# TO DO LIST 2020... Try out a P& Rec Fitness Center There are two! Dress up as a Super Hero.... And DANCE! PO11 Go to Morton Mountain SLED SKATE Help spring clean a PARK pg12 Build a SNOWMAN take pic & enter Parks & Rec Contest Learn to SAVE A LIFE 1920 Take up running - GET UP & GO Kid's Healthy Running Series Play B.I.N.G.O! Make my VALENTINE-a-VALENTINE PO11 I'm going on an Egg Hunt pg12 Hit lots of GARAGE SALES! Was Washington Bruce Join a CLUB, play a GAME, meet NEW friends! Travel Travel Travel! 1999

RWB Parks & Recreation Office: 361 Morton St., Romeo (586) 752-6543 www.rwbparksrec.org

Activity & Community Centers ROMEO: 361 Morton St, 48065 WASH: 57880 Van Dyke, 48094 STAR Transportation (586) 752-9010

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Conversation & Coffee w/ Pete ◆ Washington Activity Center: Friday, Jan 17 9:00 - 10:30 am & Monday, Mar 16 6:30 - 8:00 pm ◆

Political Advertisement to help support Community Brochure



### IESS CENTERS

1 Membership = 2 Locations to workout at!

- **Romeo Community Center** 361 Morton St., Romeo
- Washington Twp. Hall 57880 Van Dyke Rd., Washington

(586) 752-6543 ex4

MON - FRI 6am - 1:30 pm 3:30 pm - 8 pm (W) 4:00 pm - 8 pm (R) SAT 7 am - Noon SUN Closed

### 1 Year & 6 Month Memberships

Non Residents add an additional \$20 to fee 18 - 59 yrs **1 yr** \$ 240.00 **6 Mo** \$140.00 1 yr \$ 140.00 Youth 6 Mo N/A N/A

**60 yrs & up 1 yr** \$ 75.00

6 Mo

### Daily DROP IN & 10 Visit Pass

18 - 59 yrs

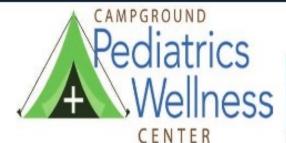
Drop-in \$ 3.00 Non Res: \$ 4.00 10 Visit \$ 24.00 Non Res: \$ 32.00

Youth \$ 2.00

60 yrs & up and Disabled

Non Res: \$ 2.00 Drop-in 1.00 10 Visit 8.00 Non Res: \$ 16.00





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

### Community Info & Events wsp20 (586) 336-6842 Agape Center (St. Clements of Romeo) **Bereaved Parents Macomb** Kerry (248) 425-2999 1st Thur 7-9pm Wash Twp Hall (248) 544-4166 Boys & Girls Club Boy Scouts Romeo: scouttroop87.webs.com (586) 752-7834 Washington: washingtontownship256.mytroop.us (248) 860-6958 **Divorce Support Group Rodney** (586) 566-7582 www.divorcecare.org **Downtown Dev. Authority** (586) 752-1170 Girl Scouts (586) 263-0220 Local (586) 752-7512 Goodfellows (586) 336-9640 (586) 752-2000 **Grief Support Group** 4th Thur 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 **Meals on Wheels** (586) 469-5228 MiCM - WBRW Channel 6 (586) 697-5344 MITT TV (586) 232-9121 (586) 781-0084 Octagon House **Romeo Community Schools** (586) 752-0200 **Romeo District Libraries** (586) 752-0603 **Romeo Historical Society** (586) 752-4111 **Romeo Lions Club** (586) 752-2553 Romeo MRP Carol (586) 752-2682 Romeo Rotary Club Bill (586) 752-3819 **RW Chamber of Commerce** (586) 752-4436 Samaritan House (586) 336-9956 **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 May - www.relayforlife.org St. Baldricks March - www.stbaldricks.com Art & Orchard Run 2nd Sat June - ACTIVE.COM Peach Festival

### **VILLAGE OF ROMEO**

121 W. St. Clair, Romeo, MI 48065 M-F 9-5 pm 752-3565 phone 752-5205 fax villageofromeo@yahoo.com www.villageofromeo.org Meetings 3rd Mon 7:00 pm Romeo Community Center

### **WASHINGTON TOWNSHIP**

57900 Van Dyke, Washington, MI 48094 Phone: (586) 786-0010 www.washingtontownship.org Meetings 1st & 3rd Wed 7:00 pm Wash. Twp. Hall

### **BRUCE TOWNSHIP**

223 E. Gates St., Romeo, MI 48065 (586) 752-4585 www.brucetwp.org Mon-Fri 8:30 am to 4:30 pm Board Meetings: 3rd Wed 7:00 pm Bruce Twp. Hall

Romeo Community & Washington Twp. Centers Party rooms, accommodate up to 200. Warm-up kitchen

Parks - Pavilions & Gazebo Details (586)752-6543 ext 2 Some are first come first Serve. Washington, Bruce & the RVP Gazebo need reservations.

Picnic Playground Sport Bags (3800)

FREE Sponsored in part by Romeo Kiwanis \$25 deposit

**Ball Field & Soccer Field Reservations** Lynne Parks & Rec (586) 752-6543 ex1412 ex1404

### **IMPORTANT SENIOR SERVICES**

STAR TRANSPORTATION (586) 752-9010 FREE Transportation for seniors 60+ and individuals with disabilities. Call & reserve by Noon at least 2 days prior

NUTRITION PROGRAM (586) 752-6543 ext 2 Daily Lunch Program Mon-Fri at the Romeo Center

MEALS ON WHEELS (586) 469-5228 For program information or to volunteer to help deliver.

MACOMB COUNTY SERVICES (586) 469-5228

SEE PAGE 22 - ADDITIONAL SERVICES

### BABY IT'S G **Outside!**

Labor Day Weekend

If you know someone, or run into a situation where a person or persons are ...

### COLD & IN NEED OF SHELTER

Make a call and let us know... Main Contact: Romeo Police Department

586.752.3587

### ROMEO C.A.R.E.S.

A group of local churches formed to help provide **EMERGENCY SHELTER** 



COME WARM

RENTALS - PERMITS

Need some HEAT, Friendly Faces & Hot Coffee

> Romeo Senior Center M-F 8:00 - 3:00 pm



**Washington Senior Center** M-F 8:00 - 4:00 pm

### **PARKS & FACILITIES**

### **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 **School Soccer Field** 

- 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 RENTAL INFO Details & reservations Lynne 752-6543 ex1412

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) **Reservations/Permits** 

586 752-6543 rwbparksrec.org



Political Advertisement to help support Community Brochure





### Preschool - 8th Grade

- Preschool for 3's and 4's
- · Young 5's
- 5 Day Kindergarten

### Child Care & Latchkey

Before and After School



### www.cross-of-glory.net

· Christian Atmosphere ·

Corner of 28 Mile and Campground Rd., Washington 586-781-9870



www.romeorentall.com

586.752.6961 410 E. Saint Clair St., Romeo

### Stay Informed from us... Sign up w/ NIXLE.com

ISN **ADVERTISE** 

### INTERESTED

in placing an Ad in one or all of our brochures?





russellc@rwbpr.com 586.752.6543



Whether you are looking for someone to help you or a loved one a few hours a week, or need more comprehensive assistance, Home Instead can help.

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Serving Macomb County



To us, it's personal.

HomeInstead.com/535

### ATHLETIC GROUPS

◆ See next page for additional detailed information ◆ Always Contact groups by information provided below. 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 WILL!

BASEBALL: WAAA - Washington Area Baseball

waaabaseball.com

SOFTBALL: Romeo Girls Softball

> REGISTRATION Online only now! www.romeogirlssoftball.com

FOOTBALL:

### MICHIGAN YOUTH FLAG FOOTBALL

Recreational flag league ran in cooperation with RWB Parks & Recreation - Spring & Fall Leagues Register at: 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.AYS0880.org

NMCYS North Macomb Community Youth Soccer Rec. league; No Travel, No Tryouts Ages 3-16 yrs Games NOW played at Bruce Twp. Park - 223 E. Gates St. www.nmcys.org Chris Newby (586) 615-9982

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



**Reservations/Permits** Lynne Walker 586 752-6543 ext 1412 rwbparksrec.org

### **INTERESTED IN VOLUNTEERING**

Check out Parks & Rec's PARK CLEAN UP Page 12



### Romeo Girls Softball League



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

2020 Player Registration
Begins in January

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

romeogirlssoftball.com

Watch for detailed information fliers coming through the school.

Contact email:

romeogirlssoftball@gmail.com

# AYSO 880 Youth Soccer

Boys & Girls Ages 3yrs - 14U

### **REGISTER NOW!**

at

www.ayso880.org

# PLAYTIME ADVENTURE

NEW! For 3 year olds

Develop gross motor skills in preparation for soccer

One season only \$70 for 6 sessions

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



### **YOUTH BASEBALL**

**2020 SEASON** 

(Boys and Girls)
Washington Area Athletic Association announces registration
for the 2020 Season and looks forward to a fun and rewarding year.

www.waaabaseball.com

Online registration opens December 1, 2019!
Bring your player to one of the following IN-Person events:
(Verify Uniform Sizes, Pay with Cash or Check, Ask Questions....)

Wednesday 1 January 22, 2020 1 6:00 pm - 9:00 pm Buffalo Wild Wings (8669 26 Mile Road) Free Ice Cream (With Purchase of a Kids Meal)/ Win a Free Registration

Saturday I February 8, 2020 I 1:00 pm - 4:00 pm Washington Municipal Building (57900 Van Dyke)

	Division	(by 4/30/20)	Playing Days	Туре	Fields	Fee	
	Pee Wee	5-6	* Mon / Wed * Tues / Thurs	Tee Ball/Coach Pitch	Romeo Schools	\$95	18
NO.	Junior	7-8	Tues & Thurs	Pitching Machine	Romeo Schools	\$115	17
	Prep	8-9	Mon & Wed	Player Pitch/ Pitching Machine	Romeo Schools	\$115	
No of the last	American League	9-11	Mon & Wed	Player Pitch	Romeo Schools	\$130	
	National League	12-14	Tues & Thurs	Player Pitch	Romeo Schools	\$130	

\* Note: Pee Wee Division - choose either M/W or T/TH League for your player \*\*Game times are 6:30 pm (Except for Pee Wee - 6:00 pm & 7:00 pm



### Washington Baseball Offers...

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

rested in Coaching - Sign up Online!

# Kids Soccer Registration

Ages 3 to 19 Boys and Girls

Recreational ☆ Travel ☆ Special Needs is FREE call us

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



Everybody Plays!

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

A Paid Referees

for all games U8 thru UI9!

# www.NMCYS.org

586.615.9982

### **Online Registration**

Check, Cash, or Credit Card

Location Registration
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.

**Knights of Columbus** 

### **ADAPTIVE RECREATION PROGRAMS**

Supervisor: Grace Venet (586) 752-6543 ex1402 venetg@rwbpr.com

NOTE: NO NON-RESIDENT FEES WILL BE CHARGED. SORRY, NO SENIOR 60+ DISCOUNTS APPLY MISSION: To provide a variety of recreational & social opportunities for individuals with special needs, their families and caregivers. We have, and continue to develop, a variety of programs specifically for special needs persons. Call or email Grace with questions about programs or mainstreaming into existing programs, and to be added to our mail list.

A BIG THANK YOU TO THE KNIGHTS OF COLUMBUS FOR THEIR SUPPORT!

**Adaptive Rec: Friday DANCE PARTIES** 

Sponsored by: Knights of Columbus, Debra Lux-Roland & Romeo Wendy's

Themed dance parties for young adults & adults with special needs. DJ music, dance and socialize. Caregiver must stay. No registration needed, pay at door. No fee for caregiver.

Snack included. Pizza/pop for purchase. (\$1 pop; \$1 slice of pizza

Fri, Feb 21 Be My Valentine! Fri, Apr 17 Spring is in the Air!

(4300) \$4 at Door; No charge for caregiver 6:00 - 8:00 pm Washington Municipal Bldg, 57900 Van Dyke, N of 26 Mile Rd.

Fri, May 15 Country Jamboree



Adaptive Rec: Virtual Sports Experience

Facilitator: Shawn Kungel, Golf Pro Sponsored by: Knights of Columbus Premier Sports, 23 mile & Hayes has a cool virtual sports simulator room and we can play! Visit includes play, watching others

play and a drink. Shawn will introduce you to the equipment and all the different games! Caregiver must stay. Limited to 12 participants

(4321) Fri, Mar 13 10:00 - 11:30 am Premier Sports, 14901 23 Mile Rd. Entrance & Parking in back



### Adaptive Rec: Drop In Bowling **ROMEO ROLLERS**

Sponsored by: Summit Bowling & **Knights of Columbus** 

A weekly, drop in bowling league for people with disabilities and for all ages. Includes 3 games, shoe/ball rental, 2 slices of pizza & pop. Caregiver must stay & can bowl at same rate. Family/friends can play too! No instruction, recreational only. Register at P&R; pay at Summit weekly.

(4302) Thur, Jan 9 - May 21 4:00 - 5:30 pm Summit Bowling \$5 per day at door 66600 Van Dyke, Washington 48094 (N of 30 Mile Rd)

### **COMMUNITY RESOURCES:**

CHALLENGER BASEBALL: MARILYN (586) 781-5547 WWW.ETEAMZ.com/cvllchallenger

> STERLING HEIGHTS SPECIAL RECREATION: www.myshpr.net

SHELBY TWP. PARKS & REC: www.Shelbytwp.org/depart **DISABILITY NETWORK: (586) 268-4160** 



Adaptive Rec: TOPSOCCER Adult & Youth Soccer League

presented by:

North Macomb Community Youth Soccer

Sponsored in part by: Knights of Columbus & Rudgate East A community based program for athletes with disabilities. Spring session includes: 5 games, uniform, trophy & patch. First 1/2 hr practice, second half game. Caregiver needs to be present ONSITE at field during play. Register at P&R or online at www.NMCYS.org. For info call Soccer Hotline at (586) 615-9982. Coach Hein will determine exact play time. Sat, May 2 Wks: 6 2:00 - 4:00 pm No Charge

(4301) Youth/Adult 5 yrs & up

Simpson Park 70199 Campground, N of 32 Mile



Adaptive Rec: "Partner Up!" GOLF

Instructor: Shawn Kungel, Golf Pro Sponsored by: Knights of Columbus Learn how to swing or improve! Caregiver/ parent/sibling can play too! Participants pay

\$5 each for one bucket of golf balls for practice at each session. Caregiver must stay even if not enrolled. Clubs available to use or bring own. Wear tennis shoes, visor/cap.

