



Recreation Activities

Pages 2-13

John Lindell Ice Arena

Page 12

Senior Citizens

Pages 14-23

City Information

Pages 24-31

Ready for Back to School?

Page 32

Changes to Meal Program

Page 40

Fall Swim Programs

Page 42



Register for Youth Dance!

*Details on
page 2*

A COMMUNITY COLLABORATION:



Royal Oak
Life Now Playing



ROYAL OAK SCHOOLS
A COMMUNITY OF EXCELLENCE



Royal Oak RECREATION



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

Youth Dance

Appropriate levels of dance will be offered to students starting at age 3. Students will work towards performing in a spring dance recital complete with costumes and lighting (date to be determined). This complete school-year program will be offered in two sessions. You will receive a registration form for the second session by mail in early December. Classes are held at the Salter Community Center. Classes require a minimum of 8 students. **Classes will begin Monday, September 19, 2022. The second session starts January 9, 2023.**

Dance Payment schedule is as follows:

1st Session (Sept. - Dec.)

Resident: \$90 (30 & 40 min. classes)

Non-Resident: \$95 (30 & 40 min. classes)

Payment due at Registration

Costume Deposit: \$40. Due week of Nov. 7, 2022 (pay instructor)

2nd Session (Jan. - May Recital)

Resident: \$90 (30 & 40 min. classes)

Non-Resident: \$95 (30 & 40 min. classes)

Payment due by January 9, 2023

Costume Balance: Amount varies. Due early Feb. 2023 (pay instructor)

Note: Costume prices will range from \$50-\$65 each.



Registration

Register online, by mail, or fax (see pages 10-11)

Online registration: www.royaloakrec.com

Class Descriptions

LITTLE DANCERS: Clapping and counting, singing and skipping, enjoying the music and making new friends, this is what our preschool classes are about. We work on improving large motor skills, listening to directions, learning to take turns and cooperating as a group. Learning and fun go together with these classes. (30 minutes)

INTRO TO DANCE: K-2nd graders enjoy learning basic terminology, body positions and beginning dance combinations with music designed to be familiar and fun for their age group. This class covers ballet, stylized jazz, and Broadway style song and dance. (40 minutes)

HIP HOP JAZZ: Students will enjoy an energetic warm up, isolation and pop'n'lock hip hop moves, traditional jazz turns, jumps, floor work and progressions. We pay special attention to ensure that our music selection and choreography is appropriate for our students at each age level. (40 minutes)

**Classes begin the week of
September 19.**

Youth Dance Class Schedule

Monday	Instructor: Miss Stacey			
6:00 pm	Little Dancers, 3 & 4 year olds	YD1002	30 min.	\$90
6:30 pm	Little Dancers, 4 & 5 year olds	YD1003	30 min.	\$90
7:00 pm	Intro to Dance, K-2nd grade	YD1004	40 min.	\$90
Tuesday	Instructor: Miss Julia			
6:00 pm	Little Dancers, 3 & 4 year olds	YD1010	30 min.	\$90
6:30 pm	Intro to Dance, K-2nd grade	YD1012	40 min.	\$90
7:15 pm	Hip Hop Jazz I, 2nd-4th grade	YD1013	40 min.	\$90
Wednesday	Instructor: Miss Julia			
6:00 pm	Little Dancers, 4 & 5 year olds	YD1014	30 min.	\$90
6:30 pm	Intro to Dance, K-2nd grade	YD1015	40 min.	\$90
7:15 pm	Hip Hop Jazz II, 3rd grade & up	YD1017	40 min.	\$90

There is a \$5 non-resident fee per student per class.



TumbleBunnies Gymnastics

www.tumblebunnies.com

Itty Bitty Bunny

18 months - 2 years (35 mos.)



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

Tuesdays at Salter Community Center

Sept. 20 - Nov. 29, 9:30 - 10:00 am **YA3009**

Fee: \$150 / 10 weeks

No class Nov. 8

Saturdays at Salter Community Center

Sept. 24 - Dec. 3, 9:30 - 10:00 am **YA3001**

Fee: \$150 / 10 weeks

No class Nov. 26

TumbleBunnies Gymnastics – ages 3 and older

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

Tuesdays, Sept. 20 - Nov. 29 at Salter Community Center

Fee: \$150 / 10 weeks

No class Nov. 8

Bizzy Bunnies, 3 - 5 year olds, 10:15-10:45 am **YA3010**

Saturdays, Sept. 24 - Dec. 3 at Salter Community Center

Fee: \$150 / 10 weeks

No class Nov. 26

Bizzy Bunnies, 3 - 4 year olds, 10:15-10:45 am **YA3002**

Happy Hoppers, 5 - 7 year olds, 11:00-11:30 am **YA3003**

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



West Bloomfield, Michigan -- (248) 682-6587

Sports Starters (ages 3 - 5)

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

Wednesday at Salter Community Center

Sept. 21 - Oct. 26, 4:00- 4:45 pm **YA 2001**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

Wednesday at Salter Community Center

Nov. 2 - Dec. 14, 4:00-4:45 pm **YA 2004**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

No class Nov. 23

Kiddie Sports and Games (ages 4 - 6)

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

Wednesday at Salter Community Center

Sept. 21 - Oct. 26, 5:00-5:55 pm **YA 2002**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

Wednesday at Salter Community Center

Nov. 2 - Dec. 14, 5:00-5:55 pm **YA 2005**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

No class Nov. 23

Youth Basketball (ages 7-11)

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

Wednesday at Salter Community Center

Sept. 21 - Oct. 26, 6:00-6:55 pm **YA 2003**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

Wednesday at Salter Community Center

Nov. 2 - Dec. 14, 6:00-6:55 pm **YA 2006**

Fee: Res. \$90; Non-Res. \$95 / 6 weeks

No class Nov. 23



www.livesafeacademy.com

Babysitter Safety (ages 9+)

Certified Babysitter/CPR/First Aid and Safe Home Alone

Learn to be safe and responsible. Build confidence. Have a competitive edge over other babysitters. Topics include: First aid, when and how to call 911, CPR with manikin practice, choking, dealing with difficult behaviors, basic care methods like feeding and diapering, marketing and much more! Students will also learn how to be safe and responsible when home alone, including the importance of not giving out personal information and what to do if somebody comes to the door. Students who successfully complete the course requirements will receive a certificate of completion for Certified Babysitter/CPR/First Aid course by Live Safe Academy. Students need a lunch, snacks, and a cell phone (if they own one). Drop off and pick up is in the classroom. Minimum 10 students. Instructor: Live Safe Academy.

Saturday, Oct. 1 at Salter Community Center

9:00 am - 3:00 pm (6 hours) **YA4001**

Fee: Res. \$65 / 1 class

Certified Pet Sitter/CPR/First Aid (Add-on only; ages 9+)

Kids, would you like to learn pet first aid and be a certified Pet Sitter? Increase your competitive edge by being more valuable to families with pets and kids. Increase your market by being certified to watch pets or kids. Learn to care for the pets in your own family. Have fun and help keep animals safe. This is an add on class for students who participate in the Certified Babysitter course on the same day and will begin after the babysitter safety class ends. Students need a stuffed animal with realistic features to practice skills. Bring extra snacks if staying for this portion. Drop off and pick up is in the classroom. Minimum 10 students. Instructor: Live Safe Academy.

Saturday, Oct. 1 at Salter Community Center

3:00 - 4:00 pm (1 hour) **YA4002**

Fee: Res. \$15 / 1 class



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 2022-2023 school year is available at
www.royaloakrec.com**

2022 - 2023 Class Schedule and Pricing

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

PRE2022-R3

Tuition for our morning 2-day a week program is \$1,072. This includes a non-refundable registration fee of \$100 and three installments of \$324.

Mon/Wed/Fri Morning, 8:30 - 11:00 am

PRE2022-R1

Tuition for our morning 3-day a week program is \$1,609. This includes a non-refundable registration fee of \$100 and three installments of \$503.

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

PRE2022-R2

Tuition for our afternoon 4-day a week program is \$2,146. This includes a non-refundable registration fee of \$100 and three installments of \$682.

Four Seasons Preschool is licensed by the State of Michigan

www.fourseasonsprechoolonline.com





Royal Oak FITNESS

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 - 7:20 pm **Instructor: Angie M**

Sept. 15 - Dec. 8 at M/M Senior/Community Center

No class Nov. 24

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF2002**

20/20 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, 5:50-6:50 pm **Instructor: Karen B**

Sept. 12 - Dec. 5 at M/M Senior/Community Center

No class Oct. 31

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF2005**

Wednesday, 5:50-6:50 pm **Instructor: Karen B**

Sept. 14 - Dec. 7 at M/M Senior/Community Center

No class Nov. 23

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF2006**

Boot Camp Body Blast **NEW!**

Raise the bar and challenge yourself to achieve a new level of physical fitness! This is the ultimate fat-burning class combining all your favorites --kickboxing, drills, calisthenics, free weights, bands, plyometrics -- in a variety of exercises. This full-body cross-training workout is designed to improve cardiovascular and muscular fitness. Modifications are given for various fitness levels. Bring hand weights, dynaband, mat, towel and lots of water. Maximum 24 students.

Monday, 7:00-8:00 pm **Instructor: Kendell M**

Sept. 12 - Nov. 28 at M/M Senior/Community Center

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF2025**

**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.**

Yoga Basics +

This class consists of a flowing series of movements connected to the breath. Each session begins with a centering meditation, continues with warm-ups, and moves into a flow of poses designed to improve balance, strength, and flexibility. Every practice ends in a resting meditation, leaving students with a sense of overall well-being. This class is a step up from basics but isn't quite intermediate, so while some experience may be helpful, modifications will be offered. Dress in layers and bring a mat and any straps, blocks or blankets that may help facilitate your practice. Maximum 24 students.

Tuesday, 7:30 - 8:30 pm **Instructor: Dawn Y, RYT-500**

Sept. 13 - Dec. 6 at M/M Senior/Community Center

No class Nov. 8

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF 2021**

Mat Pilates

Pilates, a non-impact deep muscle conditioning method, strengthens the body's "powerhouse" – the abdominal, gluteal and back muscles – by redressing unbalances and altering movement patterns. This mat-intensive workout enhances posture, flexibility, endurance and balance while toning and firming your core and can be modified from gentle to challenging, depending on fitness level and goals. Bring a mat and light weights. Maximum 16 students.

