portion includes warm-up, aerobic drills and combos. Hand weights are used during strength segment, followed by core work and a series of controlled, static stretches to enhance range of motion and release stress. Bring a mat, hand weights and water. Maximum 24 students.

Monday, 5:50-6:45 pm Instructor: Karen B

June 28 - August 23 at M/M Senior/Community Center **FF2005**

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

No class July 5

Stretch Relief **Special Summer Offering!**

Life's challenges stressing you out? By moving through a variety of functional, flowing as well as controlled, concentrated stretches for the entire body, you will clear your mind, soothe your spirit, increase circulation and enhance range of motion. Includes proper form, breath awareness, and relaxation techniques plus basic balance and core moves. Bring a mat and wear loose, comfortable clothing. Maximum 24 students.

Monday, 7:05-8:00 pm Instructor: Karen B

June 28 - August 23 at M/M Senior/Community Center **FF2032**

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

No class July 5

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. Maximum 24 students.

Thursday, 7:35-8:30 pm Instructor: Joli P

July 1 - August 19 at M/M Senior/Community Center **FF 2017**

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

Mat Pilates **New location for Summer**

Pilates, a non-impact deep muscle conditioning method, strengthens the body's "powerhouse" – the abdominal, gluteal and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Bring a mat and light weights. Maximum 24 students.

Wednesday, 6:20-7:15 pm Instructor: Ginger V

June 30 - August 18 at M/M Senior/Community Center **FF2014**

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

Total Body Conditioning

Build muscle strength and endurance and burn more calories for safe, fast results with this 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. Maximum 24 students.

Tuesday, 6:20-7:15 pm Instructor: Angie M

June 29 - August 17 at M/M Senior/Community Center **FF 2010**

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

FACE MASKS REQUIRED



**Masks
required**



**Class sizes
limited**



**Registration
required**



**Stay home
if sick**



First Serve is excited for the opportunity to provide tennis classes through Royal Oak Parks and Rec! We are honored that Laura Rizzo-Burleigh from Luv All Tennis has entrusted us with the business that she put so much blood, sweat, tears, heart, and soul into. We consider Laura a mentor, a colleague and a friend.

At First Serve we love to share the joy and freedom of movement with kids and adults. We teach kids fierce competition tempered with good sportsmanship.

Our lesson plans and competitions are based on the latest research and guidelines from the top youth sports and tennis programmers in the country. We understand that kids learn more when they are having fun and that kids are less likely to quit sports when sports are fun.

We teach fundamental athletic skills that apply to all sports and support multi-sport athletes.

Our goal is to make tennis more accessible and more fun to more people, especially kids!

Please feel free to contact our tennis director, Chip Fazio, USPTA Elite Professional, with any questions or concerns: chipfazio@gmail.com or 313-670-3277. Also check us out on facebook.com/firstservemi



Location

All classes take place at the **Worden Park Tennis Courts** on Lexington, north of 13 Mile Road east of Crooks Road next to the Lindell Ice Arena (behind green Total Soccer building).

Pre-registration for all classes is required online at www.ifirstserve.net

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

Spring Outdoor Tennis Lessons

Sundays, May 23 - June 20 (4 classes)

No class May 30

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	2:15-3:00 pm	\$64
Ages 7-12 years	3:00-4:00 pm	\$64
Ages 13 - Adult (<i>adults welcome</i>)	4:00-5:00 pm	\$64

Summer Outdoor Tennis Lessons

Saturday mornings, June 26 - August 7 (6 classes)

No class July 3

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	9:15-10:00 am	\$96
Ages 7-12 years	10:00-11:00 am	\$96
Ages 13 - 18	11:00 am-12 noon	\$96

Thursday evenings, June 24 - July 29 (6 classes)

Class / Ages	Time	Cost
Pee Wee Tennis, ages 4-6 years	5:45-6:30 pm	\$96
Ages 7-12 years	6:30-7:30 pm	\$96
Ages 13 - Adult (<i>adults welcome</i>)	7:30-8:30 pm	\$96

In-House Mixed Doubles League

Wednesdays, May 12 - June 16

Rain make-up: Friday, June 18

\$84 / 6 weeks

This is for advanced beginner players (3.0+ NTRP). Questions? Contact Coach Chip at chipfazio@gmail.com or 313-670-3277.

Singles Flex League

A tennis league on your schedule. We will group you into a "flight" with 6 to 9 other players of similar ability. You contact each of the people in your flight and schedule a match at a time and place that is convenient for both of you. Report the scores to us. We post the standings online. Get all your matches in by the end of August. Awards for champ and runner up in each flight are given out at the end of the summer.

Adult Flex League

Beginner – Entry level players to low 3.5 NTRP rating (UTR 2.0 to 4.0)

Intermediate to advanced – High 3.5 to 4.5 NTRP (UTR 4.5 to 7.5)

Kids Flex League

Green ball – Kids can keep score and serve with some reliability. They do not yet have reliable topspin and do not have reliable directional control. Usually 11yrs and younger, but older beginners are fine.

Yellow ball – Can score, serve and rally reliably. Can hit with topspin and directional control on 70% or more of their shots.

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



Four Seasons Preschool provides a safe and caring environment where children feel secure and learning is a positive experience. Our goal is to have the children leave the program with a positive sense of self, a joy of learning, and the skills they need to enter kindergarten.

Learning takes place through the use of many hands-on activities based on a developmentally appropriate curriculum. The children are taught using a theme based approach. As each new interesting theme is introduced the children's natural curiosity and joy of learning is enhanced and their knowledge expanded in a variety of areas.

Four Seasons Preschool understands the importance of playtime, because children learn through play. Children also need space and plenty of materials on hand to explore and manipulate to enhance their learning experience. These needs are met in a very large classroom filled with many materials that encourage creativity, dramatic play, science experimentation, construction, fine and gross motor development and socialization skills.

Preschool should be a lot of fun and a great experience for children. We realize this and plan a curriculum that is interesting and enjoyable for the children.

We are located in the Mahany/Meininger Senior Community Center, 3500 Marais (1 block north of 13 Mile, 3 blocks east of Crooks).

Registration for the 2021-2022 school year is available at
www.royaloakrec.com

2021 - 2022 Class Schedule and Pricing

Tues/Thurs Morning, 8:30 - 11:00 am

PRE2021-R3

FULL

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

PRE2021-R1

FULL

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/Wed/Thurs Afternoon, 12:15 - 2:45 pm

PRE2021-R2

**LIMITED
OPENINGS**

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



Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain & improve Royal Oak's two nature preserves, Cummingston Park and Tenhave Woods. They are also developing the Royal Oak Arboretum behind the Senior Center. If you are interested in joining the conservation effort or just need more information, please phone us at 248-246-3380 and leave a message, e-mail us at naturesociety@romi.gov, 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 & maps showing the location of the two nature parks and the Royal Oak Arboretum can be found on our website.



Speaker Programs

Our monthly general meeting/speaker programs are normally scheduled from October to April at the Royal Oak Senior Center which is located at 3500 Marais. At our monthly Wednesday meetings, we present speaker programs that are usually Power Point presentations focusing on various natural history topics. If you watch nature programs on PBS or the Discovery Channel, this is better because you can meet with the speakers afterwards and ask questions. There is no cost and normally preregistration is not necessary.

Nature Walk Schedule

There is normally at least one naturalist lead walk per month with additional ones added during the spring wildflower and fall color seasons. The walks take place at Cummingston Park, Tenhave Woods and the Royal Oak Arboretum. An emphasis is put on understanding the different forest types found in our parks. Further information is given on individual plant and animal species, geology, and human history of the area. 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. There is no cost and normally preregistration is not necessary.

Royal Oak Nature Society Friends of Fungi

Friends of Fungi is a group that promotes the understanding of, and an appreciation for, fungi in general and those fungi found in Tenhave, Cummingston, and other local urban woods. Mary Fredricks and Karen Blenc head this group. The group normally meets on the 2nd Wednesday of the month in November, January, February, and March at the Royal Oak Senior Center located at 3500 Marais. There is no cost and normally preregistration is not necessary.

As of now because of COVID 19, we do not have any speaker programs or nature walks scheduled. If we do, we will post them on our website and Facebook page. While we still have COVID-19 restrictions, there will be preregistration for our virtual speaker programs, nature walks and Friends of Fungi meetings.

COVID-19 Assistance

If you are experiencing a loss of employment or significant reduction in income due to COVID-19, you may be eligible for free financial assistance.



Up to 6 Months of Free Rent Assistance

unpaid rent and/or utilities



Legal Aid & Defender Association @ (313) 967-5555

Lighthouse @ (248) 920-6000 ext: 5500



Up to 6 Months of Free Food



Lighthouse @ (248) 920-6000 ext: 5500

The City of Royal Oak has partnered with LADA & Lighthouse to keep residents from being evicted and feed those in need during the pandemic. Contactless opportunities are available to all residents.

Registration Information

How to Register for Programs and Classes

Registration begins on May 12 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.

***Due to COVID-19, please call and make sure our office is open.**

Refunds

Refunds will be granted up to one week prior to the start of a class or camp, less a \$5 service fee. Refunds will be granted after the first week of class less a \$10 service fee. **NO REFUNDS WILL BE GRANTED AFTER THE SECOND WEEK OF CLASS. NO REFUNDS ONCE A CAMP HAS STARTED.** No refunds on one-day classes. Allow 3 weeks for refund check. Fees charged on credit cards must be credited back to your credit card, **LESS SERVICE FEES INDICATED.**

NOTE: Children should not accompany their parents to classes designated for adult participants only.

Senior Center classes are open to adults of all ages who are available for daytime activities.

