



Always find our FULL Brochure & Register at

Let's Social Distance Together! IS RVIB Parks & Recreation 0<u>=300</u>

> **ALWAYS** get your hands on our Brochure NOTE: Offices open on 1/4/2021

RWB Parks & Recreation www.rwbparksrec.org (586) 752-6543

STAR Transportation (586) 752-9010

It's best to REGISTER ONLINE www.rwbparksrec.org Offices open on 1/4/2021

586.752.6543 Ext 2

If by chance we do not answer, please leave a message and we will return your call.

COMMUNITY INFO 2-8 TRAVEL & SPECIAL EVENTS 11-17 **ADULT & 60+** 17-27 **FITNESS** 24-27 **DANCER's IMAGE** 28-29 TOT & YOUTH 29-33 **REGISTRATION & POLICY** 34 35

Be

sure vour PREFERRED **EMAIL** is on file with us. Send it to events@rwbparksrec.org

Prefer a hard copy? Register for the **BROCHURE CLUB** #0003 We will mail one directly to your home

Pick one up from either site in the Green News Boxes outside entry doors

Snowman Contest

JUST BUILD & SEND!

Send us your picture, include the Names & City of the creators Deadline: March 31, 2021

events@rwbparksrec.org

2021

rwbparksrec.org

(586) 752-6543

HEIDEBREICHT CHEVROLET – LET OUR FAMILY HELP YOUR FAMILY

DISCOVER **NEW ROADS.**

Whether you a take a long journey to explore new places, or enjoy a ride down a country lane, Heidebreicht Chevy will get you there!

Heidebreicht Chevy has a large selection of vehicles in stock at the most competitive prices you will find... anywhere!

WITH HEIDEBREICHT CHEVROLET ENJOY THESE BENEFITS:

- NO HIDDEN FEES, NO GIMMICKS -Just Complete Transparency
- SALES OPEN SATURDAYS 9AM 3PM
- CONVENIENT ONLINE SHOPPING OPTIONS
- AWARD WINNING SERVICE AND COLLISION SHOP
- FREE LOANER VEHICLES
- MINUTES FROM EVERYWHERE
- FAMILY OWNED AND OPERATED SINCE 1971!





2021 CHEVY EQUINOX

2021 CHEVY TRAX





2021 CHEVY BLAZER

We invite you to see the full line of award winning Chevrolet cars, trucks and SUVs at Heidebreicht today!

2021 CHEVY SILVERADO

FIND NEW ROADS"



CHEVROLET



64200 Van Dyke · Washington, MI 586-752-5900

Visit us Online at:

www.romeochevy.com

PARKS

Amanda Moore Elementary

Playground 3 Ball Fields

Soccer Practice Area

Bruce Twp. Hall & Park

Playground Walking Trail

3 Disk Golf Baskets

Soccer Fields (by Permit)

Pavilion

Community Center

Parks & Recreation Romeo Activity Center STAR Transportation

Fitness Center

Playground

Pavilion

2 Football Fields

Sled Hill & Ice Rink

Skate Park

Basketball Court

4 Ball Fields

Volleyball Court

Croswell Elementary

5 Ball Fields

Playgrounds

Soccer Practice Areas

Crystal Diamonds

3 Ball Fields

Soccer Fields (by Permit)

Gilcher-Crissman Park

Playground

Walking Trail

2 Ball Fields

Soccer Fields (by Permit)

Hamilton Parsons Elem

Playground

1 Ball Field

Soccer Practice Area

Hevel Elementary

Playground

2 Ball Fields

Soccer Fields (by Permit)

Indian Hills Elementary

Playground

2 Ball Fields

Soccer Practice Area

Memorial Field

1 Ball Field

Walking Track

- MAP on back page brochure
- Aerial park pictures-website
- Obey park rules, see signs
- Parks close at dusk
- Dogs welcome; must be leashed & picked up after

FIELD & PAVILLION RENTALS
Details & reservations
Lynne **752-6543 Ext 1412**reserve@rwbpr.com
Details & forms online

www.rwbparksrec.org

Orchard Hills Park

Walking Trail

Playground

Basketball Court

Pavilion

Powell Middle School

6 Ball Fields

Soccer Practice Area School Football/Track

Romeo Lions Club

Peach Fest Fairgrounds

1 Ball Field

Soccer Practice Area

Romeo Village Park

Gazebo

Simpson Park (private)

Soccer Fields

Woodside Bible Church

Soccer Fields

Washington Elementary

Playground

2 Ball Fields

Soccer Practice Area

Washington Lions Club

Washington Hall & Park

Wash Activity Center

Fitness Center

Township Offices

Playground

Tennis/Pickleball Courts

Walking Trail

Pavilion w/Amphitheater

Soccer Fields (by Permit)

Detailed Info Reservations & permits

586-752-6543 rwbparksrec.org





586-372-6569

CULLIGAN WATER

ORCHARD GROVE Health Campus

MITT TV

Sheena's Marketplace

Wellbridge of Romeo

WBRW Mi Community Media

VILLAGE OF ROMEO

121 W. St. Clair, Romeo, MI 48065

752-3565 phone 752-5205 fax Mon-Fri 9-5 pm info@villageofromeo.org www.villageofromeo.org Meetings 3rd Mon 7 pm Romeo Comm Center

Water-Sewer: (586) 752-2684

Romeo Police: (586) 752-3587 (non-emergency) Fire Dept: (586) 752-2520 (non-emergency)

WASHINGTON TOWNSHIP

57900 Van Dyke, Washington, MI 48094

Phone: (586) 786-0010 washingtontownship.org Meetings 1st & 3rd Wed 7 pm Wash. Twp. Hall

Macomb Sheriff: (586) 469-5151 (non-emergency) Fire Dept: (586) 781-6161 (non-emergency)

BRUCE TOWNSHIP

223 E. Gates St., Romeo, MI 48065

Board Meetings: 3rd Wed 7 pm Bruce Twp. Hall

Website: www.brucetwp.org

Location: 223 E. Gates Street, Bruce 48065 Hours: Mon – Fri 8:30 am - 4:30 pm

Phone: (586) 752-4585

Fire: (586) 752-2520 (Fire non-emergency)

COMMUNITY INFO & EVENTS F'19

(586) 336-6842 Agape Center (St. Clements of Rome) **Bereaved Parents Macomb** Kerry (248) 425-2999 1st Thur 7-9pm Wash Twp Hall (248) 544-4166 (586) 752-7834 Boys & Girls Club Boy Scouts scouttroop87.webs.com **Divorce Support Group** Rodney (586) 566-7582 www.divorcecare.org (586) 752-1170 Local (586) 752-7512 **Downtown Dev. Authority** Girl Scouts (586) 263-0220 (586) 336-9640 Goodfellows Grief Support Group 4th Thur (586) 752-2000 7 pm at Romeo Comm. Center - Henry Malburg Funeral Home (586) 354-0788 Kiwanis Wed 12:15 pm at Pamela's Catering Masonic Temple 586) 752-2822 (586) 469-5228 (586) 697-5344 (586) 232-9121 Meals on Wheels MiCM - WBRW Channel 6 MITT TV 586) 781-0084 Octagon House **Romeo Community Schools** (586) 752-0200 586) 752-0603 Romeo District Libraries Romeo Historical Society 586) 752-4111 Romeo Lions Club 586) 752-2<u>553</u> (586) 752-2682 Romeo MRP Carol (586) 752-3819 (586) 752-4436 Romeo Rotary Club RW Chamber of Commerce 586) 336-9956 Samaritan House **STAR Transportation** (586) 752-9010 Starkweather Arts Center (586) 752-5700 Toastmasters Club Wash Hall Kim (586) 993-3286 president@confidentcommunicatorsclub.com 1st, 2nd & 3rd Wed 8:15 - 9:30am Washington Historical Society (248) 652-2458 Washington Lions (586) 992-1120 (586) 465-0299 Rental

Relay for Life
St. Baldricks
Art & Orchard Run
Peach Festival

May - www.relayforlife.org
March - www.stbaldricks.com
2nd Sat June - ACTIVE.COM
Aug/Sept - Labor Day Weekend

IMPORTANT SENIOR SERVICES

STAR TRANSPORTATION

(586) 752-9010

FREE Transportation for seniors 60+ and individuals with disabilities. Advanced reservation required.

NUTRITION PROGRAM

(586) 752-6543 ex2

A Daily Lunch Program that is served Mon-Fri at the Romeo Activity Center

MEALS ON WHEELS

(586) 469-5228

For information on program or to volunteer to help deliver please call the county.

MACOMB COUNTY SERVICES

(586) 469-5228

For info on Senior Grass Cutting & Snow Removal, as well as other services

RESERVATIONS & PERMITS

Romeo Community & Washington Centers

Party rooms available, accommodate up to 200. Includes table, chairs, table covering add'l fee. rwbparksrec.org or Lynne (586) 752-6543 ex 1412

Inflatable "MOONWALK" Rental

2 staff, set up/take down & supervision. NOTE: Not operated in rainy or windy conditions. \$250 - 2 hr rental; \$300 - 3 hr

Details call Lynne (586) 752-6543 ex 1412

Washington Township Park Pavilion

To reserve, call Washington Lions (586) 465-0299

Romeo Community Center & Orchard Hills Pavilion

No reservations - 1st come first serve. We suggest you make and hang a reserved sign on pavilion prior to your event... no guarantees, but normally no issues.