Monday, 6:20-7:20 pm **Instructor: Ginger V**

Sept. 12 - Dec. 5 at Salter Community Center

No class Oct. 31

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF 2013**

Wednesday, 6:20-7:20 pm **Instructor: Tammy R**

Sept. 14 - Dec. 7 at Salter Community Center

No class Nov. 23

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF 2014**

Total Body Conditioning

Build muscle strength and endurance and burn more calories for safe, fast results with this full body training set to energetic music. Whether you are a beginner with new fitness goals or an experienced exerciser looking for a cross-training body toning workout, this fun class is for you. The cardio warm-up leads into weight training geared to sculpt and strengthen muscles, ending with a series of refreshing stretches. Bring a mat, hand weights, towel and water.

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

Sept. 13 - Dec. 6 at M/M Senior/Community Center

No class Nov. 8

Maximum 24 students.

Fee: Res. \$84; Non-Res. \$89 / 12 weeks **FF 2010**

Saturday, 8:45-9:45 am **Instructor: Angie M**

Sept. 17 - Dec. 10 at Salter Community Center

No class Oct. 1, Nov. 26

Maximum 18 students.

Fee: Res. \$77; Non-Res. \$82 / 11 weeks **FF 2012**

Line Dancing

Welcome to the fun world of DANCING like you see at all the social events. No partner needed, it's terrific exercise for mind, heart and body. Learn to dance to Rock, County, 50's & 60's and Fun Dances. Bring your friends and join us. Instructor: Jackie Ortbals

Session 1

Basic Beginner - Single Dancer

Tuesday, 6:15-7:00 pm

at Salter Community Center

Sept. 20 - Nov. 1 **AE2003**

Fee: Res. \$49; Non-Res. \$54 / 7 weeks

Beginner "Plus" - Single Dancer

Tuesday, 7:00-8:00 pm

at Salter Community Center

Sept. 20 - Nov. 1 **AE2004**

Fee: Res. \$49; Non-Res. \$54 / 7 weeks



Session 2

Basic Beginner - Single Dancer

Tuesday, 6:15-7:00 pm

at Salter Community Center

Nov. 15 - Dec. 20 **AE2007**

Fee: Res. \$42; Non-Res. \$47 / 6 weeks

Beginner "Plus" - Single Dancer

Tuesday, 7:00-8:00 pm

at Salter Community Center

Nov. 15 - Dec. 20 **AE2008**

Fee: Res. \$42; Non-Res. \$47 / 6 weeks

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

Tai Chi

An ancient Chinese discipline designed to enhance the body, mind and spirit and leave you feeling refreshed. You will gain better muscle tone, improve joint flexibility, and increase circulation. Wear comfortable, loose-fitting clothing. The instructor, Han Hoong Wang, has been teaching for more than 35 years in the United States. She is a certified senior instructor in Traditional Yang Style Tai Chi. She believes the pursuit of knowledge, understanding and excellence in Tai Chi Chuan is a lifelong journey. She has traveled extensively throughout the U.S. and back to China to study with the world's top masters. She welcomes students of all ages to join her class.

Yang Style Tai Chi

Traditional Hand Form – Beginner 1

Class taught by Brian Buchanan,

Certified instructor by Yang Family Tai Chi

Monday, 6:30-7:30 pm AF2001

Sept. 12 - Dec. 5 at Keller School

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

Yang Style Tai Chi

Traditional Exercises & Hand Form – Continuing

Monday, 7:30-8:30 pm AF2002

Sept. 12 - Dec. 5 at Keller School **No class Nov. 7**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

No class Nov. 7

Basic Push Hand Exercise, Fixed Step & Moving Step

Must know hand form basic

Monday, 8:30-9:30 pm AF2003

Sept. 12 - Dec. 5 at Keller School **No class Nov. 7**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

Yang Style Tai Chi

Traditional Hand Form – Beginner 2

Class taught by Brian Buchanan,

Certified instructor by Yang Family Tai Chi

Thursday, 6:30-7:30 pm AF2006

Sept. 15 - Dec. 8 at Keller School **No class Nov. 24**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

Chen Style-Silk Reeling, Single Posture, Laojia Yi Lu (the first form) Sect. 1 – 2

Thursday, 7:30 - 8:30 pm AF2004

Sept. 15 - Dec. 8 at Keller School **No class Nov. 24**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

Short Staff, 2 Person Short Staff Continuing

Must know 103 hand form.

Thursday, 8:30-9:30 pm AF2005

Sept. 15 - Dec. 8 at Keller School **No class Nov. 24**

Fee: Res. \$96; Non-Res. \$101 / 12 weeks

Hatha Yoga

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

Monday at Senior/Community Center

Sept. 12 - Dec. 12, 5:40 - 6:55 pm **AF2007**

Fee: Res. \$112; Non-Res. \$117 / 14 weeks

Wednesday at Senior/Community Center

Sept. 14 - Dec. 14, 5:40 - 6:55 pm **AF2009**

Fee: Res. \$112; Non-Res. \$117 / 14 weeks

Thursday at Senior/Community Center

Sept. 8 - Dec. 15, 7:00 - 8:15 pm **AF2010**

Fee: Res. \$112; Non-Res. \$117 / 14 weeks

No class Nov. 24



Water Aerobics

You do not need to know how to swim. A challenging aerobics workout that is fun, safe and effective. Increase flexibility, tone and strengthen muscles utilizing the support and massaging effect of the water. Locker room available, bring your lock, towel and suit. Leave your valuables at home. Program fills quickly.

Wednesday at Royal Oak Middle School Pool

Sept. 14 - Dec. 7, 7:00 - 7:55 pm **AF2011**

Fee: Res. \$84; Non-Res. \$89 / 12 weeks No class Nov. 23

Aqua Zumba

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

Wednesday at Royal Oak Middle School Pool

Sept. 14 - Dec. 7, 8:00 - 8:55 pm **AF2012**

Fee: Res. \$84; Non-Res. \$89 / 12 weeks No class Nov. 23



Tactical Self-Defense "TSD"



Get Started Now!

In today's increasingly violent world, the ability to defend yourself is critical. Men, women, and teens need time proven self protection skills now more than ever. Our unique program will teach you those skills quickly, effectively, and safely while learning about important elements

such as awareness and strategy – all while having a ton of fun. You will learn how to deal decisively with any form of assault, grabs, punches, kicks, lock, or even armed attackers. The self-defense and martial arts skills you will learn at Tactical Self Defense are based on ancient techniques, designed and taught for a modern world. We know each individual is just that, and individual with different strengths and weaknesses. Martial arts is not a team sport, the only person that you are competing with is yourself. Students come to us from age 15 to 70. Some students are in shape while others are overweight. Some come for self defense, fitness, and others for pure fun. Each person is treated as an equal and is trained to the best of their own ability and potential. At Tactical Self Defense our instructors are there to guide, instruct, and motivate you to be the best you can be. Instructor Dean Hadin has over 31 years of training in traditional and contemporary martial arts. He has taught students of all ages from Police Officers, to business executives, to youth groups – for the past decade in the Metro Detroit Area.

Wednesday at Salter Community Center

Sept. 21 - Oct. 26, 7:30 - 8:45 pm **AF2401**

Fee: Res. \$54; Non-Res. \$59 / 6 weeks

Wednesday at Salter Community Center

Nov. 2 - Dec. 14, 7:30 - 8:45 pm **AF2402**

Fee: Res. \$54; Non-Res. \$59 / 6 weeks

No class Nov. 23



Water Color Painting

Beginning through Experienced Students

Noted Michigan Artist, Karen Halpern, will teach lessons each week, in which you paint a variety of subjects. They provide fundamentals and stretch your abilities. Color mixing, color theory, design, and painting techniques will guide you as you develop your art. Students work at their own level of ability in a supportive setting. **Ask for supply list when you register.**

Monday, 1:30 - 3:30 pm at Senior/Community Center (Room 3)

Sept. 12 - Nov. 14 **AE2006**

Fee: Res. \$127; Non-Res. \$132 / 9 weeks

No class Sept. 26

Royal Oak Nature Society

Protecting Our Nature Parks and Educating the Community

The Royal Oak Nature Society is a volunteer group working with the city to maintain and improve Royal Oak's two nature preserves, Cummingston Park and Tenhave Woods. Dogs are not allowed inside either Tenhave Woods or Cummingston Park. The Nature Society is 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, email us at naturesociety@romi.gov, mail us at: Royal Oak Nature Society, 1600 N. Campbell Rd, Royal Oak, 48067 or check out our website at www.romi.gov/nature. You can also find us on Facebook. Park trail maps and maps showing the location of the two nature parks and the Royal Oak Arboretum can be found on our website.



Speaker Programs

At our free speaker programs, 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 talk with the speakers afterwards and ask questions.

There will be a Zoom online fungi program on **Wednesday, November 9th beginning at 7:00 pm**. Registration is required. Go to www.romi.gov/422/Speaker-Programs to register and for more information.

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 heads 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.

As other programs/walks are scheduled, they will be announced on our website and Facebook page.



Royal Oak Symphony Orchestra

Celebrating its 26th season, the orchestra is a cultural offering to Royal Oak and our neighboring communities. Formed specifically for area musicians who desire to continue making music a life-long avocation, the orchestra is comprised of adults of all ages and professions. ROSO meets every Wednesday evening from 7:30-9:30 pm at Royal Oak Middle School and performs four concerts each season. For concert ticket information, call 248-549-0262. If interested in joining, click on the "Auditions" tab on the website: www.royaloakorchestra.org.

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

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.

DATE	TIME & PLACE	TOPIC
Sept. 24 (Sat)	10:00 am at Cummingston	Mushroom Walk
Oct. 9 (Sun)	2:00 pm at Tenhave	Fall Color
Oct. 16 (Sun)	2:00 pm at Cummingston	Fall Color
Oct. 22 (Sat)	10:00 am at Tenhave	Mushroom Walk
Oct. 23 (Sun)	2:00 pm at Tenhave	Fall Color
Oct. 30 (Sun)	2:00 pm at Cummingston	Fall Color

There is no cost for these walks but registration is required. To register, please visit www.romi.gov/411/Nature-Walks

Royal Oak Concert Band

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

Updated performance schedule is also available on the website. Tickets available at the door or in advance at www.royaloakconcertband.org.