How to Register for Programs Online

www.royaloakrec.com

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

Open Online Registration May 12

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)

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 _____

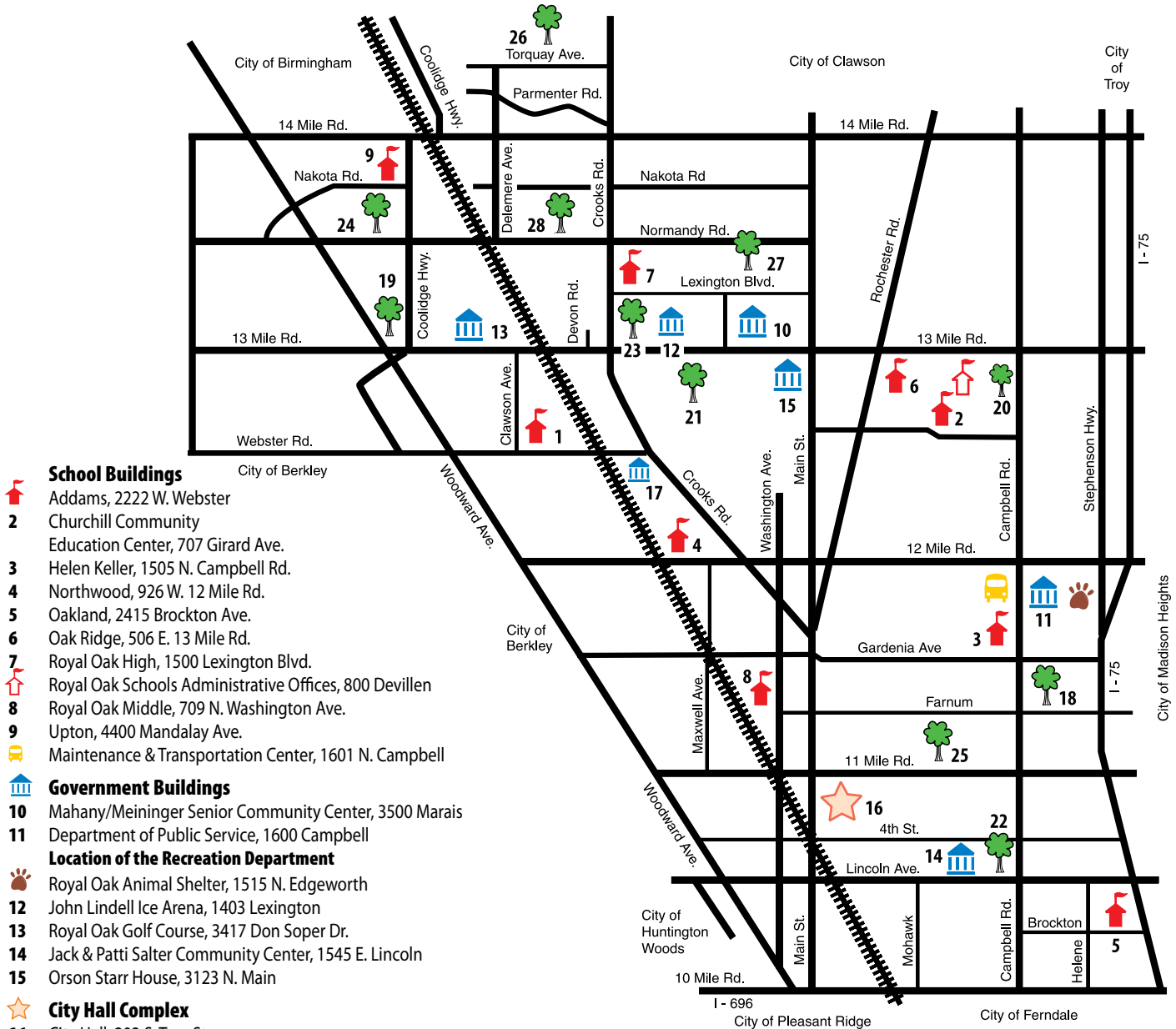
Cardholder Name _____ Expiration Date _____

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 _____

City of Royal Oak



Picnic Shelter Rental

Picnic shelters are available for rent at Starr Jaycee, VFW, Memorial and Normandy Oaks Parks. Royal Oak residents and businesses may secure rental permits beginning January 4 through March 31 for the 2021 season. Non-residents may apply beginning April 1.

Please call 248-246-3180 for rental rates and availability. Due to COVID-19, all rentals will be processed online only at www.royaloakrec.com. We will begin processing rentals for 2021 on January 4 at 8:30 am.



@RO_Ice_Arena



facebook.com/Lindell.Ice.Arena

1403 Lexington BLVD.

Royal Oak MI 48073

248.246.3950

ROYALOAKICEARENA.COM

JOHN LINDELL
ICE ARENA
ROYAL OAK



LEARN TO SKATE

Where it all begins.

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

OPEN SKATING



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

SK8 JAMZ



OPEN SKATE WITH MUSIC & LIGHTING

ALL AGES ARE WELCOME.

Skate rental is included in the admission price
Check schedule for days and times.



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 WOMEN'S LEAGUE

for Beginners to Intermediate Ability

Two games per week from
May through July

Individual Registration – Jersey included



ADULT HOCKEY LEAGUE

Summer League:

JUNE - MID AUGUST

Fall/Winter League:

SEPTEMBER - MARCH

Spring League:

APRIL - JUNE



DROP IN HOCKEY

18 and up-full equipment

Come in to play a competitive game of hockey with fellow adult skaters.

STICKS & PUCKS

Open to all ages. full equipment required



- 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 2020 www.suburbanhockey.com

For more information on any of these programs, please visit

ROYALOAKICEARENA.COM

Leo Mahany / Harold Meininger Senior Community Center

3500 Marais • (248) 246-3900 • www.romi.gov

Jack & Patti Salter Community Center

1545 E. Lincoln

We are a team that values integrity, approaching all situations with a positive attitude, and creating an environment of respect, fairness, and empathy.

Code of Conduct

- Live the Golden Rule
 - Embody Honesty
 - Act with Patience
 - Take Responsibility
 - Listen Attentively
- Communicate Effectively
 - Lead by Example
 - Be Proactive

Live Royal Oak

Drop in either community center Monday through Friday. Pick up our monthly newsletter, *Times*. Start enjoying opportunities for lifelong education, fitness, and leisure activities. Try a great meal at **Tim's Kitchen** (M/M Center) for \$3.50. The staff is committed to working with and for seniors to develop activities and services that support their efforts to remain healthy, active and independent.

Mission Statement:

The City of Royal Oak offers mature adults opportunities for lifelong education, fitness, nutrition and leisure activities. Supportive services that promote independence and quality of life are available for residents who are 62 and over or permanently disabled adults.

The City of Royal Oak's Recreation Department does not discriminate against any program participant or applicant for participation because of actual or perceived race, color, religion, national origin, sex, age, height, weight, condition of pregnancy, marital status, physical or mental limitation, legal source of income, family responsibilities, sexual orientation, gender identity, or HIV status of person, that person's relatives, or that person's associates or for any other reason(s) prohibited by law. The City of Royal Oak will take affirmative action to insure that all practices are free from such discrimination.

Royal Oak Seniors Resource Center

Stop by the Senior Resource Center for brochures from businesses with products and services for older adults. If you are a business owner and would like to display your brochures at the Resource Center, please call (248) 246-3900 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

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.

Covid -19 Helplines

Oakland County Nurse on call / Vaccine information	800-848-5533
State of Michigan	888-535-6136
OR email Covid19@michigan.gov for help with finding masks, COVID-19 testing, or to speak with a Health and Human Services Counselor.	
Oakland County Health Department: Help Hotline	248-858-1000
Option 3 for non-health needs and community resources, food, and housing.	
Community Housing Network	888-441-1742
..... www.oaklandhomeless.org	
Information and applications available for COVID Emergency Rental Assistance (CERA) and assistance with utilities and internet.	

Get Immediate Help in a Crisis

Disaster Distress Helpline	800-985-5999
For Spanish	Press 2
National Suicide Prevention Lifeline	800-273-TALK
For Spanish	888-628-9454
Veteran's Crisis Line	800-273-TALK (8255); Option 1
National Domestic Violence Hotline	800-799-7233
National Child Abuse Hotline	800-4-A-Child (800-422-4453)
National Sexual Assault Hotline	800-656-HOPE (4673)

Senior and Disabled Adult Services

Senior Counseling Service	248-476-2229
The Eldercare locator	800-677-1116
Area Agency on Aging Oakland County (AAA1b)	800-852 7795
Elder Law of Michigan	866-400-9164
Macomb – Oakland Regional Center (MORC)	866-593-7413
For support and information regarding MI-Choice Waivers.	
Disability Network of Oakland and Macomb (DNOM)	586-268-4160
Oakland Livingston Human Service Agency (OLHSA)	248-209-2600
OLHSA Grandparents Raising Grandchildren	248-209-2721
Michigan Aging and Adult Services Agency	517-241-4100
Administration for Community Living (ACL)	202-401-4634
Website: www.acl.gov/ site containing a wide array of information on programs for older adults and persons with disabilities.	
American Heart Association – Southeast Michigan	248-936-5800
Stroke Family Warmline	888-4-STROKE
Monday-Friday: 8:00 AM-5:00 PM	
Attorney General Consumer Protection Division	877-765 8388

Food Assistance

Food Bank Council of Michigan (SNAP hotline)	888-544-8773
Senior Project Market Fresh MSU Extension –	
Oakland Nutrition counseling	248-858-0904
Oakland Meals on Wheels (S. Central & SE)	248-689-0001

Rental Information

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

Royal Oak Senior Center presents

The Grand Experience

September 28 - October 1, 2021

\$908 per person double / \$1178 per person single

\$908 per person triple

\$425 deposit per person due May 7, 2021

Final payment due July 30, 2021



Indulge yourself on this three-day trip at Mackinac Island's legendary **Grand Hotel!** This annual trip has the most repeat travelers of any of our trips. There plenty of activities, tours and contests to keep you busy, or you can just relax and rock on the fabulous front porch. Your cost includes:

- Three nights at the beautiful and historic Grand Hotel (rooms assigned by the luck of the draw)
- Round-trip transportation on a luxury motor coach, to and from the Royal Oak Senior Community Center
- Round-trip ferry to Mackinac Island from Mackinaw City on Star Line
- Horse drawn taxi to and from the Grand Hotel
- Full breakfast each morning, tea and cookies each afternoon, and four-course dinner each evening
- Nightly demitasse
- Nightly dancing with the Grand Hotel Orchestra
- Special champagne reception
- Feature-length movies nightly
- Carriage Tour
- Baggage handling, tips and taxes at the Grand Hotel and on the ferries
- Golf at the Jewel Golf Course (\$30/person for nine holes, including cart; register at Hotel)
- Other planned activities include: Golf Putting and Chipping Contests (weather permitting), Bocce Ball Tournament (weather permitting), Bingo, Grand Hotel History lecture, self-guided walks, writing contest, discounts on bike rentals, photos and, of course, fudge!

