



MYSHPRNEWS

THURSDAY, MARCH 25, 2021
LATEST NEWS & UPDATES

LATEST UPDATES

THE LATEST NEWS & INFO FROM PARKS & RECREATION

As we start to see nicer weather here in Sterling Heights, we know many of you want to take full advantage of the amenities our City parks have to offer!

Sterling Heights Parks and Recreation will be putting up the **tennis and pickleball nets** beginning next week.

Sand volleyball nets will begin to go up beginning the week of April 5.

We appreciate your patience as we work to get all our courts open over the next few weeks and ask if patrons could please remain off the closed courts as we provide proper maintenance before opening to the public!



We look forward to seeing you out at the parks!

[More Info](#)

SPRING/SUMMER REGISTRATION

REGISTRATION OPENING SOON FOR UPCOMING PROGRAMS!

The Sterling Heights Parks and Recreation Department continues to provide as many opportunities for our community to participate in activities and engage with fellow residents through these challenging times.

Coming to your mailbox soon! The Sterling Heights Spring / Summer Magazine will be delivered to each resident early April with new programs that fit within the state guidelines. We are excited to be offering a number of quality programs with modifications for people of all ages.

Registrations for programs will begin on Monday, April 12 for residents and Tuesday, April 13 for non-residents!

Registration for all programs can be done in-person during business hours (M-F 9 a.m. - 1 p.m. and 2 - 5 p.m.), or online, email: recreation@sterling-heights.net, fax: 586-276-4064 or by mail.



STERLING COFFEEHOUSE

FEATURING SINGER-SONGWRITER JILL JACK



STERLING COFFEEHOUSE

SUNDAY, MARCH 28 | 3:00 P.M. | COMMUNITY CENTER

featuring Jill Jack x



It's not too late! Tickets are still available for the Sterling Coffeehouse on **Sunday, March, 28 at 3:00 p.m.** at the Community Center.

This year, Sterling Coffeehouse will feature Soulful American Singer Songwriter, Jill Jack!

Jill is a Detroit based singer-songwriter who captures audiences with her soulful voice and dynamic storytelling. Following her dream and passion to create art to share with the world, Jill has written and produced 12 albums and toured the country. Over her 20-year career in the industry, she has continually adapted and flowed through music, showcasing self-written songs in rock, folk, Americana, and jazz.

There are no boundaries to her creativity and vision which are still evolving today.

Ticket Info:

Tickets are available at the Parks & Recreation office in the Community Center and should be purchased in advance to guarantee admission.

Advanced tickets:

\$17: Residents

\$21: Non-residents

Tickets at door:

\$17: Residents

\$23: Non-residents

* Warren residents will receive resident rates for these shows.

[More Info](#)

PARK CLEAN-UP

JOIN COMMUNITY ORGANIZATIONS FOR A CLEAN-UP EVENT



Sterling Heights
Drug Free Coalition



CITY OF
Sterling Heights
InnovatingLiving

IN APPRECIATION OF TAKE DOWN TOBACCO DAY:

STERLING HEIGHTS PARK CLEAN-UP

Join Sterling Heights Smoke Free Parks Coalition, Sterling Heights Drug Free Coalition, and Sterling Heights Youth Advisory Board to help clean the City's beautiful parks!

SATURDAY, MARCH 27 | 10:00 A.M. - 2:00 P.M.

PARK LOCATIONS TO BE ASSIGNED
STERLING-HEIGHTS.NET/PARKCLEANUP

[Register Online](#)

PARKING LOT PICASSOS

COME SHOW OFF YOUR ARTISTIC TALENTS

Come to the Sterling Heights Senior Center parking lot and show us your artistic talents on Friday, April 30 for our Parking Lot Picassos event!

Each family will be provided with a designated parking lot space to decorate!

We will provide you with the "asphalt canvas", all the chalk you need to decorate, and a special treat to eat when your "work of art" is complete!

This outdoor activity is designed for family fun; dress for the weather!



[Register Online](#)

EASTER BONNET COMPETITION

A CRAFTY COMPETITION FOR OUR 50+ PEEPS

The Easter Bonnet Competition for 50+ peeps (pun intended) runs now until March 31!

Here is how to enter!

Participants can either come to the Senior Center main desk during business hours, and we will take their photo in the bonnet or they can take a photo of themselves in their creation and email it to

seniorcenter@sterling-heights.net
with their name and phone number.