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

Registration Information

How to Register for Programs and Classes

Registration begins on August 18 for in-person, mail, fax and online submissions.

Mail-In Registration

You may send a completed registration form (or reasonable facsimile) with payment to:

**Royal Oak Recreation
PO Box 64
Royal Oak, MI 48068-0064**

Do not send cash. Make checks payable to **Royal Oak Recreation**. Use separate checks for different classes in case one of your desired classes is filled. **Returned check fee is \$35**. To receive a receipt, please include your e-mail address.

Fax Registration

Fax registrations are accepted 24/7 at **248-246-3007**. Fax payment by credit card only – please include credit card number, security code, expiration date, and your signature on registration form. To receive a receipt, please include your e-mail address.

In Person Registration

Walk-in registrations are accepted at the Recreation Office Monday through Friday, 8:30 am to 5:00 pm. The Recreation Office is located at the Dept. of Public Service, 1600 N Campbell Road, Royal Oak MI 48067. We accept payment in person by cash, check, Visa, M/C or Discover.

Refunds

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

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

Senior Center classes are open to adults of all ages who are available for daytime activities. No membership fee or residency requirement.

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
August 18**

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

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** _____

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Signed _____ **Date** _____



@RO_Ice_Arena



facebook.com/Lindell.Ice.Arena

1403 Lexington BLVD.

Royal Oak MI 48073

248.246.3950

JOHNLINDELLICEARENA.COM

**JOHN LINDELL
ICE ARENA
ROYAL OAK**

**LEARN TO
SKATE**

LEARN TO SKATE

Where it all begins.

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

OPEN SKATE

Skate at your own leisure. Bring friends and family to share the fun. General, adult and preschool sessions offered.

Check johnlindellicearena.com for days and times.

NEW EDGE

FIGURE SKATING CLUB

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
Starts Late September & runs on
Tuesday nights.

Individual Registration – Jersey included

For more information on any of these programs, please visit

JOHNLINDELLICEARENA.COM



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 a 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.

TO VIEW CAMPS OFFERED: www.suburbanhockey.com

City of Royal Oak



School Buildings

- 1 Addams, 2222 W. Webster
- 2 Churchill Community Education Center, 707 Girard Ave.
- 3 Helen Keller, 1505 N. Campbell Rd.
- 4 Northwood, 926 W. 12 Mile Rd.
- 5 Oakland, 2415 Brockton Ave.
- 6 Oak Ridge, 506 E. 13 Mile Rd.
- 7 Royal Oak High, 1500 Lexington Blvd.
- 8 Royal Oak Schools Administrative Offices, 800 DeVillen
- 9 Royal Oak Middle, 709 N. Washington Ave.
- 10 Upton, 4400 Mandalay Ave.
- 11 Maintenance & Transportation Center, 1601 N. Campbell

Government Buildings

- 10 Mahany/Meininger Senior Community Center, 3500 Marais
- 11 Department of Public Service, 1600 Campbell

Location of the Recreation Department

- 12 Royal Oak Animal Shelter, 1515 N. Edgewater
- 13 John Lindell Ice Arena, 1403 Lexington
- 14 Royal Oak Golf Course, 3417 Don Soper Dr.
- 15 Jack & Patti Salter Community Center, 1545 E. Lincoln
- 16 Orson Starr House, 3123 N. Main

City Hall Complex

- 16 City Hall, 203 S. Troy St.
- Public Library, 222 E. 11 Mile
- Police Department, 450 E. 11 Mile
- 44th District Court, 400 E. 11 Mile
- Farmers Market, 316 E. 11 Mile
- 17 Royal Oak Historical Society Museum, 1411 W. Webster

Parks

- 18 Kenwood Park, Kenwood & Forest
- 19 Memorial Park, Woodward & 13 Mile
- 20 Red Run Park, Girard & Vermont
- 21 Starr/Jaycee Park, 13 Mile & Marais
- 22 VFW Park, Campbell & E. Lincoln
- 23 Worden Park, Lexington & Crooks
- 24 Upton Park, Nakota at Mandalay
- 25 Whittier Park, E. Farnum & N. Alexander
- 26 Cummings Nature, Torquay & Leafdale
- 27 Quickstad Park, Tenhave Woods, between Normandy & Lexington east of Crooks
- 28 Normandy Oaks Park, Delemere & Nakota
- 29 Lawson Park, Irving & Parent

Picnic Shelter Rental

Picnic shelters are available for rent at Starr Jaycee, VFW, Memorial, Lawson, and Normandy Oaks Parks. Royal Oak residents and businesses may secure rental permits beginning January 3 through March 31 for the 2023 season. Non-residents may apply beginning April 3.

Please call 248-246-3180 for rental rates and availability.

Rentals can be processed online at www.royaloakrec.com.

Leo Mahany / Harold Meininger

Senior Community Center

3500 Marais, Royal Oak, MI 48073 • (248) 246-3900

www.romi.gov

 Royal Oak Parks and Recreation page

Jack & Patti Salter Community Center

1545 E. Lincoln, Royal Oak, MI 48067 • (248) 246-3180

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. Our monthly *Senior Times* newsletter is FREE. Call to join the mailing list or stop in the center lobby for the most recent copy. Start enjoying opportunities for lifelong education, fitness and leisure activities. 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.

Tim's Kitchen is seeking a chef who is ServSafe Manager qualified; apply at romi.gov.

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.

Medical Equipment Loan Closet

The Senior Center has walkers, wheelchairs, bath stools, crutches and more 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 since our storage space is limited.

Special Events and Workshops

September

2	BINGO	12:30 pm
9	Brain Games	12:30 pm
12	Welcome, Newcomers	10:30 am
13	Book Lecture	10:00 am
16	Kerry Price Piano Concert \$2.00	12:30 pm
19	Creative Coloring \$2.00	10:30 am
27	Paint & Pour \$5.00	1:00 pm
22	4th Friday M/M Book Club	10:00 am

October

3	Welcome, Newcomers	10:30 am
3	Creative Coloring \$2.00	10:30 am
4	Healthy Living Fair	9:00 am
7	BINGO	12:30 pm
11	Lunch and Learn	11:30 am
14	Brain Games	12:30 pm
21	Kerry Price Piano Concert \$2.00	12:30 pm
21	Dinner Dance	6:00 pm
25	Power of Plants	12:30 am
28	4th Friday M/M Book Club	10:00 am

November

4	BINGO	12:30 pm
7	Welcome, Newcomers	10:30 am
7	Creative Coloring \$2.00	10:30 am
18	Kerry Price Piano Concert \$2.00	12:30 pm
21	Creative Coloring \$2.00	10:30 am
25	4th Friday M/M Book Club	10:00 am

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) 246-3917 for an application form. The fees to display brochures are \$10 monthly or \$100 yearly.

Rental Information

The Leo Mahany/Harold Meininger Senior Community Center is available to rent for 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. Call 248-246-3911 for availability or go to www.romi.gov/368/Rental for detailed information, rates and room sizes. **No alcohol, candles or bounce houses.** When calling, please have the following details available: type of event, estimated number of people, day(s), hours, and if you will need a projector, podium or microphone.

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.

Day Trips

Detroit Symphony Orchestra

CLASSICAL Matinee Concerts

2022-2023

Fridays, 9:15 am – 1:30 pm

All Concerts: \$31 – Main Floor Sides

Masks are optional inside the venue. The DSO requires all patrons to present proof of COVID-19 vaccination or a negative COVID-19 test within 48 hours. You will be asked by staff at Orchestra Hall to present proof before entering.

October 14, 2022

T1002F

Prokofiev - *Symphony No. 1, "Classical"*. Jader Bignamini conducts; Kian Soltani, cello. Featuring: Haydn *Cello Concerto No. 1*, De Saint-Georges *Symphony No. 2*, Mozart *Symphony No. 38, "Prague"*.

February 3, 2023

T1003F

Stravinsky - *Symphonies of Wind Instruments*. Leonard Slatkin conducts; Garrick Ohlsson, piano. Featuring: Bela Bartok *Music for Strings, Percussion and Celesta*; Brahms *Piano Concerto No. 1*.

April 28, 2023

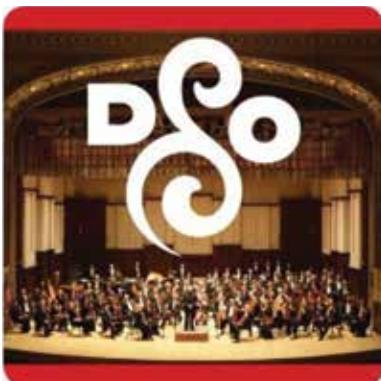
T1004W

Brian Raphael Nabors *Upon Daybreak* (DSO Commission). Joann Falletta conducts; Augustin Hadelich, violin. Featuring: Chevalier De Saint-Georges *Violin Concerto in A major, Op. 5 No. 2*; Stravinsky *Violin Concerto*; Zoltan Kodaly *Dances of Galanta*.

June 2, 2023

T1005W

Tchaikovsky *Symphony No. 4*; Jader Bignamini conducts; Isata Kanneh-Mason, piano. Featuring: Giuseppe Martucci *Nocturne No. 1*; Erno Dohnanyi *Variations on a Nursery Tune*; Tchaikovsky *Symphony No. 4*.



Detroit Symphony Orchestra POPS Matinee Concerts 2022-2023

Fridays, 9:15 am - 1:30 pm

**All Concerts: \$51 – Main Floor
Seats all within the first five rows!**

Masks are optional inside the venue. The DSO requires all patrons to present proof of COVID-19 vaccination or a negative COVID-19 test within 48 hours. You will be asked by staff at Orchestra Hall to present proof before entering.

November 18, 2022

T1006F

Sci-Fi Spectacular: *Star Wars, Star Trek, and Beyond!*

Travel with Conductor Jeff Tyzik to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies including *Star Wars, Star Trek, 2001: A Space Odyssey, Alien, and more*.

