



Mayor - Richard J. Notte
 Mayor Pro Tem - Michael C. Taylor
 City Council: Deanna Koski, Joseph V. Romano,
 Maria G. Schmidt, Doug Skrzyniarz,
 and Barbara A. Ziarko
 City Manager - Mark D. Vanderpool

City of Sterling Heights
 Department of Parks & Recreation
 Special Recreation Services

September - December 2014

Sterling Special

Hello Everybody!

Summer has flown by and fall is already here!! We have been busy planning activities through the end of 2014. The Special Recreation Staff is looking forward to getting our programs started. We are very happy to offer craft classes again. To help keep your cost down please pre-register for the dances.

As you read through this newsletter, you will notice a variety of programs for people with special needs being offered by Sterling Heights Special Recreation and also other community agencies as well. Please contact them directly for all of their program details.

The Sterling Special is published 3 times a year and can be emailed to you to help reduce costs. I will always need your help to keep our computers up to date with your address, phone numbers and email address changes. Please contact me at: 586.446-2708 or email me at: dwinterstein@sterling-heights.net with your updated information and if you would like the Sterling Special emailed to you instead of mailed. Thank you!

We will look forward to seeing you at a program soon!

Diane Winterstein, CTRS
 Special Recreation Supervisor
 Diane - 586-446-2708
 Office - 586-446-2700



DECORATIVE CRAFTS

Come let your creative juices flow. Create a craft to decorate your room or give as a gift. You must register for each class by the Friday of the week before it is scheduled.

- Location:** Sterling Heights Recreation Center
- Fee:** \$8 Resident, \$12 Non-resident
- Day:** Thursday
- Time:** 6:30 - 8:00 p.m
- Ref. #5003.022** 9/25 Fall/Halloween
- Ref. #5003.023** 11/20 Thanksgiving/Christmas



THANK YOU!!

Thank you to everyone who has supported the Sterling Heights Special Recreation program in 2013/2014. Special Thanks to Lakeside Olive Garden, Father Heary Knights of Columbus, On-Sight Event Photography, St. Isidore's Knights of Columbus, St. Lawrence's Knights of Columbus, John Paul I Council 6865 Knights of Columbus, Sterling Heights Kiwanis Club, Father Kramer Knights of Columbus, and Sterling Heights Regional Chamber of Commerce and Industry for your donations for the Special Recreation programs.

Bowling

Open: A bowling program for individuals of any age who have mental or physical impairments and their family members. Young children and individuals with limited abilities may use bumpers.

League: A competitive bowling league for persons who are mentally impaired or physically challenged. All skill levels are welcome.

Location: Sterling Lanes (14 Mile & Schoenherr)
It is wheelchair accessible & has Electronic scoring!

Fee: \$22 Sterling Heights Resident
\$33 Non-Resident
Registration fee paid once per

Season (season runs Sept. 2014 - April 2015)
\$2.50 per person each week, includes two games and shoe rental.

Day/Time: Wednesdays 4:00-6:00 pm

Begins: September 10, 2014

No Bowling 11/26/2014

Bowlers will bowl through December 18th Christmas break is 12/24/14 & 12/31/2014 Bowling resumes 1/7/15

Ref.#
5003.031 Open Bowling
5003.032 League Bowling



Dances

Call your friends and have them meet you at the Recreation Center for an evening of music, dancing, munchies, and loads of fun. Group home staff must also register. You must be 16 and over to attend the dances. Please pre-register to help us with refreshment planning, easier check-in and reduce your costs. There are scholarship funds available if you have trouble paying for activities. Just ask!

Location: Sterling Heights Recreation Center

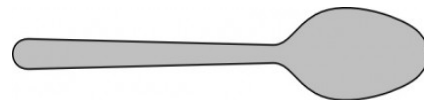
Fee: \$7.00 pre-registration resident
\$10.00 pre-registration non-resident
\$9.00 resident at the door
\$13.00 non-resident at the door
\$1.00 Group Home Staff

Time: 7-10pm

Ref.#		
5003.061	9/26	Fall
5003.062	10/24	October
5003.063	11/21	November
5003.064	12/12	December



Creative Cooking



A class designed to help Special Recreation participants, 16 years old - Adults learn basic meal preparation skills. Participants must be able to follow basic directions or bring an assistant.