No refunds after May 7, 2021. If the trip is cancelled by the Senior Center, you will get a full refund. If you cancel before the May 7 deadline, you will get a refund minus a \$15 cancellation fee per person. If you cancel after the deadline and the trip is still on, you will not get a refund unless we are able to fill your spot, in which case all monies paid will be refunded, less \$15 fee. Cancellation Insurance is strongly recommended.

You, your spouse, or your accompanying parent must be 50 or older to attend.

Senior Trips

At this time there are no day trips planned.

With the exception of the Mackinac Grand Experience trip, there are no other Extended or Day Trips planned for the rest of 2021. When we are able to offer any trips, they will be advertised in the *Times*, the Mahany/Meininger Senior Community Center monthly newsletter. The *Times* is available online (romi.gov), via subscription and at the Center's front door.

Summer Lunch and Learn Series

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.

Call the Senior Center at 248-246-3900 for more information and latest details on Lunch and Learn Lecture Series.



Class Attendance Protocol



Masks required



Class sizes limited



Registration required



**If you are sick,
please stay home**

Mahany/Meininger Center

Travel is Fun!

Call (248) 246-3900

Welcome Newcomers

1st Monday, 10:30 am
June 7, July 12, August 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.

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.

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.

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 www.duplicatebridge.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, 1:00 - 3:00 pm

Experienced players may drop in and play on Wednesday mornings. Players must follow National Mahjongg League rules only. 50¢ fee.

BINGO! Try Your Luck!

First Fridays, 12:30 pm

June 4, July 2, August 6

Royal Oak Senior Community Center
Hosts First Friday BINGO!

Due to the Pandemic the monthly BINGO could be held inside the M&M Senior Center, as Parking Lot Bingo or online. Please call the center to learn more of how our BINGO Games will be conducted, and for information on Prizes. Bingo is conducted solely for the amusement and recreation of the ROSC Guests.

Kerry Price on Piano

3rd Friday, 12:30 pm

May 21, June 18, July 16, August 20

Don't miss these musical programs written and performed by **Kerry Price**, sure to be both entertaining and educational. Please call the office for location of concerts.

M/M Community Senior Center Presents: Chat on the Patio with the Mayor

Wednesday June 2, 10:00 - 11:00 am

FREE

A1003

All residents are welcome to join Mayor Mike Fournier for a Question and Answer Chat outdoor event.

The Mayor welcomes the opportunity to visit with Royal Oak residents and personally discuss a variety of topics relevant to our vibrant hometown.

You can suggest a question to be personally reviewed with the Mayor by sending an email to Erink@romi.gov with subject line: "Chat on the Patio". All questions must be submitted by May 24.

Seating, water and yummy fresh donuts will be provided for all in attendance.

Please remember to follow the current masking and social distancing guidelines. Rain Date: June 9.

Thank you to **Woodward Corner Market** for refreshments donations for this event.

Rooting for Dads!

Curbside Father's Day Giveaway

Friday June 18, 1:00 to 1:45 pm

RSVP for a FREE old Fashioned "Root Beer Float" to go!

Call (248) 246-3900 to register by June 11.



Crochet Creations

Thursdays, 12:15 pm

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

Helping Hands

Tuesdays & Thursdays, 9:30 am

Do you like to knit or crochet? Drop by and become a part of this worthwhile group that makes hats, scarves, lap robes and afghans. Currently working with Beaumont Hospital, Judson Center and local churches and other charitable organizations.

Senior Sew

Tuesdays at 10:00 am

Come join us for a day of hand quilting, machine piecing quilt tops and socialization. If you're new and just getting started, we are happy to help. Bring sewing machine and your project. Drop-ins welcome. No fee.

Sit 'n Knit

Tuesdays, 1:00 - 3:00 pm

Come join in as we knit and visit! Share work in progress, tips and "show and tell" finished projects. A relaxing visit with others who share your love of knitting or a little knitting help. All knitters welcome, beginners and experienced.

"Star-Grabbers"

Amateur Astronomy Club

2nd & 4th Wednesdays, 10:00 am

Bill hosts an amateur astronomy club. His enthusiasm for astronomy compels him to share this interesting hobby and instruct individuals on the use of telescopes. Star Grabbers meet to discuss current astronomical events, view interesting lectures, and share personal viewing experiences.

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 Doctor

2nd Wednesday, 9:00 - 11:00 am

By appointment only.

Please call for dates.

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

Grief Support Group

Hospice of Michigan is sensitive to the ongoing impact of Novel Coronavirus (COVID-19) and the anxiety that you may be feeling. The safety of our patients, families, volunteers, and staff is our priority.

It is also our priority to continue to provide bereavement support to the communities we serve.

While we have suspended our face-to-face support groups, we are pleased to offer several opportunities to join virtual grief support groups to help.

For more information on how to contact Hospice of Michigan virtual support contact the Royal Oak Senior Center outreach department: 248 246 3900

Massage Therapy

By appointment only.

Please call for dates.

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.



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 May 2021

11:00 am - 12:00 pm

C1024SP

12:15 - 1:15 pm

C1025SP

OR

1:30 - 2:30 pm

C1026SP

\$35 / 60 minutes

Have your questions ready for Marta and be ready for an informative one-on-one session. Bring your laptop or Kindle, your Mac, tablet, Android or iPhone, and learn how to check your email or make sure your security is up to date. Call ahead to register and pay: 248-246-3900.

Creative Coloring for Grown-Ups

1st and 3rd Mondays, 10:30 am

June 7 & 21; July 19; August 2 & 23

\$2.00 drop-in material fee/per class

C1095

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:

- Reduce stress and insomnia.
- Improves concentration and eye to hand coordination.
- Boosts self-esteem when your friends and family see your finished results.



Painting – All Media

July 8 - August 26

C1027SU

Thursdays, 9:15 - 11:45 am

Fridays, 9:15 - 11:45 am

\$55 / 8 weeks

You must wear a mask at all times inside the building. Explore the exciting art world of watercolor or acrylic painting with instructor Mike Byrne! Beginners through advanced artists will work in beginning to finishing techniques. Mike Byrne is a past Vice President of the South Oakland Art Association and Past President of the Royal Oak Arts Council. He is a working artist in many mediums and accepts student artists from beginner to expert. Supply list is given at sign-up for those without any of their own supplies. Preregister.

Watercolor Painting

Fridays, 9:15 - 11:45 am

July 9 - August 26

C1029SU

\$55 / 8 weeks

You must wear a mask at all times inside the building. 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. Supply list is given at sign-up for those without any of their own supplies. Preregister.



Masks required



Class sizes limited



Registration required



Stay home if sick

Ballroom Dance Class

Mondays, 1:00 pm

Join instructor Bill Scheff on Monday afternoons to learn all the fancy footwork involved in Ballroom dancing. No partner is needed for participation. Feel free to drop in and watch anytime. \$5.00

Line Dancing

Fridays, Intermediate, 1:00 pm

Line dancing is not only fun but good exercise as well. And you don't need a partner. Join instructor Jeannette Forster and learn the hot country line dances. \$2.00 payable at each lesson. NO BOOTS.

Chair Exercise with Cindy

Wednesdays, 10:30 am

June 2 - July 7

C1034

July 14 - August 18

C1035

Fridays, 10:30 am

June 4 - July 9

C1036

July 16 - August 20

C1037

\$25 / 6 weeks

Improve your aerobic capacity, strength, balance and flexibility, doing a variety of fun exercises to music you will love! This class is designed to work gently but effectively on every area of the body, as well as emphasizing posture, coordination, and fall prevention, in a 45-minute workout. It is appropriate for those who have joint limitations, as well as for anyone who prefers a mostly-seated workout. Wear comfortable clothing and shoes, and bring a water bottle and hand-held weights if you wish. Pre-registration is requested.

Healthy Back Class

Wednesdays, 1:30 pm

June 2 - July 7

C1019

July 14 - August 18

C1020

\$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. Call (248) 246-3900 for more information. Active adults get great results.

Chair Yoga Exercise (DVD)

Mondays, 10:30 am

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.

Senior Pilates/Core Body Conditioning

Wednesdays, 8:30 am

June 2 - July 28 No class July 7 **C1005**

\$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. Connie is certified in YogaFit, TRX Suspension Training, Brains & Balance Past 60 Specialist, and Certified Personal Trainer. Instructor: Connie Bazy, Workout Connie, Inc.

Silver Foxes

Monday, Tuesday & Friday, 9:30 am

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

Sit Down & Tone Up

Tuesday, 10:30 am

A lively workout without leaving your chair. You'll build strength, stimulate bone growth and improve posture and balance. Work lower body and abs by using your leg's own weight (or bring ankle weights). Work upper body with 1 - 3 lb. weights. Video workout, free!

Tai Chi Basic & Chen Style

Thursdays, 9:15 am

June 3 - August 5

C1004SU

\$60 / 10 weeks

Tai Chi Basic exercises are for beginner and continuing. The class will include: Tai Chi warm-up, gentle stretching. Tai Chi walking and silk reeling and Tai Chi Ball Qigong, and section one of Chen Style Tai Chi old form.

Chair Yoga

Wednesdays, 12:30 - 1:15 pm

June 2 - July 7

C1033

July 14 - August 18

C1032

\$25 / 6 weeks

Fridays, 11:30 am - 12:15 pm

June 4 - July 9

C1039

July 16 - August 20

C1040

\$25 / 6 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

On back patio of Senior Center

Thursdays, 10:00 am

June 17 - August 5

C1014SU

\$40 / 8 weeks

Yoga creates many benefits in your overall health and wellness. Improve your strength, flexibility and sense of well-being with breath awareness and movement. Relax and rejuvenate to look and feel better. Please preregister. Instructor Noreen Daly.