December 16, 2022

T1007F

Home for the Holidays

Michelle Merrill conducts Detroit's favorite holiday musical tradition. It's a sparkling celebration with carols and classics that sells out year after year – and yes, Virginia, there will be a Santa Claus!

March 10, 2023

T1008W

Sondheim & Beyond

Andy Einhorn conducts the DSO in a joyous celebration of the life and work of beloved composer-lyricist Stephen Sondheim as well as the work of others like Stephen Schwartz, Andrew Lloyd Webber, Leonard Bernstein, and more.

May 26, 2023

T1009SP

Respect: A Tribute to Aretha Franklin

Celebrate the singer, the icon, the leader, and the woman with her greatest hits, including *Respect, Chain of Fools, Natural Woman, Think and Amazing Grace*.

Sistine Chapel Exhibition

Grand Rapids

\$149

Thursday, September 8, 2022 T1039SU

8:15 am-5:30 pm Rybicki Tours

Spend two hours on your own, experiencing Michelangelo's masterpiece: images of each of the artist's 34 frescoes from the ceiling of the Sistine Chapel in St. Peter's Basilica, Rome, Italy. They are brought to life using a special printing technique that emulates the look and feel of the original work. Then enjoy a 2-hour sightseeing cruise and lunch aboard the Grand Lady Riverboat. Cost includes transportation via motor coach, tour and Grand River cruise. *Rybicki Tours is committed to keeping our staff and customers as safe as possible. Starting September 1, 2021, all travelers must be fully vaccinated for COVID-19 in order to travel with Rybicki Tours.*



Hamtramck History Tour

\$111

Thursday, Sept. 15

T1041SU

9:15 am - 3:15 pm Bianco Tours

Join us as we take you on an unforgettable visit to Hamtramck – we'll tour St. Alber-tus, St. Florian, have lunch at the Polish Village Cafe, visit historic landmarks in Hamtramck, visit the Hamtramck History Museum and do a little shopping at the Polish Art Center and at Srodek's! Cost includes transportation via motor coach, lunch and tour.

Detroit Institute of Arts

Thursdays at the Museum

\$5

Thursdays, 12:30 - 3:30 pm

September 29, 2022

T1008F

Register by September 15

Thursday, November 3

T1009F

Register by October 20

The DIA remains open to visitors, serving as a place for inspiration, calm and respite in challenging times. Our visit is a millage benefit for tri-county (Wayne, Oakland, and Macomb) residents and includes museum admission, bus transportation, a guided tour and a coupon for a free coffee at the Café DIA. 25 person minimum.

More Day Trips on page 16

Day Trips *continued*

Zehnders Fall Lunch Show \$119
Thursday, October 20, 2022 T1010F
9:00 am - 6:00 pm Rybicki Tours

Enjoy Zehnder's famous chicken lunch followed by a high-energy 90-minute show! Dave and Daphne, a duo from Nashville, are known for their vocal versatility and talent on many instruments. Daphne was awarded Southern Gospel Female Vocalist of the Year. Revisit classic songs like *Orange Blossom Special*, *William Tell Overture* and *Dueling Banjos*. Cost includes transportation via motor coach, lunch, performance, and some downtown Frankenmuth shopping time.



Cornwell's Turkeyville White Christmas \$91
Friday, Dec. 2, 2022 T1015F
9:30 am - 6:45 pm Bianco Tours

Enjoy the famous Cornwell's turkey lunch and a lively production of the beloved Christmas story, *White Christmas*. Featuring well-loved favorites such as *Cheek to Cheek*, *Baby It's Cold Outside*, and *White Christmas*, this stylish evening of 1940's standards will have you dreaming of a white Christmas as well! Cost includes transportation via motor coach, lunch and performance.



Extended Trips



Hudson River Valley \$1499 pp/dbl
September 19-24, 2022 Rybicki Tours

Explore the history and beauty of New York's Hudson River Valley. Take a narrated boat cruise on the majestic Hudson River, a guided tour of West Point Military Academy, visit a winery, and the stomping grounds of FDR. You will be thrilled with the Walkway over the Hudson, the longest elevated pedestrian bridge in the world. Cost includes transportation via motor coach, accommodations, ten meals, and more! \$50 deposit; balance due August 4, 2022.

Amazing Akron \$265 pp/dbl
October 19-20, 2022 Bianco Tours

On our way to Akron, Ohio, we'll stop off at Brandywine Falls, a 60-foot waterfall; then it's on to the MAPS Air Museum featuring more than 50 aircraft. Next day we'll board the Cuyahoga Railroad, traveling through the Cuyahoga National Park. Finally, we'll see the Cascade Locks, which channels the Ohio and Erie Canal through a series of "staircase locks." Cost includes transportation via motor coach, accommodation, two meals and tours. \$20 deposit; balance due Sept. 19, 2022.

Hallmark Christmas Town \$390 pp/dbl
November 20-21, 2022 Bianco Tours

Travel to Columbiana, OH, for a little Christmas joy! Travel through a huge Holiday Light Display, visit the Arms Family Museum featuring Memories of Christmas Past, take in a Las Vegas-style Christmas Revue and visit downtown Columbiana, designated as one of the top 25 "Hallmark" Christmas towns in the U.S. Cost includes transportation via motor coach, accommodations, three meals. \$20 deposit; balance due Oct. 6, 2022.



Lancaster Christmas \$1099 pp/dbl
December 2-5, 2022 Shoreline Tours

Step back in time to enjoy a slower pace – one where horse & buggy remains a primary form of transportation, and where windmills dot the landscape. Combined with two fantastic shows and Koziar's Christmas Village, this promises to be a fun holiday season getaway. Cost includes transportation via motor coach, accommodation and 7 meals. \$100 deposit; balance due Oct. 2, 2022.

Temporary COVID-19 Vaccination Policy: Shoreline Tours is committed to keeping our staff and customers as safe as possible. Starting January 1, 2022 all travelers must be fully vaccinated for COVID-19 in order to travel with Shoreline Tours.

If you need special accommodation for travel, it is your responsibility to inform us upon registration.

South Oakland Art Association

1st Tuesday of each month at the M/M Senior Community Center

Sept. 13, Oct 3, Nov 7, Dec. 5 6:30 - 9:00 pm

\$5.00 fee; annual dues are \$30.00 Visitors are welcome!

Established in 1960 to promote creative talent and the fine arts. They hold monthly meetings (minus July and August), have guest speakers and demonstrations, an Artist of the Month, and contests.

SOAA offers an opportunity to interact with other artists and participate in scheduled art shows. For more information go to SouthOaklandart.com.

Welcome Newcomers

1st Monday, 10:30 am
Sept. 12, Oct. 3, Nov. 7, Dec. 5

FREE

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. **Call 248-246-3900 to reserve.** Need a ride from your R.O. home? Call 248-246-3914.

Billiards

50¢ / day drop-in
\$3.00 / month unlimited

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.

Join the Pool Party!

Mondays, Wednesdays & Fridays

1:00 - 4:00 pm

A great group of regulars want to welcome new members. Stop by and play!

Drop-In Cards

Rubber Bridge

Mondays, 12:15 pm

\$1.00

Drop-in with a partner to play Rubber Bridge. Come early if you have no partner and we will try to pair you up.

Pinochle

Tuesdays, 12:30 pm

\$1.00

Drop-in for Pinochle and meet new friends.

Duplicate Bridge

Wednesdays, 12:30 pm

\$2.00

Drop-in with a partner to play Duplicate Bridge. For more information, visit roduplicatebridge.org.

Euchre

Thursdays, 12:30 pm

\$1.00

Drop-in to join experienced players who like to play Euchre. Play 8 rounds of cards.

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 fee.

Helping Hands

Tuesdays & Thursdays, 9:30 am

Do you like to knit or crochet? This group creates beautiful hats, scarves, lap blankets, and afghan blankets and donates them to Beaumont Hospital, local churches, and other charitable organizations in the area. Feel free to drop-in. Beginners up to expert crafters are welcome!

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 get a little knitting help. All knitters welcome, beginners and experienced.

Friday Recreational BINGO!

1st Fridays at 12:30 pm A1005

Sept. 2, Oct. 7, Nov. 4

Must preregister

Royal Oak Senior Community Center hosts Friday Recreational BINGO. First Card FREE, all additional cards are 25¢ each. Format is 5 regular games with prizes and one overall round with a Grand Prize of \$5.00. Prizes for First Friday Bingo are provided by sponsors.

Bingo is conducted solely for the amusement and recreation of the ROSC guests. Any and all revenue from Bingo is used towards future Bingo Overall cash prizes.

Mahjong Class

Tuesdays, 1:00 - 4:00 pm

Oct. 14 - Nov. 4

C1090F

\$40 / 4 weeks

For all beginning students or those wanting a refresher. Instructor Robin Kaufman grew up watching her mother play Mah Jongg and developed a love for the game in her adulthood. Come well-rested and with a clear head – there is a lot of information to absorb in the first class! The National Mah Jongg League rules are followed and the yearly card will be available to purchase for \$9 at the first class. Don't wait to sign up – 8-person maximum. Sign-up deadline: Oct. 7

Drop-In Mahjong

Beginner Mahjongg

Tuesday, 1:00 - 4:00 pm 50¢

Beginner players may drop in and play on Tuesday afternoons. Players must follow National Mahjongg League rules only.

Experienced Mahjongg

Wednesdays 9:30 am -12 noon 50¢

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



Kerry Price Sing-A-Long

Select Fridays, 12:30 pm

Sept. 16 - My Favorite Things

Oct. 14 - So Dear to My Heart

Nov. 21 - Thanks...

\$2.00 per performance

Don't miss these musical programs written and performed by **Kerry Price**, sure to be both entertaining and educational. Ms. Price, a popular vocalist and pianist, has delighted audiences with her one-woman programs since 1976! Admission payable at the door.

Dinner Dance

Friday, Oct. 21

D1000F

6:00 - 9:00 pm

\$15.00 per person

Enjoy an Oktoberfest-themed dinner prepared by Chef Doruk and dance to the live music of *The Mike Wolverton Trio*. Doors open at 5:30 pm.