Location: Sterling Heights Recreation Center
Day: Tuesdays
Time: Choose 5:30-7:00 p.m. or 7:00-8:30 p.m.
Fee: \$8.00 Sterling Heights Resident
\$12.00 Non-Resident



Ref#	Food	Time	Date
5003.070	Fall Harvest	5:30-7 pm	9/16
5003.071	Fall Harvest	7-8:30 pm	9/16
5003.072	Apple Blast	5:30-7 pm	10/7
5003.073	Apple Blast	7-8:30 pm	10/7
5003.074	Football Frenzy	5:30-7pm	10/21
5003.075	Football Frenzy	7-8:30 pm	10/21
5003.076	Pie Please	5:30-7 pm	11/4
5003.077	Pie Please	7-8:30 pm	11/4
5003.078	Turkey Time	5 :30-7 pm	11/18
5003.079	Turkey Time	7-8:30 pm	11/18
5003.080	Quick Meals	5:30-7 pm	12/2
5003.081	Quick Meals	7-8:30 pm	12/2
5003.082	Christmas Treats	5:30-7 pm	12/16
5003.083	Christmas Treats	7-8:30 pm	12/16



Dance Exercise For All Ages

Tigers

Come see the Detroit Tigers vs. the Cleveland Indians with us! We will leave the Sterling Heights Parks and Recreation parking lot (40620 Utica Road) in Dodge Park at 4:30 pm and return at 11:00pm. There will be fireworks after the game.

Day/Date: Friday, September 12th

Fee: \$33.00 for residents

\$35.00 for non-residents

We only have 14 tickets left, act fast!

Ref. # 5002.066



Description: Come and join C.C. Plus for a fun and interactive dance program, specifically created for adults and children with physical and/or developmental disabilities. Dances are choreographed with easy, repetitive movements, to music they will recognize and enjoy. We will accommodate all skill levels including people who use wheelchairs and walkers. No dance experience necessary. Parents and caregivers are encouraged to dance if their dancer needs assistance.

Location: Sterling Heights Senior Center

Day: Mondays

Ages: 3 and up

Time: 6:30 pm – 7:30 pm

Fee: \$32.25 Residents

\$48.75 Non-Residents



Red Wings

Come see the Detroit Red Wings take on the Florida Panthers with us! We will leave the Sterling Heights Parks and Recreation parking lot (40620 Utica Road) in Dodge Park at 5:00 pm and return at 11:30 pm.

Limited tickets available!!!

Date: Tuesday, December 2, 2014

Fee: \$42.00 for residents

\$44.00 for non-residents

Ref. # 5003.067

Price includes a ticket, transportation and staff. Family and friends are welcome!



Session 1

Dates: 9/15 - 10/27

Ref. # 5003.038

No Class 10/13

Session 2

Dates: 11/3 - 12/8

Ref. # 5003.039

Lions

Join your friends and family at the Sterling Heights Recreation Center to watch the Lions vs Packers game. Sunday September 21, 2014. Game time snacks will be served

Location: Sterling Heights Recreation Center

Date: Sunday, September 21, 2014

Time: 12:30 - 4:00 pm

Fee: \$8.00 Resident /

\$12.00 Non-resident:

Pre-register by Thursday, September 18, 2014 to ensure enough food for everyone.

Ref. # 5003.068



Fun Family Fitness

Join C.C. Plus for a chance for the whole family to have fun together while getting fit. This class combines elements from: My Chance to Dance (modified dance/exercise for people with special needs), popular party and line dances, and Zumba Fitness to create a program that is fun for all ages and abilities. We use great music, popular dances and easy instruction to get everyone moving to the best of their abilities. No previous dance experience needed.

Location: Sterling Heights Senior Center

Fee: \$32.25 Resident

\$48.75 Non-resident

(Six 1-hour sessions)

Day: Thursday

Time: 6:30 - 7:30 p.m.