Zumba Gold Drop-In

Thursdays, 11:00 am

\$5 drop-in

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, regardless of fitness level. No experience needed. Dress comfortably, wear dance shoes or sneakers. Bring water. Drop-In ONLY.



**Masks
required**



**Class sizes
limited**



**Registration
required**



**Stay home
if sick**

Drop-In Sports at the Salter Center

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.

- **Face masks must be worn at all times.**
- Maintain 6' social distancing while waiting for your turn to play.
- No congregating in the building before/after activity time.
- Remember to sign-in with contact information.
- Protocols subject to change.

***For reopening information, please check [facebook.com/ROParksand Rec](https://www.facebook.com/ROParksandRec)**

Pickleball

Pickleball is outdoors for the summer at Whittier and Upton Parks.



**FACE MASKS
REQUIRED
FOR ALL
ACTIVITIES.**

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.

- **Face masks must be worn at all times.**
- Maintain 6' social distancing if walking with people outside your household.
- Remember to sign-in every day, with contact information.
- No congregating in the building when you finish walking.
- Protocols subject to change.

***For reopening information, please check [facebook.com/ROParksand Rec](https://www.facebook.com/ROParksandRec)**

Senior Pilates

Tuesdays, 11:45 am - 1:00 pm

June 8 - July 27

SA2302

\$36 / 8 weeks

Tuesdays, 11:45 am - 1:00 pm

August 3 - Sept. 21

SA2301

\$36 / 8 weeks

Pilates is a neuro-muscular resistance control method of exercise designed to help develop strong, flexible muscles and better posture. This is a basic class with emphasis on gradual progression and strict body alignment and exercise form. Wear loose comfortable clothes and bring a mat. Instructor: Cheryl Baugh, ACSM, Certified Fitness Instructor. **Face masks required.**

Yoga

Tuesdays, 1:15 pm

June 8 - July 27

SA2321

August 3 - Sept. 21

SA2320

\$36 / 8 weeks

Yoga is a great way to deal with hypertension, back pain, headaches, stress, depression and even arteriosclerosis. Through a series of movements, postures and breathing techniques, one will increase strength, flexibility, alignment and balance. Instructor - Cheryl Baugh. Preregister. **Face masks required.**

Stretch & Strength (40+) Cardio, weights and stretching

11:00 am - 12 Noon

Spring

Mondays, May 24 - July 12

SA6005

\$36 / 6 weeks No class 5/31, 7/5

Wednesdays, May 26 - June 30

SA6006

\$36 / 6 weeks

Fridays, May 28 - July 9

SA6007

\$36 / 6 weeks No class 7/2

Summer

Mondays, July 19 - August 23

SA6001

\$36 / 6 weeks

Wednesdays, July 21 - August 25

SA6002

\$36 / 6 weeks

Fridays, July 23 - August 27

SA6003

\$36 / 6 weeks No class 7/2

No Drop-ins; all participants must be preregistered.

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. **Masks are required at all time while in the building and during class.**



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:

Income-One	Income-Two	Rate/ Hour
Below \$16,800	Below \$19,200	\$3
\$16,801-\$28,000	\$19,201-\$32,000	\$5
\$28,001-\$44,800	\$32,001-\$51,200	\$7

- Home Chores
- Home Repairs
- Personal Care

The City of Royal Oak sponsors this service. Call 248-246-3900, Monday - Friday.

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.

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.

Alzheimer's Caregiver Support Group

Support Group providing opportunity for caregivers to share information and learn from others in a supportive, caring environment. **In-person support is temporarily unavailable.** To find alternative meeting locations contact Alzheimer's foundation 24/7 help line **800-272-3900** or **www.alz.org**.

The Royal Oak Senior Community Center Outreach department has resources available on caregiving for someone living with Alzheimer's or suffering from memory issues. Call Carolyn Marsh at 248-246-3900.

Deaf Assistance Group Wednesdays, 9:00 am

We welcome deaf adults for socialization each Wednesday.

Legal Aid

By appointment only.

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 and for dates.

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.

PAL (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 home bound residents unable to travel to the Center. Call Oakland Meals on Wheels at (248) 689-0001 for hot meals delivered daily. The menu for homebound meals differs from the meals served at the Senior Center.

Transportation

This service provided by the City of Royal Oak promotes independence for residents aged 60 or older, and adults who are permanently handicapped. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. The driver will assist with bags of groceries. **Call (248) 246-3914 between the hours of 9:30 am - 12:30 pm** to arrange your transportation needs. Call up to two weeks before your appointment so that we may assure you of a ride. All buses are equipped with lifts for the handicapped. Prepaid tickets are available: \$19 / 5 round-trip tickets and \$14 / 5 one-way tickets.

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

Mayor

Michael Fournier

Pat Paruch, Mayor Pro Tem
Sharlan Douglas

City Commission

Kyle DuBuc
Monica Hunt

Brandon Kolo
Melanie Macey

Happy Anniversary to Us!

On Nov. 8, 1921, voters, in the then Village of Royal Oak, went to the polls, adopted a City Charter, elected a mayor and a city commission and Royal Oak was born. The final vote count was 922 'yes' votes to 133 'no' votes.

George Dondero, age 38, was Royal Oak's first mayor. A senior member of the law firm of Dondero & Hoxie, he served as the village attorney 11 years and was the president of the school board. Dondero grew up in Royal Oak. He graduated from Royal Oak High School in 1903 and the Detroit College of Law. He taught school for four years, was a former village clerk (1908-09), village treasurer (1918-19) and assistant prosecuting attorney for Oakland County (1920).



Royal Oak's first city commission included:

- **James Lawson**, 40, partner in Chapman and Lawson, a real estate business. (Lawson Park is named for him.)
- **Gustavas Dondero**, 52, operated a confectionary and bakery on Main Street.
- **J.S. Morrison**, 46, practicing physician in town.
- **W.J. Mulholland**, 36, foreman at the River Rouge foundry, Ford Motor Co.
- **John Heckerd**, 34, owner JL Heckerd Co, a real estate business.
- **J. Frank Codling**, 40, owner of JF Codling Co, jewelers, and clothiers. (Codling would go on to be appointed mayor for one year in 1925.)

You can learn more about the history of Royal Oak, our early leaders, see 'then and now' photos, and more at romi.gov/100.

Share Your Stories and Photos

We are looking for longtime residents to help tell the story of Royal Oak. Do you have a favorite Royal Oak tradition, place, photograph, or person you would like to share with us? You can share your memories at romi.gov/memories or call 248-246-3201.

Our goal is to print all the stories we collect into a book that will be donated to the Royal Oak Public Library History Room.



Royal Oak Becomes a City Exhibit

Royal transformed from a small village to a bustling city in just 40 years. See the ups and downs and the ins and outs of our city's growth from 1921 through the 1950s at the **Royal Oak Historical Society Museum** located at 1411 West Webster. The museum is open Tuesdays, Thursdays, and Saturdays from 1:00 pm to 4:00 pm.

Learn more at royaloakhistoricalsociety.org.





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 sight is chosen. What a wonderful way to honor a loved one for years to come.



Reporting Streetlight Outages

The City of Royal Oak continues to work with DTE Energy to expedite the repair and maintenance of streetlight outages, please call the City of Royal Oak Department of Public Service at 248-246-3300, Monday - Friday, 7:30 am - 4:00 pm with the following information:

1. The specific streetlight location (i.e. the nearest cross streets, nearby address, etc.).
2. Whether the pole is wooden or metal.
3. The streetlight pole number (if possible).
4. Details about the outage (i.e. light out, light turns on and off, light stays on during the day, etc.)

Please be aware that DTE policy allows a two-week response time once the problem has been reported to DTE. In cases where a pole has been knocked down or if there is any other emergency, please call DTE Energy at 800-477-4747.

Refuse and Recycling Directory

Department of Public Services (DPS)..... 248-246-3300
(Calls regarding garbage and recycling pickups)

SOCRRA MRF/Drop-off Center 995 Coolidge..... 248-288-5150
Drop-off accepts: All acceptable curbside recyclables; unflattened, unbundled cardboard; automotive and household batteries; paperback and hardcover books; all paper (except carbon); used clothing; screw-off lids/caps; plastic bags (no twine or hard plastic handles; no frozen food bags); styrofoam (no peanuts).

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

CURRENTLY BY APPOINTMENT ONLY. Visit socrra.org for more information.

Hazardous Waste – To dispose of: automotive products, lawn/garden products, cleaning products, fluorescent light bulbs, insulin syringes (in rigid container), oil-based paint, propane tanks, etc. NOTE: Containers will NOT be returned. NOT ACCEPTED: unlabeled containers with unknown contents, radioactive, explosives or hazardous waste from businesses.

Used Electronics – To recycle computer monitors, CPUs, printers, TVs (no wooden cabinets), radios, phones, cell phones, copy & fax machines, stereos, VCR/CD/DVD players, video game systems, etc. **Residents must remove sensitive or personal information from ALL devices.**

Recyclables – All plastic as long as it is a container; all glass bottles, jars; metal cans/pie tins/empty aerosol cans; newspaper; magazines, catalogs, paper, mail, paperback books, food/beverage/drink/juice boxes, paper cups; phone books; (flattened) corrugated cardboard; paperboard. Place everything loose in recycling bin/toter and set at curb on refuse day before 7:00 am. Material cannot stick out of the toter/bin.

No styrofoam, plastic bags or batteries at curb. These items must be dropped off at SOCRRA.