Bruce Twp Park Pavilion

To reserve call Lynne (586) 752-6543 ex 1412

Romeo Village Park Gazebo

To reserve call the Village Office (586) 752-3565

Picnic Bags (3) Bags available (3800) Sponsored in part: Romeo Kiwanis Includes volleyball set, equipment for softball, soccer, badminton, tug o' war + Call Parks & Recreation to reserve (586) 752-6543 ext 2

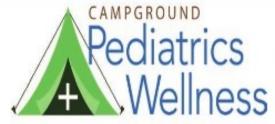
BALL FIELD & SOCCER FIELD RESERVATIONS

ALL school & community fields reserved by permit. Lynne (586) 752-6543 ext 1412 Forms: www.rwbparksrec.org









CENTER

60005 Campground Road Suite 100 Washington Twp, MI

586.232.5355

NOW OPEN AND ACCEPTING NEW PATIENTS





- · Living room decor and feel in all rooms
- Convenient and easy scheduling
- 24 hour access to our providers
- Wellness center inside of our building

www.campgroundpeds.com

FIELD RESERVATION & PERMITS:

SEE WEBSITE FOR FORMS: rwbparksrec.org
Lynne Walker 586 752-6543 ext 1412 reserve@rwbparksrec.org

Local Parent Volunteer Affiliated ATHLETIC GROUPS

See next page for additional detailed information

<u>Always</u> Contact groups by information provided. Parks & Recreation will try to assist you, but we are limited on detailed info. Also, Remember these groups are VOLUNTEER ran associations, so it may take a little time for them to get back to you, but they <u>WILL!</u>

BASEBALL: WAAA - Washington Area Baseball waaabaseball.com

SOFTBALL: Romeo Girls Softball Online registration only www.romeogirlssoftball.com

FOOTBALL: MICHIGAN YOUTH FLAG FOOTBALL

SEE PAGE 8 Recreational flag league ran in cooperation with RWB Parks & Recreation - Spring & Fall Leagues

Register directly and for detailed info go to:

www.michiganflagfootball.com (248) 454-9700

Romeo Jr. Bulldog Football & Cheerleading

Tackle & Flag www.eteamz.com/juniorbulldogs

Games played in Rochester

SOCCER:

AYSO American Youth Soccer Organization

Rec. league. Ages 3-18 Gilcher-Crissman 29 Mile/Mound www.AYSO880.org

NMCYS North Macomb Community Youth Soccer

Rec. league; No Travel, No Tryouts Ages 3-16 yrs *Play is at Bruce Twp. Park - 223 E. Gates www.nmcys.org* Chris Newby (586) 615-9982

ADULT: Macomb Soccer Organization For info & to register. (586) 854-7310 www.chaosfc.us





Linda Poljan-Robbins
Personal Lines Manager

The Poljan Agency 57345 Van Dyke P. O. Box 308 Washington, MI 48094 Tel: 586-781-5000 Fax: 586-781-4240 Irobbins@poljan.com

Romeo Girls Softball League



Fastpitch Softball for girls ages 5 - 17 Practices begin in May Games during June

2021 Player Registration

Romeo Girls Softball REGISTRATION is **now done all online** go to:

romeogirlssoftball.com

Contact email: romeogirlssoftball@gmail.com

AYSO 880 Youth Soccer

Boys & Girls Ages 3yrs - 14U

REGISTER NOW!

www.ayso880.org

<u>AYTIME ADVENTURE</u>

For 3 year olds

Develop gross motor skills in preparation for soccer

*Practices and Games at Gilcher Park 29 Mile Road, between Mound and Campground * Except 10U - 14U

Questions? Email us at registrar.ayso880@gmail.com



YOUTH BASEBALL

2021 SEASON

(Boys and Girls)

Washington Area Athletic Association announces registration for the 2021 Season and looks forward to a fun and rewarding year.

Online Registration is NOW OPEN! www.waaabaseball.com

Online registration closes February 28, 2021*! *Late registration begins online on March 1, 2021 (Additional fees will a

Walk-in Registration

Date/Time: T.B.D.

Division	(by 4/30/21)	Playing Days	Туре	Fields	Fee
Pee Wee	5-6	Mon & Wed	Tee Ball/Coach Pitch	Romeo Schools	\$95
Prep	7-8	Tues & Thurs	Player Pitch/ Pitching Machine	Romeo Schools	\$115
American League	9-11	Mon & Wed	Player Pitch	Romeo Schools	\$130
National League	12-14	Tues & Thurs	Player Pitch	Romeo Schools	\$130

Game times are 6:30 pm (Except for Pee Wee - 6:00 pm & 7:00 pm)



Washington Baseball Offers...

- Play-with Requests available in All Divisions
- (Requests not guaranteed final rosters are at Board Personalized Uniforms (Player Names/ Number)
- "MLB-Like" Rules
- **In-Season Practices**
- **Certified Umpires**
- Competitive League

Ve have great Sponsor opportunities - inquire online or at in-person registration for details

Kids Soccer Registration

Ages 3 to 19 Boys and Girls

Recreational ★ Travel ★ Special Needs

U14 and U19 TEAMS! **Under 4 thru Under 12 Teams!**



Everybody Plays!

All games for ages 3 to 12 in Romeo in one location! Paid Referees

of for all games U8 thru UI9!

www.NMCYS.org 586.615.9982

Online Registration Check, Cash, or Credit Card



Parks & Rec Romeo 361 Morton Romeo MI 48065

During Office Hours 8:30am to 4:30pm Cost Per Player \$80.00 Includes: Shirt Short Socks Trophy Patches

NORTH MACOMB COMMUNITY YOUTH SOCCER

We remember what its all about...the kids.





SPRING FLAG FOOTBALL

National Flag Football is a flag football league open to both beginner and experienced players.

Our convenient one-day a week schedule makes the game of flag football the perfect sport for players and parents.

Teams are formed by grade, school, and buddy requests. Join today to experience this wonderful game with friends!

START APR 18

APR 18

END

JUN 20

ROMEO COMMUNITY CENTER FIELDS ROMEO, MI



AGES 4-14

\$ 115 SIGN UP

REGISTRATION FEE INCLUDES



NFL Flag jersey & flag belt for player to keep.

MichiganYouthFlagFootball.com

248-454-9700

Info.MI@nationalflagfootball.com

CR SS OF GLORY

Lutheran Church & School

Register now for the 2021-2022 School Year

Now accepting applications for the following grades:

Preschool (Ages 3 and 4)

Young 5 Program

Kindergarten

1st - 8th Grade

Bring in this ad to receive \$50 off the registration fee.

61095 Campground Road, Washington

www.cross-of-glory.net



WE ARE OPEN as of Jan 4, 2021 - Romeo Only Masks are required, even when working out until restrictions are lifted. NOTE hours have changed until further notice.

Fitness Centers

See
PAGE 25
for
Fit Center
details

More EXERCISE CLASSES Pages 23-27

ADAPTIVE REC BOWLING

Tentative COVID Dates & Times TBD

Summit Bowling Center

66600 Van Dyke, Washington, 48095 (586) 752-7006

- · Masks will be required
- Summit has increased cleaning protocols and there are hand sanitizers. They will try to leave a lane open between bowling groups if there is room.

Please send an email to venetg@rwbparksrec.org

And we will put you on a list where we will provide updates.



You could give your people

Culligan Water

388 S. MAIN STREET, ROMEO

586-752-6527

www.culliganromeo.com



71150 Orchard Crossing Ln, Romeo, MI 48065 586-372-9785

TRAVEL

We MISS YOU and are looking forward to providing in person trips again when restrictions are lifted and we can all travel safely again.

These are just a few trips we are currently looking in to:

- Mackinac Island Lilac Festival
- Yooperland (that's slang for the Upper Peninsula)
- French Lick Resort
- Chicago

Then...

there's the usual popular locations:

- Detroit Tigers Baseball
- Purple Rose Theatre
- Broadway Shows in Detroit
- The DIA

and a great one already scheduled that you can sign up for...

Montreal, Quebec & Ottawa Canada Course (9630) Sept 26-Oct 2, 2021



Keep Your Eye on Us!

General Travel Notes:

- Thank you in part to SMART for your continued support and use of the Community Credits.
- Most trips are NON REFUNDABLE unless trip insurance is purchased (not available on all trips refund policy is visible on your receipt and on the flyer)
- Please be aware of TRIP REGISTRATION DEADLINES
- Deluxe motor coaches used, unless noted
- DETAILED FLYERS and information is available at our Centers and on our website: rwbparksrec.org
- (*) Non Resident Fees apply

Flyer information supersedes any typographical errors in brochure.



McLEAN, MIJAK & CLARK, P.C.

Edward J. Mijak Mark L. Clark

586 752-2097

137 W. St. Clair St. (32 Mile Rd.)

Located in Romeo 48065, 1 Block W. of Main St. (Van Dyke St.)

VIRTUAL TRIPS

Group travel is currently not advised, but that shouldn't prohibit you from going on a "virtual" trip from the comforts of your own home!

We are currently offering virtual travel to many great locations, both <u>local and worldwide</u> and we are continuously adding to this list.

IT'S EASY, Just follow these steps and enjoy!

- The best way to participate is to visit our website, <u>www.rwbparksrec.org</u>
- Look for the RED Virtual Programing button and click on it
- Select "Travel" and then select the trip that you are interested in taking
- A flyer will be displayed describing the trip.
 Just click on the BLUE link in the flyer and off you go

Some fun VIRTUAL TRIPS to try

(9500) DIA Play Art Detective

(9501) DIA Craft #1

(9502) Historic Photos of Detroit

(9503) History of Halloween

(9504) Our National Parks/Grand Canyon

(9505) Death Valley

(9506) Make French Macarons in Montreal

(9507) Mexican Art in Ciudad de Mexico

(9508) Secrets of Venice Italy

(9509) A European Christmas

(9510) Make a Gnome from Home

GIFT CERTIFICATES

Trip Tickets make GREAT GIFTS!

THANK YOU

to our Winter & **Spring** 2021 **Sponsors**







FREE VIRTUAL PROGRAMS: events, exercise classes, enrichment programs, games, fun ideas, travel & more! rwbparksrec.org » virtual programs



SLED HILL Morton Mountain is ready! Grab the family, sleds & warm clothes.





ICE RINK Our community Ice Rink is located at the Romeo Community Center. It will be maintained & a shovel will be left for those time in between for you.



Call for conditions (586) 752-6543 Ext 2 Please follow posted rules, be safe & enjoy at your own risk! ADULT SUPERVISION HIGHLY SUGGESTED

Snowman Contest

JUST BUILD & SEND!

Send us your picture, include the Names & City of the creators Deadline: March 31, 2021

events@rwbparksrec.org



Subscribe to the Nixle Communication System



Get our Brochure, Newsletter, Alerts & Updates

Local residents, out of district users even snowbirds and family members far away who want to stay informed can benefit from the NIXLE system.

Sign up at...www.rwbparksrec.org www.nixle.com

GIFT CERTIFICATES

Available - They Make GREAT Gifts!

Inquire about BECOMING A SPONSOR or PLACING AN AD

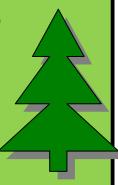
> www.rwbparksrec.org (586) 752-6543 Ext 2

Park Donation Program

Memorial Benches, Trees, and other opportunities offered at our local parks. Call Lynne for pricing and additional detailed info.

Contact Lynne walkerl@rwbparksrec.org

586.752.6543 Ext 1412



ONLINE BILNGO

Play BINGO with us from home! A blank board will be available for you to print from home along with a list of winter icons/objects to add to your board. Each day we will post various icons/objects on our facebook page for you to mark off on your board.

MUST register online to play in order to receive participation and/or grand prizes. Grand prizes will be awarded for: four corners, line, X, and full board. The first person to email a picture of their winning BINGO board (per theme) to milostanm@rwbparksrec.org wins!

(4702) Mon, Jan 18 - Fri, Jan 22 It's FUN & Free, just sign up... WIN PRIZES!!





Morton Mountain Sledding Parties

All ages welcome - Adult supervisor required
Have some winter fun and join us for sledding fun on Morton Mountain. We'll have music, sledding, ice skating, hot cocoa and snacks to enjoy. Bring your own sleds and skates.