Mahany - Meininger Senior Healthy Living Fair

Tuesday, October 4, 9:00 am - 1:00 pm

ATTENTION Royal Oak Seniors and SURROUNDING AREAS: Join us for resources on Nutrition, self care, vaccinations and more. Free refreshments and opportunities to connect with essential services and local organizations that will help you with Healthy Living. RSVP by Sept. 15 and you will be entered in a Prize Drawing. Call 248-246-3900 for more information.

Brain Games!

Fridays, Sept. 9 & Oct. 14, 12:30 pm

FREE

Join us at the Royal Oak Senior Community Center for a program that cross trains your brain. One hour of puzzles, games, trivia challenges and fun engaging brainteasers all designed to sharpen your memory and improve your mind. Play alone or with partners. Fun-Fun-Fun! Presented by Sheri of The Reserve at Red Run. Call the Center at 248-246-3900 to RSVP and get more information about Brain Games!

Mini Makers aka Wee Bees

1st Mondays, 10:00 am - 1:15 pm

August 1, Sept. 12, Oct. 3, Nov. 7

Room 3

FREE

Do you like making miniatures or want to learn more about it? This group meets monthly to make projects that are "dollhouse scale" or smaller. Feel free to drop-in to check us out! There may be materials costs or tools needed for some projects. No fee to attend. (If the building is closed for a holiday, we'll meet the next Monday.) Call the Senior Center at 248-246-3900 to confirm dates and ask questions.

Miniature and Crafting Supplies Sale!

M/M Center

Friday, Sept. 30, 11:00 am - 4:30 pm

Saturday, Oct. 1, 10:00 am - 2:00 pm

CASH ONLY

Voting Day Helping Hands Knitting Sale

Tuesday, Nov. 8, 7:00 am - 6:00 pm

Mark your calendars for this sale with amazing handmade scarfs, hats, gloves, blankets, and more. Great prices, huge variety, awesome gifts for the holidays. Cash and check only accepted. More info to come in the September Senior Times.

M/M Book Clubs

1st Thursdays, 11:00 am - 12:30 pm

Sept. 1, Oct. 6, Nov. 3

4th Fridays, 10:00 - 11:30 am

Sept. 22, Oct. 27

We are now offering two well-attended groups! In partnership with the **Royal Oak Public Library**, we offer readers the opportunity to explore novels or non-fiction titles together. Don't worry about driving at night to typical book club gatherings!

Want a library card? Visit ropl.org/1063/
Apply-for-a-Library-Card

If meeting in person doesn't suit you, an additional educational resource can be found at www.getsetup.io/partner/michigan for free online learning.



Computer Club

2nd & 4th Wednesdays, 12:30 pm

Calling all beginner 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 December 2022

11:00 am - 12:00 pm C1049F

OR

12:15 - 1:15 pm C1050F

OR

1:30 - 2:30 pm C1051F

\$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.



Lunch and Learn Series

Receive a **FREE lunch** for all who 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.

Having Neck Pain?

Tuesday, October 11

A1008

Free

Presented by: Foundation Manual Physical Therapy and Performance PCLL

Do you experience neck, back, knee, and/or shoulder pain? Are you interested in learning about how your body works? We will review basic anatomy, common causes, techniques and the importance of appropriate physical therapy exercises in each area. Services we offer: Orthopedic Manual Physical Therapy, Golf Therapy, Dry Needling, and Blood Flow Restriction Training Foundation Manual Physical Therapy. Join Doug Johnson, 17 year experience Physical Therapy.

Register by Oct 1.

Foot Doctor

2nd Wednesday, 9:00 - 10:45 am

Sept. 14, Oct. 12, Nov. 9

Dr. Adas will see patients at the Senior Center for your convenience. Most services will be covered by insurance. Call the center at 248-246-3900 to reserve a slot. The Monday before, Dr. Adas' office will call you to set a specific time.

Grief Support – Living On

Hosted by Hospice of Michigan

3rd Fridays, 10:30 - 11:30 am

Sept. 16, Oct. 21, Nov. 18

Living On is a series of ongoing groups where grief and loss topics are addressed as they arise, depending on the interests of those attending the group. The focus of this group is to express feelings and experiences related to the loss in a supportive caring and non-judgmental environment.

Registration required. Contact Cindy Palmer, Grief Counselor, at 248-334-1323.

Massage Therapy

By appointment only

30-minute massage \$35

60-minute massage \$55

Sept. 6, 8, 12, 14, 20

Oct. 4, 6, 10, 13, 17

Nov. 3, 8, 10, 15, 17

Licensed massage therapist Heidi offers Swedish massage, stretching and relaxation techniques which help alleviate muscle tension, stress and nerve pain. Massage also improves circulation, promotes well-being and increases overall energy. Please call the center for an appointment: 248-246-3900.

BOOK EARLY!

"Star-Grabbers" Amateur Astronomy Club

2nd Wednesdays, 10:30 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. Meet to discuss current astrological events. New members are always welcome!

American Sign Language for all Abilities

Will return, watch for details in the winter 2023 Insight.

Join instructor Kaylee to learn about deaf culture while signing letters and words for a second form of communication. Her class will involve games, practice and interactive technology to assist in all levels of learners. Google classroom option available.

Garden Club Fall

Perennial Plant Exchange

Saturday, Sept. 17, 9:00 - 11:00 am

M/M Center, Rooms 4 & 5

Bring labeled plants in containers to exchange with others. Plants are free to good homes and enjoy great conversations with other gardeners!

Royal Oak 50+

Fall Golf League

Mondays, Sept. 12 - Oct. 17 A1210F

\$156 for cart and 9 holes per person

Join us at the Royal Oak Golf Course for a 50+ Spring golf league. Just for fun! No handicaps calculated. **Sign up by September 8** as a single person or as a twosome. League is limited to 20 people who preregister – first come, first served. This 6-week league will be on Mondays beginning at **12:00 noon** with roughly eight minutes between groups for tee times. To register, call the Senior Center at 248-246-3900.

Senior Coffee Group

Wednesdays, 1:00 - 2:30 pm

Affirmations Community Center

290 W. 9 Mile in Ferndale

Fridays, 1:00 - 2:30 pm

M/M Senior Community Center

3500 Marais in Royal Oak

A discussion and networking group for LGBTQ+ community ages 45 and over. The twice-weekly meetings are open to any discussion topics brought by those who attend. In addition, various social outings and potlucks are held throughout the year. Full vaccination is required to attend, and masks are currently optional in the meetings except when drinking (non-alcoholic) beverages.

Royal Oak Senior Center Presents...

Book Talk & Lecture: "What Makes You, YOU!"

Tuesday, Sept. 13, 10:00 -11:30 am

\$3.00 registration fee A0913

Presented by: Sue E. Fabian, J.D., L.P.C., Certified Gerontologist

Sue Fabian is an Elder Law Attorney since 2001, Geriatric Care Manager since 1993 and sole caregiver to aging parent for 22 years. She has served scores of families for more than two decades. She is the author of *Birthing Death and Imparting: Before I'm Parting* (both available on Amazon). Visit www.ElderWiseAdvisor.com for more information.

We stand on our ancestor's shoulders, but you are much more. "What Makes you, YOU!", lets you explore fun ways to answer the Q of YOU!

Look around at your possessions...how they reflect your values? Look at your calendar...how do you invest your precious time? We'll explore these and other unique ways to discover more of What Makes You, YOU.

You will learn:

- How to identify core aspects of your being, from past, present and future spontaneously
- How to organize your puzzle pieces (core aspects) in ways that best express YOU

Handouts and light refreshments provided.

Paint and Pour: Find the Artist in You

Tuesday, Sept. 27, 1:00pm

\$5.00 registration fee

Sponsored by: Dedicated Senior Medical Center

Canvas, paint, and step-by-step instructions will be provided along with canvas-side beverage service (non-alcoholic). It's never too late! Express yourself through art.

Register by Sept. 22.



Brainstorm: A Workout for the Mind

Part 1 - Friday, Sept. 30, 10:00 -11:30 am

Part 2 - Friday, Oct. 21, 10:00 -11:30 am

\$3.00 registration fee A1000

Presented by: Lori Stanley of Allegria Village Senior Living Community

Shake up your brain with fun. This interactive presentation designed by the Wayne State University Institute of Gerontology is a breakthrough approach to brain health and training. This interactive workshop is a two-part series on brain fitness and how to keep the brain healthy. Brainstorm will focus on how the brain works, memory, Alzheimer's, brain deterioration, and offer facts and activities. This exciting workshop will also have pointers on how to trick your brain, to make it sharper. Light refreshments will be provided.

Register by ???

De-Stressing the Mind and Body

Monday, Sept. 12, 10 : 00 am

\$10 registration fee A1002

Presented by: Aaron Wallace of Balance Your Fitness

In this work shop you'll learn useful techniques on how to release stress from your life. BYF will show a sample of techniques used to release stress and boost your body's energy.

Register by Sept 9.

The Power of Plants: Beaumont Health Cardiac Rehab Nutrition Class

Tuesday, Oct. 25, 11:30 am - 12:30 pm

Free A1007

The Power of Plants will help you learn what plant-based eating is and how it works to lower intake of saturated fat and cholesterol. Instructor Mary Ligotti-Hitch is a Registered Dietitian Nutritionist from Beaumont Coolidge Health and Wellness Center. She will be providing this Cardiac Healthy Presentation and show you how to prepare two "Power of Plants" recipes and you may enjoy tasting samples at the end of class.

Register by Oct. 17

Terrified of the Holiday Menu? Give Yourself the Gift of Health

Monday, Nov. 7, 10:00 am

\$10.00 registration fee A1003

Presented by: Aaron Wallace of Balance Your Fitness

Are you terrified of the holiday menu? Would you like to lose weight, improve energy, boost your immune system and get healthy when everyone else is resigned to weight gain? Learn how to boost your metabolism and be healthier and balanced by making smarter choices at your holiday feast!

Register by Nov 1.

