



MYSHPRNEWS

WEDNESDAY, NOV. 25, 2020
LATEST NEWS & UPDATES



Everyone is invited to ring in the holiday season in Sterling Heights! Join City Council and the Sterling Heights Parks & Recreation Department on Tuesday, Dec. 1 at 6:00 p.m. for our annual Tree Lighting ceremony!

This event will take place **virtually on Facebook LIVE** with a special appearance from Santa!



Due to clarifications to the recent public health order issued by the Michigan Department of Health and Human Services, the City of Sterling Heights has announced the opening of the Dodge Park Ice Rink will be delayed until at least Dec. 9.

Clarifications to the order specifically state that outdoor skating rinks are not included as part of the outdoor recreation exception, and all ice rinks are to remain closed, both indoors and outdoors, regardless of occupancy or use.

“While we know this might be disappointing, we are hoping with everyone’s cooperation we can reverse the current trend of COVID-19 positive cases in our community, allowing us to re-open all our popular City amenities, including the ice rink,” said Sterling Heights Parks & Recreation Director Kyle Langlois. “Our staff is prepping everything for the ice rink now, so the minute the order is lifted, we’ll be ready to open to the public.”

[Visit our website](#)

5 Minute Nature Break

STERLING HEIGHTS NATURE CENTER



We thought you could use a break! Join the Sterling Heights Nature Center for a 5 Minute Nature Break. Parks and Recreation Naturalist Brenda Suchenek is talking turkeys just in time for Thanksgiving festivities to begin!

UPDATE TO THE NATURE CENTER HOURS

Beginning the week of November 30, visits to the Nature Center will only be available on Saturdays from 10 a.m. to 2 p.m.

Patrons will need to reserve a 45-minute appointment time by registering on our [website](#). You can also complete your [registration](#) via fax (586) 276-4064, [email](#).

A limited number of spaces are available per time slot. Masks are required inside the Nature Center at all times and groups must maintain proper social distancing during their visit.

[Registration Form](#)

[Schedule a Visit!](#)

Super Smash Bros.

ESPORTS TOURNAMENT

Join us as we kick off our Esports adventures with a one-day tournament. Players will go head-to-head in Super Smash Bros. for the Nintendo Switch.

Since play will be remote from home all players will need to have a Nintendo Switch with Super Smash Bros. Ultimate.

Rules of play will be announced prior to the tournament.

Prizes will be awarded to the top player.

smash tournament



TUESDAY, DEC. 15
3 - 5 P.M. | ONLINE

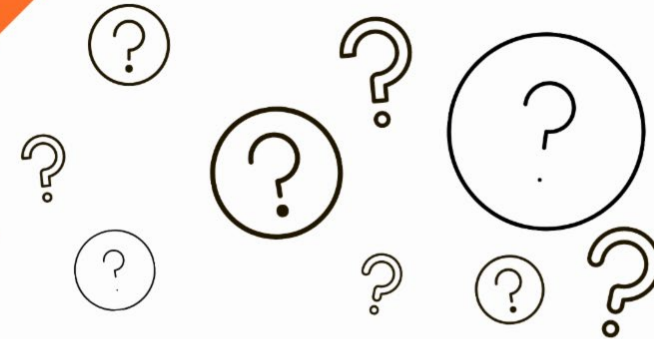
PRE-REGISTER
[MYSHPR.NET/REGISTER](https://myshpr.net/register)



Register Today!



TRIVIA NIGHT



Quiz-O-Rama
THURSDAY, DEC. 3 @ 8 P.M.

Grab the family and gather around for an hour of FUN, FREE and interactive TRIVIA!

Sterling Heights Parks and Recreation is pleased to provide you with some exciting evenings of family fun in the comfort of your home!

[Register Today!](#)

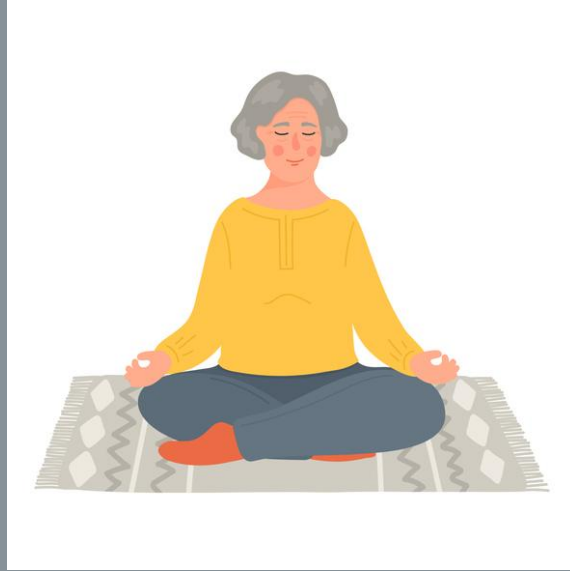
Yoga Breathing Techniques

50+ PROGRAM

Join us, along with the Rehabilitation Institute of Michigan, on Wednesday, Dec. 9 via Zoom to explore the breath and gentle movements to help promote improved health.

Yoga is a system of wellbeing that utilizes breathing and other techniques to promote physical, mental, emotional and spiritual health.

Yoga breathing techniques have been shown to improve respiratory function, decrease stress and promote relaxation. These breathing exercises can be done anywhere by almost anyone.



[Registration Form](#)



adaptive recreation
JINGLE BELL BINGO ROCK

FRIDAY, DEC. 11 @ 6 P.M.



Don't miss out on the Adaptive Recreation Virtual Christmas Party and Bingo Game night on Dec. 11, 2020.

Make sure to register [online](#) before December 7.

Register Today!