Registration required/space limited. Ages 7 & up. (4303) Mon/Wed, April 20, 22, 27, 29 Wks: 2 5:00 - 5:45 pm \$15 \$25 for 2 people Henriksen's Driving Range 51655 Van Dyke, Shelby, N of 23 mile



Plav some BINGO - lots of FUN!

No registration needed! Great prizes! Caregiver must stay. Sponsored by: Knights of Columbus & Romeo Wendy's

NITETIME (4317) Fri, Mar 20 6:00 - 7:30 pm Washington Center \$4 at Door 57900 Van Dyke (N of 26 Mile) Pizza/Pop for purchase \$1

**DAYTIME (4320)** Thur, Feb 6 & Mar 5 10:30 - 11:30 am \$1 at Door Romeo Center 361 Morton, Diamond Room Light snack provided

### Adaptive Rec: BASKETBALL SKILLS

An hour of basketball skills and play especially designed for teens and adults. Caregiver must stay. Ages 12 & up. Call 752.6543 to be put on information contact list.



### TRAVEL

### **Travel Notes:**

- Funded in part by SMART Community Credits
- Trips are all NON REFUNDABLE unless trip insurance is purchased (not available on all trips)
- Be aware of TRIP REGISTRATION DEADLINES
- Deluxe motor coaches are used, unless otherwise noted
- DETAILED FLYERS and information is available at our centers and on our website: www.rwbparksrec.org
- (\*) Non Resident Fees apply

Flyer information supersedes any typographical errors in brochure.

### **DAY & EXTENDED TRAVEL**

For details please contact: Jan (586) 752-6543 ext 1268 (office located in Washington Center)

DAY TRI	COST	TRIP#	
Thur, Dec 19	DIA "Making Luminaries"	\$4	9525
Mon, Jan 27	Greektown Casino	\$25*	9513
Sat, Feb 22	Kalahari Waterpark	\$63*	9509
Sat. Feb 15	Purple Rose "Roadsigns"	\$79*	9541
Sun, Mar 15	Fisher "Fiddler on the Roof"	\$77*	9503
Sat, Apr 25	Music Hall "Color Purple"	\$105*	9505
Sat, Jun 20	PRT "Walk Around The Table"	\$76*	9543
Thur, Jun 25	African Lion Safari	\$149	9506
Thur, Sep 24	Cornwell Dinner Theater	\$89	9507

Frequently visit our website or stop by either center for updates on new trips! rwbparksrec.org

EXTENDED TRIPS Based on Double Occupancy			
Classical Greece	\$3,199	9564	
French Riviera	\$3,199	9603	
Soaring Eagle/Flea Market	\$189	9613	
Thunder over Louisville	\$799	9607	
Tulip River Cruise - Europe	\$4,499	9663	
Ireland	\$3,799	9563	
NYC Fireworks Extravaganza	\$1,999	9608	
Norway	\$4,749	9601	
Mississippi River Cruise	\$999	9609	
Italy	\$4,649	9600	
Smoky Mountain Grandeur	\$729	9612	
Cape Cod, Nantucket & more	\$1,999	9611	
Montreal, Quebec & Ottawa	\$810*	9630	
	Classical Greece French Riviera Soaring Eagle/Flea Market Thunder over Louisville Tulip River Cruise - Europe Ireland NYC Fireworks Extravaganza Norway Mississippi River Cruise Italy Smoky Mountain Grandeur Cape Cod, Nantucket & more	Classical Greece \$3,199 French Riviera \$3,199 Soaring Eagle/Flea Market \$189 Thunder over Louisville \$799 Tulip River Cruise - Europe \$4,499 Ireland \$3,799 NYC Fireworks Extravaganza \$1,999 Norway \$4,749 Mississippi River Cruise \$999 Italy \$4,649 Smoky Mountain Grandeur \$729 Cape Cod, Nantucket & more \$1,999 Montreal, Quebec & Ottawa \$810*	

## GIFT **CERTIFICATES**

Trip Tickets make GREAT GIFTS!



### 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.)

### "Roadsigns" **Purple Rose Theatre** and lunch at Webber's Grill

Funded in part by SMART Community Credits

"Roadsigns" is a beautiful, lyrical new play by Jeff Daniels. The play follows Lance, a young poet, as he embarks on a journey to find the way to himself. This nostalgic tale is filled with rich characters who dwell on the outskirts of life, each following a dream or hoping to bump into one. Original music by Jeff Daniels and Ben Daniels. \*Contains adult language & content. Includes an all inclusive lunch at Webber's Grill in Ann Arbor prior to the performance.

### LAST DAY TO REGISTER IS JANUARY 23

\$79 NR \$82 (9541) Sat, Feb 15

### "Fiddler on the Roof" Fisher Theatre

Showtime 7:30 pm - Loge seating Funded in part by SMART Community Credits

A classic you won't want to miss. A heartwarming story of fathers and daughters, husbands and wives, and the timeless traditions that define faith and family. Featuring the Broadway classics "Tradition," "If I Were a Rich Man," "Sunrise, Sunset," "Matchmaker, Matchmaker" and "To Life". ONLY 28 tickets available!

### LAST DAY TO REGISTER IS FEBRUARY 13

(9503) Sun, Mar 15

\$77 NR \$80

### "The Color Purple" **Detroit Music Hall**

Showtime 2 pm - Main Floor/Front Mezzanine Seating All inclusive dinner at Traffic Jam & Snug Funded in part by SMART Community Credits

Don't miss this stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American South. Experience the exhilarating power of this Tony-winning triumph that New York Magazine calls "one of the greatest revivals ever." ONLY 28 tickets available. All inclusive dinner followed the show.

### LAST DAY TO REGISTER IS MARCH 19

(9505) Sat. Apr 25

\$105 NR \$108

### Montreal, Quebec & Ottawa

A Diamond Tours trip

Your tour includes: roundtrip motor coach transportation, 6 nights lodging including 5 consecutive nights in Canada, 11 meals, guided tours of Montreal, Quebec City, and Ottawa's Parliament Hill, a St. Lawrence River cruise ,admission to the world famous Montreal Tower, a visit to Notre Dame Basilica, a visit to Montreal's Underground City and Ottawa's Parliament Hill and more! NOTE: YOU MUST HAVE A VALID U.S. PASSPORT OR

PASSPORT CARD TO PARTICIPATE IN TRIP. Filling up fast! (9630) Sat, Sept 26 - Fri, Oct 2 \$810 NR \$820

### AT A GLANCE!

LOOK AT SOME THINGS HAPPENING.....

: CALT	D.4.7F	D. 4.05
EVENT	DATE	PAGE
Photo Contest	Dec-Mar 31	10
DIA "Making Luminaries"	Thur, Dec 19	9
Princess/Super Hero Dance	Sat, Jan 18	11
Greektown Casino Trip	Mon, Jan 27	9
Adult Birthday Bingo	Wed, Jan 29	16
Morton Mountain Sledding	Sat, Feb 1	10
Classical Greece Trip	Feb 2-11	9
Valentine Card Making	Sat, Feb 8	11
Bingo Family Night	Sat, Jan 25	11
Valentine's Luncheon	Thur, Feb 13	16
Purple Rose "Roadsigns"	Sat, Feb 15	9
Kalahari Water Park	Sat, Feb 22	9
Adult Birthday Bingo	Wed, Feb 26	16
Bowling with Woody	Sat, Mar 7	12
French Riviera	Mar 14-22	9
Fisher "Fiddler on the Roof"	Sun, Mar 15	9
Welcome Spring Luncheon	Fri, Mar 20	16
Adult Birthday Bingo	Wed, Mar 25	16
Soaring Eagle/Flea Market	Apr 5-6	9
Easter Egg Hunt	Wed, April 1	12
RHS S.E.R.V.E Senior Dinner	Wed, April 15	16
Thunder Over Louisville Trip	Apr 17-29	9
Healthy Kids Running Series	Sun, April 19	14
Tulip River Cruise - Europe	Apr 21-29	9
Big Spring Clean Up Day	Sat, Apr 25	12
Adult Birthday BINGO	Wed, Apr 29	16
Ireland Trip	Apr 29-May 8	9
Mothers Day Tea	Sat, May 9	14
Senior Fitness Day	Wed, May 27	20
Summer Kick Off	Sat, Jun 6	14
Garage Sale Weekend	Th-Sun, Jun 11-14	14
Art & Orchard's Walk/Run	Sat, Jun 13	13



# Morton Mountain Sledding & Skating PARTY DAY!

Music, sledding, cocoa & snacks. No snow - Sorry, No party!

Call for conditions (586) 752-6543 ext 6

(4709) Sat, Feb 1 12:00 - 2:00 pm Romeo Community Center No Charge

### SLED HILL

Morton Mountain is ready! Grab the family, sleds & warm clothes. Sled at your own risk. Adult supervision suggested.

### **ICE RINK**

Our community Ice Rink will be located at the Romeo Community Center. The rink will be maintained, but a shovel will be left for those in between times for you to use.

Call for conditions (586) 752-6543 ext 2. Please follow posted rules; parent supervision highly recommended. Enjoy at your own risk.

# THE RWB PARKS & RECREATION 2020 PHOTO CONTEST

◆ All pictures sizes welcome

Show off your photography skills and your people!!

We will be having an ongoing Photo Contest during 2020.

We are looking for FUN & great pictures of Romeo-Washington-Bruce Parks & Recreation that involve our programs, events, parks & participants.

Winner's will be chosen each season and prizes awarded. Our hope is to use them in our brochure, on our website, Facebook and in our facilities.

Please email entries to: peakes@rwbpr.com or drop them by our main office, 361 Morton St.

### "SUPER" Splash Bashes

Jump off the diving board or have fun & float on a tube. If under 48" child must be accompanied by adult. Aqua diapers/plastic pants must be worn if not trained. **MUSIC & STROBE LIGHTS** 

### SOME EXCITING NEWS...

Some GREAT changes and updates are planned for the RCS Pool! Renovations will begin in March, so the pool will be closed and reopen again this Fall.

Friday, Jan 18 & Feb 7 7:30 - 9:00 pm \$3/person at door RCS Pool 9th Grade Academy (Old High School)



Subscribe to Nixle Our Communication System

Get Alerts, Updates & our Newsletter



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

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

### **SPECIAL EVENTS**

### PRINCESS & SUPER HERO!

Family Snowball 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 are definitely optional.

**300** 

Te Be sure to Register by Fri, Jan 10!

(4714) Sat, Jan 18

6:00 - 7:30 pm

Romeo Community Center



## B.I.N.G.O.

### **Family Night**

Sponsored by Buffalo Wild Wings

Come on out for some FAMILY FUN at our "Football Themed" BINGO night!

Enjoy food and play lots of BINGO with fun prizes. Pre-Registration is required. Wear your football gear! Under 2 yrs free.

(4701) Sat, Jan 25 Romeo Community Center



6:00 - 8:00 pm \$6 NR \$9

# i love you.

### VALENTINE

Card Making Party

Make a card for someone special in your life. We'll have all the supplies, play games and refreshments too. Attendees will receive one Valentine's day themed stamp. Plus, kids can paint their own canvas art with "Let Art Flow". Pre registration is helpful. Free Raffles.

(4703) Sat, Feb 8 Community Center 10:30 am - 12 Noon No Charge





SAME DAY APPOINTMENTS WALK INS WELCOME

**Family Medicine** 

Sports Medicine

**Manipulative Treatment** 

**Preventive Care** 

Disease Management



Team Doctor for the Romeo Bulldogs



### **Cosmic Bowling with**

### WOODY

A FUN family event for all ages!

Bumper lanes are available. please make request at registration. Event includes 2 games of bowling, shoes and many chances to win prizes throughout the day. Concessions available for purchase.

Lanes are assigned in advance. All staying must register, but only bowlers pay. No walk-ins please.

PLEASE NOTE: A late fee of \$3.00 per person if registering after Fri, Feb 21.

> (4704) Sat, Mar 7 1:00 - 3:30 pm Summit Sports Center \$10 NR \$13





### STAY CONNECTED TO PARKS & REC

To communicate with all our participants about cancellations and program changes we now use the NIXLE communication system.

You can also SIGN UP to receive newsletters about upcoming event if you choose so you don't miss out,

Just go to the rwbparksrec.org and click on the Nixle link on our home page.

# GIFT CERTIFICATES

Always Make GREAT Gifts!

### **EASTER EGG HUNT**

RWB Parks & Recreation's

### EASTER EGG HUNT

It's back at BARNABO STADIUM this year!

Sponsored by: Washington Lion's Club

It's an Easter Celebration with GAMES, CRAFTS, INFLATABLES, EGG HUNT and more!

> Wednesday, April 1 Begins at 6:00 pm No Charge

Hunts are divided by age groups Bring your Please arrive on time

### Barnabo Field

Next to the NEW High School 62100 Jewell Rd.



**RAIN** SHINE or SNOW!

### **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 THANK YOU with snacks & drinks. Dress for the weather, bags and gloves provided.



(4711) Sat, April 25

9:30 - 11:30 am

Clean ups

will begin at 9:30 am

At the Romeo Community Center

Join us and help make our community nice. rwbparksrec.org (586) 752-6543



WASHINGTON ART & ORCHARDS

5k, 10k, 15k

# RUN& WALK

Sat, June 13th

Register at: WWW.ACTIVE.com

Run is along the Macomb Orchard Trail

Meet at Washington Twp. Hall 57900 Van Dyke Washington Twp., MI 48094

# GET UP AND GO!

**HEALTHY KIDS RUNNING SERIES** 

### MACOMB, MI SERIES

Hosted by Romeo-Washington-Bruce Parks & Recreation

Washington Township Park 57900 Van Dyke Avenue Washington, MI 48094

Coming Spring 2019 Sundays, Time TBA

### SCORING/ DETAILS

- Top placers in each race will receive points based on their finish
- The boy and girl racer with the most points at the series' completion will win a trophy and prize
- Medals will be awarded to every racer after the last race in the series
- Race Bags will be distributed to all full-series participants

For more information, please contact Melanie Westendorf at 586.871.3525 or hkrsmacomb@gmail.com DIVISION DISTANCE

Pre-K 50 Yard Dash
K & 1st 1/4 Mile
2nd & 3rd 1/2 Mile
4th & 5th 1 Mile
Middle School 1 Mile

\*All races will be the same distances each week.