Regular Refuse – Put household materials in containers 20 to 32 gallon (maximum size) or in 20 to 30 gallon plastic bags and put at curb by 7:00 am. Cans and bags cannot be over 40 lbs. Containers under 20 gallon will be considered expendable and may be thrown out with the trash. **Yard waste cannot be mixed with trash at any time, due to state law.**

Yard Waste – Picked up curbside from April 1 through third week of December: Separate non-woody material as well as woody yard waste (up to 2" in diameter) from regular refuse and put at curb by 7:00 am in a 32-gallon container with a yard waste decal (decal must face street) or in a paper landscape bag. Containers/bags cannot weigh more than 50 lbs. **Yard waste cannot be mixed with trash at any time.** Plastic bags are not acceptable. Not picked up as either yard waste or trash after third week of December to March 31. Either hold on to until program begins April 1 or call SOCRRA for disposal (248-288-5150).

Leaf Vacuum Program begins at end-October. Rake leaves into street according to city schedule or put into acceptable containers and set at curb by 7:00 am of refuse day until third week of December. For pick-up schedule, check *Insight*, WROK Cable (Channel 17 or 10) or the city's website at www.romi.gov.

Brush, Tree Trimmings & Shrubs – Tie woody material between 2"-5" in diameter in bundles up to 4' long and 15" in diameter, weighing no more than 40 lbs. each (under 2" SEE YARD WASTE). Set at curb with trash by 7:00 am of refuse day OR contact a private tree company (the city's recommended chipping contractor is JH Hart, 586-795-5581).

Broken Glass – Wrap in heavy paper or place in cardboard box or metal can with lid and mark as broken glass. Put with regular refuse NOT in recycling bin/toter.

Appliances (refrigerator, stove, hot water tank, etc.) – Set at curb on refuse day by 7:00 am. In apartment, cul de sac or dead end street, call DPS the day before your pickup at 248-246-3300. Remove doors on refrigerators and freezers and place to side (state law).

Carpeting & Padding – Roll and securely tie no longer than 4' in length and weighing no more than 40 lbs. per bundle. Set at curb with trash by 7:00 am on refuse day.

Latex Paint – Remove lid and allow to harden or add kitty litter or sand to absorb liquid; set at curb on refuse day with lid removed for pickup with trash. Or chip out dried paint, rinse can and put in recycling with lid removed. Oil-based paint is hazardous, please take to SOCRRA for disposal. Refer to Hazardous Waste for hours.

Excluded Curbside Items – The following items are **NOT** acceptable for curbside collection: Liquids, radioactive items, flammable products, explosives, infectious materials, asbestos insulation, tires, hazardous waste, engines, transmissions, rear axles, construction items, loose items such as bricks or concrete (even if it's attached to something). These materials must be disposed of privately. See www.socrra.org or call 248-288-5150 for locations, hours, rates and procedures. Limited amounts of construction items from home occupant's personal repair or remodeling are acceptable. However, items cannot be longer than 4' in length, must be bundled and weigh less than 40 lbs. per bundle.

Holiday Refuse Collection – When one of the following holidays (official not observed) falls on a weekday, collection for the remaining days of the week will be delayed one day: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas Day. Refuse collection is not affected for any other holidays or when the above holidays fall on a weekend.



Yard Waste Separation Begins April 1

What is yard waste?

Grass clippings, leaves, spent flowers and garden plants, weeds, pine needles, pine cones, acorns, chestnuts, walnuts, apples, Halloween pumpkins, corn cobs and husks, vines, straw (dry bales less than 40 lbs.), wood chips, woody material up to 2" in diameter and small shrubs (no root balls), untreated, unpainted wood boards with nails removed, sawdust and wood shavings. **All containers must weigh less than 50 lbs.**

How do I prepare yard waste for collection?

Yard waste may be placed in 32-gallon trash cans, clearly marked with a "Yard Waste" sticker facing the street (available at some city offices) or brown paper yard waste bags available at most stores. Containers or bags cannot weigh more than 50 pounds each.

Why must I separate these items?

Yard waste is banned from disposal in Michigan landfills. SOCRRA converts yard waste into compost, a useful nutrient rich soil amendment.

Is yard waste collected year-round?

No, weekly curbside collection is provided from April 1 through the third week of December.

What if I have yard waste when collection isn't provided?

SOCRRA residents can bring yard waste to the SOCRRA Transfer Station at 995 Coolidge Road in Troy at no charge after the third week of December through March 31 - limit 10 bags per day per household. (No contractors or landscapers please).



Brush & Branches

Brush and branches are generally considered to be branches between 2" and 5" in diameter. Small twigs (less than 2" in diameter) are not considered brush and should be placed with yard waste.

What do I do with brush and branches?

Bundle brush and branches securely with twine (bundles no longer than 4 feet in length or 15" in diameter) and place at the curb by 7:00 am of collection day. Bundles cannot weigh more than 40 pounds. Please set bundles so that large end of branches are closest to the street. Bundles will be taken with trash.

What about logs, firewood and lumber?

Logs or firewood must be less than 5" in diameter, cut to 2 foot lengths, bundled securely, weighing less than 40 lbs. per bundle. Logs or firewood over 5" in diameter must be disposed of privately. Lumber (without nails) must be cut to 4 foot lengths or less, bundled, weighing less than 40 lbs. each. Bundles must be next to your trash for collection by 7:00 am.

Dispose of Hazardous Materials Year-Round

Is your basement or garage filled with unwanted chemicals, paints and other hazardous materials? According to the Environmental Protection Agency, the average home can accumulate as much as 100 pounds of HHW (Household Hazardous Waste) in the basement, garage and storage closets!

Drop Off Hours:

Monday - Friday: 9:00 am - 5:00 pm

Saturday: 7:00 am - 1:00 pm

APPOINTMENT REQUIRED.

What is Household Hazardous Waste?

Many common household products can pose a hazard to human health, groundwater and the environment if they are not handled properly for disposal. Placing items such as paint, automotive products, car batteries, pesticides and more in our trash is NOT the most environmentally sound way to get rid of them.

HOUSEHOLD HAZARDOUS WASTE: Items collected through the program include toner and ink jet cartridges, paints, solvents, garden chemicals, household cleaners, insulin syringes (in rigid containers), medications (in unmarked zip-top baggies), most automotive products, large amounts of cooking oil, rechargeable batteries and compact fluorescent light bulbs. Please note: containers should be clearly marked and will NOT be returned. SOCRRA may refuse if containers are unlabeled, radioactive, explosive or from a business. For a complete list, please visit www.socrra.org - **APPOINTMENT REQUIRED.**

ELECTRONIC EQUIPMENT is also collected through this program. SOCRRA accepts computer monitors, CPUs, printers, TVs (no wooden TV cabinets) radios, telephones, cell phones, copy machines, fax machines, stereos, VCR/DVD/CD players.

For a complete list please visit www.socrra.org.

Please note: residents must remove sensitive or personal information from ALL devices.

APPOINTMENT REQUIRED.



As a member of SOCRRA, the regional recycling authority, Royal Oak residents may take advantage of these programs offered daily, year-round. The collection site is located at 995 Coolidge (about 1/4 mile north of 14 Mile, across from the Meijer gas station). This program offers residents a convenient and effective means of disposing of those materials that should not be placed in the trash.





Is the water in your home delivered by a lead or galvanized steel service line?



Because ingestion of lead is known to be hazardous to health, the Department of Public Services is committed to finding and removing all lead/galvanized water services connected to the city's water system. In that effort, DPS staff is reviewing its records to determine the material type at each home. Our records, however, only indicate what material was used on the publicly-owned portion of the water line – typically between the property line and the water main. The other section of pipe – often referred to as the 'private side'

of the water service, was installed with the construction of the home and choice of water line materials was that of the contractor and/or homeowner. Our records do not reliably indicate what materials were used on the privately-owned portion. That's where you come in.

If you **know** that the water service pipe coming into your home is made of lead and/or galvanized steel, please tell us about it. And if you'd like to be included in a future replacement project, visit www.romi.gov/gettheleadout to learn about the program and to get on the replacement list.

Lead and/or galvanized service lines will be replaced at no cost to the homeowner.

For more information on reducing exposure to lead from drinking water, visit www.michigan.gov/mileadsafe.



Drinking Water: We Need Your Help

The City of Royal Oak, along with state and federal agencies, has taken extra precautions to protect our water systems. But we need help from residents and business owners to keep our drinking water system safe.

If anyone observes someone tampering with and/or opening a fire hydrant, manhole lid, etc., please call the Department of Public Service immediately at (248) 246-3300, if the incident occurs between 7:30 am and 4:00 pm, Monday through Friday, and the Royal Oak Police Department at (248) 246-3500 any time thereafter.

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

What to Do About Sewer Problems

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

Residential Cross Connection Control Program

The City of Royal Oak is required under Public Act 399, Part 14, to maintain a cross connection control program to identify and eliminate any possible connections that could contaminate the public water system.

To fully comply with this state mandate, the city has contracted with HydroCorp of Troy, MI to assist with facilitating a Cross Connection Control Program.

Inspectors from HydroCorp will be in Royal Oak neighborhoods reviewing exteriors of homes for connections that could possibly contaminate the water distribution system. A typical site visit lasts approximately five minutes and the inspector will be looking at exterior garden hose connections, lawn sprinkler systems, and any other water sources.

There are no fees for the inspection; however, in circumstances where cross connections exist, any costs associated with the replacement, modification, installation and/or testing of backflow prevention assemblies remain the obligation of the homeowner.

The city's website has answers to frequently asked questions regarding the Cross Connection Control Program at www.romi.gov/cccp. Informational brochures may also be picked up at the Royal Oak Public Library and at City Hall.

Additionally, residents may call HydroCorp directly at 1-800-690-6651 or email residential@hydrocorpinc.com. You can visit HydroCorp's website at www.hydrocorpinc.com/resources/faq.



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.