Session 1

Dates: 9/11 - 10/23

Ref. # 5003.040

No Class 9/18

Session 2

Dates: 10/30 - 12/11

Ref. # 5003.041



Sterling Frights Halloween Party

For Sterling Heights children 10 years of age and younger.

**Saturday, October 25th
at the Recreation Center**
(inside Dodge Park on Utica Road,
just south of 18 Mile Road)
10:00 a.m. — 12:30 p.m.

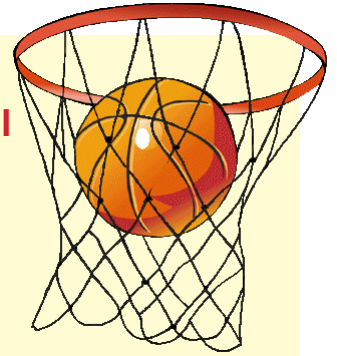
Check out the New & Improved events, attractions & cast coming this October to Sterling Frights Halloween Party!

- Live music by way of Rick & Dayna
- New Straw Maze
- Hay Rides through Dodge Park
- Free Pumpkin painting for first 400 participants
- Free Cider & Donuts
- New Cast of Characters and our classic Scarecrow and Ms. Pumpkin!
- Goodie bags for all participants
- Ample photo opportunities for everyone. Please bring your camera.
- Inflatable activities for all our young participants.



We will also be collecting canned and boxed food items for the needy.

Northeast Special Recreation Basketball League



Sterling Heights Special Recreation teams play in the Northeast Special Recreation Basketball League. Players with developmental (TMI and EMI) and physical challenges, ages 12 years through adult are welcome to join. Players with learning disabilities should not register for this program.

Practices begin Thursday, November 6th.

Practices and Home Games at Maple Lane School
34600 Dryden Sterling Heights 48312

Away Games will be played in: Clinton Township and Warren.

Games Begin January 8th.

Registration deadline is: Friday, November 7.

Fee: \$35 resident
\$45 non-residents

Ref. # 5003.042

No Activity 11/27, 12/25 & 1/1

Warren Community Center Special Recreation Activities

Inclusive Bokwa Family Fitness

Starts Tuesday, Sept. 2, 7-8pm. Ages 12 & up
Warren Residents \$5 Non-Residents \$10

Karaoke

Mondays 6-7:30pm
\$3.00, Additional Charge for Cafe treats
Sept. 29, Oct. 27, Nov. 24 & Dec. 22

Warren Social Group

Every Wednesday from 5:30 to 7:00pm Make new friends and socialize to your hearts content.
Call for schedule, \$3 -\$7, various activities

Karate

Saturdays 1:30-2:30 pm
Sept. 13 - Dec. 20
Warren Residents \$30 Non-Residents \$35

Ask for Rachel, 586-268-8400

Online Registration Instructions



Online registration will begin at 8:30am on Wednesday, Aug. 27th, 2014 **for residents only**. Online registration for non-residents begins Thursday, Aug. 28th, 2014 at 8:30am. You can register online for classes that have a mouse icon. To register and get a Customer ID number online for select classes and activities, log on to the city's official Web site www.sterling-heights.net

1. Under the **“Quick Find”** section in the center of the city's homepage, use the drop-down menu next to **“Online Services”** and select **“Parks and Recreation Registration.”**
2. On the **“RecWare”** registration page that appears, register in our system by clicking in the upper right hand corner, where it says **“My Account.”**
3. Click on **“Register Now”** and complete all the information for the person who will be paying for the classes (name and address information must match the name and address information for the credit card you will be using). Check **“Submit”** and you will soon receive an e-mail with your **Customer ID Number**. You cannot register for any classes until you have that Customer ID Number.
4. Once you have the Customer ID Number, you can register for classes by repeating Step No. 1. If you know the activity you need, enter it in the field right next to **“Know Your Activity Number.”** If you don't know the activity number, you can sort the class information by age, activity name, activity number, first meeting date or location by selecting one of these from the drop-down box under **“Sort By.”**
5. When you find the class you would like to enroll in, select **“Add to My Cart.”** Enter your customer ID number and your password and hit **Continue**. At this point, you can remove the class from your cart by selecting **Remove**, you can continue by enrolling in activities by selecting Show Activities, or you can finish the transaction by selecting **Checkout**.
6. Once you are on the Checkout screen, you need to specify who is enrolling in the class. Use the drop-down menu next to **Enrollee** to select class, or click on **Add Family Member** and add the information needed for the new family member. Be sure to click **Save** when done. When you have selected an enrollee for each activity, click **Continue** again. Enter your credit card information. Click **Continue** to complete the transaction.