Holiday Cookie Decorating Class

Wednesday, Dec. 7, 1:00 pm

\$25.00 registration fee A1005

In the spirit of the holiday season, the award-winning Cookie Cool Cookie Company's principal baker, Ms. Patricia Davis, will celebrate the joys of the season, by sharing her knowledge and techniques of cookie decorating with the basics of royal icing. This delightful and engaging class will demonstrate how to use royal icing to create and decorate beautiful and memorable cookies for gifts and loved ones.

Participants will leave with class with four delicious, decorated cookies, packaging, recipes and holiday mementos. Tis the Season!

Register by Dec. 1.



Hero Handbells Concert

Monday November 21

A1010

7:00pm - 8:00 pm

Holiday Music performed live by a concert ensemble. Doors open at 6:30 pm. Light refreshments and snacks served. RSVP by calling 248-246-3900.

Chair Exercise with Cindy

Wednesdays, 9:30 - 10:15 am

Sept. 7 - Oct. 12 **C1035F**

\$36 / 6 weeks

Oct. 26 - Nov. 30

\$30 / 5 weeks *No class Nov. 23*

Fridays, 9:30 - 10:15 am

Sept. 9 - Oct. 14 **C1037F**

\$36 / 6 weeks

Oct. 28 - Dec. 2

\$30 / 5 weeks *No class Nov. 25*

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 emphasize posture, coordination, and fall prevention. 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. Instructor – Cindy Erlandson.



Chair Yoga with Cindy

Wednesdays, 10:30 - 11:15 am

Sept. 7 - Oct. 12 **C1039F**

\$36 / 6 weeks

Oct. 26 - Nov. 30

\$30 / 5 weeks *No class Nov. 23*

Fridays, 10:30 - 11:15 am

Sept. 9 - Oct. 14 **C1042F**

\$36 / 6 weeks

Oct. 28 - Dec. 2

\$30 / 5 weeks *No class Nov. 25*

This class consists of three 15-minute sections: first and last are performed seated, the middle section is performed standing using a chair for balance. Focus: breathing, relaxation, stretching for flexibility and balance practice, which also increases muscular strength. Instructor – Cindy Erlandson.

Ballroom Dance Class

Tuesdays, 1:00 pm **\$10.00**

Join instructor Bill Scheff on Tuesday 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.



Beginner Line Dance

Fridays, 12:30 - 1:15 pm

Sept. 9 - Oct. 28 **D1010F**

\$40 / 8 weeks

Start from scratch and learn ultra-easy line dances. No boots, please. Instructor: Jeannette Forster.

Line Dancing – Drop-in

Fridays, Intermediate, 1:00 pm **\$3.00**

Line dancing is not only fun but good exercise as well. And you don't need a partner. Learn the hot country line dances. NO BOOTS.

Social Square Dance

Mondays, 1:00 - 3:00 pm AND

Wednesdays, 7:15 - 8:45 pm

Drop-in, \$7.00 per class, CASH ONLY

All levels welcome for a well-attended group event of friends who are passionate about the "squares". Experienced dancers gladly help beginners. No partner needed. Socialize, learn the steps and get cardio exercise.

Silver Foxes (DVD)

Monday, Wednesday & Friday, 9:30 am

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

Tai Chi Chen Style

Thursdays, 9:15 am

Sept. 15 - Dec. 8 **C1011F**

\$84 / 12 weeks *No class Nov. 24*

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

Gentle Yoga

Mondays, 10:00 - 11:00 am

Sept. 12 - Oct. 31 **C1026**

\$36 / 6 weeks *No class Sept. 26, Oct. 3*

Mondays, 1:00 - 2:00 pm

Nov. 7 - Dec. 19 **C1027**

\$42 / 7 weeks

Thursdays, 1:00 - 2:00 pm

Sept. 15 - Nov. 3 **C1028**

\$48 / 8 weeks

Thursdays, 1:00 - 2:00 pm

Nov. 10 - Dec. 22 **C1029**

\$42 / 7 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. Instructor Noreen Daly.

Zumba Gold Toning®

Wednesdays, 1:00 - 2:00 pm

Sept. 14 - Nov. 16 **C1100**

\$70 / 10 weeks

Fridays, 12:00 - 1:00 pm

Oct. 7 - Dec. 9 **C1110**

\$70 / 10 weeks

Simple dance moves, to the beat of music, with hip shaking fun! No experience needed, no judgement either. All movement is great for the body! Toning sticks for sale at class but not needed to participate. **\$6 drop-in fee**. Instructor Debbie MacKool.



Drop-In Sports at the Salter Center

Pickleball

Pickleball has moved outdoors for May through October at Whittier and Upton Parks. Courts are open daily from 9:00 am to 8:00 pm.

Visit www.southeastmichiganpba.com for lessons, leagues, mixers, and court locations.



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.



Drop-In Pinochle

Wednesdays & Fridays, 12:30 pm

Drop in for an enjoyable game of pinochle, meet new friends. \$1

Helping Hands

Fridays, 9:30 am

Interested in knitting, crocheting or sewing? Create blankets for chemotherapy patients at the Salter Center on Fridays, or work at home. Kits are available, or you can use your own materials to create squares that can be assembled into blankets for the patients. Stop by and get the details about the size and type of materials desired, or call (248) 246-3180. Donations of 4-ply yarn gratefully accepted.

Let's Walk!

Monday - Friday, 8:30 - 11:00 am

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

Senior Pilates

Tuesdays, 11:45 am - 1:00 pm

August 30 - Oct. 18

SA2302

Oct. 25 - Dec. 20

SA2303

No class Nov. 8

Jan. 3 - Feb. 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.

Stretch & Strength (40+)

Cardio, weights and stretching

11:00 am - 12 Noon

Fall 1

Mondays: Sept. 12 - Oct. 24 SA6001

Wednesdays: Sept. 14 - Oct. 26 SA6002

Fridays: Sept. 16 - Oct. 28 SA6003

\$42 / 7 weeks

Fall 2

Mondays: Oct. 31 - Dec. 19 SA6004

Wednesdays: Nov. 2 - Dec. 21 SA6005

\$48 / 8 weeks

Fridays: Nov. 4 - Dec. 16 SA6006

\$30 / 5 weeks No class Nov. 11 & 25

Drop-in any Monday, Wednesday or Friday for \$6 per class.

No class dates: Aug. 31; Sept. 2 & 5; Nov. 11 & 25; Dec. 23 & 30, Jan. 2

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.

Sit Down & Tone Up

Monday, Wednesday, Friday; 9:30 am

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

Yoga

Tuesdays at Salter Center, 1:15 pm

August 30 - Oct. 18

SA2324

Oct. 25 - Dec. 20

SA2325

No class Nov. 8

Jan. 3 - Feb. 21

SA2321

\$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.

Royal Oak Senior Essential Services ROSES

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 \$18,800	Below \$21,500	\$3
\$18,801-\$31,350	\$21,501-\$35,800	\$5
\$31,351-\$50,150	\$35,801-\$57,300	\$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 Association Caregiver Support Group

1st Mondays, 3:00 pm FREE
Sept. 12 (second Monday), Oct. 3, Nov. 7, Dec. 5

Facilitator - Theresa Neu

Alzheimer's Association caregiver support groups, conducted by trained facilitators, are a safe space for caregivers, family, and friends of persons with dementia to build support system with people who understand. It allows participants to exchange practical information on caregiving challenges and possible solutions, talk through issues and ways of coping, share feelings, needs and concerns, as well as learn about community resources. The support group meets each month to encourage caregivers to maintain their own personal, physical, and emotional health, as well as optimally care for the person with dementia.

Legal Aid

3rd Wednesday of each month

By appointment only

Soren Andersen has completed 40 years of law practice. Most of those years have been as a sole practitioner private attorney. His practice includes consumer and small business issues, debtors' rights and creditors remedies, real estate transactions, probate administration, and estate planning. Provides a free 15- minute consultation to senior citizens. A fee will be charged for additional services. Please call the Royal Oak Senior Community Center at 248-246-3900 to schedule your 15- minute consultation.

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.

P.A.L.

(Positive Attitude Living)

Fridays, 10:30 am FREE

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.

Substance Abuse

Grief Support

2nd Mondays, 7:00 - 8:30 pm

Open to anyone seeking support, and safe place to talk, listen and be heard. No need to RSVP, come as you are and leave a little better off. Jan I., volunteer and group organizer, has personal experience coping and recovering from grief. Call the Senior Center at 248-246-3900 to inquire.

Tim's Kitchen

Beginning August 8, dine-in and carry-out meals will be served Monday-Friday. Lunches are available at 11:45 am for dine-in service and 12:15 pm for carry-out (food is held cold for carry-outs). You must order meals 72 hours in advance (meals sometimes sell out early). Meals are \$5 each and **MUST BE PREPAID AT TIME OF ORDER**. Monthly *Senior Times* will have menu offerings. At this time, punch cards are not available and no walk-ins allowed. Have debit or credit card ready when calling, 248-246-3900.

Meals on Wheels

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 with permanent disabilities. Door-to-door service is available to those with mobility problems who need to be personally escorted to the buses. You are limited to six grocery bags and must handle them yourself. **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. Be ready for your pickup 15 minutes before and after your scheduled time. Drivers cannot always accommodate exact scheduled times. All buses are equipped with lifts. 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

Melanie Macey, Mayor Pro Tem
Sharlan Douglas

City Commission

Kyle DuBuc
Monica Hunt

Brandon Kolo
Pat Paruch

Residents Can Help Make Leaf Collection Go Smoothly

The large number of trees in Royal Oak makes leaf collection a major task. To make it happen, the department uses 12 dump trucks, two sweepers and a front-end loader with a clam bucket with crews working long hours to cover the 414 miles of streets twice during the pick up season.

The City has to wait until late October to begin the process to make sure most of the leaves are down. Since the schedule is very tight, we need all the help we can get from our residents.

No Street Parking

Royal Oak will post signs on neighborhood streets, just off major thoroughfares, notifying residents that leaf pickup will be in the neighborhood the following day. The signs ask residents to **park their cars off the streets** because cars at curbside can slow down the trucks and make it impossible to pick up leaves in front of and on either side of the residence where the car is parked.

It's important to be considerate of your neighbors. A parked car left on the street doesn't just affect one house. The trucks have to go around and sometimes they can't pick up the neighbors' leaves. Temporary no-parking signs are available at the DPS office at 1600 N. Campbell (east side of Campbell, south of 12 Mile Rd.), Monday-Friday, 7:30 am - 4:00 pm.