Recycling & Trash Compactors at Park Shelters

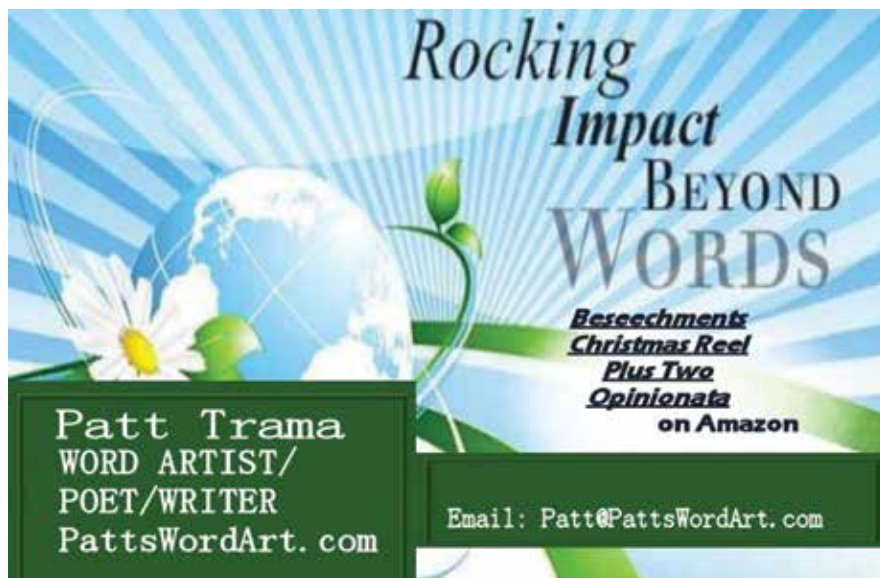
Please put **RECYCLING** through blue door:

- Empty juice boxes (discard straws & juice pouches)
- All empty plastic bottles
- Clean paper products (paper decorations, boxes, etc.)
- Empty paper & plastic cups & lids (coffee, pop, etc. ~ discard straws)
- All clean aluminum containers
- Pizza boxes without grease or food (discard liners & white pizza saver)
- Plastic veggie & fruit containers
- Wrapping paper (no foil paper, ribbon, bows, etc.)

Please put **TRASH** through black door:

- All paper & plastic plates
- Styrofoam containers (or take to SOCRRA)
- All silverware, serving utensils, etc.
- Napkins, paper towels
- All food
- Snack food bags (potato chip, etc.)
- Plastic tablecloths
- Plastic bags (or take for recycling)
- Soiled food containers (aluminum, plastic, trays, etc. If clean, can be recycled)
- All straws
- All non-paper decorations

WHEN IN DOUBT THROW IT OUT!
(otherwise it contaminates the load and
will be discarded)





FARMERS MARKET

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

Open All Year!

Farmers & Specialty Food Vendors are at the market

- Fridays, 7:00 am - 1:00 pm, May - Thanksgiving
- Saturdays, 7:00 am - 1:00 pm, All year

Antique & Collectible Vendors are at the market

- Sundays, 8:00 am - 3:00 pm, All year

Calendar of Events at the Market:

May

12	Wed	Food Truck Rally (5:00 - 9:00 pm)
20	Thurs	5th Annual Greater Detroit Veg Bash Plant-Based Food Festival (3:00 - 9:00 pm)

June

9	Wed	Food Truck Rally (5:00 - 9:00 pm)
10	Thurs	2021 Metro Detroit Pierogi Party (3:00 - 9:00 pm)
20	Sun	Father's Day Psychic & Holistic Market (8:00 am - 3:00pm)

July

10	Sat	Armenian Fest 5:00 - 11:00 pm)
14	Wed	Food Truck Rally (5:00 - 9:00 pm)

August

12	Wed	Food Truck Rally (5:00 - 9:00 pm)
14	Sat	Corn Roast & Country Fair (9:00 am - 1:00 pm)



City of Royal Oak Home Improvement Program

Loans and forgivable loans are available through the City's Housing Office to help qualified homeowners repair their homes. The Home Improvement Program is intended to maintain and improve the City's neighborhoods by helping low- and moderate-income homeowners make necessary repairs. Eligible applicants must be the owner and occupant of a single-family home in the City of Royal Oak with a household income within the established guidelines.

INSTALLMENT LOANS/FORGIVABLE LOANS: Regular monthly installment loans up to \$40,000 with 0% interest and forgivable loans require applicants to be the owner and occupant of a single-family home with a total household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$44,000	4	\$62,800
2	\$50,250	5	\$67,850
3	\$56,550	6	\$72,850

DEFERRED LOANS: Homeowners may be eligible for a deferred loan up to \$40,000. These loans have a interest rate of 3%, interest starts when payment begins. The loan becomes due for a period of time as determined by the Loan Committee. Applicants for deferred loans must have a household income that does not exceed the following:

Family Size	Max. Income	Family Size	Max. Income
1	\$27,500	4	\$39,250
2	\$31,400	5	\$42,400
3	\$35,350	6	\$45,500

Forgivable loans are available for qualified exterior work up to \$10,000; the income qualification is the same as the installment loan.

The City assists determining the work necessary to selecting a contractor. Applicants are not required to put money down or pay fees usually charged by private lenders. Mortgages and Liens are placed on the property.

Home improvements are to correct health and safety violations, provide for structural preservation, energy conservation or handicapped access. The program is also equipped to address lead-based paint hazards. These are some eligible improvements:

ROOF	PLUMBING/SEWER
SIDING	FURNACE/ AIR CONDITIONING
WINDOWS	ELECTRICAL UPDATE
INSULATION	KITCHEN UPDATE
PORCH REPAIR	BATHROOM UPDATE
DRIVEWAY	BASEMENT WATERPROOFING

The City maintains a list of qualified general contractors who are responsible for all of the trades involved in residential construction. The program will provide a loan or grant up to the amount of the lowest, viable bid.

For more information call (248) 246-3292 or visit www.romi.gov



Non-English speaking or hearing impaired and disabled persons wishing to arrange translation or interpretive services may inform the City Clerk's Office. The City Clerk may be reached at (248) 246-3050 or (248) 246-3010 for telecommunications device for the Deaf (TDD).

2020 Consumers Annual Report on Water Quality

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

The City of Royal Oak, The Southeastern Oakland County Water Authority (SOCWA) and the Great Lakes Water Authority (GLWA) are proud of the fine drinking water they supply and are honored to provide this report to you. The 2020 Consumers Annual Report on Water Quality shows the sources of our water, lists the results of our tests, and contains important information about water and health. We will notify you immediately if there is ever any reason for concern about our water. We are pleased to show you how we have surpassed water quality standards as mandated by the Environmental Protection Agency (EPA) and the Michigan Department of Environment, Great Lakes, and Energy (EGLE).

About the System

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

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

plants that service the city of Detroit and draw water from the Detroit River have historically provided satisfactory treatment and meet drinking water standards.

GLWA has initiated source-water protection activities that include chemical containment, spill response, and a mercury reduction program. GLWA participates in the National Pollutant Discharge Elimination System permit discharge program and has an emergency response management plan. In 2016, the Michigan Department of Environmental, Great Lakes and Energy approved GLWA's Surface Water Intake Protection plan for the Belle Isle intake. The plan has seven elements that include: roles and duties of government units and water supply agencies, delineation of a source water protection areas, identifica-

tion of potential sources of contamination, management approaches for protection, contingency plans, siting of new water sources, public participation, and public education activities. GLWA is in the process of updating the plan which should be completed by September 2021. If you would like to know more information about the Source Water Assessment report please, contact GLWA at (313) 926-8102.

And/or

Your source water comes from the lower Lake Huron watershed. The watershed includes numerous short, seasonal streams that drain to Lake Huron. The Michigan Department of Environmental Quality in partnership with the U.S. Geological Survey, the Detroit Water

continued on page 28

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

City of Royal Oak 2020 Report on Water Quality

2020 Springwells Regulated Detected Contaminants Table

2020 Inorganic Chemicals - Monitoring at Plant Finished Water Tap								
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level Detected	Range of Detection	Violation yes/no	Major Sources in Drinking Water
Fluoride	3-10-20	ppm	4	4	0.63	n/a	No	Erosion of natural deposits; Water additive, which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Nitrate	3-10-20	ppm	10	10	0.37	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Barium	5-16-17	ppm	2	2	0.01	n/a	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
2020 Disinfectant Residual - Monitoring in Distribution System								
Regulated Contaminant	Test Date	Unit	Health Goal MRDGL	Allowed Level MRDL	Highest RAA	Quarterly Range of Detection	Violation yes/no	Major Sources in Drinking Water
Total Chlorine Residual	2020	ppm	4	4	0.70	0.60-0.79	No	Water additive used to control microbes
2020 Turbidity - Monitored every 4 hours at Plant Finished Water Tap								
Highest Single Measurement Cannot exceed 1 NTU			Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)				Violation Yes/No	Major Sources in Drinking Water
0.21 NTU			100%				No	Soil Runoff
Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.								
Regulated Contaminant	Treatment Technique						Typical Source of Contaminant	
Total Organic Carbon (ppm)	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC is measured each quarter and because the level was low, there is no requirement for TOC removal.						Erosion of natural deposits	
2020 Special Monitoring								
Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected		Source of Contaminant	
Sodium	3-10-2020	ppm	n/a	n/a	5.37		Erosion of natural deposits	
These tables are based on tests conducted by GLWA in the year 2020 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. All of the data is representative of the water quality, but some are more than one year old.								

About the System continued from page 27

and Sewerage Department, and the Michigan Public Health Institute performed a source water assessment in 2004 to determine the susceptibility of potential contamination.

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

In 2016, the Michigan Department of Environmental, Great Lakes and Energy approved GLWA's Surface Water Intake Protection plans for the Lake Huron water intake. The plan has seven elements: roles and duties of government units and water supply agencies, delineation of a source water protection areas, identification of potential sources of contamination, management approaches for protection, contingency plans, siting of new water sources, public participation and public education activities. GLWA is in the process of updating the plan which should be completed by September 2021. If you would like to know more information about the Source Water Assessment report please, contact GLWA at (313) 926-8102.