Mail In and FAX Registration Instructions

To help make registering for programs easier, we have changed the look of the registration form, added an address to mail the form to and given you the option to FAX your form to us with your credit card information.

In the Number Column, next to the “X” indicate how many people you want to attend that program. In the Total column, enter the total amount due for that program. List all names of people attending the program with you.

Program Name:

Names of those attending:

Please see the form on the back of this page and get started with registering for these exciting activities. If you have any questions or need assistance please call Karen or Diane at (586) 446-2709 or (586) 446-2708 and we will try to help you. We have limited scholarship money available to help with registration expenses. Contact us for more information.



REGISTRATION FORM

Participants Name:			Birth Date:		
Address:			Email:		
City:			Zip Code:		
Home Phone:		Cell Phone:			
Disability:					
Wheelchair user?	YES	NO	Is this new information?	YES	NO

Make Checks Payable to: Treasurer, City of Sterling Heights.
















Mail to: Special Recreation, P.O. Box 8009, Sterling Heights, MI 48311-8009.

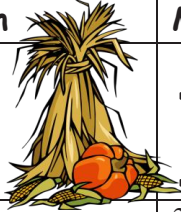
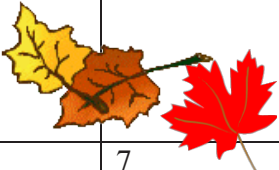