When

Schedules are available at the DPS, on Cable Comcast (channel 17) and WOW (channel 10), and on the city's web page, www.romi.gov. Schedules and updates are also available by calling the DPS during business hours, Monday-Friday, 7:30 am - 4:00 pm, at 248-246-3300 and selecting option 2 then option 1.

Please Help

Just as important as keeping cars off the streets on leaf pickup days is removing sticks, rocks, pieces of wood and other hard objects from leaf piles because they can damage propellers in the leaf vacuums which disables them and causes delays in pick up.

Where They Go

Royal Oak leaves go to the Southeast Oakland County Resource Recovery Authority's (SOCRRA) compost facility in Rochester Hills where they are turned into humus-rich compost. The compost is offered to residents in SOCRRA member communities, including Royal Oak, for use as compost.

Other Ways of Disposal

Leaves or any soft yard waste including woody material up to 2" in diameter may be placed at curbside in 32 gallon cans with a yard waste decal facing the street or brown paper landscape bags. They will be picked up on your regular rubbish day (until the third week of December) – set to curb by 7:00 am. Bags and cans must weigh less than 40 lbs.

Reminders:

- Residents are requested to rake leaves into the edge of the roadway in windrows.
- Do not make the piles larger than 3 feet high and 4 feet wide.
- Please keep all sticks, rocks and other debris out of leaf piles.
- Do not park your car on or near the leaves (Trucks need at least a "house length" after a parked car to get near the curb.)
- It is important not to wait until your scheduled day to rake out your leaves. Do not rake leaves just ahead of the crews and expect them to wait for you.
- If by chance the City does run ahead of schedule, a truck will be by on your scheduled day.
- Residents may call the DPS at 248-246-3300, option 2 then option 1, to get any updates.
- Residents should note that schedules are subject to change due to mechanical breakdowns or other factors beyond the City's control.
- Work with your neighbors to make sure there are no parked cars on the street to get in the way of the trucks.

After Leaf Pickup

Every attempt will be made to make a third pick up, however this is strictly dependent upon the weather. After the third week of December, leaves and yard waste will NOT be picked up either curbside or on your regularly scheduled refuse day. Either hold onto yard waste until the program begins April 1, 2023 or residents will be allowed to take a limited number of bags to SOCRRA between December 19, 2022 and March 31, 2023 for disposal. Please call (248) 288-5150 for more information.

Leaf collection schedule on page 25



2022 Fall Curbside Leaf Collection Schedule

Residents should note that schedules are **subject to change** due to weather conditions, mechanical breakdowns or other factors beyond the City's control. If collections are **ahead of schedule**, a truck will be down your street on the scheduled day of pickup. **Please note clear/colored plastic bags are not acceptable for yard waste, including leaves. Please use the appropriate container.**

WEEK 1

10/24/22	Normandy to N. City Limits -Greenfield to Crooks
10/25/22	Webster to Normandy – Greenfield to Woodward
10/26/22	13 Mile to Normandy - Woodward to Main
10/27/22	13 Mile to N. City Limits - Main to Campbell
10/28/22	12 Mile to 13 Mile - Main to Campbell

WEEK 4

11/14/22	12 Mile to Woodside - Main to Rochester
11/15/22	13 Mile to 14 Mile – Rochester to Campbell
11/16/22	12 Mile to 13 Mile – Rochester to Campbell
11/17/22	12 Mile to 13 Mile – Crooks to Main
11/18/22	Webster to 13 Mile - Greenfield to Crooks

WEEK 2

10/31/22	12 Mile to 13 Mile – Crooks to Main
11/01/22	12 Mile to 13 Mile - Woodward to Crooks
11/02/22	11 Mile to 12 Mile - Woodward to Main
11/03/22	11 Mile to 12 Mile - Main to Campbell
11/04/22	10 Mile to 12 Mile – Campbell to E. City Limits
11/05/22	Lincoln to 11 Mile - Woodward to Campbell (Saturday)

WEEK 5

11/21/22	12 Mile to Webster - Woodward to Crooks
11/22/22	Catalpa to 12 Mile – Woodward to Main
11/23/22	11 Mile to Gardenia – Campbell to Stephenson and Gardenia to 12 Mile – Main to Stephenson
11/24/22	HAPPY THANKSGIVING - No collection
11/25/22	11 Mile to Gardenia – Main to Campbell

WEEK 3

11/07/22	10 Mile to Lincoln – W. City Limits to Campbell
11/08/22	13 Mile to 14 Mile – Greenfield to Woodward
11/09/22	13 Mile to 14 Mile - Woodward to Coolidge
11/10/22	Normandy to N. City Limits – Coolidge to Crooks
11/11/22	13 Mile to Normandy – Coolidge to Main

WEEK 6

11/28/22	11 Mile to Catalpa – Woodward to Main
11/29/22	10 Mile to 11 Mile – W. City Limit to Main
11/30/22	Lincoln to 11 Mile – Main to Campbell
12/01/22	10 Mile to 11 Mile - Campbell to E. City Limits
12/02/22	10 Mile to Lincoln - Main to Campbell

Every attempt will be made to make a third pick up, however this is **strictly dependent upon the weather**. After December 16, 2022 leaves and yard waste will **NOT** be picked up either curbside or on your regularly scheduled refuse day. Either hold onto yard waste until the program begins April 3, 2023 or residents will be allowed to take a limited number of bags to SOCRRRA between December 19, 2022 and March 31, 2023 for disposal. Please call (248) 288-5150 for more information.

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.





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 \$50,000 with 0% interest 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	\$50,150	4	\$71,600
2	\$57,300	5	\$77,350
3	\$64,450	6	\$83,100

DEFERRED LOANS: Homeowners may be eligible for a deferred loan up to \$50,000. 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	\$31,350	4	\$44,750
2	\$35,800	5	\$48,350
3	\$40,300	6	\$51,950

Forgivable loans are available for qualified exterior work up to \$15,000, 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).

At Your Service

Emergency Calls Only Police, Fire & Ambulance	911
General Information	248-246-3000
Animal Complaint	248-246-3500
Animal Shelter 1515 N. Edgeworth.	248-548-3058
Assessor	248-246-3110
Building Inspection	248-246-3210
Building Inspection Requests	248-246-3234
Building Inspection Fax	248-246-3006
Cable TV (WROK) 203 S. Troy St.	248-246-3040
Questions regarding Comcast	800-934-6489
Questions regarding WOW	866-496-9669
City Attorney	248-246-3240
City Clerk	248-246-3050
City Manager	248-246-3200
Code Enforcement	248-246-3210
Code Enforcement 24-hour Hotline	248-246-3238
44th District Court	248-246-3600
Probation, 400 E. 11 Mile	248-246-3670
Engineering	248-246-3260
Farmers Market 316 E. 11 Mile	248-246-3276
Finance	248-246-3030
Fire Department 215 E. Sixth St.	
Emergency	911
Non-Emergency	248-246-3800
Fire Prevention Bureau	248-246-3810
Housing Assistance - Rehabilitation Loans	248-246-3130
Human Resources	248-246-3070
Ice Arena 1403 Lexington Blvd.	248-246-3950
Information Systems	248-246-3080
Landlord Licensing Program	248-246-3210
Library 222 E. 11 Mile Rd.	248-246-3700
Mahany-Meininger Sr./Community Center 3500 Marais	248-246-3900
Mayor	248-246-3200
Orson Starr House 3123 N. Main St.	248-588-0170
Parks & Forestry	248-246-3300
Planning & Zoning	248-246-3280
Police Department 450 E. 11 Mile Rd.	
Emergency	911
Non-Emergency	248-246-3500
Community Policing	248-246-3524
Detective Division	248-246-3515
Record Division	248-246-3530
Snow Emergency Announcement	248-246-3442
Public Service Department 1600 N. Campbell	
Highway Maintenance	248-246-3300
Parks & Forestry	248-246-3300
Recycling & Refuse Collection	248-246-3300
Sewer Maintenance	248-246-3300
Water Maintenance	248-246-3300
Emergencies between 4:00 pm - 7:30 am & weekends	248-246-3500
Purchasing	248-246-3030
Recreation 1600 N. Campbell	248-246-3180
Royal Oak Golf Course 3417 Don Soper Dr.	248-554-0019
Salter Community Center 1545 E. Lincoln	248-246-3180
Senior Citizen Programs 3500 Marais	248-246-3900
Street Lighting Outage - DTE Energy	800-477-4747
TDD (Hearing Impaired)	248-246-3010
Treasurer	248-246-3140
Voter Registration	248-246-3050
Water Bills	248-246-3160
Youth Assistance 1601 N. Campbell	248-546-8282
Website	www.romi.gov



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; styrofoam (no peanuts).

Please visit www.socrra.org/recycling-drop-off for accepted drop-off recyclables.

Household Hazardous Waste Disposal & Electronic Recycling

Drop-off at 995 Coolidge: Monday-Friday, 8:00 am -3:00 pm; Saturday, check website for limited hours.

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 tote/bin.

No styrofoam or batteries at curb. These items must be dropped off at SOCRRRA by appointment.

Regular Refuse – Put household materials in the blue 64 gallon city issued trash can. You may continue to use 20 to 32 gallon containers (max. size) or in 20 to 30 gallon plastic bags. Put all trash at curb by 7:00 am. Non-city issued cans and bags cannot weigh over 40 lbs. Containers under 20 gallons 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 SOCRRRA 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 SOCRRRA 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.



Help Protect Our Environment: Keep Drains Clear of Fat, Oil & Grease (FOG) and Flushable Wipes (FW)

Fat, oil and grease (FOG) and Flushable Wipes (FW) in sewer pipes can create severe pollution and sewer problems in our City. FOG & FW enters sewer pipes through restaurant, residential and commercial drains. Once in the sewer, FOG sticks to the pipes and thickens which can build up and eventually block the entire pipe. FW can easily get stuck on FOG and other items within the sewer pipe compounding the problem. Blockages can send sewage backward – out of manholes into streets, rivers or into homes.