SPRING SESSION:
Sunday afternoons
Apr 19 - May 17 5Wks

unning serie

Dear Kids.

Get ready to get up and get outside in 2020.

This 5 week series is a great way to incorporate some fun and exercise into your life.

Love,

Romeo-Washington-Bruce PARKS & RECREATION

PS· Tell your parents we're looking for parent volunteers if they're interested.

Registration Opens Jan. 15, 2019 at HealthyKidsRunningSeries.org

\$35 full series PER RACE \$10

Please join us for a

'supercalifragilisticexpialidocious' Mother's Day Celebration



Sat, May 9

(4715) 11:00 am - 1:00 pm

A PROPER TEA

(3 Courses)

- Unlimited tea
- ♦ Scones
- ♦ Soup
- ◆ Sandwich
- ◆ Dessert



# Our Special Guest... Mary Poppins

Come dressed in the theme or put on your very best duds and treat your Mom, Mother, Madre, Ma, Momma to a 'practically perfect' afternoon of fun!

\$25 adult \$17 11yrs & under NR \$28/\$20

**Pamela's Catering Center** 

Limited seating, so register early!

Late Fee \$3/ticket, if registering after Fri, April 24th. Sorry, no high chairs available

# Garage Sale Weekend Yard Sales and Antiques Everywhere!

- Village of Romeo
- Washington Township
- Bruce Township

The Annual Village Wide Garage & Antique Sale is a staple everyone looks forward to!

Sales begin

Thursday and end Sunday.

Shop or Sell, mark your calendars!



A Weekend of Great Sales! **INCLUDING ANTIQUES!** Ongoing updated List of Sales www.rwbparksrec.org

Note: Each house's sales may vary on dates & times. To be included on the printed list of sales please register by Fri, May 29. List can be found at stores in town as well as www.rwbparksrec.org

(4706) Thur - Sun, Jun 11-14 8:00 am - 5:00 pm No Charge Please note:

- ♦ We are taking a year off for the Romeo Community Center Parking Lot Sale.
- ◆ The KID to KID Sale is now part of Summer Kick Off below

**REMEMBER...** You MUST Pre Register for all Special Events. We will no longer be able to take registrations at the door.

Call 586.752.6543

NEW this Summer ...

## SUMMER KICKOFF

12 Noon - 3:00 pm Saturday, June 6 No Charge Romeo Community Center Parking Lot

361 Morton St. Romeo 48065

Join us for this FREE fun and educational event as we celebrate the beginning of Summer.

This event will include **Bike Safety Workshop** courtesy of Main Street Bicycles, Blood Pressure Screening/Health Lifestyle best practiced courtesy of Henry Ford Macomb, Inflatables, Entertainment, Kid to Kid Sale, and SO much more.

- BIKE SAFETY
- HEALTH SCREENING
- INFLATABLES
- ENTERTAINMENT
- KID TO KID SALE

(4707) Registration is only required for kids selling in the Kid to Kid sale to reserve space.

### **THANK YOU to our Sponsors!**

Call us or keep your eye out for more details on events partnerships and offerings.









THANK YOU... Mosquito Joe for your continued support of the Romeo-Washington-Bruce Parks & Recreation's Outside Events



### RHS S.E.R.V.E

# Senior Spring Dinner

Entertainment: RHS Jazz Band

Sponsored in part by: Four County Community Foundation

Come and enjoy an enjoyable evening out with dinner and dancing! Dinner will be prepared by the Romeo High School Culinary students, and compliments of the High School S.E.R.V.E students and the Director Pam Gedert. Dress festive and put on your best Patriotic wear! *Register by April 8*.



(8007) Wed, Apr 15

6:00 pm - 8:00 pm (doors open at 5:30)

The New Romeo High School 62300 Jewell Road

\$5 NR \$6

### **Adult Birthday Party BINGO**

Play BINGO, have dessert and a good time while we celebrate everyone's birthday. Last Wednesday monthly.

(8011) Jan 29

(8012) Feb 26

(8013) Mar 25

(**8014**) Apr 29

Romeo Center





12:30 pm

\$.50 at door

### **Dining Out**

Facilitator: Ruthie Dietlin

Join us the last Tuesday of the month. We meet for lunch at a local Restaurant. Date, place, and time will be posted at each Activity Center when details become available. (Held most months) (586) 752-6543 ext 3

### The Jewelry Box

An ONGOING Senior Center Fundraiser
Check out the jewelry showcase in our Romeo Center!
Cost: Jewelry \$4 M-F 8:00 am - 3:00 pm
DONATIONS APPRECIATED: We are always looking for donated jewelry in good condition to add to our collection.

# Gold Exchange & Verbal Jewelry Appraisal

Pat's of Pat's II Jewelry will be available for gold jewelry appraisals at the following Luncheons.

Thur, Feb 13 Romeo Center 11:30 am -12:30 pm Fri, Mar 20 Washington Center 11:00 am -12:00 pm

No Charge

### **LUNCHEONS**



A BIG THANK YOU TO Orchard Grove Health Campus

For your sponsorship toward of our Senior 2020 Special Events

### "Valentine Day"

Entertainment: TBD

Join us for our Valentine Day lunch. Wear your pink or red! Bring a friend or meet some new ones! Fun prizes and great food! Register by 2/6



(8002) Thur, Feb 13 Romeo Center 11:30 am - 1:30 pm \$7 NR \$9

### "Welcome Spring 2020"

Entertainment: TBD

Spring into the spring season! Join us and celebrate the first day of SPRING 2020! Come for an afternoon of great food, prizes and friends! *Register by 3/3* 

(9004) Fri, Mar 20 Washington Center

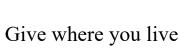
11:00 am - 1:00 pm \$7 NR \$9





**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

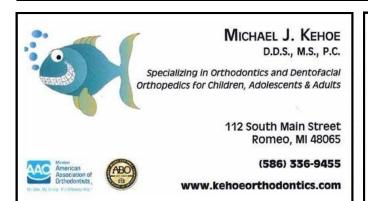


www.4ccf.org 810-798-0909 PO Box 539 Almont, MI 48003

Four ■ County Community Foundation

Helping Our Community Grow

			CARD	)S & G	AM	ES	WSp20
		ALL Adults welcom	e! R: Romeo	Activity Center	W: Wa	shington Acti	vity Center
B.I.N	.G.	O Sponsored by: Sheen	a's Market				
8054	R	Fun BINGO	Mondays /	No 1/20 & 2/17		10am -11am	\$
BUN	CO						
9051	W	Bunco	Mondays /	No 1/20 & 2/17		1:00pm	No Char
CAN	CANASTA For players & beginners - Learning this game will make it easier to learn Hand & Foot.						
9059	W	Canasta	Thursdays			1:00 - 4pm	No Char
DINN	ER	& CARDS (\$1.50 tab	le fee per person	paid that evening) I	NOTE: N	lo longer acce	epting walk-ins
9201	W	Dinner & Cards	Mon, Jan 13 F	Register by 1/6		4:00 - 8pm	\$8 NR \$
9202	W	Dinner & Cards	Mon, Feb 10 F	Register by 2/3		4:00 - 8pm	\$8 NR \$
9203	W	Dinner & Cards	Mon, Mar 23 F	Register by 3/16		4:00 - 8pm	\$8 NR \$
9204	W	Dinner & Cards	Mon, Apr 20 F	Register by 4/13		4:00 - 8pm	\$8 NR \$
EUCI	HRI	<u> </u>					
9052	W	Euchre Cards	2nd & 4th Mon an	d 2nd Wed No 1/13 8	ß 1/20	1:00pm	\$3.0
8052	R	Euchre Progressive	2nd Friday 1	No 4/10		6:30 - 8:30 pm	\$3.0
8053	R	Euchre Tournament	5th Mon, Mar 30			1:00pm	\$3.0
9053	W	Euchre Tournament	5th Wed, Jan 29 8	& Apr 29		1:00pm	\$3.0
HAN	D A	ND FOOT					
9057	W	Hand & Foot Card Game	Tues & Fridays	No 3/10 & 4/10		12:45-4:00pm	No Char
9061	W	Hand & Foot Tournament	Fri, Mar 13			11-4:00pm	\$5.0
MAH	JO	NGG					
9055	W	Mahjongg	Fridays	No 4/10		10-3:30pm	No Char
PINO	_	<b>LE NEW</b> Low Vision	n/Arthritis Pinochle				
9056	W	Golden Agers Pinochle	1st & 3rd Wed /	No 1/1		12:00 - 3pm	\$1.0
8057	R	Pinochle	2nd & 4th Wed			12:30 - 4pm	\$1.0
	FFL	E BOARD					
9062	W	Shuffle Board	Tuesdays <sup>1</sup>	No 3/10		1 - 3:00pm	No Char
		HOLD'EM					
8058	R	Texas Hold'em		No 2/13		12:30 - 3pm	\$5.0
9058	W	Texas Hold'em	1st Monday			12:30 - 3pm	\$5.0





### **ADULT PROGRAMS**

- Programs are open to <u>everyone</u> over 18 yrs., unless otherwise noted in write-up.
- ◆ To make them easier to find, programs highlighted in YELLOW are geared for those 60+ - but again <u>ALL</u> adults are WELCOME!

10% Senior 60+ Discount on classes marked.

### **Ballroom Dance**

**60**+ = **10**%

Instructor: Jim Berg

Instruction will focus on acquiring the skills necessary to enjoy ballroom dancing. No partner required.

 (4230) Mon, Jan 6
 Wks: 6 No 1/20 & 2/17
 8:00 - 9:00 pm

 (4231) Mon, Mar 2
 Wks: 6
 8:00 - 9:00 pm

 (4232) Mon, Apr 13
 Wks: 6
 8:00 - 9:00 pm

 Washington Center
 \$55 NR \$61

### Social Dance

**60**+ = **10**%

Instructor: Jim Berg

Instruction will focus on the fundamentals of partnered social dancing. No partner required.

 (4233) Mon, Jan 6
 Wks: 6 No 1/20 & 2/17
 7:00 - 8:00 pm

 (4234) Mon, Mar 2
 Wks: 6
 7:00 - 8:00 pm

 (4235) Mon, Apr 13
 Wks: 6
 7:00 - 8:00 pm

 Washington Center
 \$55 NR \$61

# Finding Yourself and Freeing Your Spirit

Facilitator: Pam Phillips, Licensed Professional Counselor Lost, overwhelmed, disconnected from your joy? There are 4 important pillars that are often overlooked but create the foundation of an authentic, joyful life.

**(8255)** Thur, Feb 6 Wks: 4 6:00 - 8:00 pm Romeo Center \$100 NR \$106

# Learn the Exciting Card Game Hand & Foot

Instructor: Jessie Tucker

Learn the exciting card game Hand & Foot! This is a two-day session where you will have to attend both classes. No supplies are needed, just come and learn this fun, beloved game that is really taking off.

# Dinner and Cards Washington

Enjoy a catered dinner & play cards, many different games played. Bring friends or come meet new ones. There are established groups, you may join a pinochle game or bring your own 2-4 people and play game of choice. See Cards & Games grid for more information.

Mon, Jan 13, Feb 10, Mar 23 & Apr 20 4:00 - 8:00 pm Washington Center \$8 NR \$10

### Lunch & Learn: Healthy Eating as We Age

Facilitator: Hannah Killion, Clinical Dietician Nutrition Services McLaren Macomb

Good nutrition can boost immunity, keep weight in check, and reduce the risk of heart disease, stroke, high blood pressure, type 2 diabetes, bone loss, and cancer.

(9252) Tues, Feb 25 11:30 am - 1:00 pm Washington Center No Charge

# Lunch & Learn: Funeral & Burial Planning

Facilitator: Derek D. Foster

Mt. Elliott Cemetery, www.mtelliott.c

Mt. Elliott Cemetery www.mtelliott.com

Topics to be addressed are cremation: options and legalities, Green burial and its impact on the environment, myths and misconceptions, history of our organization and the benefits of an advance plan! Take home information to help prepare for an event that will affect each and every one of us. Registration is required due to lunch being served.

### Wills, Trusts, & Probate

Instructor: Andrew Bastian

Explore proper estate planning and nursing home protection. Legal documents are reviewed: Last Will & Testament, Living Trust, Power of Attorney & Patient Advocate. Receive a Last Will & Testament at no cost at an additional appointment if you choose. *Spouses are free*.

**(4212)** Mon, Mar 30 7:00 - 8:30 pm Romeo Center - West Room \$15 NR \$18

# Introduction to WOODCARVING

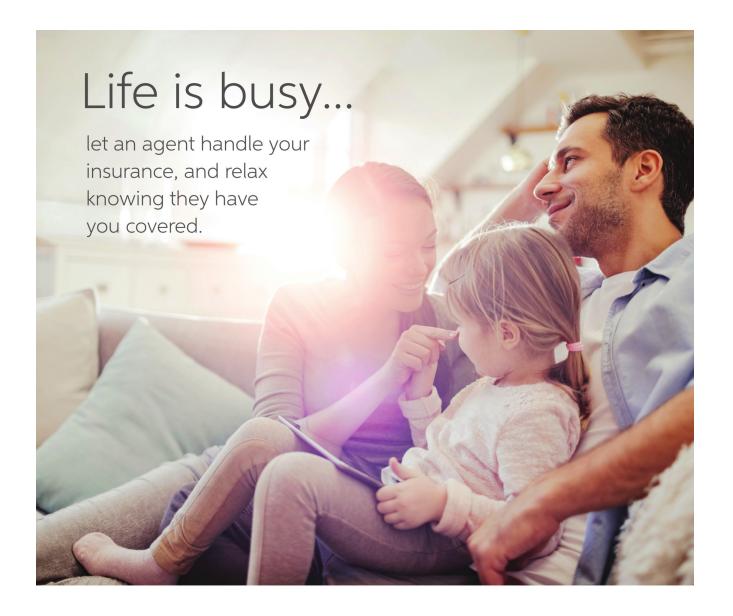
Facilitator: Washington Woodcarvers

Learn hands-on techniques of carving, tools needed, and safety procedures used to create wood carvings. All tools and materials are provided. Please bring MATERIAL FEE \$5 first day of class. REGISTRATION REQUIRED

**(9213)** Thur, Apr 16 Wks: 3 1:00 - 3:30 pm Washington Center \$6 NR \$7

Find Information on our Woodcarving Group Page 21





# ACTION INSURANCE SERVICE

www.actionin.com • 586.739.9080

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



LIFE · HOME · CAR · BUSINESS

### Local Neighbors



# We need a helping hand

Join RWB Parks & Rec to support the senior community and our neighborhood by celebrating

National Senior Health and Fitness Day

Sponsorship opportunities are needed and prize donations are being accepted now!!