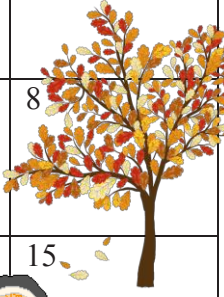


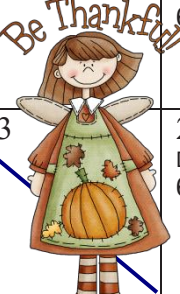


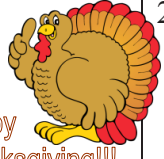

Fax to: 586-276-4064 with credit card information: VISA / MASTERCARD / DISCOVER

ACCOUNT NUMBER: _____ **EXPIRATION DATE:** _____

REF.	PROGRAM	REGISTRATION FEES				
		RES.	NON-RES.	STAFF	NUM.	TOTAL
5003.031	Open Bowling	\$22.00	\$33.00	NA	X	
5003.032	Bowling League	\$22.00	\$33.00	NA	X	
5003.038	Dance Exercise Session I	\$32.25	\$48.75	NA	X	
5003.039	Dance Exercise Session II	\$32.25	\$48.75	NA	X	
5003.040	Fun Family Fitness Session I	\$32.25	\$48.75	NA	X	
5003.041	Fun Family Fitness Session II	\$32.25	\$48.75	NA	X	
5003.061	Fall Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5003.062	Halloween Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5003.063	Thanksgiving Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5003.064	Christmas Dance	Pre Reg: \$7.00	\$10.00	\$1.00	X	
5003.022	Fall/Halloween Craft	\$8.00	\$12.00	NA	X	
5003.023	Thanksgiving/Christmas Craft	\$8.00	\$12.00	NA	X	
5003.070	5:30 Cooking: Fall Harvest	\$8.00	\$12.00	NA	X	
5003.071	7:00 Cooking: Fall Harvest	\$8.00	\$12.00	NA	X	
5003.072	5:30 Cooking: Apple Blast	\$8.00	\$12.00	NA	X	
5003.073	7:00 Cooking: Apple Blast	\$8.00	\$12.00	NA	X	
5003.074	5:30 Cooking: Football Frenzy	\$8.00	\$12.00	NA	X	
5003.075	7:00 Cooking: Football Frenzy	\$8.00	\$12.00	NA	X	
5003.076	5:30 Cooking: Pie Please	\$8.00	\$12.00	NA	X	
5003.077	7:00 Cooking: Pie Please	\$8.00	\$12.00	NA	X	
5003.078	5:30 Cooking: Turkey Time	\$8.00	\$12.00	NA	X	
5003.079	7:00 Cooking: Turkey Time	\$8.00	\$12.00	NA	X	
5003.080	5:30 Cooking: Quick Meals	\$8.00	\$12.00	NA	X	
5003.081	7:00 Cooking: Quick Meals	\$8.00	\$12.00	NA	X	
5003.082	5:30 Cooking: Christmas Treats	\$8.00	\$12.00	NA	X	
5003.083	7:00 Cooking: Christmas Treats	\$8.00	\$12.00	NA	X	
5003.067	Detroit Red Wings vs Florida Panthers	\$42.00	\$44.00	\$42.00	X	
5002.066	Tiger Game vs Cleveland Indians	\$33.00	\$35.00	\$33.00	X	
5002.068	Lions vs Packers Party	\$8.00	\$12.00	NA		
5003.060	Brunch With Santa	\$5.00	\$8.00	NA	X	
	Family Members for Brunch With Santa	\$3.00	\$5.00	\$3.00		
5003.042	Basketball League Jersey Size _____ Number _____	\$35.00	\$45.00	NA	X	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 HAPPY LABOR DAY	2 	3 	4 	5 	6 
7	8 	9	10 Bowling Starts!! 4 – 6 PM	11 Patriot Day! Fun Family Fitness 6:30 PM Starts!	12 Tiger Game 4:30 – 11 PM 	13 
14 	15 Dance Exercise 6:30 PM Starts!	16 Cooking Fall Harvest 5:30 or 7:00 	17 Bowling 4 – 6 PM 	18  No Family Fitness	19 	20 Challengers Golf Outing 
21 TV Game Lions vs Packers 12:30 pm	22 Dance Exercise 6:30 PM	23 	24 Bowling 4 – 6 PM	25 Fun Family Fitness 6:30 PM Fall/Halloween Craft 6:30pm	26 FALL DANCE 7 – 10 PM	27 
28 	29 Dance Exercise 6:30 PM	30 	 <h1>September</h1>			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>October</h1>			1 Bowling 4 – 6 PM	2 Fun Family Fitness 6:30 PM 	3	4 
5 	6 Dance Exercise 6:30 PM	7 Cooking Apple Blast 5:30 or 7:00	8 Bowling 4 – 6 PM 	9  Fun Family Fitness 6:30 PM	10	11
12 	13 No Dance Ex. Columbus Day Closed	14 	15 Bowling 4 – 6 PM	16 Fun Family Fitness 6:30 PM	4 	18 
19	20 Dance Exercise 6:30 PM 	21 Cooking Football Frenzy 5:30 or 7 PM 	22 Bowling 4 – 6 PM	23 Fun Family Fitness 6:30 PM ENDS	24 Halloween Dance! 7 – 10 BOO!	25 Sterling Frights Halloween Party!
26 	27 Dance Exercise 6:30 PM Ends!	28 	29 Bowling 4 – 6 PM	30 Fun Family Fitness 6:30 PM STARTS 	31 Happy Halloween 	