If there's no snow, sorry... there's No party! However we have a make up date for Sat, Feb 13th

No registration needed

Romeo Community Center - Morton Mountain & Ice Rink

Call for snow conditions (586) 752-6543 ex 2

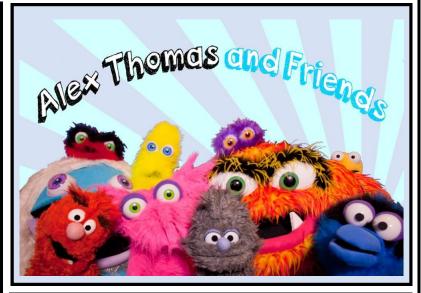
Saturdays: January 23 & January 30 2/13 make up date

12:00PM - 2:00PM Romeo Community Center No Charge



IT'S PUPPET TIME!

This interactive show brings jokes, prizes, stories, silliness, and all around fun through the art of puppetry. Enjoy zany Muppet-style puppets, who have made video appearances for the Michigan **Activity Pass, and are sure to** bring your imagination to life.



(4707) Sat, Feb 20th **Washington Twp. Hall**

11:00 - 12:00 pm \$3 per person

CULLIGAN WATER

ORCHARD GROVE



586-372-6569

Health Campus

'HAPPY BIRTHDAY' Movie & Pajama Party

Age: 1 year & up

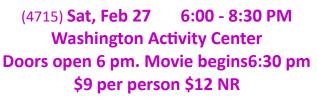
Put on your PJ's and grab your blankets & pillows and come watch...

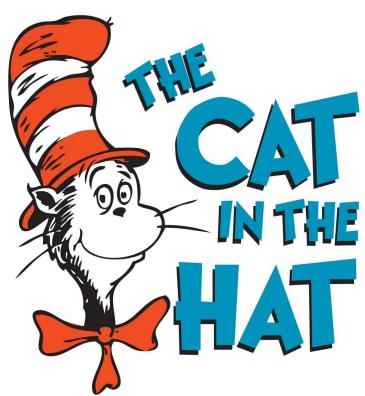
'The Cat in The Hat'

You will enjoy pizza, popcorn & a refreshment while you watch this classic

Registered children will complete a craft before the film begin and receive a Dr. Seuss book to read later at home!

> Come celebrate Dr. Seuss's birthday with us!





DINO Strike*O*Saurus & ROWling Cotundon Monch Ct





(4704) \$55 per team; NR \$58



This event will be run differently then in years past. 1 person will sign up their 'team' which can be up to 5 people per lane.

Lane package includes 2 hours of bowling, shoes for up to 5 bowlers and many chances to win prizes throughout the event. When you register we will need all participants names on your team.

Due to capacity restrictions ALL attendees must be part of your team, no visitors allowed.

We will pass out BINGO boards and play BINGO as you bowl!
When you sign up your team, you will list the name of all bowlers during registration.

Accommodations will be made upon arrival if you would like to be near another team. No sharing lanes.

Example: If you only have 2 people you would like to sign up that is fine. Your team is the 2 of you and your package cost remains the same. All team packages cost the same.

- All lanes have bumpers available.
- Lightweight balls will be available on a first come, first serve basis.
- Concessions will be available for purchase (TBD)
- PLEASE NOTE: Until further notice, masks must be worn

PRINCESS & SUPER HERO!



Family Dance

Calling all kids...

put on your favorite Princess or Super Hero outfit for a fun evening of music, raffles, dancing & more!!

All The Worlds A Stage will be there with several Disney Princesses and a special appearance from "Miles Morales" Spiderman and Captain America!

Light refreshments and snacks will be served.



Note: adults feel free to dress up as your hero too! Costumes would be fun, but that is definitely optional.

(4714) Saturday, April 24
Register by Fri, April 16

6:00 - 7:30 pm Romeo Community Center

\$16 per person NR \$19 3 yrs & under free



Family Medicine

Sports Medicine

Manipulative Treatment

Preventive Care

Disease Management



Team Doctor for the **Romeo Bulldogs**



Community Parks "The **BIG** Spring Clean Up"

Groups, organizations & individuals are invited and needed to help us get ready for the WARM weather that is right around the corner! Pick your Park or we can place you where needed.



We will load you up with snacks & send you on your way. Dress for the

weather. Bags & gloves are provided. Please bring a rake for

fences

(4711) Sat, April 24 9:30 - 11:30 am Clean ups will begin at 9:30 am Meet at the Romeo Community Center (586) 752-6543 rwbparksrec.org



ADULT & 60+ EVENTS

Following CDC Guidelines.

MASKS must be worn. 6' distance
Regular hand cleaning.
Registrations must be made for
215521ALL programs due to occupancy
numbers. Sorry no walk-ins.



Indigo Lavender Farms

Presentation & Dessert



Enjoy an hour presentation of the Indigo Lavender Farm. See how it works along with a brief history of Lavender. Learn about several types of plants, and the many uses of Lavender! (Various items available to purchase) A light dessert will be served.

(8002) Thur, Jan 21 Please register by 1/14/21 10:00 - 11:30 am

Romeo Center \$5 NR;\$7



Monday Morning



Join us every Monday Morning for a fun hour of BINGO! Cost is .50 Cents to play! Prizes as well! (8054) Mondays beginning Jan 18, 2021

10:00 am Romeo Center \$.50



(9002) Thurs, Feb 11 Register by 2/4 11:30 am - 1:00 pm Washington Center \$9 NR;\$11

lunch with friends and maybe meet

some new ones!

April Showers Bring May Flowers

Let's get ready for SPRING!

Come on out and say goodbye to Winter and hello to Spring. Enjoy a nice lunch and some company with friends & others.

(9003) Thurs, April 15
Register by 4/8
11:30am-1:00pm
Washington Center
\$9 NR; \$11

6' with masks but that's ok!

Game Day!

Join us for social game day FUN
We'll provide a variety of different types of
games: crosswords, word search etc. for your
enjoyment. Bring your own coffee or tea, a few
friends and enjoy each other's company... from

10 am - 11 am

Romeo: Tuesdays Washington: Thursday

	ALL Adults we	elcome! R: Ro	meo Activity Center	W: Washington Activ	ity Center
B.I.N	.G.O Sponso	red by: Sheena's	Market		
8054 R	Fun BINGO	Mondays	No 1/18, 2/15	10-11am	\$.50
BUNG	CO				
9051 W	Bunco	Mondays	No 1/18, 2/15	12:00-3pm	No Charge
CANASTA	For players & beginn	ers - Learning this	gama will make it eas	ior to loarn Hand & Foot	
					No Chargo
DINNER 8	 k CARDS (\$1.50 table f	ee po	**NEW*** G	ame Day!	
			loin us for social g	ame day FUN every	TB
				Thursday in Washing	TB
				f different types of ga etc. for your enjoyme	TD
				or tea, a few friends	
UCHRE		enjoy e	each other's comp	any from 6' with n	nasks
	Euchre Cards	but tha		44.00	\$3.0
		Dom		- 11:00 am	sdav \$3.0
		Komo	eo: Tuesdays (Washington: Thurs	\$3.0 \$3.0
W		5th Wed	Postponed to sum	mer 2021 TBD	
				•	
w w	Hand & Foot Card Gam	ne Tues & Friday	Postnoned to sum	*none	No Charg
W	Hand & Foot Tourname	ent Friday	Postpened	STP d il	\$5.0
MAHJONO	GG		arer	elli	ak UK
	Mahjongg	ame:	in to sum	mer 2021 IPF	back No Charg
	Mahiang	Friday	Postponed to sum	mer 2021 mer 2021 the TBD the TBD the TBD	No Charg
PINOCHLE	Mis	rest.		ting -air	\ : 1
	PinochlUntil	1st & 3rd We	d Roosta	merall ago. TBD	
	Pinochle	2nd 3	Postponed 10	mer 2021 mer 2021 the TBD mer 2021 TBD mer 2021 TBD mer 2021 TBD	
HUFFLE I	BOARD	OLNO.	eing y		
	Shutook	ad se	Postponed to sum		
EX.N	L EM	all			
R			Postponed to sum		\$5.0
	Texas Hold'em	1st Monday	Postponed to sum		\$5.0

CLUBS & GROUPS

"Lean on Me"

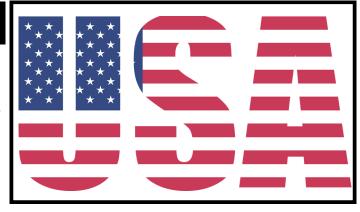
Canes for our Veterans

Started in '07 by the Michigan Woodcarvers for our Veterans who had served our country during war times. Cane is free & given in ultimate respect to those who fought for our freedom.

Call Julie for information (586) 752-6543

Eligible Veterans

- World War II Veteran & eligible for Victory Medal
- Korean War Veteran 1950 1953



- Vietnam War Veteran 1965 1973
- Wounded Veteran War on Terrorism 2001 present (Awarded a Purple Heart of his/her injuries)

Ongoing Adult Clubs & Groups

		D. D	0	W. Washing a Asi in Ga	
		R = Romeo Activity	Center	W = Washington Activity Ce	nter
ART					
8200	R	Art Club	Wed	Come draw, paint or sculpt	12:30 pm - 2:30 pm
GENE	RA	L CLUBS			
9223	W	Newcomers	2nd Thur	Ladies Social Group	11:30 am - 2:30 pm
9220	W	Red Hat Mommas	1st Fri	Red Hat Mommas	12 Noon - 3:00 pm
QUIL	TIN	G			
9215	W	Fancy Quilters No 1/18, 2/15, 5/31	Mon	Work on quilt projects	9:00 am - 11:30 am
9214	W	lt's A Stitch Quilters No 1/18, 2/15, 5/31	Mon	Quilt finishing	9:30 am - 11:30 am
8202	R	Peaches & Patches	2nd Mon	Guild \$10 Membership	11:30 am - 2:30 pm
8201	R	Stitch Together Quilters	1st Wed	Work on quilt projects	12:30 pm - 2:30 pm
SEWI	NG	& HOOKING			
8203	R	Sisters in Stitching No 1/18, 2/15, 5/31	Mon	Work on your own project	12:30 pm - 2:30 pm
9218	W	Great Lakes Rug Hooking	Wed	Work on your own project	9:30 am - 3:00 pm
9219	W	Hooks & Needles	Tues	Crochet & knit projects	9:30 am - 11:30 pm
CARV	'INC	3			
9298	W	"Lean on Me" Canes	Ongoing	Canes for wounded veterans	(586) 752-6543
9216	W	Woodcarvers	Tues	Work at your pace carving	9:00 am - 3:00 pm

REGISTRATION DEADLINES: 1 week prior to start dates, unless otherwise noted. WAIVER & POLICIES Page 43