# National Senior Health & Fitness Day



EVENT DATE: Wednesday, May 27, 2020 10 am - 1 pm

jaroneskim@rwbparksrec.org 586.752.6543 ex3

# H E A L T H C A R E ®

- In Home Caregivers
- Private Duty
- Skilled Nursing and Therapies
- Serving all of Macomb County

67200 Van Dyke, Suite 101 Washington, MI 48095 586-281-6280

When it matters most, count on us.



### Romeo Area

Join us for lunch to learn more about what we do to support our community and how you can help!

### Wednesdays 12:15 PM

Pamela's Catering 66850 Van Dyke Washington , MI 48095

### Sisters in Stitching

Bring your embroidery or needle work and enjoy the company of others. This group, along with the facilitator, Ginny Orlando helps, gives encouragement & provide support.



(8203) Mondays 12:30 - 2:30 pm Romeo Center No Charge

### **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)



### COME WARM UP...

Need some HEAT, Warm Faces & Hot Coffee Romeo Senior Center: M-F 8-3 pm Washington Senior Center: M-F 8-4 pm

# **Ongoing Adult Clubs & Groups**

R = Romeo Activity Center W = Washington A

R = Romeo Activity Center		W = Washington Activity Center			
ART					
8200	R	Art Club	Wed	Come draw, paint or sculpt	12:30pm - 2:30pm
GENE	RA	L CLUBS			
9223	W	Newcomers	2nd Thur	Ladies Social Group	11:00am - 2:30pm
9220	W	Red Hat Mommas	1st Fri	Red Hat Mommas	12 noon - 3:30pm
QUIL	ΓINC	9			
9215	W	Fancy Quilters No 1/20, 2/17, 5/25	Mon	Work on quilt projects	9:00am - 12noon
9214	W	It's A Stitch Quilters No 1/20, 2/17, 5/25	Mon	Quilt finishing	9:30am - 11:30am
8202	R	Peaches & Patches No 1/20, 2/17, 5/25	2nd Mon	Guild \$10 Membership	11:15am - 3:00pm
8201	R	Stitch Together Quilters	1st Wed	Work on quilt projects	12:30pm - 3:00pm
SEWI	NG	& HOOKING			
8203	R	Sisters in Stitching No 1/20, 2/17, 5/25	Mon	Work on your own project	12:30pm - 2:30pm
9218	W	Great Lakes Rug Hooking	Wed	Work on your own project	9:30am - 3:00pm
9219	W	Hooks & Needles No 3/10	Tues	Crochet & knit projects	9:30am - 11:30pm
CARV	ING				
9298	W	"Lean on Me" Canes	Ongoing	Canes made for wounded veterans	(586) 752-6543
9216	W	Woodcarvers No 3/10	Tues &Thur	Work at your own pace carving	9:00am - 12noon

SERVICES						
8121* 9121*	R W	VETERANS AID Marie Goral	Fri 1/10, 3/13 & 5/8 Fri 2/14 & 4/24	By Appt.	No Charge	
8122* 9122*	R W	LEGAL AID - 60 + Jon Corbin Anthony Froberger	Mon 12/9, 1/13 & 5/11 Tues 8/6, 9/3, 10/1, 11/5 &12/3	By Appt.	No Charge	
8128* 9128*	R W	ALTERATIONS Lynn Hermann	Mon 12/13, 1/3, 2/7, 3/6, 4/3 & 5/1	By Appt.	Varies	
9123	W	WATCH REPAIR, ETC. Wilma Forry	Tues 12/3, 2/4 & 4/7	11am - 1 pm	Varies	
8120	R	SHARPENING SERVICE Burg's Sharpening	On Call	(810) 543-1388	Varies	
9124*	W	MANICURES - 60 + Vena Brawning	Mon 12/16, 1/13, 2/10, 3/16, 4/20 & 5/18	By Appt.	\$6.00	
8119* 9119*	R W	GRIEF COUNSELING The Medical Team Hospice	Fri 2/14 & 4/3 Wed 1/8, 3/11 & 5/13	By Appt.	No Charge	
9125*	W	SEWING MACHINE REPAIR	Mon 1/13, 3/9 & 5/11	By Appt.	\$35	
8127 9127	R W	MAGNETIZE JEWELRY "The Magnet Lady" Jessie Tucker	Wed 12/4, 1/8, 2/5, 3/4, 4/8 & 5/6 Mon 12/2, 1/6, 2/3, 3/2, 4/6 & 5/4	10am - 2pm	Varies	

KEY: \* Provided by appointment only. (586) 752-6543 ext 3

### STAR TRANSPORTATION\*

FREE transportation for seniors & those permanently disabled. Reserve by 12:00 Noon at least two working day in advance

### **MACOMB NUTRITION PRGRAM**

(586) 752-6543 ext 3

A Daily Lunch Program served Mon-Fri at the Romeo Center . Call our site for details

### **MEALS ON WHEELS**

(586) 469-5228

(586) 752-9010

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

### **MACOMB COUNTY SENIOR SERVICES**

(586) 469-5228

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



### Coffee and Conversation with the Officials!

Romeo/Bruce Officials:

Fri, Feb 7, Mar 6, & Apr 3 9:00 am - 11 am

Washington Officials:

Thur, Jan 16, Feb 27 & Mar 19 10:00 am - 11 am

Files of Life Program - FREE & Life Saving (9377) 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!

### **Medicare Counseling**

Facilitator: Area Agency on Aging 1-B

(9378) 2nd & 4th Tues 1:30 - 3:30 pm (by appt.)
Washington Center No Charge



### We are always looking for...

companies to recommend to seniors for handyman services and snow removal. If you know or are a reliable business contact Melissa (586)752-6543 we check you out & start making referrals.

### It's Back! Electronic Help for Seniors

Bring your cell phone, tablet or lap top and get some help, learn to navigatte your devices.

By Appointment Only

1st Thursday monthly: Feb 6, Mar 5, Apr 2 & May 7 Washington Activity Center 10:00 am - 2:00 pm (586) 752-6543 ext 3

### **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



### 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 12:00pm at least two working day in advance. STAR will take reservations for Medical appointments up to one month in advance, and all other appointments up to two weeks in advance.

# SAVE A LIFE!

These trainings could really Save a Life



### CPR - AED - FIRST AID

American Heart Association Certification

Washington Fire Department, 11300 27 Mile Rd 48094

**CPR & AED Training:** 

(9283) Tues, Feb 25 6:00 - 9:00 pm (9284) Thur, Feb 27 9:00 am - 12:00 pm \$49 NR \$52

**CPR & AED Training and First Aid:** 

**(9285)** Sat, Feb 29 9:00 am - 2:00 pm

\$70 NR \$73 for the Full Class

\$49 NR \$52 for CPR/AED only (9 am - 12 noon only)

### Fire Safety & You

Come on by and listen and learn from our Washington Twp Fire Department as they discuss many topics to help keep us healthy and safe.

**(9282)** 4th Tues Monthly 11:00 - 11:30 am Washington Center No Charge

# Families Against Narcotics NALOXONE TRAINING

Facilitator: Laura Chapman

# Families Against Narcotics

### **DID YOU KNOW?**

- Macomb County has the leading number of overdoses in the entire <u>country</u>.
- Prescription painkillers can be every bit as addictive as street drugs
- Drug addiction is no longer someone else's problem, it can happen to anyone... you, your mom, grandpa or child.

FAN is dedicated to the prevention of alcohol, tobacco, and other drug use. Federal, state and local funding has been provided through Macomb County Community Mental Health/Office of Substance Abuse.

### Registration is required.

### Everyone is given a take home kit of their own for free.

 (9260) Tues, Mar 24
 11:30 am - 1:00 pm

 Washington Center
 No Charge

 (8260) Wed, Apr 22
 10:30 am - 12 Noon

Romeo Center No Charge



### BOARD OF COMMISSIONERS

www.macombBoC.com

### DON BROWN

Commissioner, District 7

Office: 586.469.5125 Cell: 586.419.2443 DonBrownformacomb@gmail.com 1 S. Main St. 9th Floor Mt. Clemens, MI 48043

# **Capital Banquet Center**

# The place for quality and service

CHEF JOHN BENDZINSKI Also Specializing in Off-Site Catering

**12350 31 Mile Road • Washington, MI 48095** 

(586) 752-6655 • Fax (586) 752-6695

Anniversary Parties Graduation Parties Seminars

Business Functions • Holiday Parties • Showers

Class ReunionsSpecial EventsLuncheons

. Communion Parties . Retirement Parties Sports Banquets

 Dinner Dances
 School Functions Weddings

# www.capitalbanquet.com

### **SPORTS**

### **Table Tennis**

Do you enjoy playing table tennis or would you like to learn how? Then come join the fun! This is open to all adults, at any level and ability.

**(8570)** Tues 1:00 - 3:00 pm **(8571)** Thur 12:00 - 2:00 pm Romeo Center - Diamond Room \$2 at door

### **Indoor Pickle Ball**

A fast-growing, very popular sport!

A game resembling tennis, played with a table tennis type paddle and wiffle-ball. A fun way to keep in shape. No need to register in advance. Bring your own pickle ball paddle.

 (8543) Tues, Jan 7 - May 28
 12:45 - 3:30 pm

 (8544) Thur, Jan 9 - May 30
 12:45 - 2:30 pm

 (8545) Wed, Jan 8 - May 29
 11:00 - 2:00 pm

 Romeo Center - Main Room
 \$2 at door

Also, when it warms up outside be sure to check out our NEW outdoor courts at Washington Twp Park!

# **GOLF PROGRAMS**

### PINE VALLEY GOLF COURSE

2020 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 child. 5yrs & up. *No Class 7/2* (3330) Tues, Jun 2 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! *No Class 7/2* (3512) Thur, Jun 4 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

# Monday Morning Adult Co-Ed Golf League

This is a fun golf league for all levels.
We play May-Aug at Bruce Hills ending the program with a luncheon at the clubhouse! Watch for info!
Info meeting: Wed, April 15



### ADULT OPEN SPORTS

Sport Passes Available... Save \$

Coed Open Volleyball M & W, Jan 6 - Jun 8

7:30 - 9:30 pm Powell Middle School \$2 at door

Men's Over 30 Basketball T & Th, Jan 7 - Jun 4

7:30 - 9:30 pm Powell Middle School \$2 at door

 AQUATIC EXERCISE
 Week of Jan 6 - Feb 27
 \$2 at door

 Lap Swim
 Tues & Thur
 6:00-7:00 am

 PM Lap
 Tues & Thur
 7:30-8:30 pm

 Aquafit
 Tues & Thur
 7:30-8:30 pm

 Silver Fins
 Mon & Wed
 2:45-3:45 pm

Additional Drop-in Sport Pickleball & Table Tennis: Page 26

### **Archery**

60+ = 10%

Instructor: Craig Gibbs

Instruction for all ages & levels. Think about signing up and shooting along side your Archer! (Equipment provided or bring your own). Ages 7 yrs to Adult.

 (3304) Wed, Apr 15
 Wks: 8
 6:30 - 7:30 pm

 (3305) Wed, Apr 15
 Wks: 8
 7:30 - 8:30 pm

 Octagon Barn
 \$78 NR \$84

### Adult Softball Leagues

Leagues Mat Ball Format Packets emailed/mailed home. Roster/Player Contracts due BEFORE first game. Register by Fri, Apr 12 (\$50 late reg fee) Ages 18 & up.

<u>CO-ED</u>: 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 20 6:15 pm & 7:30 pm games Crystal & CC Fields \$650 team (includes \$75 forfeit fee)

OVER 30 MENS: 30 yrs & up NEW AGE!

Teams umpire their own games; mat used for balls & strikes. (2404) Fri, Apr 24 7:00 pm games Crystal & CC Fields \$140/team

# A st

### **Tennis Lessons**

60+ = 10%

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 5 Wks: 5 7:00 - 8:00 pm Washington Tennis Courts \$82 NR \$88