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<h1>November</h1>						1
2 	3 Dance Exercise 6:30 PM Starts!!	4 Cooking Pie Please 5:30 & 7 pm	5 Bowling 4 – 6 PM	6 Basketball League Starts 6:30 pm Fun Family Fitness 6:30 pm	7 Basketball League Registration Deadline.	8 	
9	10 Dance Exercise 6:30 PM	11 Office Closed Veterans Day 	12 Bowling 4 – 6 PM	13 Basketball 6:30 Fun Family Fitness 6:30 pm	14 	15	
16 	17 Dance Exercise 6:30 PM	18  Cooking Turkey Time 5:30 & 7 pm	19 Bowling 4 – 6 PM	20 Basketball 6:30 Fun Family Fitness 6:30 pm Thanksgiving/ Christmas Craft	21 Thanksgiving Dance 7 – 10 PM 	22	
23 30	24 Dance Exercise 6:30 PM	25 	26 NO Bowling!	27  Happy Thanksgiving!!!	28 Office Closed 	29 	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Dance Exercise 6:30 PM 	2 Red Wings! 5 PM Cooking Quick Meals 5:30 & 7 pm 	3 Bowling 4 – 6 PM 	4 Basketball 6:30 Fun Family Fitness 6:30 pm 	5 	6  Sterling Christmas! 5:45pm
7 Brunch With Santa! 10-11:30 AM 	8 Dance Exercise 6:30 PM ENDS! 	9  10 Bowling 4 – 6 PM	11 Basketball 6:30 Fun Family Fitness 6:30 pm Ends	12 Christmas Dance! 7 - 10pm 	13 	20 
14	15	16 Cooking Christmas Treats 5:30 & 7 pm	17 Bowling 4 – 6 PM	18 Basketball 6:30	19 	20
21	22 	23 	24 Christmas Eve NO Bowling!	25  Christmas	26	27
28 	29 	30 	31 New Years Eve NO Bowling!	January 1, 2015 New Years Day	 <h1>December</h1> 	



Brunch with Santa

Join Santa, Santa's helpers, and the Special Recreation Staff for a delicious holiday brunch. The menu includes pancakes, sausage, donut holes and beverage.

All children who are mentally impaired or physically challenged, 12 years old and younger, are welcome. Brothers and sisters may join us too. This event is co-sponsored by Father Heary Knights of Columbus Council. The Knights are purchasing gifts for each child with a disability.

Please list the names and ages of each child with special needs on the registration form and include their Santa Wish List. If you would like to bring a wrapped gift for siblings that attend the brunch, Santa would be glad to include him/her in the gift giving.

December 7th, 2014

**Sterling Heights Recreation Center
(Dodge Park and Utica Roads)
10:00 – 11:30 am**

Participants	\$5 Resident	\$8 Non-Resident
Family Members	\$3 Resident	\$5 Non-Resident

Ref. # 5003.060 1 year old and older must pay. (The registration deadline is November 21st)

Please write your child's gift wish list on the lines below and give to us when you sign up for Brunch With Santa.

Name: _____ Phone Number _____ Age _____

WISH LIST:

Christmas Dance

Join Santa, Santa's helpers, and the Special Recreation Staff for a wonderful celebration of Christmas. We will dance the night away with CC Plus staff and enjoy the sounds of the season. Delicious hors d'oeuvres will be served on this special evening. Wear your Christmas outfits and dancing shoes. We look forward to celebrating with you!

Location: Sterling Heights Recreation Center in Dodge Park at 40620 Utica Road
Date: Friday, December 12, 2014
Fee: \$7.00 pre-registration resident
\$10.00 pre-registration non-resident
\$9.00 resident at the door
\$13.00 non-resident at the door
\$1 Group Home Staff

We strongly urge you to pre-register.
Time: 7:00 – 10:00 pm
Ref. # 5003.064



“A Sterling Christmas”

**Saturday, Dec. 6th
in Dodge Park from 5:45 - 8:30 p.m.**



Please bring your camera!
Each family will be given a special picture
frame for a 4x6 photo.
(Additional frames can be purchased.)

A Sterling Christmas is sponsored by
Christian Financial Credit Union, and
Sterling Heights' McDonald's Restaurants

Everyone is invited to welcome the
holiday season with a variety of family
fun activities including:

- * Holiday Music and Caroling
- * Visit with Santa
- * Horse-Drawn Wagon Rides
- * Petting Farm
- * Refreshments
- * Pony Rides
- * Tree Lighting
- * Carousel
- * Train Rides
- * Campfires ... and more!
- * Santa will arrive rain or snow!