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

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

2020 Springwells Mineral Analysis

Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	0.19	0.03	0.08
Total Solids	ppm	165	76	136
Total Dissolved Solids	ppm	140	98	121
Aluminum	ppm	0.106	0.014	0.045
Iron	ppm	0.177	ND	0.110
Copper	ppm	0.008	ND	0.001
Magnesium	ppm	7.82	5.93	7.32
Calcium	ppm	31.2	23.5	27.3
Sodium	ppm	5.94	4.51	5.01
Potassium	ppm	1.06	0.89	0.98
Manganese	ppm	ND	ND	ND
Lead	ppm	ND	ND	ND
Zinc	ppm	ND	ND	ND
Silica	ppm	2.4	ND	1.8
Sulfate	ppm	31.8	21.9	25.9

Parameter	Units	Max.	Min.	Avg.
Chloride	ppm	11.6	8.5	9.8
Phosphorus	ppm	1.17	0.16	0.53
Free Carbon Dioxide	ppm	10.4	5.7	7.4
Total Hardness	ppm	108	98	102
Total Alkalinity	ppm	74	66	70
Carbonate Alkalinity	ppm	ND	ND	ND
Bi-Carbonate Alkalinity	ppm	74	66	70
Non-Carbonate Hardness	ppm	39	26	32
Chemical Oxygen Demand	ppm	13.5	ND	2.8
Dissolved Oxygen	ppm	13.8	8.8	11.1
Nitrite Nitrogen	ppm	ND	ND	ND
Fluoride	ppm	0.77	0.49	0.62
pH		7.41	7.12	7.29
Specific Conductance @ 25 °C	µohms	243	213	224
Temperature	°C	24.6	3.5	13.4



continued on page 29

City of Royal Oak 2020 Report on Water Quality

2020 Northeast Regulated Detected Contaminants Table								
2020 Inorganic Chemicals - Annual Monitoring at Plant Finished Tap								
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level Detected	Range of Detection	Violation yes/no	Major Sources in Drinking Water
Fluoride	3-10-20	ppm	4	4	0.80	n/a	No	Erosion of natural deposits; Water additive, which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Nitrate	3-10-20	ppm	10	10	0.36	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Barium	5-16-17	ppm	2	2	0.01	n/a	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits
2020 Disinfectant Residual - Monitoring in Distribution System								
Regulated Contaminant	Test Date	Unit	Health Goal MRDGL	Allowed Level MRDL	Highest RAA	Quarterly Range of Detection	Violation yes/no	Major Sources in Drinking Water
Total Chlorine Residual	2020	ppm	4	4	0.76	0.67-0.84	No	Water additive used to control microbes
2020 Turbidity - Monitored every 4 hours at Plant Finished Water Tap								
Highest Single Measurement Cannot exceed 1 NTU			Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)				Violation Yes/No	Major Sources in Drinking Water
0.14 NTU			100%				No	Soil Runoff
Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.								
Regulated Contaminant	Treatment Technique						Typical Source of Contaminant	
Total Organic Carbon (ppm)	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC was measured each quarter and because the level was low, there is no requirement for TOC removal.						Erosion of natural deposits	
2020 Special Monitoring								
Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected		Source of Contaminant	
Sodium	3-10-2020	ppm	n/a	n/a	5.92		Erosion of natural deposits	
These tables are based on tests conducted by GLWA in the year 2020 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. All of the data is representative of the water quality, but some are more than one year old.								

Contaminants that may be present in source water include:

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

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

Important Health Information

Lead

If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Royal Oak is responsible for providing high quality drinking water but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap for 30 seconds to 2 minutes before using the water for drinking or cooking. If you have a lead service line it

2020 Northeast Mineral Analysis									
Parameter	Units	Max.	Min.	Avg.	Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	0.10	0.05	0.07	Chloride	ppm	11.6	8.5	9.8
Total solids	ppm	165	109	141	Phosphorus	ppm	1.17	0.16	0.53
Total Dissolved Solids	ppm	148	87	128	Free Carbon Dioxide	ppm	10.4	5.7	7.4
Aluminum	ppm	0.149	0.024	0.065	Total Hardness	ppm	108	98	102
Iron	ppm	0.181	ND	0.113	Total Alkalinity	ppm	74	66	70
Copper	ppm	ND	ND	ND	Carbonate Alkalinity	ppm	ND	ND	ND
Magnesium	ppm	8.11	6.83	7.46	Bi-Carbonate Alkalinity	ppm	74	66	70
Calcium	ppm	30.9	24.3	27.6	Non-Carbonate Hardness	ppm	39	26	32
Sodium	ppm	5.93	4.46	5.12	Chemical Oxygen Demand	ppm	13.5	ND	2.8
Potassium	ppm	1.06	0.91	0.99	Dissolved Oxygen	ppm	13.8	8.8	11.1
Manganese	ppm	ND	ND	ND	Nitrite Nitrogen	ppm	ND	ND	ND
Lead	ppm	ND	ND	ND	Fluoride	ppm	0.77	0.49	0.62
Zinc	ppm	ND	ND	ND	pH		7.41	7.12	7.29
Silica	ppm	2.4	1.4	2.0	Specific Conductance @ 25 °C	µhms	243	213	224
Sulfate	ppm	43.0	21.9	26.2	Temperature	°C	24.6	3.5	13.4



Continued on page 30

City of Royal Oak 2020 Report on Water Quality

2020 Lake Huron Regulated Detected Contaminants Table

2020 Inorganic Chemicals - Monitoring at Plant Finished Tap

Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest Level Detected	Range of Detection	Violation yes/no	Major Sources in Drinking Water
Fluoride	3-10-20	ppm	4	4	0.72	n/a	No	Erosion of natural deposits; Water additive, which promotes strong teeth; Discharge from fertilizer and aluminum factories.
Nitrate	3-10-20	ppm	10	10	0.30	n/a	No	Runoff from fertilizer use; Leaching from septic tanks, sewage; Erosion of natural deposits.
Barium	5-16-17	ppm	2	2	0.01	n/a	No	Discharge of drilling wastes; Discharge from metal refineries; Erosion of natural deposits

2020 Disinfectant Residual - Monitoring in Distribution System

Regulated Contaminant	Test Date	Unit	Health Goal MRDGL	Allowed Level MRDL	Highest Level RAA	Quarterly Range of Detection	Violation yes/no	Major Sources in Drinking Water
Total Chlorine Residual	2020	ppm	4	4	0.77	0.70-0.85	No	Water additive used to control microbes

2020 Turbidity - Monitored every 4 hours at Plant Finished Water Tap

Highest Single Measurement Cannot exceed 1 NTU	Lowest Monthly % of Samples Meeting Turbidity Limit of 0.3 NTU (minimum 95%)	Violation Yes/No	Major Sources in Drinking Water
0.10 NTU	100%	No	Soil Runoff

Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.

Regulated Contaminant	Treatment Technique 2019	Typical Source of Contaminant
Total Organic Carbon (ppm)	The Total Organic Carbon (TOC) removal ratio is calculated as the ratio between the actual TOC removal and the TOC removal requirements. The TOC was measured each quarter and because the level was low, there is no requirement for TOC removal.	Erosion of natural deposits

Radionuclides - Monitored at the Plant Finished Tap in 2014

Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Level Detected	Violation yes/no	Major Sources in Drinking Water
Combined Radium 226 & 228	5-13-14	pCi/L	0	5	0.86 ± 0.55	No	Erosion of natural deposits

Special Monitoring 2020

Contaminant	Test Date	Unit	MCLG	MCL	Highest Level Detected	Source of Contaminant
Sodium	3-10-2020	ppm	n/a	n/a	4.91	Erosion of natural deposits

These tables are based on tests conducted by GLWA in the year 2020 or the most recent testing done within the last five calendar years. GLWA conducts tests throughout the year only tests that show the presence of a substance or require special monitoring are presented in these tables. The State allows us to monitor for certain contaminants less than once per year because the concentrations of these contaminants are not expected to vary significantly from year to year. All of the data is representative of the water quality, but some are more than one year old.

Important Health Information continued from page 29

is recommended that you run your water for 5 minutes to flush water from both your home plumbing and the lead service line. If you are concerned about lead in your water, you may wish to have your water tested. Information on lead in drinking water, testing methods, and steps you can take to minimize exposure is available from the **Safe Drinking Water Hotline (800) 462-4791** or at www.epa.gov/safewater/lead.

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

People with Special Health Concerns

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

Questions:

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

Southeastern Oakland County Water Supply System – Water Authority offices:
(248) 288-5150 or www.socwa.org

Great Lakes Water Authority: www.glwater.org

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

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

Water quality data for community water systems throughout the United States is available at www.epa.gov/wqs-tech

2020 Lake Huron Mineral Analysis

Parameter	Units	Max.	Min.	Avg.
Turbidity	NTU	0.11	0.05	0.07
Total solids	ppm	164	53	128
Total Dissolved Solids	ppm	138	56	117
Aluminum	ppm	0.242	0.057	0.182
Iron	ppm	0.192	ND	0.112
Copper	ppm	ND	ND	ND
Magnesium	ppm	8.22	6.88	7.50
Calcium	ppm	30.6	24.7	27.3
Sodium	ppm	5.94	4.39	4.92
Potassium	ppm	1.11	0.91	1.00
Manganese	ppm	ND	ND	ND
Lead	ppm	ND	ND	ND
Zinc	ppm	ND	ND	ND
Silica	ppm	2.4	1.7	2.1
Sulfate	ppm	24.3	17.9	19.9

Parameter	Units	Max.	Min.	Avg.
Chloride	ppm	11.9	7.9	9.4
Phosphorus	ppm	1.23	0.12	0.51
Free Carbon Dioxide	ppm	8.2	4.2	5.5
Total Hardness	ppm	106	96	100
Total Alkalinity	ppm	82	70	75
Carbonate Alkalinity	ppm	ND	ND	ND
Bi-Carbonate Alkalinity	ppm	82	70	75
Non-Carbonate Hardness	ppm	30	22	25
Chemical Oxygen Demand	ppm	4.1	ND	1.5
Dissolved Oxygen	ppm	13.0	8.2	10.5
Nitrite Nitrogen	ppm	ND	ND	ND
Fluoride	ppm	0.87	0.60	0.71
pH		7.57	7.30	7.44
Specific Conductance @ 25 °C	µohms	265	201	221
Temperature	°C	23.9	5.5	13.9