### Fencing

Instructor: Jeff Musson

Fundamentals taught. Equipment provided. Ages 8 & up

### **INSTRUCTION:**

Wed, Jan 22 Wks: 10

(3300) 7:00 - 8:00 pm OR (3301) 8:00 - 9:15 pm Community Center \$78 NR \$84

**ADVANCED:** Advanced Students Only

(3600) Wed, Apr 15 Wks: 8 7:00 - 8:30 pm Community Center \$64 NR \$70

## 2020 Winter-Spring Schedule

# L.I.F.T. Lower - Intensity - Fitness - Training NOTE: \$6 additional per session for non-residents

RON	IEO CLASSES			aditional per sess	
8532 8533	Chair Yoga Jean Barlow	Mon, Jan 6 – Feb 25 Mon, Mar 9 - Apr 27	No class 1-20 & 2-17	11:15-Noon 11:15-Noon	\$36 (6wk) \$42 (7wk)
8504	Seniors Staying Strong	M,W,F on going		9-10:00 am	No Charge
8505	Keep Moving - Arthritis Exercise	M,W,F on going		10-10:40 am	No Charge
8541	Wii Fun - TV Interactive game	Thursdays on going		10:30-Noon	No Charge
8543 8544	Pickleball (bring own paddle)	Tues, on going Thur, on going	On going Open Sport	12:45-3:30 pm 12:45-2:30 pm	\$2 at door
8545	Pickleball (Bring own paddle)	Wed, on going	On going Open Sport	11:00-2:00 pm	\$2 at door
8570 8571	Table Tennis, Mixed Open	Tuesdays on going Thursdays on going	On going Open Sport	1:00-3:00 pm Noon-2:00 pm	\$2 at door
WAS	SHINGTON CL	ASSES ***	All drop-ins are	8 at door**	**
9356 9357	Gentle Pilates Judy Polite	Tues, Jan 7 - Feb 25 Tues, Mar 17- Apr 28	No Class March 10	6:00-7:00 pm 6:00-7:00 pm	\$56 (8wk) \$49 (7wk)
9358	Chair Pilates Judy Polite	Tues, Mar 17 - Apr 28	NEW class	5:00-6:00 pm	\$49 (7wk)
9330 9331 9332 9333	Gentle Yoga Denise Michalak	Tues, Jan 7 - Feb 25 Thur, Jan 9 - Feb 27 Tues, Mar 17 - Apr 28 Thur, Mar 19 - Apr 30	No Class March 10	9:30-10:30 am 9:30-10:30 am 9:30-10:30 am 9:30-10:30 am	\$48 (8wk) \$48 (8wk) \$42 (7wk) \$42 (7wk)
9350 9351	Sculpt, Flex, Stretch Chris Hurd	M,W,F Jan 6 - Feb 28 M,W,F Mar 9 - May 1		8:00-9:00 am 8:00-9:00 am	3x \$72 (8wk) 2x \$56 (8wk)
9322 9323	<b>Line Dancing</b> <i>Darlene Sedrowski</i> Beginner	Thur, Jan 9 - Feb 27 Thur, Mar 12 - Apr 30		11:45-12:45 pm 11:45-12:45 pm	\$48 (8 wk) \$48 (8 wk)
9324 9325	Line Dancing Darlene Sedrowski Intermediate	Thur, Jan 9 - Feb 27 Thur, Mar 12 - Apr 30		10:30-11:30 am 10:30-11:30 am	\$42 (7wk) \$24 (4wk)
9301 9302	Tai Chi Beginner Kim Cary	Wed, Jan 8 - Feb 26 Wed, Mar 4 - Apr 29		11:30-12:30 pm 11:30-12:30 pm	\$48 (8 wk) \$48 (8 wk)
9304	Tai Chi Int/Advanced Kim Cary	Tues, Jan 7 - Apr 28		3:15-4:15 pm	\$48 =8 punch
9305	Tai Chi Int/Advanced Kim Cary	Wed, Jan 8 – Apr 29		12:30-1:30 pm	\$48= 8 punch
9306	Tai Chi Int/Advanced Kim Cary	Fri Jan 10 - May 1		10:15-11:15 am	\$48=8 punch
9307	Tai Chi Sword Class Kim Cary Advanced	Fri, Jan 10 - May 1		11:15-11:45 am	\$48=8 punch
9340 9341	Zumba Gold Shonece Leonard	Mon, Jan 6 - Feb 24 Mon, Mar 9 - Apr 27	No Class Jan 20 & Feb 17	10:30-11:30 am 10:30-11:30 am	\$48=8 punch
9343	Zumba Gold Tone Shonece Leonard	Wed, Jan 8 - Feb 26 Wed, Mar 11 - Apr 29		6:00-7:00 pm	\$48=8 punch
9344	Zumba Gold	Sat, Jan 11 - Feb 29 Sat, Mar 14 - May 2		9:30-10:30 am 9:30-10:30 am	\$48=8 punch

**WEATHER POLICY** If Romeo Community Schools are closed due to inclement weather, all P&R classes held in their buildings are also. For programs held at our Community Centers and other locations, call (586) 752-6543 ext 6 for updated info & cancellations.

### **YOGA & PILATES**

**LOW INTENSITY - GREAT FOR BEGINNERS**See Page 28-29 for additional fitness opportunities

### Chair Yoga

Instructor: Jean Barlow

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 6 - Feb 24
 11:15 am - Noon

 (8533) Mon, Mar 9 - April 27
 11:15 am - Noon

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

 \$8 drop-in

### **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.

 (9536) Tues, Jan 7 - Feb 25
 6:00 - 7:00 pm

 (9357) Tues, Mar 17 - Apr 28
 6:00 - 7:00 pm

 Washington Activities Room
 Wks:8
 \$56 NR \$62

# Remember to... REGISTER EARLY SO PROGRAMS DON'T GET CANCELLED Deadlines are 1 week prior to start dates







# Zumba Gold & Zumba Gold Tone

Instructor: Shonece Anewme Leonard

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

(9340) Mon, Jan 6 - Apr 27 10:30 - 11:30 am (9343) Wed, Jan 8 - Apr 29 (Tone) 6:00 - 7:00 pm (9344) Sat, Jan 11-May 2 9:30 - 10:30 am Washington Activities Rm \$48 = 8 punch card \$8 drop in

### Line Dancing

All levels welcome!

Instructor: Darlene Sedrowski

Learn the latest line dances. Great fun and exercise too.

### **Winter Sessions**

**(9322)** Beginner Thur, Jan 9 - Feb 27 11:45 - 12:45 pm **(9324)** Intermediate Thur, Jan 9 - Feb 27 10:30 - 11:30 am

### **Spring Sessions**

(9323) Beginner Thur, Mar 12 - Apr 30 11:45 - 12:45pm (9325) Intermediate Thur, Mar 12 - Apr 30 10:30 - 11:30am Washington Activities Room \$48 (8wk) or \$8 drop-in

### **Free!** Exercise & Continental Breakfast

In conjunction with Romeo's AM exercise programs. Get your muscles moving and enjoy a healthy snack. You will be shocked at how good you start to feel!

Served 2nd & 4th Fri monthly 9:30 - 10:00 am

### Free Fitness Classes Mon. Wed & Fri

◆ Senior Staying Strong 9:00 - 10:00 am

◆ Keep Moving 10:0

10:00 - 10:40 am



### **FITNESS CENTER**

1 MEMBERSHIP = 2 LOCATIONS

Make it a New Years Resolution to check it out!

Bring this Coupon and Get

1 FREE VISIT

Hours, Locations & Times Page 30 1 coupon per person

### **FITNESS & HEALTH**

### Winter I: January 2nd - Feb 29th, 2020 Wks: 8

### **ENROLLMENT CATEGORIES**

	Fitn	iess	Spinning & Fitness or		
	Classe	s Only	Spinning Only		
Year Unlimited	6100	\$485	6101	\$575	
Session Unlimited	6102	\$100	6103	\$115	
5 x per week	6104	\$90	6105	\$105	
4 x per week	6106	\$85	6107	\$100	
3 x per week	6108	\$80	6109	\$95	
2 x per week	6110	\$70	6111	\$85	
1 x per week	6112	\$60	6113	\$75	
Drop In		\$8		\$10	

To register, call 752-6543 or stop in at either location; Romeo or Wash. Non residents add \$6 to enrollment category.

10% discount for seniors (60+ yrs.)

Register by Dec 20th to receive \$5 off. Offers cannot be combined.

### **Additional Info**

<u>Weather Policy</u>: If Romeo Community Schools are canceled due to inclement weather, childcare and 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**.

Athletic Stretching: (55 min.) Yoga moves combined with strength/toning.

<u>Course</u>	Day & Time	<u>Instructor</u>	<u>Location</u>
(45 min) 6138	Tue 8:30 am	Sheila	Wash. Aerobic
` 6170	Thur 8:30 am	Sheila	Wash. Aerobic
(45 min) 6185	Sat 10:00 am	Sheila	Wash. Aerobic

<u>Barre</u>: (60 min.) Sculpt and tone using the barre. Incorporates both abdominal / cardio work. Hand weights used to sculpt the upper body.

Course	Day & Time	Instructor	Location
6131	Mon 9:15 am	Jami	Wash. Activity
6197	Tue 9:15 am	Jami	Romeo Studio
6158	Wed 8:30 am	Mary	Wash. Activity

Cardio Blast: (45 min.) 1/2 hour non-stop cardio ending with 15 min. weights, abs, and stretching. \*Mon & Fri morning class low impact.

Course	Day & Time	Instructor	Location
6127	Mon 9:00 am	Brenda	Romeo Studio
6179	Fri 8:30 am	Brenda	Romeo Main

### **CHILDCARE**

Available to fitness participants.

Mon - Fri 8:30am - 10:30am

Romeo Community Center - North Room

\$2 for the first child. \$1 per additional child.

Childcare is not available at our Washington location.

Childcare follows the fitness class schedule and will not be available when classes are canceled.



Thank you for participating with our programs!

586-752-6543

<u>H.I.I.T:</u> (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.

CourseDay & TimeInstructorLocation6161Wed 9:30 amKimRomeo Main

<u>Interval Combo</u>: (45 min.) Includes cardio and sculpting using various pieces of equipment to define and strengthen muscles. Fri class 1 hour.

Course<br/>6136Day & Time<br/>Tues 9:00 amInstructor<br/>BrendaLocation<br/>Romeo Main6169Thur 9:00 amBrendaRomeo Main

Kick Butt:(45 min.)Kick, lunge, & squat your way to a perfect butt!Course<br/>6182Day & Time<br/>Fri 9:30 amInstructor<br/>SheilaLocation<br/>Wash. Aerobic

<u>Muscle Madness:</u> (55 min) Strength training using various resistance equipment. Every workout is different & at your own level of fitness.

Course<br/>6190Day & Time<br/>Tue 9:30 amInstructor<br/>SheilaLocation<br/>Wash. Aerobic

<u>Pilates</u>: (55 min.) Total body workout using small equipment to lift your glutes, tone your thighs, sculpt your arms, and strengthen your core.

Course<br/>6133Day & Time<br/>Mon 10:15 amInstructor<br/>JamiLocation<br/>Wash. Activity6173Thur 5:00 pm<br/>6180Mary<br/>Fri 9:30 amMary<br/>MaryWash. Aerobic<br/>Romeo Main

<u>Pilates H.I.I.T</u>: (55 min) Pilates mat work with two segments of Boxing Intervals. Work your abs and get your cardio.

Course<br/>6137Day & Time<br/>Tue 10:15 amInstructor<br/>JamiLocation<br/>Romeo Studio

Step & Sculpt: (55 min.) Step hard for 40 min. & then dismount for 20 min. of strength training and stretching.

Course<br/>6128Day & Time<br/>Mon 9:30 amInstructor<br/>SandraLocation<br/>Wash. Aerobic6159Wed 9:30 amSandraWash. Aerobic

**TRX Plus:** (30 min.) Training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously in combination with off the strap exercises. All fitness levels welcome.

Course<br/>6186Day & Time<br/>Sat 9:15 amInstructor<br/>SheilaLocation<br/>Wash. Aerobic

Basic YOGA: (55 min.) Teaches breathing techniques, standing & balance poses, seated stretches & introductory backbends. Bring yoga mat.

Course<br/>6140Day & Time<br/>Tues 11:30 amInstructor<br/>DeniseLocation<br/>Romeo Studio<br/>Romeo Studio6172Thur 11:30 amDeniseRomeo Studio

Zumba Basic: (60 min.) Perfect for beginners. Taking things slower, & teaches the fundamentals of a Zumba dance workout. 20-person max.

Course<br/>6174Day & Time<br/>Thur 5:15 pmInstructor<br/>SherylLocation<br/>Wash. Activity

**Zumba**: (55 min.) Fun dance moves create a dynamic workout.

CourseDay & TimeInstructorLocation6129Mon 8:30 amKimRomeo Main6152Tues 5:15 pmSherylRomeo Main

**Zumba 30/30**: 30 mins warm up & heart pumping Zumba. Then 30 mins of resistance training using a variety of equipment.

Course<br/>6156Day & Time<br/>Wed 8:30 amInstructor<br/>KimLocation<br/>Romeo Main

# CHECK OUT THIS NEW CLASS!

Pilates H.I.I.T at the Community Center Tuesdays at 10:15am

# spinning / indoor cycling

### **ENROLLMENT CATEGORIES Fitness** Spinning & Fitness or Classes Only **Spinning Only** Year Unlimited 6100 \$485 6101 \$575 Session Unlimited 6102 \$100 6103 \$115 \$105 5 x per week 6104 \$90 6105 4 x per week 6106 \$85 6107 \$100 3 x per week 6108 \$80 6109 \$95 2 x per week 6110 \$70 6111 \$85 1 x per week 6112 \$60 6113 \$75 \$8 \$10 Drop In

To register, call 752-6543 or stop in at either location; Romeo or Wash. Non residents add \$6 to enrollment category.

10% discount for seniors (60+ yrs.)

Register by Dec 20th to receive \$5 off. Offers cannot be combined.

## Join our Buti Yoga tribe today!

This calorie scorching workout fuses power yoga with cardio-intensive tribal dance + body sculpting movement. Instead of linear movements, Buti Yoga favors movements that challenge the body along all planes of motion.

THE RESULT - long, lean muscle.

Jan 8 - Feb 26 (8 wks)

(6994) Wed, 6:30 - 8:00 pm \$75 NR \$81 Romeo Comm Center North Room \$10 drop in

# 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 hour = \$50/hour Call Chris at the Washington Fitness Center 586-752-6543 ext 4 then press 2

### **Additional Info**

Weather Policy: If Romeo Community Schools are canceled due to inclement weather, childcare and morning Fitness Classes will not 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**.

### Winter I: January 2 - Feb 29, 2020 Wks: 8

All classes last 45 minutes unless noted. Eight bikes available. Spinning classes take place in the South Building of the Community Center - Romeo.

Course	Day & Time	<u>Instructor</u>
6234	Mon 6:00 pm	Sheryl
6235*	Tue 5:00 am	Melissa
6239**	Tue 9:00 am	Kim (1 hour class)
6265*	Thur 5:00 am	Melissa (No Class Jan 2)
6267**	Thur 9:00 am	Mary
6216	Fri 8:30 am	Sheila

**Spin**: Stationary cycling.

**Spin & Core**: Incorporates core training. Indicated by \* **Spinnerval**: Incorporates weight training. Indicated by \*\*



### **Lower Intensity Classes**

Chair Yoga, Gentle Pilates, Gentle Yoga, Line Dancing, Co-Ed Open Volleyball, Keep Moving, Arthritis Exercise, Shuffle Board, Seniors Staying Strong, Pickleball, Sculpt/Flex/Stretch, Tai Chi, Zumba, Zumba Gold & Wii Fun.





Thank you for participating with our programs!

586-752-6543

One membership...Two locations: Romeo Community Center 361 Morton Street Washington Municipal Building 57900 Van Dyke Ave.

### Hours

Mon - Fri	6:00 am - 1:30 pm 4:00 pm - 8:00 pm
Sat	7:00 am - 12:00 pm
Sun	Closed

fitness centers

Fitness Centers will close 30 min. early if no members are present. For more information and pricing, see the Fitness Center flyer or call 752-6543 ext 4



# **Fitness Centers**

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

ONE MEMBERSHIP = TWO LOCATIONS

### **Romeo Community Center**

361 Morton St. Romeo, MI 48065

Mon - Fri	6 am - 1:30 pm
	4 pm - 8 pm
Sat	7 am - 12 pm
Sun	CLOSED
Fitness Centers wi	Il close 30 min, earlier than

stated if no members are present.

stated if no members are present.