**Canned and boxed food will be collected for the needy!
Your generous donation is greatly appreciated.**



OUCARES 2014 FALL

Oakland University Center for Autism Research, Education, and Support. OUCARES serves educators, caregivers and professionals who serve individuals with Autism. Oakland University also provides supportive individual and family programs. OUCARES programs are starting in September and October and limited spaces are available, so don't delay, register today to be sure to get a spot for your child. email: oucares@oakland.edu, call 248-370-2424 or go to www.oakland.edu/oucares.

Therapeutic Horseback Riding

First Impression Farm
29434 32 Mile Rd.
Lenox, MI 48050
586.727-6661



The Rexford Center for Therapeutic Horseback Riding

Ages 3-55, Private & group lessons that range in price from \$25 - \$35
For more information contact: Annette Reeves
(843) 263-2004

Hippotherapy Stable Possibilities

586.292-8472
Contact: Sue Vergilio, OTR for treatment possibilities and funding resources. Visit their website at: www.stablepossibilities.com



Faith, Fun and Friends

Welcomes adults with disabilities to participate in programs at various churches in our area. Please call Terry Cloyd for more information at 586.264-5469.



**Families Exploring
Down's Syndrome**

www.FamiliesExploringDownSyndrome.org

Our neighboring communities are offering several recreational activities for people with disabilities. Please contact each community for a complete description of their programs.

Macomb Township Parks and Recreation

Contact Michelle Duda at (586) 992-2900

Warren Parks and Recreation

Contact Rachel Mulawa at (586) 268-8400

Shelby Township Parks and Recreation

Contact Joe Youngblood at (586) 731-0300

Clinton Township Parks and Recreation

Contact Tami or Emily at (586) 286-9336

Romeo-Washington-Bruce Township Parks & Recreation

(586) 752-6543 Contact Grace
or www.rwbparksrec.org.

Special Needs Cheer Teams

The Pride of Trilogy is Michigan's Original Special Needs Cheerleading Team.

No experience necessary to participate.
All ages and abilities welcome.
Contact: 586.532-4171 or
www.AllStarTrilogy.com for more information.

Elite Cheer Michigan

Located in Chesterfield, MI offers cheerleading for all ages and abilities. Contact 586-948-5867 or www.elitecheer-Michigan.com.

AYSO VIP Soccer

Registrations for the
Spring 2015 VIP Soccer

League are being taken now!! Call Nancy Dufoor at 586.726-8612 for more information. Or email Nancy at NancyDufoor@wowway.com



**Down Syndrome Guild
of Southeast Michigan**

www.dsgsemi.org

City of Sterling Heights
Department of Parks and Recreation
40555 Utica Road
P.O. Box 8009
Sterling Heights, MI 48311-8009

**PRESORTED
STANDARD**
U.S. Postage Paid
Sterling Hgts., MI
Permit No. 60



Michigan Challengers Junior Wheelchair Basketball Team

Learn the basics about basketball, shooting techniques, rules and ball handling skills. Boys & Girls 5-21 years of age, and in elementary, junior and senior high school, with physical challenges is welcome. The team will play in conference, regional and national tournaments.

Location: Carleton Middle School & Beechwood Recreation Center

Days: Monday/Wednesday

Time: 7-9 p.m. **Starts:** 9/18

The Michigan Challengers, in their 17th year in the National Wheelchair Basketball Association's Youth Division, have qualified for the national championship for the 16th year in a row.

Join this awesome team of young athletes by calling Diane Winterstein at (586) 446-2708.

We welcome new players.

See the Challengers play the JALU Team.
(judges, attorneys, law enforcers, U.S. gov. officials)
Monday, September 29th at 7 p.m.

2014 Michigan Challengers Junior Wheelchair Basketball Team Golf Outing

**Saturday,
September 20**

Rackham Golf Course

10100 W. 10 Mile Road

Huntington Woods, MI 48070

\$100 individual, \$380 for a foursome

**8:00 a.m.
Shot Gun Start**

Includes a 18 holes of golf, cart, continental breakfast, hot dog on turn, BBQ lunch. Check in time 7:00AM

Proceeds benefit the
Michigan Challengers Junior
Wheelchair
Basketball Team.

For registration information or
to join the Challengers team call:
(586) 446-2708 or
(248) 796-4673 or email at
dwinterstein@sterling-heights.net