City of Royal Oak 2020 Report on Water Quality

City of Royal Oak									
2020 Microbiological Contaminants - Monthly Monitoring in Distribution System									
Regulated Contaminant	MCLG	MCL			Highest Number Detected		Violation Yes/No	Major Sources in Drinking Water	
Total Coliform Bacteria	0	Presence of Coliform bacteria > 5% of monthly samples			0		No	Naturally present in the environment.	
<i>E.coli</i> Bacteria	0	A routine sample and a repeat sample are total coliform positive, and one is also fecal or <i>E. coli</i> positive.			0		No	Sanitary defects	
2020 Disinfection By-Products – Monitoring in Distribution System, Stage 2 Disinfection By-Products									
Regulated Contaminant	Test Date	Unit	Health Goal MCLG	Allowed Level MCL	Highest LRAA	Range of Detection	Violation yes/no	Major Sources in Drinking Water	
Total Trihalomethanes (TTHM)	2020	ppb	n/a	80	27	17.3-41	No	By-product of drinking water chlorination.	
Haloacetic Acids (HAA5)	2020	ppb	n/a	60	19	15-24	No	By-product of drinking water disinfection.	
2020 Lead and Copper Monitoring at Customer's Tap (sampling period January 1 through June 30, 2020)									
Regulated Contaminant	Test Date	Units	Health Goal MCLG	Action Level AL	90th Percentile Value*	Number of Samples over AL	Range of Individual Samples Results	Violation Yes/No	Major Sources in Drinking Water
Lead	2020	ppb	0	15	15	7	0-27	No	Lead service lines, corrosion of household plumbing including fittings and fixtures; erosion of natural deposits
Copper	2020	ppm	1.3	1.3	0.3	0	0.0-0.5	No	Corrosion of household plumbing system; erosion of natural deposits; leaching from wood preservatives.
2020 Lead and Copper Monitoring at Customer's Tap (sampling period July 1 through December 31, 2020)									
Regulated Contaminant	Test Date	Units	Health Goal MCLG	Action Level AL	90th Percentile Value*	Number of Samples over AL	Range of Individual Samples Results	Violation Yes/No	Major Sources in Drinking Water
Lead	2020	ppb	0	15	12	3	0-33	No	Lead service lines, corrosion of household plumbing including fittings and fixtures; erosion of natural deposits
Copper	2019	ppm	1.3	1.3	0.2	0	0.0-0.5	No	Corrosion of household plumbing system; erosion of natural deposits; leaching from wood preservatives.
* The 90th percentile value means 90 percent of the homes tested have lead and copper levels below the given 90th percentile value. If the 90th percentile value is above the AL additional requirements must be met.									

Number of Water Service Connections by Service Line Material		
Number of Lead Service Lines	Number of Service Lines of Unknown Material	Total Number of Service Lines
820	3885	23,555

Fourth Unregulated Contaminant Monitoring Rule (UCMR4)

The UCMR program provides the EPA and other interested parties with nationally representative data on the occurrence of particular contaminants in drinking water, the number of people potentially being exposed and an estimate of the levels of that exposure. In accordance with SDWA, EPA will consider the occurrence data from UCMR4 and other sources, along with the peer reviewed health effects assessments, to support a regulatory determination on whether to initiate the process to develop a national primary drinking water regulation.

The table lists the minimum reporting level, level detected, average and range of each contaminant detected. Detection levels are in micrograms per Liter (1 µg/L = 1 ppb).

Contaminant	Minimum Reporting Level µg/L	Level Detected	AVG	Range
Manganese	0.4	.056	NA	NA
HAA5	NA	NA	16.49	11.4 - 21.21
HAA6Br	NA	NA	8.15	4.96 - 10.02
HAA9	NA	NA	23.7	16.36 - 28.52

2020 GLWA Cryptosporidium Giardia Statement:

GLWA voluntarily monitors our source water for the presence of Cryptosporidium and Giardia in 2020. The presence of Cryptosporidium and Giardia were detected in the source water at the Belle Isle Detroit River Intake serving Water Works Park, Springwells and the Northeast treatment plants. Cryptosporidium was detected once in March and Giardia once in April. All other samples monitored in 2020 were absent for the presence of Cryptosporidium and Giardia. Current test methods do not enable us to determine if these organisms are dead or if they are capable of causing disease. Symptoms of infection include nausea, diarrhea, and abdominal cramps. Most healthy individuals are able to overcome the disease within a few weeks. However, immuno-compromised people have more difficulty and are at greater risk of developing severe, life threatening illness. Immuno-compromised individuals are encouraged to consult their doctor regarding appropriate precautions to take to prevent infection. Cryptosporidium must be ingested for it to cause disease and may be passed through other means than drinking water. Surface water treatment systems like GLWA must provide treatment so that 99.9% Giardia is removed or inactivated.





For 2021 Memorial Day Parade updates visit:
romi.gov/parade

Help Make Royal Oak Age-Friendly

YOU CAN MAKE A DIFFERENCE

Do you have knowledge or ideas in these topics?

- Communication and information
- Outdoor spaces and buildings
- Housing
- Transportation
- Health and support services
- Respect, inclusion and volunteering

Sign up to share your expertise for an age-friendly future Royal Oak

In a series of meetings, work groups will review research results, learn what services and programs already exist and create short- and long-term solutions to meet the needs of our aging population.

Royal Oak Aging in Place Task Force

To participate, call 248-246-3915 or sign up at this link:
www.romi.gov/roseniors



You Should Know...

Curbside Pickup Hours

Monday - Thursday, 10:00 am - 8:00 pm
Friday & Saturday, 10:00 am - 5:00 pm
Sunday (through May 23), 1:00 - 4:00 pm
Building is closed until further notice.

Library Closings

For Memorial Day, the library is closed Saturday, May 29 through Monday, May 31.

For Independence Day, the library is closed Saturday, July 3 through Monday, July 5.

For Arts, Beats & Eats and Labor Day, the library is closed Friday, September 3 through Monday, September 6.

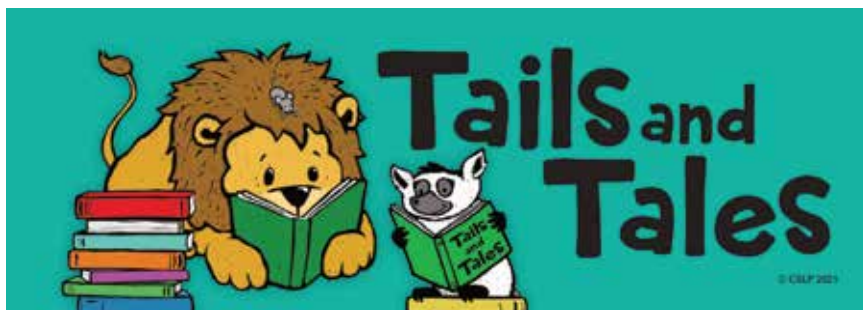
You can:

- Renew books online at ropl.org.
- Get extended checkout periods when you are going to be out of town
- Renew books by phone 24/7 at 888-672-8983
- Get text message alerts when your books on hold arrive
- Download FREE eBooks and eAudiobooks

Call 248-246-3700 for details.



222 E 11 Mile Road
Royal Oak, MI 48067
248.246.3700
www.ropl.org



2021 Summer Reading Program Opening Day!

Join the Royal Oak Public Library at **Starr Jaycee Park on Saturday, June 19, 10:00 AM - 12:00 PM** for an action-packed, fun-filled free event that launches our **2021 Summer Reading Program: Tails & Tales!**

No registration required for Opening Day.

Featured Youth Programs

Creature Feature with Dan Briere

Join **Dan Briere** of the Little Creatures Co. on **Tuesday, June 22 at 7:00 PM** and check out some of his interesting animals from around the world!

Teen Basic Cartooning with Corinne Roberts

On **Thursday, June 24 at 7:00 PM** teens will learn to use basic shape construction and line drawing techniques to create characters and scenery. No prior drawing experience needed. Program supplies are provided with registration.

Makerspace Fridays!

This summer we're launching our first virtual Makerspace programs made possible in part by the National Endowment for the Arts grant that was awarded to the library. The programs are scheduled for **six Fridays, June 25 - July 30 at 2:00 PM** throughout Summer Reading! Each week will focus on different supplies and mediums to inspire creative exploration for kids and teens from ages 3 to 18!



Featured Adult Programs

Animal Communications 101

On **Tuesday, June 15 at 7:00 PM**, join animal communicator **Leslie Cirinesi** to learn what animal communication is, how it works, how she started down this path and what it is like to be an animal communicator.

The Michigan Dogman

Join author and cryptozoologist researcher, **Shetan Noir**, on **Wednesday, July 28 at 7:00 PM** as she discusses information about the legendary, canine-like Michigan Dogman.

Animal Assisted Therapy



On **Thursday, July 29 at 7:00 PM**, social worker, **Janel Wetzel** will discuss Animal Assisted Therapy (AAT), a therapeutic intervention used in collaboration with traditional talk therapy. Having a furry friend in the session has many scientifically proven benefits, especially for individuals who have PTSD or those who have experienced trauma.

City Of Royal Oak
203 S. Troy St., P.O. Box 64
Royal Oak, MI 48068-0064

City Hall Office Hours

Visit romi.gov
for current office hours.

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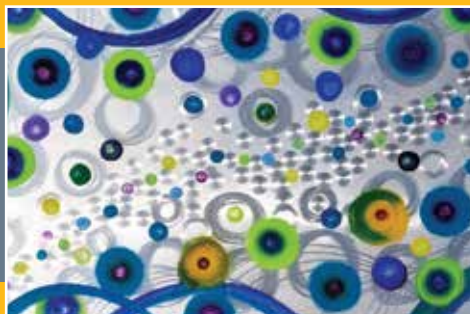
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50th Annual
**Royal Oak
Outdoor**

ART Fair

JULY 2021 **10/11** | Sat 10 am-6 pm
Sun 10 am-5 pm

MEMORIAL PARK 13 Mile & Woodward Avenue



- Free Admission
- Live Music
- Great Food

- Local & National Artists
- Free Parking



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