### Washington Twp. Municipal Building

57900 Van Dyke Washington Twp, MI 48094

Mon - Fri	6 am - 1:30 pm	
WOH - FN	3:30 pm - 8 pm	
Sat	7 am - 12 pm	
Sun	CLOSED	
Fitness Centers will close 30 min, earlier than		

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

### CHILDCARE

Childcare is available Mon - Fri 8:30am - 10:30am at the Romeo Community Center in the North Room.

Childcare is not available in Washington.

\$2 for the first child, \$1 per additional child

Childcare follows the Fitness Class schedule and will not be available when classes are canceled.

~Revised Sept 2019~

### **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.

### PERSONAL TRAINING AVAILABLE:

Call our office and our Fitness Programmer will set you up with one of our trainers - add'l fee for service.

SATURDAY			
	1/11 - 2/1 SESSION 1	2/8 - 2/29 SESSION 2	
9:15 - 10:10 am			
Level 1	7500	7514	
Level 2	7501	-	
Level 3	-	7515	
Level 4	7502	7516	
Level 5	-	-	
Level 6	-	-	
10:20 - 11:15 am			
Level 1	7503	-	
Level 2	-	7517	
Level 3	7504	7518	
Level 4	-	-	
Level 5	7505	-	
Level 6	-	7519	
11:25 - 12:20 pm			
Level 1	-	7520	
Level 2	7506	7521	
Level 3	7507	-	
Level 4	-	-	
Level 5	-	7522	
Level 6	7508	-	

PRE-ONES	1/11 - 2/1	2/8 - 2/29
9:30 - 9:55 am	7509*	7523*
10:00 -10:25 am	7510*	7524*
10:30 -10:55 am	7511*	7525*
11:00 -11:25 am	7512*	7526*
11:30 -11:55 am	7513*	7527*

### **CLASS DESCRIPTIONS**

### **PRE-ONES**

(3-5 yrs) 1:8 plus an aide.

Preschoolers learn to be comfortable in and around water. Basic skills will be taught through games. Floating & kicking techniques.

### LEVEL PROGRAMS

Regular Class: 1:8 ratio Semi-Private: 1:4 ratio
All level classes include at least

5 minutes per class of diving & jumping skills.

<u>Level 1</u> (4 yrs & up) Front-back floats with support, kicking, alternating arm action & safety skills.

<u>Level 2</u> Front & back glides, kicking, arm action, turning over, safety skills.

<u>Level 3</u> Diving, back crawl, crawl, elementary backstroke, treading water and safety skills.

<u>Level 4</u> Stroke improvement, breaststroke, sidestroke, scissor kick, endurance.

<u>Level 5</u> Stroke improvement, dolphin kick, diving, endurance for higher level swimming.

<u>Level 6</u> Arm movements for butterfly, rescue dives, flip turns & endurance for competitive swim.

### REMEMBER TO

Pick up a schedule at the Pool or on our website: www.rwbparksrec.org

### RCS POOL 9th Grade Academy

(Old high school) 11091 32 Mile Rd. Romeo 48065

NOTE: The RCS Pool will be closed for renovations from March to Fall 2020

### AMERICAN RED CROSS

Fee Schedule - All Lessons are 4 Classes LEVEL CLASSES \$40 Non Res \$46 PRE-ONES (3-5 YR) \$28 Non Res \$34

	<b>EVENING</b>	
	MONDAY	WEDNESDAY
5:05 - 6:00 pm	1/13 - 2/10	1/15 - 2/5
Level 1	7542	7547
Level 2	7543	
Level 3	7544	7548
Level 4	-	7549
Level 5	-	
Level 6	-	
Pre-Ones	1/13 - 2/10	1/15 - 2/5
5:05 - 5:30 pm	7545*	7550*
5:35 - 6:00 pm	7546*	7551*
	•	•

# PARENT & TOT Water Acquaintance

6 months - 3 yrs

# A self directed drop in class - NO Instructor

You and your tot can follow along with our Pre-Ones class that are scheduleat the same time.

WATCH - LEARN - MIMIC

\$2 per person at door

8 pairs max

"SUPER" Splash Bash
Swim, jump off the diving
board or float on a tube. If
under 48" child must be
accompanied by adult. Aqua
diapers/plastic pants if not
trained.

MUSIC & STROBE LIGHTS
Fridays: Jan 18, & Feb 7
7:30 - 9:00 pm
\$3 per person at door

### AQUATIC FITNESS PROGRAMS

**Aquafit Aerobics** Low impact aquatic cardiovascular training. **(7901)** T & TH, Jan 7 - Feb 27 7:30 - 8:30 pm \$4 at door

**AM Lap (7902)** M & W, Jan 6 - Feb 26 6:00 - 7:00 am \$3 at door

**PM Lap (7903)** T & TH, Jan 7 - Feb 27 7:30 - 8:30 pm \$3 at door

Silver Fins Aquafit program geared for adults 50+

(**7906**) T & TH, Jan 7 - Feb 27 2:45 - 3:45 pm \$2 at door

### COMMUNITY SWIM

Community Swim Sat, Jan 11 - Feb 29 12:30 - 2:00 pm \$3 at door

\*\*\*Also be sure to check out our Splash Bash Dates above\*\*\*

### **ROMEO DOLPHINS SWIM CLUB**

Winter: Jan 6 - Feb 28 Wks: 8

Swimmers will be placed into the appropriate group the first week of practice. All swimmers must be registered with Parks & Rec and are required to acquire a USA Swimming Card (Additional \$80, paid at the pool) Some competitive meets included. Optional meets targeted monthly (add'l cost for these meets). A t-shirt is included with each full, paid registration. Non Res add \$6.

MANDATORY PARENT/SWIMMER MEETING: JAN 6 AT 7PM AT THE POOL ALL INFORMATION WILL BE HANDED OUT AT THIS MEETING

No practice 1/20, 2/17 & 2/18 Additional dates for RHS meets announced at later date.

Group 1  Beginner Swimmers (3 hrs in pool per week)	Group 2 & 3 Intermediate w/ Exp. (7.5 hrs in pool per week)	Group 4 Adv. w/ Coach's Approval (10 hrs in pool per week)
Mon & Wed 6 - 7:00 pm Friday 5 - 6:00 pm (7950) \$164 by 1/18	Mon & Wed 7 - 8:30 pm Tues & Thur 6 - 7:30 pm Friday 6 - 7:30 pm (7951) \$196 by 1/18	Mon & Wed 6 - 8:30 pm Tues & Thur 5 - 7:30 pm Friday 5 - 7:30 pm (7952) \$212 by 1/18
\$10 late fee after Jan 18	\$10 late fee after Jan 18	\$10 late fee after Jan 18



# Dancer's Image

24 Years Strong...

### Winter & Spring Session

Winter Session: Jan 4 - Mar 21 Spring Session: Mar 23 - Jun 13

Class Numbers: Winter classes start with 51 - - Spring 52 -

\*\*\*DANCER MUST be signed up for WINTER session to do SPRING\*\*\*

Canceled Dates to put on your calendar: Jan 18-20, Feb 15-18, Apr 4-11 & May 23-25

All Classes held at the Romeo Community Center

Pay for Both Sessions at once get a \$5 Discount off your total \$72/\$69 20 Min Class \$84/\$81 50 min

\$77/\$74 30 Min Class \$87/\$84 1Hr \$82/\$79 40 Min Class \$89/\$86 1Hr 10 Min

### Non Residents add \$6 per class

(Second price is for same dancer in 2 or more classes)

REGISTRATION DEADLINE: January 10, 2020 Sorry, NO registrations can be accepted after deadline

Т	Ms. Tammy	D	Ms. Debbie
AB	Ms. Abby	С	Ms. Caitlyn
Α	Ms. Andrea	K	Ms. Katié
S	Ms. Shay	AR	Ms. Andrea R.
М	Ms McKayla		

### \*Company Classes; Instructor Approval Required

company classes, mediates rippieral required				
Monday, .		STUDIO ROOM		
5101-5201	4:40 pm	Jazzy Tots (4-6 yr)	30 min	AR
5102-5202	5:15 pm	Jazzy Tots 2-3 (6-8 yr)	30 min	AR
5103-5203	5:45 pm	Tot Jazz Co.*	40 min	AR
5104-5204	6:30 pm	Jr. Jazz Co.*	1 Hr	AR
5105-5205	7:30 pm	Teen Jazz Co.*	1 Hr	AR
Monday,	Jan 6	MAIN ROOM		
5106-5206	5:45 pm	Jr Lyrical Co.*	40 min	Α
5107-5207	6:30 pm	Teen Lyrical Co.*	40 min	Α
5108-5208	7:10 pm	Teen Elite Lyrical Co.*	50 min	Α
5109-5209	8:05 pm	Teen Elite Jazz Co.*	1 Hr	S
Monday, J	<u>lan 6</u>	DIAMOND ROOM		
5110-5210	4:40 pm	Tot Hip Hop (4-6 yr)	20 min	M
5111-5211	5:05 pm	Int. Musical Theatre (8-12)	30 min	M
5112-5212	5:35 pm	Beg. Musical Theatre (7-12)	30 min	M
5113-5213	6:05 pm	Beg Jazz (7-11 yr)	30 min	M
5114-5214	6:35 pm	Beg Lyrical (7-11 yr)	30 min	S
5115-5215	7:05 pm	Int. Lyrical (9-13 yr)	30 min	S
5116-5216	6:40 pm	Int. Jazz (9-13 yr)	30 min	S
Tuesday,	Jan 7	STUDIO ROOM		
5117-5217	5:15 pm	Sugars Jazz Co.*	50 min	Τ
5118-5218	6:15 pm	Adv. Pointe (13-18 yr)	20 min	Τ
5119-5219	6:40 pm	Adv Sr. Ballet (14-18 yr)	1 Hr 10 min	Τ
5126-5226	8:00 pm	Sr Jazz Co. *	50 min	Α
Tuesday, J		MAIN ROOM		
5120-5220	8:00 pm	Sr Elite Jazz Co.*	1 Hr	Τ

To participate in our Spring **RECITAL**, dancer must be registered for both Winter & Spring session. Dancers that choose not to be in recital will end with Winter session.

# Come Dance with US!

An Award Winning Studio

Dance Classes Schedule Cont				
Wednesda		STUDIO ROOM		
5122-5222	5:10 pm	Beg. Pointe (11-15 yr)	20 min	Τ
5123-5223	5:35 pm	Int. Pointe (12-15 yr)	20 min	Τ
5124-5224	6:00 pm	Adv. Teen Ballet (12-15 yr)	1 Hr	Τ
5125-5225	7:05 pm	Teen Tap Co.*	50 min	AB
Wednesda	ay, Jan 8	MAIN ROOM		
5127-5227	4:45 pm	Tot Irish Step Dance (4-6 yr)	30 min	С
5128-5228	5:10 pm	Beg Irish Step Dance (7-12 yr)	30 min	С
5129-5229	5:45 pm	Int Irish (10-14 yr)	30 min	С
5130-5230	6:20 pm	Sr. Irish Co.*	40 min	С
5131-5231	7:00 pm	Sr. Tap Co.*	1 Hr	D
5132-5232	8:00 pm	Teen Irish Co.*	40 min	D
Thursday,	Jan 9	MAIN ROOM		
5133-5233	4:45 pm	Tiny Tappers (4-6 yr)	30 min	D
5134-5234	5:20 pm	Beg. Tap (7-9 yr)	30 min	D
5135-5235	5:55 pm	Int 1 Tap (7-12 yr)	30 min	D
5136-5236	6:30 pm	Int. 2-3 Tap (8-13yr)	30 min	AB
5137-5237	7:00 pm	Jr Tap Co*	40 min	AB
5138-5238	7:40 pm	Contemporary Co*	40 min	S
5139-XXXX	8:30 pm	Adv Leaps and Turns (10-18)	30 min	S
Thursday,		STUDIO ROOM		
5140-5240	4:45 pm	Tots & Tutus (4-6 yr)	30 min	Τ
5141-5241	5:20 pm	Tots & Tutus 2 (5-7 yr)	30 min	Τ
5440 5040		(Must have taken Tots & Tutus		_
5142-5242	5:55 pm	Tots & Tutus 3-4 (7-9 yr)	30 min	Ţ
5143-5243	6:30 pm	Tots 5/Adv 1 Ballet (7-10 yr)	30 min	T T
5144-5244 5145-5245	7:00 pm	Adv 2-3 Ballet (8-10 yr)	40 min	Ť
	7:45 pm	Adv 4 Ballet (9-12 yr)	50 min	ı
Thursday,		DIAMOND ROOM		17
5146-5246	4:45 pm	Beg Hip Hop (7-11 yr)	30 min	K
5147-5247	5:20 pm	Int 1-2 Hip Hop (8-12 yr)	30 min	K
5148-5248	5:55 pm	Int 3-4 & Adv Hip Hop (11-16)	30 min	K
5149-5249	6:30 pm	Modern/Contemporary (7-13)	30 min	S
5156-5256	8:00 pm	Int. Pom (8-14 yr)	30 min	AR
5157-5257	8:30 pm	Beg Pom (7-13 yr)	30 min	AR
Saturday, J		STUDIO ROOM		
5151-5251		Creative Movement (2-3 yr)	20 min	Α
5152-5252		Tots & Tutu's (4-6 yr)	30 min	Α
5153-5253		Tiny Tappers (4-6 yr)	30 min	Α
5154-5154		Tots & Tutus 2-3 (5-7 yr)	30 min	Α
5155-5255	11:45 am	Tiny Tappers 2 (5-7 yr)	30 min	Α

### PROPER DANCE WEAR REQUIRED

Ballet: Bun, leotard, tights, shorts or leggings, PINK shoes,

ballet skirt & leg warmers-optional.

Tight fitting dancewear & TAN slip on jazz shoe. Jazz:

Ponytail.

Hip Hop: Loose clothes & tennis shoes (no jeans). Ponytail. Irish Step: Any dancewear, BLACK tap or Irish hard shoe &

Highland Ghille soft shoe. Shoe info given 1st class.