SEF	۲۷	ICES Winter/Spring 2	021 (586) 752-6543	x3	
9122	W	ASK THE LAWYER Anthony Froberger	Tuesdays 1/19, 2/16, 3/16, 4/20	Call for Appt. 11am - noon	No Charge
9130	W	ELECTRONIC HELP Sharyn Help with phone, tablet, lap top	Thursdays 2/4, 3/4, 4/1	Call for Appt. 10am – 1pm	No Charge
	W R	HANDYMAN SERVICES DLKhandy.com	Thursdays 2/11, 3/11, 4/8	Call for Appt. (586) 752-6534 x3	\$20/half hour
	W	IT'S ABOUT TIME Watch battery replacement & repairs Wilma Forry	Tuesdays 2/2 and 4/6	Drop off for Repairs Between 11am-1pm	Wilma determines charges
	R	LEGAL AID -60+ Jon Corbin	Mondays 2/1, 3/1, 4/5	Call for Appt. (586) 752-6534 x3	No Charge
	W R	MAGNETIZE JEWELRY Jessie Tucker	Mon 2/1, 3/1, 4/5 Wed 2/3, 3/3, 4/7	10am - 1pm Jes Change clasp to strong magnet	ssie determines charges ic, small repairs, item for sale
	W R	MEDICARE COUNSELING Area Agency on Aging	Ongoing	Call directly (800) 803-7174	No Charge
	W R	SHARPENING SERVICE Burg's Sharpening	Call Ed directly	By Appt. (810) 543-1388	Ed determines charge
9121 8121	W R	VETERANS AID Marie Goral	Thurs 1/28, 3/25 Thurs 1/21, 3/18	Call for Appt. (586) 752-6534 x3	No Charge
		Į.	Additional Service I	nformation	
		ANSPORTATION sportation for seniors & those	permanently disabled.	Reserve by noon at least <u>tw</u>	(586) 752-9010 o days in advance.
_	_	B NUTRITION PROGRAM directly for details.			(586) 469-5228
2052		NAL VALUEEL C			(505) 450 5000

Meals on Wheels and

GRAB & GO

MEALS ON WHEELS

MACOMB COUNTY SR. SERVICES

Lunch Program

MEALS ON WHEELS or GRAB & GO LUNCH PROGRAMS

(586) 469-5228

(586) 469-5228

(Grab & Go is replacing the in house lunch until restrictions lift more in Romeo)

Facilitator: Macomb County... and the many local volunteers

Meals on Wheels: Available from ROMEO & WASHINGTON

Meals delivered to seniors. For information (or) to volunteer, please call the county.

Find info on CHORE grass cutting & snow removal plus other services available for low income seniors

To sign up or for more info call 586.469.5228 <u>VOLUNTEERS ALWAYS NEEDED</u> <u>GRAB & GO Lunch</u>: Participants can register & pick their lunches up daily NOTE: Currently Romeo Site ONLY. Registration is required, call our site between 10 am - 12 pm M-F to talk to the County's Staff. 752-6543 Ext 3

When restriction lifted, facilities will be unlocking/locking for registered Parks & Rec programs ONLY

Following CDC Guidelines - Masks must be worn at all inside programs, at all times. Room Occupancy #'s in place

WEATHER POLICY If Romeo Community Schools are closed due to inclement weather, all P&R classes held in the morning are also cancelled. For afternoon sessions please call our update line at **(586) 752-6543 Ext 6**

ADULT & 60+ SERVICES

Medicare Counseling

Facilitator: Area Agency on Aging 1-B Confused, need answers... get free direct help (9378) Ongoing by appointmen. Call (800) 803-7174

Magnetize Jewelry "The Magnet Lady"

Facilitator: Jessie Tucker

Do you have jewelry you cannot or do not wear because it's too hard to connect the clasps? Can also do minor repairs. Jewelry items also for sale.

Fee: TBD Varies 10:00 am - 1:00 pm

ROMEO Wed, Feb 3, Mar 3 & Apr 7
WASHINGTON Mon, Feb 1, Mar 1 & Apr 5

Veteran's Aid

We are pleased to announce Veteran's Aid will be back in Romeo and Washington Activity Centers. Call for appointment.

9:00 am - 1:00 pm <u>ROMEO</u> Thur, Jan 21 & Mar 18 WASHINGTON Thur, Jan 28 & Mar 25

Files of Life Program

(9377) FREE & Life Saving. Medical history packets provided by our local fire department. Hang on your refrigerator so they know right where to look in case of an emergency. Be prepared!



TAKE A MINUTE to check this out!

Seniors can get over 150 FREE online group classes of HOW TO from Gmail, Facebook, Smartphones & more.

A GREAT FREE RESOURCES

https://www.getsetup.io/partner/michigan

AARP Tax Preparation Program Covid Style

Call for your appointment

- Residents, Mon, Jan 11
- Non-Residents, Mon, Jan 18

We are always looking for helpers...



Call us if you are a service provider who want to interview to help seniors.

It's a GREAT way to give back.
Please contact:
Paige (586)752-6543



WHAT IS STAR:

STAR has been serving transportation needs of the community's older adults and individuals with disabilities since 1982. It is supported by a millage of the townships of Bruce and Washington, a Specialized Service Grant from the State of Michigan, Community and Municipal Credits from SMART, and is a Community Based Service Provider with SMART.

ELGIBILITY:

Must be a resident of the Village of Romeo, or the townships of Bruce or Washington, and 60 years of age or older, or under 60 years of age and have a disability that prevents them from operating a vehicle.

WHAT STAR DOES:

Take passengers for any transportation request, such as medical appointments, banks, groceries, drug stores, and hair appointments, nutritional and recreational activities, in the Village of Romeo and the Townships of Bruce and Washington. STAR travels outside the townships for personal medical appointments. This includes the Henry Ford Macomb area, Ascension Providence Rochester area, and the Troy Beaumont area.

ADA COMPLIANT:

STAR has eleven vehicles, including six equipped with wheelchair lifts.

BUSINESS HOURS:

Monday through Friday 8:30 am - 4:00 pm

HOW TO SCHEDULE A RIDE:

Call STAR at 752-9010 or 752-6543 Ext 5 by 12:00 pm at least 2 working days in advance. STAR will take reservations for Medical appointments up to 1 month in advance. All other appointments up to 2 weeks in advance.

we insure your car.
because some people
never learned to park.
simple human sense



Ron Rossell • Holly Rossell-Hays • Joe Rossell • Tim Hays

586.739.9080 • actionin.com



LIFE • HOME • CAR • BUSINESS

ADULT SPORTS & ACTIVITES

Fencing

Youth & Adult: Beginner, Intermediate & Advanced Ages 7 & up All equipment provided.

Beg & Int.: Students will learn the fundamentals of fencing and gain balance, coordination and quickness. All equipment provided. All classes are 5 Week Sessions.

Advanced: Take the Advanced session and join the club to continue to learn and practice your fencing skills.

Session 1: Wed, Jan 20 Session 2: Wed, Mar 3 Session 3: Wed, Apr 14

(3310) Beginner	Session 1	7:00 - 8:00 pm
(3312) Intermediate	Session 2	7:00 - 8:00 pm
(3311) Advanced	Session 1	8:00 - 9:15 pm
(3313) Advanced	Session 2	8:00 - 9:15 pm
(3314) Advanced	Session 3	8:00 - 9:15 pm
Community Center		\$40 NR \$46

Archery

Instructor: Craig Gibbs

Instruction for all ages & levels. Think about signing up and shooting along side your young Archer and learn together!

(Equipment provided or bring your own).

Ages 7 yrs to Adult.

 (3304) Wed, May 5 Wks: 8
 6:30 - 7:30 pm

 (3305) Wed, May 5 Wks: 8
 7:30 - 8:30 pm

 Octagon Barn
 \$78 NR \$84

Tennis Lessons



Instructor: Susan Gavin
An introduction to tennis. Come and learn basic strokes, techniques and ball rally. Please bring your own racquet. Ages 16 & up.

(3509) Tues, May 4 Wks: 5 7:00 - 8:00 pm Washington Tennis Courts \$82 NR \$88

PLEASE NOTE:

- Reg. Deadlines are always 1 week prior to class's start date, unless noted.
- Mask are required inside buildings
- Following CDC Guidelines. 6' distance observed.

Adult Softball Leagues

Leagues Mat Ball Format Packets emailed/mailed home.

Roster/Player Contracts due BEFORE first game. Register by Fri, Apr 9 (\$50 late reg fee) Ages 18 & up.

CO-ED:

Two separate leagues; max 16 team split into 8 team per league. Leagues not split by skill, done on a first come first serve basis.

(2402) Mon, Apr 19

6:15 pm & 7:30 pm games

Crystal & CC Fields

\$675 team (includes \$75 forfeit fee)

OVER 30 MENS: 30 yrs & up

NOTE **NEW AGE!**

Teams umpire their own games; mat used for balls & strikes. Come out, get some exercise playing the game you love.

(2404) Fri, Apr 23 7:00 pm games Crystal & CC Fields \$140/team

GOLF PROGRAMS

PINE VALLEY GOLF COURSE 2021 PROGRAMS

Parent & Child Golf Program

Spend some quality time doing something you both like. Not a league, so there is no pressure; just 9 holes of golf. Adult must golf with their

child. Ages: 5yrs & up. (3330) Tues, Jun 1 Wks: 8

Tee Time: 6:45 pm

Golf Fees:

\$ 9 Reg fee - 1x fee per person paid to P&R\$10 Greens fee per person weekly to course\$ 7 Cart fee per person weekly to Golf Course

Adult Golf Program

So you're a beginner, but you want to golf...... This program is for you. Sign up as a twosome, threesome or foursome and play 9 holes. No pressure, just fun! Ages 18 yrs & up.

(3512) Thur, Jun 3 Wks: 8

Tee Time: 6:30 pm

Golf Fees:

\$ 9 Reg fee - 1x fee per person paid to P&R\$10 Greens fee per person weekly to course\$ 7 Cart fee per person weekly to Golf Course

HEALTH & ED

CPR-AED and/or FIRST AID

This can help save a life!



American Heart Association Washington Twp Fire Department

LOCATION: TBD

CPR & AED Training (only)

(9283) Wed, TBD 6 - 9:00 pm

Watch for details (9284) Thur, TBD 9 am - Noon

\$49: NR \$52

CPR & AED and/or First Aid

(9285) Sat, TBD 9 am - 2 pm \$70: NR \$73 CPR/AED & First Aid

\$49: NR \$52 CPR/AED only (9 am-Noon)

Intro to Increasing **Resilience & your Wellbeing**

Instructor: Casey Marin-McDaniel

Enhance your overall well-being during these

challenging times.

(9253) Wed, Jan 27 6:30 pm - 7:30 pm 6:30 pm - 7:30 pm (9254) Thur, Feb 11 Washington Center \$50 NR \$53

ADULT DANCE CLASSES

Ballroom Dance

Instructor: Jim Berg

Instruction will focus on acquiring the skills necessary to enjoy ballroom dancing.

No 1/18 & 2/15

Wks: 6 8:00 pm - 9:00 pm (4231) Mon, Mar 8 (4232) Mon, Apr 19 Wks: 6 8:00 pm - 9:00 pm \$55 NR \$61 Washington Center

Social Dance

Instructor: Jim Berg

Instruction will focus on the fundamentals of partnered social dancing. No 1/28 & 2/15

(4234) Mon, Mar 8 Wks: 6 7:00 pm - 8:00 pm (4235) Mon, Apr 19 Wks: 6 7:00 pm - 8:00 pm Washington Center \$55 NR \$61

YOGA - PILATES - ZUMBA GOLD - TAI CHI

LOW INTENSITY - GREAT FOR BEGINNERS See L.I.F.T for additional fitness opportunities

Chair Yoga

Instructor: Christine Bristol

Gentle form of yoga that is practiced sitting on a chair, or standing using a chair as support. Great

way to get started practicing yoga.