Impact of FOG & FW

Preventing sewer backups from FOG & FW blockages saves residents money and protects the environment. When sewer pipes on private property back up, the homeowner is responsible for the cleanup. If you regularly pour grease or FW down the drain, it will form a blockage in the sewer pipe which then backs up through floor drains, toilets and/or at the lowest point in the house. A plumber will have to be hired to clean the sewer and possibly repair plumbing inside the home.

Sources of FOG

Fat, oil and grease are by-products of cooking found in: food scraps, meat fats, lard, cooking oil, butter, margarine or shortening, etc.

“Flushable” Products

Wet wipes, which are used for everything from wiping babies' bottoms to removing makeup to quick house cleaning are labeled “flushable.” The problem is they're really not ~ at least not the way toilet paper is. They may be flushable, but they are not biodegradable (like toilet paper) and are clogging sewer systems across the state and country. The phenomenon, which local officials call ragging, is causing major clogging problems. All it takes is one wipe to catch on a tree root or any other debris in the sewer system and then wipes or other items pile on each other causing a blockage. If residents think “out of sight, out of mind, it's not my problem” they are mistaken. If a main sewer line gets dammed by a pile of wipes, then eventually it will back up into private sewer lines which will cause a back-up in people's homes.

Unfortunately, the most frequently found items in sewer systems are paper towels/napkins, baby wipes, feminine hygiene products and household wipes which don't deteriorate like toilet paper does. The only items that should be flushed is toilet paper and human waste; please throw everything else in the garbage.

Keep Drains Clear by Following These Tips

1. Pour or scrape greasy or oily food waste into a container or jar.
2. Allow grease to cool/freeze in a container before throwing in the trash.
3. Mix liquid vegetable oil with an absorbent material such as cat litter or coffee grounds in a sealable container before throwing in the trash.
4. Keep drains clean by pouring ½ cup baking soda down the drain followed by ½ cup vinegar. Wait 10 – 15 minutes and then rinse with hot water.
5. Do not put any flushable products down the drain, please throw in the trash.

Drinking Water: We Need Your Help

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

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

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

What to Do About Sewer Problems

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

Residential Cross Connection Control Program

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

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

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

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

The city's website has answers to frequently asked questions regarding the Cross Connection Control Program at www.romi.gov/cccc. 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.



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: 8:00 am - 3:00 pm

Saturday: Check socrra.org for limited Saturday hours

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 ziptop 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. SOCRRRA may refuse if containers are unlabeled, radioactive, explosive or from a business. For a complete list, please visit www.socrra.org - **APPOINTMENT REQUIRED.**

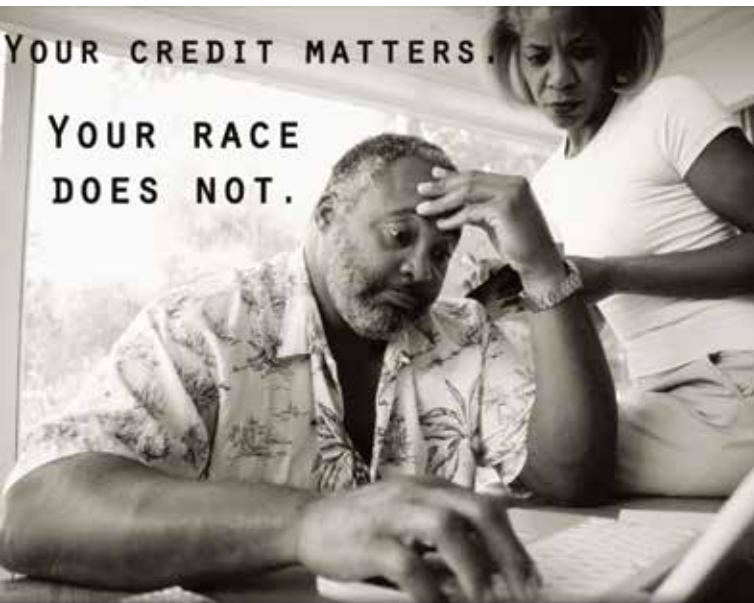
ELECTRONIC EQUIPMENT is also collected through this program. SOCRRRA accepts computer monitors, CPUs, printers, TVs (no wooden TV cabinets) radios, telephones, cell phones, copy machines, fax machines, stereos, VCR/DVD/CD players. For a complete list please visit www.socrra.org.

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

APPOINTMENT REQUIRED.



As a member of SOCRRRA, 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.



YOUR CREDIT MATTERS.
YOUR RACE
DOES NOT.

LIVE FREE 

REPORT LENDING DISCRIMINATION
1-800-669-9777 TTY 1-800-927-9275
WWW.HUD.GOV/FAIRHOUSING



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:

August

18 Thurs **Metro Detroit Pierogi Party (5:00 - 9:00 pm)**

September

14 Wed **Food Truck Rally (5:00 - 9:00 pm)**

18 Sun Bike Swap (8:00 am - 3:00 pm)

22 Thurs **The Wedding Party - Wedding Showcase (6:00 - 11:00 pm)**

October

12 Wed **Food Truck Rally (5:00 - 9:00 pm)**

20 Thurs Exquisito Taco & Tequila Fest (5:00 - 9:00 pm)

26 Wed Rock Your World Crystal Show (4:00 - 9:00 pm)

November

12 Sat Vodka Fest (6:00 - 10:00 pm)

17 Thurs Royal Oak Market: Art Fair Edition (11:00 am-9:00 pm)

18 Fri Royal Oak Market: Art Fair Edition (11:00 am-9:00 pm)

December

1 Thurs **Holiday Magic Craft Show (4:00 - 9:00 pm)**

10 Sat Wine and Whiskey Fest (6:00 - 10:00 pm)

15 Thurs Desserts, Drinks & Drag Queens (5:00 - 9:00 pm)

24 Sat Market Closed - Merry Christmas!

Farm Market back on January 7, 2023

25 Sun Market Closed - Merry Christmas!

Antique Market back on January 8, 2023

31 Sat Market Closed - Happy New Year!

Farm Market back on January 7, 2023

January

1 Sun Market Closed - Happy New Year!

Antique Market back on January 8, 2023



Royal Oak ENVIRONMENTAL ADVISORY BOARD

The Environmental Advisory Board makes recommendations to the city commission on all issues concerning city efforts related to energy waste reduction, air quality, water, waste, resilience, and/or other sustainability issues that improve quality of life and protect the environment.

The board meets on the fourth Wednesday of Sept., Oct., Nov., Jan., Feb., March, April, and May at 7:00 p.m. at the Mahany / Meininger Senior Center. Questions? Email: roeab@romi.gov



Royal Oak Environmental Advisory Board



@roenvironmental



roenvironmentalboard

Solarize Royal Oak

Interested in rooftop solar?



Solarize Royal Oak brings friends and neighbors together to learn about solar and participate in group buy-ins to save money! Visit [Solarize Royal Oak](#) (on Facebook) or email roeab@romi.gov for more details.



Check out the City's Sustainability Efforts Here:
www.romi.gov/sustainability



Like us on Facebook!



Subscribe to the Library's New and Updated Newsletters



Looking for something to read? Wondering about upcoming Library programs? The best way to keep up with the Royal Oak Public Library is through our new newsletters. The Royal Oak Public Library has updated our newsletter offerings, developing new topics for people interested in the Library. From book lists to

programs, information from administration to adult services to youth, users will be able to pick and choose their subscriptions, or simply subscribe to everything.

"What we have been lacking is a way to keep the public informed about all that we do in a timely manner," stated Library Director Sandy Irwin. "Our newsletters will now connect the community to the Library that does not rely on social media, quickly outdated print materials, or word of mouth."

To subscribe, visit ropi.org/1692/Sign-Up-for-Our-Monthly-Newsletters or go to ropi.org, hover on "I Want To" and then click on "Sign Up For Our Monthly Newsletters."

September is Library Card Sign-Up Month

One of the best resources for students is their local library. Your library card helps you to learn, connect, create and innovate. The Royal Oak Public Library is part of The Library Network, or TLN, where you have access to 70+ libraries in southeast Michigan. The world of ideas and literature is at your fingertips!

While National Library Card Sign-Up Month takes place every September, you can stop by to get a card any time. You can also apply online for a temporary card, which will give you access to our virtual resources, such as eBooks and databases. Visit ropi.org, hover on "I Want To..." then "Use the Library" and click on "Apply for a Library Card." Or go directly to ropi.org/1053/Apply-for-a-Library-Card.



Enjoy Our Terrace

Looking for a spot to sit outdoors to read a book? Look no further than the library's new terrace! The canopy protects you from the sun while you sit and relax. Enjoy your lunch, read a great book, or just gather with friends in our new outdoor space.



Programs for All Ages

Our programs for youth are all in-person! While we are taking a break in August (we need to wind down from summer reading!), look for our fall programming to begin again in September. Story times, afterschool programs for teens, and more are sure to keep you involved and entertained.

Programs – in-person, online, and hybrid – for adults continue year-round. With multiple programs each week, our adult services team is bringing you selections from hiking in Michigan to book clubs, craft programs to films. You will be sure to find something that piques your interest.

Library Board

The Library Board's upcoming meetings are on **August 23, September 27, and October 25 at 7:00 pm**, located in the Library's auditorium. To learn about the happenings of the Library Board, subscribe to the Treetops Newsletter. You can also view their meeting agendas and packets at ropi.org/1068/Agenda-Packets.



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

City Hall Office Hours

Monday-Thursday, 8:00 am - 4:30 pm
Friday, 8:00 am - 12 noon
www.romi.gov

POSTAL CUSTOMER
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PRSR STD
U.S. POSTAGE
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Permit No. 83
Warren, MI

REMEMBER TO VOTE

TUESDAY NOV. 8

On Nov. 8, Royal Oak voters will be asked to consider two proposals:

Senior Services Millage

Parks, Forestry, Recreation, Playgrounds and Animal Shelter Millage

To learn more, go to romi.gov/millage22 or pickup an informational brochure at any of the following locations:

- Royal Oak Public Library, 222 E Eleven Mile Rd
- Mahany/Meininger Senior Center, 3500 Marias Ave
- Salter Community Center, 1545 E Lincoln Ave