Tight fitting dancewear & TAN slip on jazz shoe. Ponytail. Lyrical: Tap: Any dancewear and BLACK tap shoe. Ponytail. Pom-Pom: Shorts, Tee, Tan Jazz Shoe, Ponytail. Poms

provided

LEVEL KEY: Tot 1, 2 etc ▶ Beg 1, 2 ▶ Int, 1, 2, 3 ▶ Adv 1, 2, 3

### TNT MARTIAL ARTS - KARATE

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

WINTER: Begins Week of Jan 13 Wks: 11 SPRING: Begins Week of Apr 20 Wks: 10

All classes meet 1 day per week Attire: Sweatpants, plain t-shirt & bare feet - no zippers please

SELF DEFENSE Ages 12 yrs to Adult Winter: \$20 NR \$23

Something *EVERYONE* should take. Basic, easy to remember techniques taught by a female instructor in relaxed, supportive atmosphere. Learn safety awareness skills as well as physical defenses against grabs & other assaults. Don't send your kids off to school or college without some basic knowledge to help keep them safe. A great class for Moms & Grandmas and anyone interested in personal protection. Please bring pen & notebook (3000) Thur, Jan 23 Days: 1 6:00 - 8:00 pm

KARATE Ages 6 yrs to Adult

Winter: \$109 NR \$115 Spring: \$100 NR \$106

If you've ever wanted to try Karate; 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. If this is your first session your first two weeks will be semi-private lessons to introduce you to the basic skills prior to joining the group class.

(3100) Mon, Jan 13	( <b>3120)</b> Mon, Apr 20	7:15 - 8:00 pm
(3101) Tues, Jan 14	(3121) Tues, Apr 21	5:30 - 6:15 pm
(3102) Wed, Jan 15	(3122) Wed, Apr 22	6:30 - 7:15 pm
(3103) Thur, Jan 16	(3123) Thur, Apr 23	5:30 - 6:15 pm
(3104) Sat, Jan 18	(3124) Sat, Apr 25	9:00 - 9:45 am

BRAZILIAN JIU-JITSU Ages 13 yrs & up

Winter: \$175 NR \$181 Spring: \$160 NR \$166

Based on grappling and ground fighting. Learn submissions, chokes and joint locks using the concept of leverage and positioning; allows a smaller person to defend against a stronger attacker. Technique & skills learned with a partner in a structured, safe environment.

(3105) Mon, Jan 13	(3125) Mon, Apr 20	7:15 - 8:15 pm
(3106) Tues, Jan 14	(3126) Tues, Apr 21	7:15 - 8:15 pm
(3107) Thur, Jan 16	(3127) Thur, Apr 23	7:15 - 8:15 pm
(3108) Sat, Jan 18	(3128) Sat, Apr 25	10:00 - 11:00 am

### \*NEW Semi-Private - YOUTH BRAZILIAN JIU-JITSU Ages 7-12 Winter: \$109 NR \$115 Spring: \$100 NR \$106

This will now be a semi-private class where children will learn principles of leverage and positioning to help them deal with dangerous situations. They will gain confidence in defending themselves against larger/stronger opponents. While Karate teaches stand up self defense, Brazilian Jiu-Jitsu is primarily a grappling art taught for ground self-defense T-shirt & sweatpants; Please no zippers

**(3116)** Tues, Jan 14 **(3136)** Tues, Apr 21 5:30 - 6:00 pm **(3117)** Thur, Jan 16 **(3137)** Thur, Apr 23 5:30 - 6:00 pm



# TNT Martial Arts KICK FIT

Winter: \$98 NR \$104 Wks 11 Spring: \$90 NR \$96 Wks 10

Total body, low impact workout for men & women. Kick and punch your way to good health. Exercise bands, fitness dummies, body weight & heavy bags used. No exp. needed, all fitness levels. Female instructor. 18 & up

**AM Sessions:** 8:45 - 9:15 am

**(3112)** Mon, Jan 13 **(3113)** Wed, Jan 15 **(3132)** Mon, Apr 20 **(3133)** Wed, Apr 22

**PM Sessions:** 6:30 - 7:00 pm

(3114) Mon, Jan 14 (3134) Mon, Apr 22

### KARATE for 4-8 yrs ... Lions, Tigers & Bears!



OH MY! An intro to martial arts taught by female instructors. Fun, positive & structured setting. Learn techniques, develop motor skills. Character building self defense curriculum. Build confidence, increase focus & enhance listening

Winter: \$98 NR \$104 Wks 11 Spring: \$90 NR \$96 Wks 10

**TUESDAYS** 4:55 - 5:30 pm

(3109) Tues, Jan 14 (3129) Tues, Apr 21

**THURSDAYS** 4:55 - 5:30 pm

(3110) Thur, Jan 16 (3130) Thur, Apr 23

**SATURDAYS** 10:00 - 10:35 am

(3111) Sat, Jan 18 (3131) Sat, Apr 25

### **WEATHER POLICY**

If Romeo Community Schools are closed due to inclement weather, all P&R classes held in their building are also. For programs held at our Community Centers and other locations, call **(586) 752-6543 ext 6** for updated info & cancellations.

### **THE ARTS**

### 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, paper-mache and more!



Ages 8 yrs & up.

### WINTER

(3410) Wed, Jan 8, 15, 22, 29, Feb 5 &12 Wks: 6 Community Center 6:00 - 7:00 pm \$85 NR \$91

### **SPRING**

(3412) Wed, Mar 4, 11, 18, Apr 1, 15 & 22 no class 3/25 & 4/8 Community Center 6:00 - 7:00 pm \$85 NR \$91





# STARKWEATHER "1" DAY WORKSHOPS

All Supplies Included.

Ages 6 & up
Instructor: Lisa Grandstaff

### Starkweather Arts Center \$12 session; NR \$15

6 min. to run class
\*\*\*Sorry... NO drop ins at door\*\*\*

### **WINTER FUN**

We see SNOWMEN!! Multiple "Winter" projects will be created by You in this class!

(3406) Sat, Jan 25

10:00 - 11:30 am

### LOVE IS IN THE AIR

Explore with your creative heart with fun & exciting "Hands On" projects that excites the creative side of you!

(3407) Sat, Feb 1 10:00 - 11:30 am

### SPRING SHAMROCKS

Explore Spring with an Art Twist!! You will create a variety of art projects that let's you explore cultures with an art twist!! (3408) Sat, Mar 21 10:00 - 11:30 am



Richmond 586-727<u>-3815</u>

Romeo 586-752-9781

Marysville 810-364-7601

Chesterfield 586-846-4145

PGSdenistry.com

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### LIFE SKIILS

### First Aid & Home Safety for Child Care

Instructor: Washington Twp Fire Department Learn basic first aid skills, what to do in an emergency while you are home alone, and how to care for younger children. Ages 11 and up

**(4220)** Sat, Feb 1 9:00 am - 12 noon Washington Twp Fire Dept (11300 27 Mile Rd.) \$15 NR \$18

### SAVE A LIFE!

These trainings could really Save a Life



### CPR - AED - FIRST AID

American Heart Association Certification

Washington Fire Department, 11300 27 Mile Rd 48094

### **CPR & AED Training:**

(9283) Tues, Feb 25 6:00 - 9:00 pm (9284) Thur, Feb 27 9:00 am - 12:00 pm \$49 NR \$52

### **CPR & AED Training and First Aid:**

**(9285)** Sat, Feb 29 9:00 am - 2:00 pm

\$70 NR \$73 for the Full Class

\$49 NR \$52 for CPR/AED only (9 am - 12 noon only)

# Families Against Narcotics NALOXONE TRAINING

Facilitator: Laura Chapman

# Families Against Narcotics Your connection for information, resources, and support.

### DID YOU KNOW?

- Macomb County has the leading number of overdoses in the entire country.
- Prescription painkillers can be every bit as addictive as street drugs
- Drug addiction is no longer someone else's problem, it can happen to anyone... you, your mom, grandpa or child.

FAN is dedicated to the prevention of alcohol, tobacco, and other drug use. Federal, state and local funding has been provided through Macomb County Community Mental Health/Office of Substance Abuse. Registration is required. Everyone is given a take home kit of their own for free.

 (9260) Tues, Mar 24
 11:30 am - 1:00 pm

 Washington Center
 No Charge

 (8260) Wed, Apr 22
 10:30 am - 12 Noon

 Romeo Center
 No Charge

### **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 Mar 25 & 26 Romeo Center - Silver

6:00 - 8:15 pm \$38 NR \$41

### MAD SCIENCE

### Afterschool MAD SCIENCE 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.

### 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!

### **Fantastic Forces & Flights**

Mad Science lets them Explore Fantastic Fliers. Science of Magic, Under Pressure, Wacky Waves, Fundamental Forces & Super Structures!! Grades K-5th

(3400) Mon, Jan 27 Wks: 6 <i>No Class 2/17</i> Hevel Elementary	4:05 - 5:05 pm \$98 NR \$104
<b>(3401)</b> Tues, Jan 28 Wks: 6 <i>No Class 2/18</i> Hamilton Parsons Elementary	4:05 - 5:05 pm \$98 NR \$104
<b>(3402)</b> Thur, Jan 30 Wks: 6 Indian Hills Elementary	4:05 - 5:05 pm \$98 NR \$104
(3403) Mon, Mar 16 Wks: 6 <i>No Class 4/</i> 6 Amanda Moore Elementary	4:05 - 5:05 pm \$98 NR \$104
(3404) Tues, Mar 17 Wks: 6 <i>No Class 4/</i> 7 Washington Elementary	4:05 - 5:05 pm \$98 NR \$104

### Jr Rec **BASKETBALL LEAGUE**



POLICY: Sorry, placement requests are NOT accepted in this league for any reason.

Skills & drills, techniques & games! Teams formed around evaluations. Schedules mailed after evaluation. Game times depend on enrollment. Games begin 9:00 am. included.

### Parent coaches are needed inquire when registering

Sat, Jan 11 - Feb 29 Wks: 7 No class 2/15 RMS Auxiliary Gym \$60 NR \$66

NOTE: Times below are for 1x evaluation day ONLY

(2000) EVALUATION Beg K-1st Grade 8:30 - 9:30 am

(2001) EVALUATION Adv 1-2nd Grade 9:45 - 10:45 am



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unning serie

# NEW! **GIRLS PROGRAM**

### **Youth Skills Clinics** 2-4th & 5-6th Grade

Another Great Team Sport for Girls!

Learn the fundamentals of volleyball while working on skills, drills & techniques each week.

> All clinics held at **Total Sports Park** (30 Mile & Powell Rd)

### Session 1

Mon, Jan 6 - Feb 10 Wks: 6 (2030) 2nd - 4th Grd 6-7:00 pm (2031) 5th & 6th Grd 5-6:00 pm \$75 NR \$81

### Session 2

Mon, Feb 24 - Mar 30 Wks: 6 (2032) 2nd - 4th Grd 6-7:00 pm (2033) 5th & 6th Grd 5-6:00 pm \$75 NR \$81

### GET UP AND GO! **HEALTHY KIDS RUNNING SERIES**

### MACOMB. MI SERIES

Hosted by Romeo-Washington-Bruce Parks & Recreation

Washington Township Park 57900 Van Dyke Avenue Washington, MI 48094

Coming Spring 2019 Sundays, Time TBA

### SCORING/ DETAILS

- Top placers in each race will receive points based on their finish
- · The boy and girl racer with the most points at the series' completion will win a trophy and prize
- Medals will be awarded to every racer after the last race in the series
- · Race Bags will be distributed to all full-series participants

For more information, please contact Melanie Westendorf at 586 871 3525 or hkrsmacomb@gmail.com

Registration Opens Jan. 15, 2019 at HealthyKidsRunningSeries.org



PER RACE \$10

Apr 19 - May 17

Romeo-Washington-Bruce Parks & Recreation Spring Session: Sunday afternoons Ran in Coordination with

### **Archery**

Instructor: Craig Gibbs

Instruction for beginner to advanced. Great prep for the upcoming season. Sign up with your archer if you like! Equipment provided or bring your own. Ages 7 yrs to adult.

(3304) Wed, Apr 15 Wks: 8 👟 (3305) Wed, Apr 15 Wks: 8 Octagon Barn

6:30 - 7:30 pm 7:30 - 8:30 pm \$78 NR \$84

### Fencina

Instructor: Jeff Musson

Fundamentals taught. Equipment provided. Ages 8 & up

### INSTRUCTION:

Wed, Jan 22 Wks: 10

(3300) 7:00 - 8:00 pm (3301) 8:00 - 9:15 pm

Community Center \$78 NR \$84

**ADVANCED:** Advanced Students Only

7:00 - 8:30 pm (3600) Wed, Apr 15 Wks: 8 Community Center \$64 NR \$70



### **Tennis Lessons**

Instructor: Susan Gavin

Tennis lessons for the Beginner & Advanced. Bring a racquet.

### **MIGHTY HITTERS:**

(3320) Beginner Ages 6-11 yrs 5:00 - 6:00 pm Washington Twp Park Courts \$82 NR \$88

### JR. PLAYERS:

(3321) Beg/Adv Ages 12 & up 6:00 - 7:00 pm Washington Twp Park Courts \$82 NR \$88

### **YOUTH SPORTS**

### 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 child. 5yrs & up.

(3330) Tues, Jun 2 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

### Afterschool **Indoor Golf Lessons**

Instructor: TGA Premier Junior Golf

TGA teaches swing fundamentals, rules and etiquette of golf in a fun and nurturing environment while building selfesteem 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. Financial Aid Available for those who qualify. For more information please visit www.playtga.com/semichigan or call Dave Robinson at (586) 489-8332.

(3350) Tues, Jan 21 Wks: 6 No Class 2/18 4:05 - 5:05 pm (3352) Tues, Apr 28 Wks: 6 4:05 - 5:05 pm Indian Hills Elementary - Gym \$109 NR \$115 (3351) Tues, Mar 10 Wks: 6 No Class 4/7 4:05 - 5:05 pm Hevel Elementary - Gym \$109 NR \$115

### **ELDER LAW = Taking Care of You ESTATE PLANNING = Taking Care of Your Assets**

### KNOW THE MYTHS

Most people have a misconception about estate planning.

First, they think it is expensive and unnecessary. Second, they assume an estate plan personally protects them for the rest of their life.