(8532) Mon, Jan 18- Feb 22 11:15 am - Noon

Romeo Studio Rm Wks: 6 \$36 NR \$42

(8533) Mon, Mar 8 - April 26 11:15 am - Noon

Romeo Studio Rm Wks: 8 \$48 NR \$54

Gentle Pilates

Instructor: Judy Polite

Pilates is a wonderful form of exercise that increases flexibility and range of motion. This "gentle" class is of a lower impact and intensity than a "normal" Pilates class, therefore perfect for those with various mobility issues.

(9356) Tues, Jan 19- Feb 23 Wks 6 \$42 NR \$48 (9357) Tues, Apr 6 - Apr 27 Wks 4 \$28 NR \$34 Washington Activities Rm 5:00 pm - 6:00 pm

Zumba Gold & Zumba - Gold Tone

Instructor: Shonece Leonard

Fitness and Fun combined! Come join this low intensity Zumba class led by one of the areas best Zumba instructor!

Mon. Jan 18 - Feb 22 Wed, Jan 20- Feb 24 (Tone)

10:00 - 10:45 am 10:00 - 10:45 am

Sat, Jan 22- Feb 27 (8507) \$48 = 8 punch card 10:00 - 10:45 am Romeo Main Rm

Tai Chi & Sword class

Instructor: Kim Cary

A Chinese martial art and system of calisthenics, Consisting of sequences of very slow controlled movements.

(9301) Wed, Jan 20 - Feb 24

Tai Chi 11:00 am - 12:00 pm Sword Class 12:00 - 12:30pm

\$48 for 8 visit punch card good for 6 months

More Fitness Pages 23-25 Try out our Fitness Centers

When restriction lifted, facilities will be unlocking/





NOTE: Mask & 6' rule followed during

Fitness Centers

use Built with funding from Community Development Block Grant & Four County Foundation

Room ON occupancy #'s will be followed

ONE MEMBERSHIP = TWO LOCATIONS

Romeo Community Center

361 Morton St. Romeo, MI 48065

Mon - Fri	6 am - 1:30 pm		
IVIOH - FH	4 pm - 8 pm		
Sat	7 am - 12 pm		
Sun	CLOSED		
Fitness Contare wil	Lologo 20 min, parlier than		

Fitness Centers will close 30 min. earlier than stated if no members are present.

Washington Twp. Municipal Building

57900 Van Dyke Washington Twp, MI 48094 Currently the Washington Fitness Center is Closed. It will open when the township building reopens.

Fitness Centers are open to all ages. Those under 16 must be accompanied by a parent/guardian. Those under 18 must have their Registration and Information Form signed by a parent/guardian prior to using the Fitness Centers.

	Daily	10 Visits	3 Mos.	6 Mos.	1 Year
17 yrs. & under	\$2	\$16			\$140
Non-Resident	\$3	\$24			\$160
18 – 59 yrs.	\$3	\$24	\$80	\$140	\$240
Non-Resident	\$4	\$32	\$100	\$160	\$260
60+ yrs. or legally disabled*	\$1	\$8			\$ 75
Non-Resident	\$2	\$16			\$95

personal training

One-on-one training with a certified personal trainer available No commitment or package purchase required.

\$50/hour

\$25/half hour

Also available 2 clients for 1 hr = \$50/hr
TO SET APPOINTMENT
Call Chris at the Washington Fit Center
(586) 752-6543 Ext 4 than 2

WEATHER POLICY

If Romeo Schools are canceled due to inclement weather, childcare will be closed. The Fitness Centers will be open whenever possible. For updates, call 586-752-6543.

LEGALLY DISABLED / SPECIAL NEEDS

*Caregivers of the legally disable or special needs participant are free of charge while managing the well-being of the participant. Individuals with special needs must be accompanied by a caregiver.

Start 2021 off right!! We have classes for Beginners to Advanced. CHECK OUT PG 22-25

2021 Winter-Spring Schedule

L.I.F.T. Lower - Intensity - Fitness - Training

NOTE: \$6 additional per session for non-residents

Romeo Classes						
8532	Chair Yoga	Mon, Jan 18 - Feb 22	11:00-11:45 am	\$36 6 Wks		
8533	Christine Barlow	Mon, Mar 8 - Apr 26	11:00-11:45 am	\$48 8 Wks		
8504	Seniors Staying Strong	M,W,F Ongoing	9-9:45 am	No Charge		
8505	Keep Moving Arthritis Exercise	M,W,F Ongoing	10-10:40 am	No Charge		
8511	Gentle Yoga	Tues Jan 19-Feb 23	10:00-10:45 am	\$36 6 Wks		
8511A	Denise Michalak	Tues Mar 9-Apr 27	10:00-10:45 am	\$48 8 Wks		
8512	Gentle Yoga	Thurs Jan 21-Feb 25	10:00-10:45 am	\$36 6 Wks		
8512A	Denise Michalak	Thurs Mar 11-Apr 29	10:00-10:45 am	\$48 8 Wks		
8543	Pickleball	Tues, Ongoing	12:15-3:30 pm	\$2 at door		
8544	(bring own paddle)	Thur, Ongoing	12:15-2:30 pm			
8570 8571	Table Tennis Mixed Open	Tues, Ongoing Thur, Ongoing	1:00-3:00 pm Noon-2:00 pm	\$2 at door		
8507	Zumba Gold	Mon Jan 18-Feb 22	10:00-10:45 am	\$48 - 8 visit punch card		
8508	Shonece Leonard	Mon Mar 8-Apr 26	10:00-10:45 am			
8507	Zumba Gold	Wed Jan 20-Feb 24	10:00-10:45 am	\$48 - 8 visit punch card		
8508	Shonece Leonard	Wed Mar 8-Apr 28	10:00-10:45 am			
9301	Tai Chi Beginner Kim	Wed Jan 20-Feb 24	11:00-12:00 pm	\$48 - 8 visit punch card		
9302	Cary	Wed Mar 8-Apr 28	11:00-12:00 pm			
9301A 9302A	· · · · · · · · · · · · · · · · · · ·	Wed Jan 20-Feb 24 Wed Mar 8-Apr 28	12:00-12:30 pm 12:00-12:30 pm	Use same punch card		
8540	Line Dancing-Beginner Darlene Sedrowski	Thurs Jan 21-Feb 25	9:30-10:30 am	\$36 6 Wks		
8540A		Thurs Mar 11-Apr 29	9:30-10:30 am	\$48 8 Wks		
8541 8541A	Line Dancing- Intermediate Darlene Sedrowski	Thurs Jan 21-Feb 25 Thurs Mar 11-Feb 25	10:45-11:45 am 10:45-11:45 am	\$36 6 Wks \$48 8 Wks		
Washington Classes Note: Classes will continue once restrictions are lifted & Township hall is open						
9356	Gentle Pilates Judy Polite	Tues, Jan 19- Feb 23	5:00-6:00 pm	\$42 6 Wks		
9357		Tues, Apr 6- Apr 27	5:00-6:00 pm	\$28 4 Wks		
8507	Zumba Gold Shonece	Sat Jan 23-Feb 27	10:00-10:45 am	\$48 - 8 visit punch card		
8508	Leonard	Sat Mar 13-Apr 24	10:00-10:45 am			
9350	Sculpt, Flex, Stretch	M,W,F Jan 18 - Feb 28	8:00-9:00 am	6 Wks = 3x/\$54 2x/42		
9351	Chris Hurd	M,W,F Mar 9 - May 1	8:00-9:00 am	8 Wks = 3x/\$72 2x/56		

When restriction lifted, facilities will be unlocking/locking for registered Parks & Rec programs ONLY

Fitness & Health Winter 2021

Jan 18th - Feb 27th Wks 6

IMPORTANT!

YOU MUST WEAR A MASK AT ALL TIMES WHILE IN THE BUILDING
THANK YOU FOR YOUR COOPERATION

Athletic Stretching

45 min- Yoga moves combined with strength and toning.

(6138) Tue, Jan 19	\$36 NR \$42	Wash	Sheila	9:45am
(6170) Thur, Jan 21	\$36 NR \$42	Wash	Sheila	9:45am
(6185) Fri, Jan 22	\$36 NR \$42	Romeo	Mary	10:00am

Barre

45 min- Sculpt and tone using the barre. Incorporates both abdominal and cardio work. Hand weights used to sculpt the upper body.

(6131) Mon, Jan 18	\$36 NR \$42	Wash	Jami	9:15am
(6178) Wed, Jan 20	\$36 NR \$42	Wash	Mary	8:00am

Cardio Blast

45 min- 1/2 hour non-stop low impact cardio ending with 15 minutes of weights, abs, and stretching.

(6127) Mon, Jan 18 \$36 NR \$42 Romeo Brenda 9:00am

Core & Stretch

45 min– Pilate moves focusing on the core with stretching.

(6133) Mon, Jan 18 \$36 NR \$42 Wash Jami 10:00am

H.I.I.T

45 min- <u>High Intensity Interval Training</u>. Using a variety of timed intervals to create a challenging effective workout. Improve strength and endurance. Never the same workout. Work at your ability.

(6161) Wed, Jan 20 \$36 NR \$42 Romeo Kim 9:00am

Interval Combo

45 min- Includes cardio and sculpting using various pieces of equipment to define and strengthen muscles.

(6136) Tues, Jan 19	\$36 NR \$42	Romeo	Brenda	9:00am
(6169) Thur, Jan 21	\$36 NR \$42	Romeo	Brenda	9:00am

Muscle Madness

45 min- Strength training using various resistance equipment. Every workout is different.

(6190) Tue, Jan 19	\$36 NR \$42	Wash	Sheila	8:45am
(6198) Fri, Jan 22	\$36 NR \$42	Wash	Anne	9:30am

Pilates

45 min- Total body workout using small equipment to lift your glutes, tone your thighs, sculpt your arms, and strengthen your core.

(6173) Thur, Jan 21	\$36 NR \$42	Wash	Mary	5:00pm
(6180) Fri, Jan 22	\$36 NR \$42	Romeo	Mary	9:00am



Thank you for participating in our programs! (586) 752-6543

PiYo

45 min- Strength training and body lengthening aspects of Pilates with the core and stretching elements of yoga. Low impact for all fitness levels.

(6132) Mon, Jan 18 \$36 NR \$42 Wash Kim 6:30pm

Step & Sculpt

45 min- Step hard for 30 minutes & then dismount for 15 minutes of strength training and stretching.

(6128) Mon, Jan 18	\$36 NR \$42	Wash	Sandra	9:30am
(6159) Wed, Jan 20	\$36 NR \$42	Wash	Sandra	9:30am
(6181) Fri, Jan 22	\$36 NR \$42	Wash	Anne	8:30am

Basic YOGA

45 min- Teaches breathing techniques, standing & balance poses, seated stretches & introductory backbends. Bring yoga mat, block and strap if needed.

(6140) Tues, Jan 19	\$36 NR \$42	Romeo	Denise 11:00am
(6172) Thur, Jan 21	\$36 NR \$42	Romeo	Denise 11:00am
(6199) Fri. Jan 22	\$36 NR \$42	Romeo	Kim H. 7:30am

Zumba Basic

45 min- Perfect for beginners. Taking things slower & teaches the fundamentals of a Zumba dance workout.

(6174) Thur, Jan 21 \$36 NR \$42 Wash Sheryl 5:15pm

<u>Zumba</u>

45 min- Fun dance moves create a dynamic workout.

(6129) Mon, Jan 18	\$36 NR \$42	Romeo	Kim	8:00am
(6152) Tues, Jan 19	\$36 NR \$42	Romeo	Sheryl	5:15pm

Zumba 30/15

45 min– Warm up & heart pumping Zumba. Then 15 mins of resistance training using a variety of equipment.

(6156) Wed, Jan 20 \$36 NR \$42 Romeo Kim 8:00am

Additional Info

<u>Weather Policy</u>: If Romeo Community Schools are canceled due to inclement weather, morning Fitness Classes <u>will not</u> be available. Credits or prorate discounts are not given for inclement weather.

The Fitness Centers will be open whenever possible. Please call **586-752-6543**.

personal training

One-on-one training with a certified personal trainer available.

No commitment or package purchase required.

\$50/hour! \$25/half hour!

Also available 2 clients for 1 hr = \$50/hr! Call Chris at the Washington Fit Center 586-752-6543 ext 4 than press 2

Don't forget our FITNESS CENTERS

Easy Friendly Atmosphere!



Dancer's Image

25 Years Strong...

Recreational Dance Winter Sessions:

Session A Jan 16-Feb 11 *Session B Feb 17-Mar 18

Session B- Please See Notes For Recital Info

<u>Canceled Dates: Feb 13-16 Mid-Winter Break</u>

All Classes are at the Romeo Community Center Prices are Per Session

\$30 20 Min Class \$35 30 Min Class
No Multi Class Discount - Non Resident Fee \$6.00/ class

REGISTRATION DEADLINE: (A)-Jan 18 (B)- Feb 17 Sorry, NO registrations can be accepted after deadline.

<u>Dance Instructor Key</u> Teachers subject to change

Т	Ms. Tammy	D	Ms. Debbie
C	Ms. Caitlyn	AR	Ms. Andrea R
Α	Ms. Andrea	K	Ms. Katie
S	Ms. Shay	M	Ms. McKayla

Use Class number with Letter when registering:

Example: 5126A = Session A 5126B = Session B

Saturday A: Jan 1	6 B: Feb 20	Studio Ro	<u>om</u>
5120 X/B 9:30 am	Creative Movement	20 min	Α
	SION B Class)		
	Tiny Tappers (4-6 yrs)	20 min	Α
5122 A/B 10:25 am	Tots & Tutus (4-6 yrs)	20 min	Α
5123 A/B 10:50 am	Tot & Tutus 2-3 (5-7 yrs)	20 min	Α
5124 A/B 11:15 am	Tiny Tap 2-3 (5-7 yrs)	20 min	Α
5125 A/B 11:40 am	Jazzy Tots 2-3 (5-7 yrs)	20 min	Α

Monday	A: Jan 18	B: Feb 22	Studio	Room
5126 A/B	4:45 pm A	dv 2 Ballet (9-11 yrs)	30min	Т

Monday	A: Jan	18 B: Feb 22	Diamond Ro	<u>om</u>
5103 A/B	5:00 pm	Jazzy Tots (4-6 yrs)	20 min	S
5104 A/B	5:30 pm	Int Lyrical/Jazz (9-13 yrs)	30 min	S
5105 A/B	6:05 pm	Beg Contemporary (8-12 yrs	s) 20 min	S
5101 A/B	6:45 pm	Beg Jazz & Lyrical (8-12 yrs)	20 min	M
5102 A/B	7:10 pm	Beg/Int Musical Theater (8-12	2yr) 30 min	Μ

Wednesda	y A: Jan	20 B: Feb 17	Studio Ro	om
		Adv Irish Step (9-16 yrs) Beg Irish Step (7-12 yrs)	30 min 20 min	C

Thursday	A: Jan	21 B: Feb 18	Studio Roc	<u>om</u>
5108 A/B	5:00pm	Tots & Tutus (4-6 yrs)	20 min	T
5109 A/B	5:25pm	Tots & Tutus 2 (5-7 yrs)	20 min	Τ
5110 A/B	5:50pm	Tots & Tutus 3 (6-8 yrs)	20 min	Τ
5111 A/B	6:20 pm	Tots & Tutus 4 (7-9 yrs)	30 min	T

Thursday	A: Jar	n 21 B: Feb 18	Main R	<u>oom</u>
5112 A/B	5:00 pm	Tiny Tappers (4-6 yrs)	20 min	D
5113 A/B	5:25 pm	Beg. Tap/Tiny Tap 2 (5-7yrs)	20 min	D
5114 A/B	5:50 pm	Int. Tap (8-13 yrs)	20 min	D

Come Dance with Us!

An Award Winning Studio

Dance Classes Schedule Cont...

Thursday	A: Jan 21 B: Feb 18	Diamond Ro	<u>om</u>
5115 A/B	4:40pm Beg Hip Hop (7-12 yrs)	30 min	K
5116 A/B	5:15pm Int. 1-2 Hip Hop (8-13 yrs)	30 min	Κ
5119 A/B	5:50pm Int. Contemporary Lyrical (10-1	15yr) 30 min	S

PROPER DANCE WEAR REQUIRED

Ballet:

Leotard, tights, shorts or leggings, PINK shoes, BUN Jazz - Musical Theater:

Any dancewear & slip on TAN Jazz shoes. Ponytail **Hip Hop:**

Loose clothes & tennis shoes (no jeans). Ponytail **Irish Step:**

Any dancewear; Shoes: Beginner - black jazz shoes ADV Irish Class - <u>Shoe info given 1st class.</u>

Lyrical:

Any dancewear & TAN slip on jazz shoes. Ponytail <u>Tap</u>: Any dancewear and BLACK tap shoes. Ponytail **Contemporary:** same as Lyrical

CLASSS LEVEL KEY:

Tot 1, 2 etc Beg 1, 2 Int, 1, 2, 3 Adv, 1, 2, 3

➤ Class Sizes will be limited to ensure Social Distancing Guidelines



- ► Masks MUST be worn by everyone at all times in the building
- ► Dancers must enter through Main Entrance ONLY
- ▶ If you are SICK at all you MUST stay home
- ► Parents of Dancers 12 and OLDER MUST WAIT outside the building until further notice
- ➤ ONE Parent of Dancers 11 and younger will be allowed into the building.

SESSION B Information

- ► Session B will begin our 2021 Recital Session
- ➤ You will be committed to our June Recital once you sign up for Session B. You will be expected to do the Spring Session of Dance March 20—June 12
- ► A recital costume deposit of \$45.00/per class will be due the week of Feb 17-23. Costume Balance Due March 26.
- ► Spring Session of Dance will resume our normal class times and class lengths. Session Begins March 20, 2021
- ► Recital Dates set for June 18 & 19, 2021

Dancer's Image cont... **COMPETITIVE DANCE**

Winter Session: January 18 - March 18

Canceled Dates: Mid Winter Break March 13-16

All Classes are at the Romeo Community Center

\$74 20 Min Class \$80 50 Min Class \$76 30 Min Class \$82 1Hr Class \$78 40 Min Class \$84 1Hr 10min Class

> Non Residents add \$6 per class NO MULTI CLASS DISCOUNTS GIVEN

REGISTRATION DEADLINE Monday Jan 18th

Sorry. NO registrations can be accepted after deadline.

T	Ms. Tammy	D Ms. Debbie
C	Ms. Caitlyn	AR Ms. Andrea R
Α	Ms. Andrea	K Ms. Katie
S	Ms. Shay	M Ms. McKayla

Company Classes are by Approval ONLY

Monday, January 18

5126	4:45 pm Tot Co. Ballet	30 min	T	
5127	5:20 pm Tot Jazz Co.	40 min	AR	
5129		50 min	AR	
5128		50 min	AR	
5135	7:45 pm Sr. Jazz Co.	40 min	AR	
3133	7.40 pm - 31. 3a22 CO.	40 111111	\ \ \ \	
Monday, January 18		Main Roc	<u>m</u>	
5133	· · · · · · · · · · · · · · · · · · ·	40 min	Α	
5132		40 min	Α	
5134	6:50 pm Sr. Lyrical Co.	50 min	Α	
5131	7:45 pm Jr. Tap Co.	40 min	M	
Tuesday, January 19		Studio Ro	om	
5136	4:45 pm Sugars Co. Ballet	40 min	T	
5137		50 Min	Τ	
5145		20 Min	Τ	
5138	•	1 hr 10 mir	ı T	
5139	8:00pm Sr. Elite Jazz Co.	1 hr	S	
	•			
Wednesday, January 20 Studio Room				
5105		20 min	T	
5130		1 hour	Ť	
5141	•	50 min	Ś	
5140	7:45 pm Sr/Teen Tap Co.	50 min	D	
3140	7.45 pm Si/Teen Tap Co.	30 111111	ט	
Thursday, January 21		Studio Roo	m	
		40 min	<u></u> D	
	6:15 pm Sugars Tap Co.	-	T	
5143	7:00 pm Jr. Co. Ballet	50 min	ı	

YOUTH: Arts Around

Instructor: Jennifer Stulz Let's get Creative!!! You will be creating multiple projects in this class working with watercolor, clay ceramics, painting, oil pastels, papermache and more! Ages 8 yrs & up.



Tuesdays Wks: 6

(3430) Jan 19, 26, Feb 2, 9, 16, 23

\$89 NR \$95 Community Center 5:30 - 6:30 pm

(3431) Mar 2, 9, 16, 23, 30 Apr 13 no class 4/6

Community Center 5:30 - 6:30 pm \$89 NR \$95

Tot Programs

MAD SCIENCE TOT 'VIRTUAL" Classes 3 yrs to Kindergarten

Little Learners Lab

This series is designed specific for preschoolers & their grown up helper! Class will be 30 min with add'l optional 10-15 min of Q & A, etc. Each child will receive their very own Experiment pack filled with our Mad Science Take Homes!