FREE Initial Consultation about Estate Planning & Wealth (Retirement) Preservation

### OUR ATTORNEYS PRACTICE IN THE AREAS

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ELDER LAW & MEDICAID

LIFETIME PLANNING

**PLANNING** 

ADOPTIONS

BUSINESS CONTRACTS

PROBATE

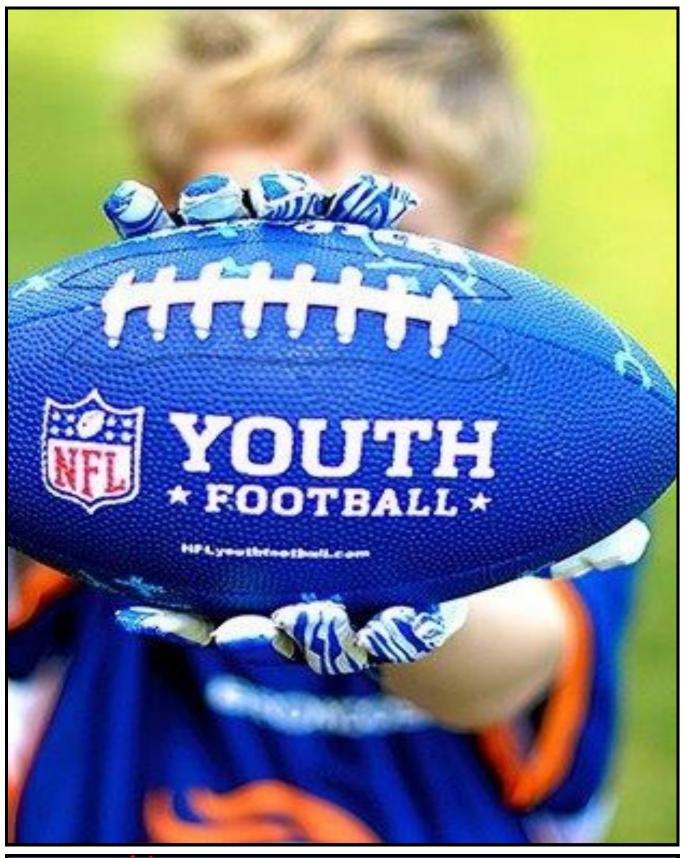
BUSINESS FORMATIONS

BANKRUPTCY

**VETERANS BENEFITS** 

Law Offices of Douglas C. Wozniak 51543 Van Dyke 586-781-9190 Shelby Twp. MI 48316







# **National Flag Football**

www.MichiganFlagFootball.com For details call (248) 454-9700

Ran in cooperation with RWB Parks & Recreation. You must register on-line.

### **BOWLING**



### Bowling

Instructor:

Summit Bowling Center's Pro

Light instruction so you can bowl your way to that 300 score!! Includes Shoes, 2 Games, Bumper Available. Ages 7-14 yrs

(3308) Tues, Jan 28 Wks: 8 4:30 - 5:30 pm Summit Center \$60 NR \$66

### SKATING - ROLLER & ICE

### **ICE SKATING**

**Suburban Ice - 54755 Broughton Rd, Macomb, MI 48042**Please 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 2 - Feb 13 \*no class 1/9/20 Winter/Spring 2 - Feb 23 - Apr 2

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

(i.e. Parent/tot session would be 2200-2)

<u>Parent/Tot</u> \$110 NR \$116

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

(2200) Sun 10:45 -11:35 am (2203) Mon 5:50 - 6:40 pm (2201) Sun 11:35 - 12:25 pm (2204) Thur 5:15 - 6:05 pm (2202) Mon 5:00 - 5:50 pm (2205) Thur 6:05 - 6:55 pm

Snow Plow Sam \$90 NR \$96

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

(2206) Sun 10:45 - 11:35 am (2209) Mon 5:50 - 6:40 pm (2207) Sun 11:35 -12:25 pm (2210) Thurs 5:15 - 6:05 pm (2208) Mon 5:00 - 5:50 pm (2211) Thurs 6:05 - 6:55 pm

**Basic 1** \$90 NR \$96

Beginning skaters ages 6-11. Learn the fundamental. (2212) Sun 10:45 -11:35 am (2215) Mon 5:50 - 6:40 pm (2213) Sun 11:35 - 12:25 pm (2216) Thur 5:15 - 6:05 pm (2214) Mon 5:00 - 5:50 pm (2217) Thur 6:05 - 6:55 pm



Friend us, we are on FACEBOOK

Sign-Up for our NEWSLETTERS NIXLE.COM

### ROLLER SKATING

The "New" Rink 50625 Van Dyke Shelby Twp., MI 48317 Please call (586) 731-5006 for specific questions Rentals are included in fee (or) bring your own.

### <u>Preschool Skate & Bounce House</u> (Rollers & Strollers)

Ages 7 & Under

Includes juice, snack and time for parents to skate with their tot to some favorite children's music. All parents welcome: street shoes (no registration fee) - skating parents, registers.

 (2270) Sat, Jan 25
 Wks: 5

 (2271) Sat, Feb 29
 Wks: 5

 (2272) Sat, Apr 4
 Wks: 5

 (2273) Sat, May 9
 Wks: 5

10:00 - 12:00 pm \$30 per child or skating adult NR \$36

### Learn to Skate - Saturdays

All Ages

Youth & adults are taught basics skills. Skates/blades included.

 (2274) Sat, Jan 25
 Wks: 5

 (2275) Sat, Feb 29
 Wks: 5

 (2276) Sat, Apr 4
 Wks: 5

 (2277) Sat, May 9
 Wks: 5

12:00 - 12:45 pm \$60 NR \$66

### Learn to Skate - Thursdays

All Ages

(2278) Thur, Jan 9 Wks: 5 (2279) Thur, Feb 13 Wks: 5 (2280) Thur, Mar 26 Wks: 5 (2281) Thur, Apr 30 Wks: 5

5:15 - 6:00 pm \$60 NR \$66

# Preschool Skate Holiday Special Days LUNCH, SKATE & BOUNCE

Ages 7 & Under

Bring your camera. Includes: Skate rental, snack & a drink. Parent must register also.

 (2284) Sat, Jan 25
 Frozen~ Elsa/Olaf
 9:00 am - 12:00 pm

 (2285) Sat, Feb 29
 Baby Shark
 9:00 pm - 12:00 pm

 (2286) Sat, Apr 13
 Easter Bunny
 10:00 am - 12:00 pm

 \$10 NR \$13 per date, per skater and/or skating adult

# THE RWB PARKS & RECREATION 2020 PHOTO CONTEST

- ♦ Kids & Adults ♦ Submit Any Pictures Size ♦
- Show off your photography skills and your people!!
- We will be having an ongoing Photo Contest during 2020.
- We are looking for FUN & great pictures of Romeo-Washington-Bruce Parks & Recreation that involve our programs, events, parks & participants.
- Winner's will be chosen each season and prizes awarded.
   Our hope is to use them in our brochure, on our website,
   Facebook and in our facilities.
- Please email entries to: peakes@rwbpr.com or drop them by our main office, 361 Morton St. 586.752.6543

# MIKE NICLEY



Your Washington TownshipTreasurer



13000 31 Mile Rd., 48095

Located at the SE Corner of M53 & 31 Mile Rd.

THANK YOU... LANDSCAPE DIRECT For your continued community support



Today's businesses and families need flexible, responsive family-practice physicians who understand their needs. The Henry Ford Macomb Health Centers in Washington and Bruce Townships feature respected medical specialists and staff members to meet a variety of needs.

The Centers also offer diagnostic services, rehabilitation, urgent care (Bruce Township only), and more. When needed, your family has access to the advanced, region-leading medical experts and technology at Henry Ford Macomb Hospital in Clinton Township.

BRUCE TOWNSHIP (810) 798-8551
80650 Van Dyke, Bruce Township, MI
(just north of 37 Mile Road)
URGENT CARE:
Monday-Friday 8 a.m.-10 p.m.
Weekends & holidays 10 a.m.-6 p.m.
Reserve you spot online at HenryFord.com/SkiptheWait

WASHINGTON TOWNSHIP (800) 532-2411 (Located within the Orchard View Medical Complex) 12150 30 Mile Road, Washington Township, MI

For the Henry Ford physician or service closest to you, call (800) 532-2411 or go to henryfordmacomb.com.



### TOT PROGRAMS



### **Toddler Tunes**

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.

(3201) Tues, Jan 14 Wks: 5 9:30 - 10:00 am (3202) Tues. Feb 25 Wks: 5 9:30 - 10:00 am (3203) Tues, Apr 14 Wks: 5 9:30 - 10:00 am Community Center \$34 NR \$40

SOCCER "4" Tots Instructor: Parks & Rec Staff

This program designed for toddlers introduces the basics of Soccer through fun games and interaction with constantly changing activities that keep them focused. In the early stage of learning the game of Soccer, the main goal for the kids is to have an enjoyable experience learning the basics. Parents will work with their toddler as they develop skills in their own unique way. T-shirt included. Ages 2-4

(3209) Sat, Feb 29 Wks: 3 9:00 - 9:45 am Community Center \$34 NR \$40

### **Winter Storytime Adventure**

Instructor: The Painted Pot

We will read Snowmen at Night then your young artist will paint their own snowman figurine. These will be a decoration to keep for a

lifetime. Figurines 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, Jan 16 Days: 1 10:30 - 11:30 am Community Center \$20 NR \$23

### Parent & Tot **Twilight Golf Nite**

Spend a night of quality time with your little golfer. 9 holes & cart included in fee

Ages 3-5 yrs

(3215) Mon, Apr 20 Tee Time: 6:00 pm (3216) Mon, May 18 Tee Time: 6:00 pm Pine Valley Golf Course \$28 NR \$31

INTERESTED

in placing an Ad in one or all

of our brochures?

### **Cupid Cuties** Valentine's Day Party

Instructor: Melissa Milostan & Let Air Flow

Your toddler will enjoy a Valentine's party of their own. We will play musical hearts for prizes, paint canvas art, face painting, decorate cookies to enjoy & more! Ages 2-4

(3205) Thur, Feb 13 Days: 1 10:30 - 11:30 am Community Center \$12 NR \$15

# **ADVERTISE WITH US!**

# **PARKS & ROMEO-WASHINGTON-BRUCE**

586.752.6543 russellc@rwbpr.com

### **Lucky Charms** St. Pat's Day Party

Instructor: Melissa Milostan

Join us to make binoculars to search for leprechauns, play fun color match

games, play in a sensory bin, and eat St. Patrick's Day cookies! Ages 2-4

(3206) Thur, Mar 12 Days: 1 10:30 - 11:30 am Community Center \$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) Thur, Mar 31 Days: 1 10:30 - 11:30 am Community Center \$12 NR \$15



# GIFT CERTIFICATES

Always Make GREAT Gifts!

### "SUPER" **Splash Bashes**

Jump off the diving board or have fun & float on a tube. If under 48" child must be accompanied by adult. Aqua diapers/plastic pants must be worn if not trained. **MUSIC & STROBE LIGHTS** 

Friday, Jan 18 & Feb 7 7:30 - 9:00 pm \$3/person at door RCS Pool 9th Grade Academy (Old High School)

### SOME EXCITING NEWS...

Some GREAT changes and updates are planned for the RCS Pool! Renovations will begin in March, so the pool will be closed and reopen again this Fall.

WEATHER POLICY If Romeo Community Schools are closed due to inclement weather, all P&R classes held in their buildings are also. For programs held at our Community Centers and other locations, call (586) 752-6543 ext 6 for updated info & cancellations.



This is a Breakdown of anyone who has registered with Parks & Recreation from 2007 to present

REGISTERED			
Total members in RWB Parks & Recreation's			
RECPRO Registration System: 43,226			
(2007 to Present)			
Allenton	48002	493	2%
Almont	48003	1,297	3%
Armada	48005	1,291	3%
Bruce	48065	6,276	15%
Bruce-Romeo	48065	787	2%
Clinton Twp	48038	505	2%
Dryden	48428	394	1%
Imlay City	48444	193	1%
Leonard	48367	1,292	3%
Macomb	48042/44	2,133	5%
New Haven	48048	129	1%
Oakland	48363	621	2%
Oxford	48371	217	1%
Ray	48096	1,275	3%
Richmond	48062	512	2%
Rochester	48306-09	932	3%
Shelby	48315-17	1,334	3%
Sterling Heights	48310-14	815	2%
Utica	48315-17	1,927	5%
Washington	48094	10,866	26%
Washington	48095	4,304	10%
Wash-Romeo	48065	1,746	4%
Misc		3,887	9%
43,226			

### **ADDITIONAL FACTS** Data is from 2018

13,587 Hrs of Field Reservations (Ballfield/Soccer)

3,615 Community Center Room Reservations Romeo Site: 2,322 (1,601 P&Rec; 721 Community) Wash Site: 1,293 (848 P&Rec; 444 Community)

16,550 scans occurred at our 2 fitness centers 2018 Romeo Fit Center 9,735 Wash Fit Center 6,815

### 2018 Participants Registered: 12,515

2018 Programs Offered = 2,076 WSp 851, Sum 697, Fall 828

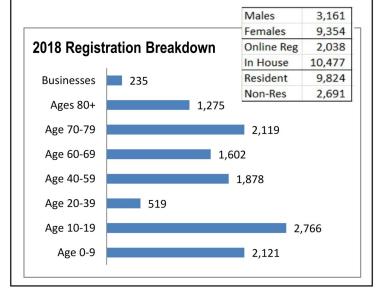
Almont	202
Armada	251
Bruce	2,931
OTHER	1,879
RCS	887
Shelby	402
Washington	5,963
	12,515

### **NOTE:**

Numbers do not reflect non registered opportunites. These include the Special Events, Festival activities, Parades, daily Senior Center(s) clubs, groups and activities where attendance is not recordable.

It also does not represent our Drop in Sports, League players, fitness center(s) daily scans, use of our Parks, Playgrounds, Pavillions, Tennis-Pickleball Courts, Walking Paths, Athletic Fields, Skate Park, Ice Rink & Sledding Hill

(See breakdowns on the following page)



### **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 I presented by the Romeo-Washington-Bruce Parks & I 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 representatives from liability for any losses, damages or injuries that may occur in any way as a result of I PHOTO RELEASE POLICY 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 may 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 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!

### **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 I 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.

### **SENIOR DISCOUNTS**

All qualifying adult programs will be marked when a senor discounts is available. 10% for 60+



We take pictures at our programs. By participating in I 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 I Community Centers or other locations, please call for updates. (586) 752-6543 x6

### **ROMEO SITE:**

www.rwbparksrec.org 361 Morton St., Romeo, MI 48065



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** 

5 16 33 Mile 33 Mile /an Gates 18<sup>Gates</sup> Morton <u>Dickenso</u>n Powell Dequindre Church 6 10 3 Fisher rospec Sawles 22 20 23 Washington<sub>21</sub> 30 32 Mile Beniamin 25 Croswell 31 Mile 24 9 26 30 Mile 13 19 12 17 29 Mile a, 28 Mile ld Van Dyke 27 Mile 31 27 29 15 <sup>28</sup> 26 Mile

Community Parks in **GREEN**. Aerial photos of all parks are on our website www.rwbparksrec.org 586-752-6543

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



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