Class themes include: Listen Closely, Eye to Eye,

Human Body & Healthy Choices. Registration Deadline is 1/11

(3162) Sat, Jan 16, 23, 30 & Feb 6 Wks: 4

10:30 - 11:00 am

Studio Room

Virtual Online - Mad Science

\$44

Parent & Tot YOGA Workshops

Instructor: K. Hamilton

*1 Parent per Child to register. Geared for ages 2-5 yrs

Parents, did you know that practicing Yoga is important for kids too? Many of the same reasons it is important for adults (relieving stress, anxiety, improving sleep patterns, boosting immunity & being more mindful) is why it also benefits a child. Practicing regularly, Yoga balances the mind & body along with increasing mindfulness. Students become more attuned to their body & develop an inner strength (which will help change dysfunctional habits for a healthier lifestyle.) Endurance/stamina & strengthening are greatly enhanced as well. These workshops will give both you & your child the tools to relax, while having fun with basic Yoga poses. You will feel rejuvenated, energized & have the tools to practice calmness, both on & off of the Yoga mat.

Fridays Days: 1 11:30 - 12:15 pm

(3340) Fri, Jan 15 (3342) Fri, Feb 12 (3341) Fri, Jan 29 (3343) Fri, Feb 26

Community Center \$15 per pair, per class; NR \$18

TOT PROGRAMS

Toddler Tunes FUN DAYS

Instructor: Candice Rau

Have fun with your tot with music and movement while they build up their creativity, motor & social skills. Parent participation Required.

Ages: 6 months - 4 yrs

10:00 - 10:30 am \$7 per day NR \$10

ROMEO (3221) Tues, Feb 23

WASHINGTON (3222) Tues, Jan 19

(3223) Tues, Mar 9



Winter Adventure Days STORYTIME

STAR TOT

We will read a fun book about stars and your young artist will paint their own star lantern!

These will be a decoration to keep for a lifetime. Lanterns will need to be heated in the kiln and picked up from the Community Center approx. 1 week after. Ages 2-4 yrs

(3204) Thur, Feb 4 **Community Center** 10:30 - 11:30 am

\$20 NR \$23

Click Clack Moo

We will read Click Clack Moo, I LOVE YOU! and your young artist will create a unique square ceramic plate using a fun sticker technique! These will be a decoration to keep for a lifetime. Plates will need to be heated in the kiln and picked up from the Community Center approx. 1 week after. Ages 2-4 yrs 10:30 - 11:30 am (3210) Tues, Jan 26

Washington Twp. Hall

\$20 NR \$23



Cupid Cuties Valentine's Day Party

Instructor: Melissa Milostan Your toddler will enjoy a Valentine's party of their own. We will play musical

hearts for prizes, make play-doh cookies, a heart windsock, color a Valentine's cup & more! Ages 2-4 (3205) Thur, Feb 11

Community Center 60

10:30 - 11:30 am \$12 NR \$15

Dr. Seuss Birthday Party

Instructor: Melissa Milostan

Join us for this Dr. Seuss themed party! Make a Dr. Seuss hat, play Seuss-O, take home a Dr. Seuss book

and SO more! Ages 2-4 (3208) Tues, March 2 10:30 am-11:30 am Community Center

\$12;NR: \$15



Lucky Charms St. Pat's Day Party

us to watch erupting Join rainbows. make a shamrock silhouette, read Pete the Cat: The Great Leprechaun Chase, play



with rainbow slinkies, and eat St. Patrick's Day

cookies! Ages 2-4

(3206) Tues, Mar 16 Community Center

10:30 - 11:30 am

\$12 NR \$15

A Very Toddler Easter

Instructor: Melissa Milostan The perfect Egg hunt for your toddler to gather filled eggs, and before we will play games for prizes and paint flower pots to plant their own flower to bring home. Ages 2-4

(3207) Tues, Mar 30 10:30 - 11:30 am **Community Center** \$12 NR \$15

EARTH DAY

Celebration Party

Instructor: Melissa Milostan

This fun and educational event will teach our young minds how important it is to take take of Earth! We will play sort and recycle, eat chocolate earth balls, make earth day crowns, play with globe inflatable balls, and read a book about earth day! Ages 2-4

(3209) Thurs, Apr 22 10:30 am - 11:30 am

Community Center \$12 NR \$15

At this time facilities will be unlocking/locking for registered Parks & Rec programs ONLY

We are following CDC Guidelines - Masks required

WEATHER POLICY If Romeo Community Schools are closed due to inclement weather, all P&R classes held in the morning are also cancelled. For afternoon sessions please call our update line at 752-6543 Ext 6



MAD SCIENCE

MAD SCIENCE "IN PERSON" Classes K-5th Grades

Mad Science is on a mission to spark the imagination and curiosity of children by providing them with interactive & educational programs that instills a clear understanding about science & how it affects their world. *Class needs 10 Min/15 max*

Mad Science programs...

- Are hands-on and focus on science and engineering.
- Are aligned to STEM objectives
- Meet national & state extracurricular activity standards
- Are led by trained, qualified and dynamic instructors
- Follow professional lesson plans
- Use unique equipment and original materials
- Are loved by children!

NASA - Academy of Future Space Explorers

This Mad Lab Science lets children go on a voyage of discovery with unique hands on activities, and amazing stars, space technology, rocket science, the atmosphere, planets, moons & more!!

(3160) Tues, Jan 19 Wks: 6 *No Class 2/16* 5:30 - 6:30 pm Community Center \$98 NR \$104

Amazing Magnets & More

This series is full of hair-raising experiments where forces repel by static electricity, magnets, as well introduce the Jr. Scientists to the illusions of their senses! Demonstrations will teach students how to power machines as well as their bodies! Exciting handson activities & educational take homes positively charge the room with fun.

(3161) Wed, Jan 20 Wks: 6 5:30 - 6:30 pm Washington Activity Center \$98 NR \$104

MAD SCIENCE "VIRTUAL" Classes K-5th Grades

Virtual Mad Science programs include...

- 1 hour, 5 week science program
- Experiment Pack with at-home activities/Take Homes!
- LIVE, virtual classes for kids to interact with the Mad Scientist
- Reg Deadline: 1 wk before class starts for materials
- Class Fee \$69

Animals & Energy

(3163) Sat, Jan 16, 23, 30, Feb 6, 13 11:30 - 12:30 pm (3164) Tues, Jan 19, 26, Feb 2, 9, 16 5:30 - 6:30 pm

Amazing Magnets & More

(3166) Thurs, Jan 21, 28, Feb 4, 11, 18 5:00 - 6:00 pm

Fantastic Forces & Flights

(3165) Wed, Jan 20, 27, Feb 3, 10, 17 5:30 - 6:30 pm (3167) Fri, Jan 22, 29, Feb 5,12, 19 4:30 - 5:30 pm



1 Day - 3 Hour Workshops The how to of LEGO® or like block creations

Mega Machine Robotics Ages 5-12 (3180) Sat, Jan 23 9:30 am - 12:30 pm \$35; NR \$38

Mega Machines workshop, your child will create some of their favorite motorized vehicles. Students will learn about gear ratio and how it affects mechanical motion as they build a forklift crane. We adopted simple models for our younger friends. Your child is sure to have fun as they learn, build & play.

Location: Washington Twp Center

Amusement Park Engineering Ages 6-12 (3181) Sat, Feb 20 9:30 am - 12:30 pm

\$32; NR \$35

Design your own amusement park in this super fun program! Learn how to use LEGO bricks and other building materials to make coasters & other awesome rides. Can you design the next Disney World? Location: Community Center

Kinderbots Robotic Workshop Ages 4-7 (3182) Sat, Mar 27 9:30 am - 12:30 pm \$35; NR \$38

Explore the world of robotics as you build simple models that teach the fundamentals of robotic design. Learn about the motion sensor and how it is used in programming robotics. Have fun - build, learn & play. Location: Washington Twp Center

Star Wars Workshop Ages 5-10 (3184) Sat, May 1 9:00 am - Noon \$32; NR \$35

If you love Star Wars, this is the workshop for you. Come participate in Star Wars themed activities using LEGO bricks and other interactive learning tools. They will harness their creativity as they imagine their first missions as Jedi Knights. Build your first spaceship, fly it to their favorite city/habitat, and use their teamwork, leadership & organization to plan a class-wide build of a pod-racing stadium....May the Force Be With You! Location: Washington Twp Center

Snapology Gamebots Robotics

Ages 5-12

Calling all gamers! Have a blast creating robotic games each week while learning about robotics. Students will learn about gear ratios, sensors, programming, and pulleys as they create fun to play games. Whether creating a dancing machine, duck hunt or a Hot Shot game, your child is sure to have fun building, learning & playing. We adopted simple models for our younger friends. 4 classes. 9 participants max *No class on 4/7*

(3183) Wed, Mar 31 Wks: 4 6:00 pm - 7:00 pm Washington Twp Center \$45; NR \$51

ICE SKATING

Suburban Ice - 54755 Broughton Rd, Macomb, MI 48042Please call (586) 992-8500 for specific questions

*Bring your own skates/blades or rentals available.
*CLASSES include a 25 Min practice before (or) after class.

Winter/Spring 1 - Jan 17 - Feb 25 Wks: 6 Winter/Spring 2 - Feb 28 - Apr 14 Wks: 6 *No 4/4

NOTE: Session 2 class numbering: Use class number below and add on session number.

Parent/Tot

\$110 NR \$116

Beginning skaters ages 3-5. Skating adult will accompany skater on the ice.

(2200) Sun 10:45 -11:35 am (2202) Thur 5:15 - 6:05 pm (2201) Mon 5:00 - 5:50 pm

Snow Plow Sam

\$110 NR \$116

Beginning skaters ages 3-5. A fun introductory class in an age appropriate setting

(2204) Sun 10:45 - 11:35 am (2206) Thurs 5:15 - 6:05 pm (2205) Mon 5:00 - 5:50 pm

Basic 1

\$100 NR \$106

Beginning skaters ages 6-11. Learn the fundamental. (2208) Sun 10:45 -11:35 am (2210) Thur 5:15 - 6:05 pm (2209) Mon 5:00 - 5:50 pm

Adult

\$100 NR \$106

Skaters ages 18+. Designed with adults in mind. (2212) Sun 11:10 -12:00 pm (2214) Thur 5:40 - 6:30 pm (2213) Mon 5:25 - 6:15 pm

Parent/Child Karate

Ages 4-8 yrs ... Lions, Tigers & Bears!



1 parent per 1 child NEW FORMAT This class will now be a Parent/Child class. Learn along with their child. They will practice self-defense with them & partner up for drills using mitts & other equipment.

No classes 4/3 & 5/29 & 31

\$100 per pair per class; NR \$106

Tuesdays
4:30 - 5:00 pm
(3008) Jan 19 (3022) Mar 9 (3038) May 4

Thursdays
4:30 - 5:00 pm
(3009) Jan 21 (3023) Mar 11 (3039) May 5

Saturdays
10:45 - 11:15 am
(3010) Jan 23 (3024) Mar 13 (3040) May 8



TNT MARTIAL ARTS KARATE

206 S. Main St. (586) 752-7000 www.tntmartialarts.com

SESSION 1: Begins Week of Jan 18 Wks: 6

SESSION 2: Begins Week of Mar 8 Wks: 6

No class 4/3

SESSION 3: Begins Week of May 3 Wks: 6

No class 5/29 & 31

All classes meet 1 day per week

• Sweatpants, plain t-shirt & bare feet

No zippers please

Spectators will not be allowed during class.
 Only registered participants are allowed in facility

- Masks will be required, but students will be given frequent breaks
- Class size will be limited

KARATE

Ages 6 yrs to Adult \$72 NR \$79

Join us for this beginner class and discover the many benefits of the martial arts. Students learn basic blocks, strikes, kicks & stances in a positive environment. Children develop focus, confidence, coordination, & self discipline. Adults benefit from the stress relief, exercise, and self defense skills. -Due to current restrictions, there will be NO partner skill work, it will all be done individually & class sizes will be limited & format will be more of a semi-private.

Session 1	Session 2	Session 3
Mondays		
7:15 - 7:45 pm (3001) Jan 18	(3015) Mar 8	(3030) May 3
Tuesdays		
5:15 - 5:45 pm (3002) Jan 19	(3016) Mar 9	(3031) May 4
Wednesdays		
7:15 - 7:45 pm (3003) Jan 20	(3017) Mar 10	(3032) May 5
Thursdays		
5:15 - 5:45 pm (3004) Jan 21	(3018) Mar 11	(3033) May 6
Saturdays		
10:00 - 10:30 am (3005) Jan 23	(3019) Mar 13	(3034) May 8

Our facilities are NOT opening just yet. We will be unlocking/locking for registered Parks & Rec programs ONLY

Youth

Fencing

Youth & Adult: Beginner, Intermediate & Advanced Ages 7 & up All equipment provided.

Beg & Int.: Students will learn the fundamentals of fencing and gain balance, coordination and quickness. All equipment provided. All classes are 5 Week Sessions.

Advanced: Take the Advanced session and join the club to continue to learn and practice your skills.

Wednesdays

Session 1: Jan 20	Session 2: Mar 3	Session 3: Apr 14
(3310) Beginner	Session 1	7:00 - 8:00 pm
(3312) Intermediate	Session 2	7:00 - 8:00 pm
(3311) Advanced	Session 1	8:00 - 9:15 pm
(3313) Advanced	Session 2	8:00 - 9:15 pm
(3314) Advanced	Session 3	8:00 - 9:15 pm
Community Center		\$40 NR \$46

Archery

Instructor: Craig Gibbs

Instruction for all ages & levels. Think about signing up and shooting along side your young Archer and learn together!

(Equipment provided or bring your own).

Ages 7 yrs to Adult.

(3304) Wed, May 5 Wks: 8 6:30 - 7:30 pm (3305) Wed, May 5 Wks: 8 7:30 - 8:30 pm Octagon Barn \$78 NR \$84

Tennis Lessons

Instructor: Susan Gavin

Beginner & advanced lessons. Bring a racquet.

MIGHTY HITTERS: Ages 6-11 yrs

(3320) Tue, May 4 Beginner 5:00 - 6:00 pm Washington Twp Park Courts \$82 NR \$88

JR. PLAYERS: Ages 12 & up

(3321) Tue, May 4 Beg/Adv 6:00 - 7:00 pm \$82 NR \$88 Washington Twp Park Courts

Babysitter Training

Instructor: Lisa Super

Learn safe babysitting techniques taught by a registered nurse. Areas covered include: basic infant through elementary care, emergency actions, accident prevention, first aid, feeding, diapering, selecting toys & more. Please bring a stuffed animal or doll and a pencil. Fee includes \$5 material fee. Ages 11 & Up

(4218) Wed/Thu April 28 & 29 6:00 - 8:15 pm Romeo Center - Silver \$38 NR \$41

GOLF PROGRAMS

PINE VALLEY GOLF COURSE **2021 PROGRAMS**

Parent & Child **Golf Program**

Spend some quality time doing something you both like. This is not a league, so there is no pressure; just 9 holes of golf. Adult must golf with the child. Ages: 5yrs & up.

(3330) Tues, Jun 1 Wks: 8 Tee Time: 6:45 pm

Golf Fees:

\$ 9 Reg fee - 1x fee per person paid to P&R \$10 Greens fee per person weekly to course \$ 7 Cart fee per person weekly to Golf Course

TGA - Outdoor Golf Lessons

Instructor: TGA Premier Junior Golf

TGA teaches swing fundamentals, rules and etiquette of golf in a fun and nurturing environment while building self-esteem and rewarding achievement. Equipment provided including clubs that fit students of all ages and sizes. Safe & easy to hit new technologically advanced practice training balls.

TGA offers Financial Aid for qualifying individuals. Visit www.playtga.com/semichigan for additional detailed info or call Dave Robinson at (586) 489-8332.

5:00 - 6:00 pm (3170) Tues, Apr 20 Wks: 6 Location: Romeo TBD \$119 NR \$125 (3171) Thurs, Apr 22 Wks: 6 5:00 - 6:00 pm Location: Washington. TBD \$119 NR \$125

CPR-AED and/or FIRST AID

This can help save a life!



American Heart Association Washington Twp Fire Department LOCATION: TBD

CPR & AED Training (only)

(9283) Wed, TBD 6 - 9:00 pm Watch for details (9284) Thur, TBD 9 am - Noon

\$49: NR \$52

CPR & AED and/or First Aid

(9285) Sat, TBD 9 am - 2 pm \$70: NR \$73 CPR/AED & First Aid

\$49: NR \$52 CPR/AED only (9 am-Noon)

POLICIES & INFORMATION

WAIVER OF LIABILITY

** All Participants need to READ **

I agree & understand that as a condition of the use of any facility, park or participation within any program presented by the Romeo-Washington-Bruce Parks & Recreation Department, Romeo Community School or any affiliated group or individual associated with the above organizations I assume as a participant or parent/guardian of a participant all risks and hazards of engaging in or spectating at any organized or unorganized activity or facility, including assuming all risks for personal injury, death and property damage.

I also agree to hold the above, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur in any way as a result of these activities or facility uses - regardless of cause.

Always be careful and let us know about any hazards or concerns you may see.

REFUND POLICIES

- A complete refund will be given if a program/trip is cancelled by our office.
- Refunds, will also be given before the 2nd class has met, however, after the 2nd class a prorated credit to your account <u>may</u> be given. Each case is looked at on an individual basis. A \$3 service fee will be deducted.
- Sorry, No refunds on trips.
- Refunds for 1 day classes will only be able to be given if office is contacted more than 3 days prior to the program's start date.

TRIPS WILL BE BACK IN 2021

All trips are non-refundable

At time of register we must have each person's Name, Address, Phone #, Birth Date, Emergency Contact and e-mail of ALL traveling.

Adult supervision required if under 18 yrs.

RESIDENT & (NR) NON RESIDENT POLICY

RESIDENT: Any persons living within and paying taxes to the townships of Bruce or Washington, the Village of Romeo or Romeo Community School District. All others will be charged a non resident fee per program (fees are listed within each write-up)



Remember to "Like" us on FACEBOOK!

COVID POLICY

Following CDC Guidelines. 10 participants per room inside. MASKS are Mandatory inside, even exercising.

NIXLE - Our Communication System

Get Alerts, updates & our newsletter if you choose.

Local residents, individuals from the surrounding area and even family members far away, who want to stay informed, can benefit from this system.

- www.rwbparksrec.org
- www.nixle.com

FINANCIAL ASSISTANCE

Please call for details . A copy of your Earning from you tax documents is needed. If criteria is met, a child is eligible for \$50 toward a program/season.

PHOTO RELEASE POLICY



We take pictures at our programs. By participating in our events you recognize and agree that we may use these photo's for further promotions.

WEATHER POLICY - Updates & Cancellations

If Romeo Community Schools are closed due to inclement weather all P&R classes held in their building are also. For programs held in our Community Centers or other locations, please call for updates. (586) 752-6543 x6

ROMEO SITE:





P&R Main Office M-F 8:30 am - 5 pm

(586) 752-6543 x2

(586) 752-1118 fax

Romeo Activity Center

(586) 752-6543 x3 (586) 336-1853 fax

M-F 8 am - 3 pm

Romeo Fitness Center

(586) 752-6543 x4 See days/hours Page 42

STAR Transportation

(586) 752-9010 (586) 336-3943 fax

M-F 8 am - 4 pm

WASHINGTON SITE

www.rwbparksrec.org

M-F 8 am - 4:30 pm

57880 Van Dyke, Washington MI 48094

Washington Activity Center

(586) 752-6543 x3 (586) 786-0662 fax

Washington Fitness Center

586) 752-6543 x4 or (586) 232-4870

Romeo-Washington-Bruce Parks and Recreation 361 Morton Street Romeo, MI 48065

*********ECRWSS**

LOCAL or Current Resident Postal Customer

STANDARD

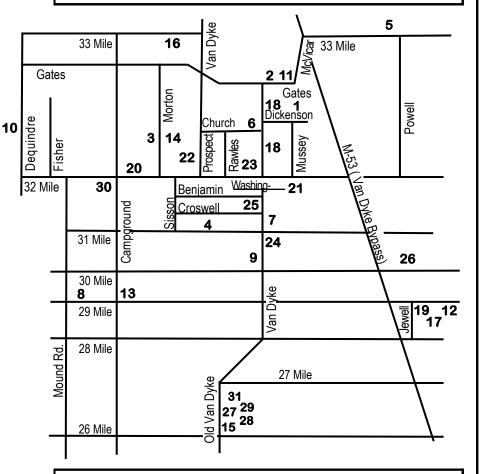
PRE-SORT U.S. POSTAGE PAID PERMIT 14 ROMEO, MI 48065



COMMUNITY MAP

Community Program Locations

N



Community Parks in **GREEN**. Aerial photos of all parks are on our website www.rwbparksrec.org 583.752.6543

Remember to check us out & "LIKE" us on FACEBOOK

- L Amanda Moore Elementary
- 2 Bruce Township Hall Bruce Township Park
- 3 Community Center
 RWB Parks & Rec Main Office
 Romeo Sr. Activity Center
 STAR Transportation
 South Building (old channel 6)
 Romeo Fitness Center
 Kiwanis Club Park
- 4 Croswell Elementary
- 5 Crystal Diamonds
- 6 First Congregational Church
- 7 Frontier Town
- 8 Gilcher-Crissman Park
- 9 Graubner Library
- **10 Hamilton Parsons Elementary**
- 11 Harvest Fellowship Church
- 12 Hevel Elementary
- 13 Indian Hills Elementary
- 14 Memorial Field
- 15 Octagon House
- 16 Orchard Hills Park
- 17 Romeo 9th Grade Academy
- 18 RCS Administration Building
- 19 Romeo High School Barnabo Field
- 20 Romeo Middle School Pool & Skate Park
- 21 Romeo Lions Festival Grounds
- 22 (old) Romeo Middle School
- 23 Romeo Village Park
- 24 Summit Sports Center
- 25 TNT Martial Arts
- **26 Total Sports**
- 27 Washington Elementary
- 28 Washington Township Hall Washington Sr. Activity Center Washington Township Park
- 29 Washington Lions Club
- 30 Woodside Bible Church
- 31 WBRW Cable Studio (Wicker St.)