Our first entry came in this week and it was “eggs”traordinary!



BASEBALL & SOFTBALL

PRACTICES BEGIN WEEK OF APRIL 22

STERLING HEIGHTS BASEBALL & SOFTBALL



**GET YOUR PLAYER BACK IN THE SWING WITH YOUTH
BASEBALL AND SOFTBALL LEAGUES!**

12 GAME SEASON
GUARANTEED 10 GAMES

POST-SEASON TOURNAMENT
FOR 8U AND OLDER

**ALL COACHES BACKGROUND CHECKED
/ SAFESPORT CERTIFIED**



COST:

RESIDENTS: \$175

NON-RESIDENTS: \$228

**FOR MORE INFO & TO REGISTER: MYSHPR.NET/REGISTER
586-446-2700 | MYSHPR.NET | RECREATION@STERLING-HEIGHTS.NET**



[Register Online](#)

EAT SMART, LIVE STRONG

ACHIEVING EATING AND PHYSICAL ACTIVITY GOALS

Eat Smart, Live Strong is a four-session program designed to improve fruit and vegetable consumption and physical activity among the able-bodied senior population.

The sessions are designed to motivate participants and build skills.

Each participant will receive resource materials before the sessions begin (to be picked up at the senior Center).

This is a free event! Registration required.

Session 1: Reach your goals, step by step

Session 2: Challenges and solutions

Session 3: Colorful and classic favorites

Session 4: Eat smart, spend less

Brought to the center by Henry Ford Health Systems.



[Register Online](#)

TEEN NIGHT OUT

AN EVENING OF FUN AT DAVE AND BUSTER'S

Join us on Friday, April 23 from 7-9 p.m. for a night of gaming, food, and fun at Dave and Buster's -- a state of the art entertainment venue right in our backyard!

Registration will include: unlimited video, game play (non-redemption games), \$15 Power Card, snacks, and unlimited pop.

Parents/guardians must provide transportation to/from Dave and Buster's for their participant.

Evening is designed for ages 12-17 years old.

Register early! This event is only open for the first 15 teens to enroll!



[Register Online](#)

FITNESS STARS

SIGN UP FOR STRETCH-N-GROW CLASSES

Fitness Stars new session starts on Monday, March 29!

Fitness class for ages 2-9.

Give your child an opportunity to get moving with a specially trained and **certified youth instructor**.

Stretch-n-Grow is the world's largest network of certified youth fitness instructors providing fun and engaging enrichment programs that get kids moving at their schools.

We specialize in high quality, FUN exercise experiences that get kids moving as we STRETCH their minds and GROW healthy bodies!



[Register Online](#)

TREE'IFIC TREES

YOU DON'T WANT TO MISS THIS "TREE'IFIC" PROGRAM

Let's go outside on Tuesday, April 6 and learn all about trees! From "tree hugging" to "tree towers", this "Tree-ific" program is one you don't want to miss!

Please dress for the weather as this is an outside program.

One non-registered parent can stay with registered children, no siblings please.

Ages 3-6 is from 10-10:45 a.m.

Ages 7-10 is from 4:30-5:30 p.m.



[Register Online](#)

BIRD IS THE WORD

EXPLORE THE OUTSIDE AND LEARN ABOUT DIFFERENT BIRDS

Join us at the Sterling Heights Nature Center on Saturday, April 10 for Bird is the Word!

Kids will be given a map at the Nature Center and begin their exploration outside through our unpaved hiking trail! They will be able to stop and read fun facts about different birds that start with each letter of the alphabet. Real feathers, nests, and fun activities will be found at the stations along the way.

One registered parent must accompany children as this is a self-guided walk.



[Register Online](#)

GYM SCHEDULES

SCHEDULE EFFECTIVE FEB. 22 - APRIL 3

Blue Gym Weekly Schedule

March 22 - April 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Basketball 50+ 9 - 10:30 a.m.	
9:30 AM							
10:00 AM	Badminton 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Basketball, Ages - 20+ 10:45 a.m. - 12:15 p.m.	
10:30 AM							
11:00 AM						Youth Basketball 6 - 12 yrs 12:30 - 2 p.m.	
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Closed	Closed	Closed	Closed	Closed		
1:30 PM							
2:00 PM						Family Gym 2:30 - 4 pm	
2:30 PM							
3:00 PM		Family Gym 3 - 4:30 pm 5 - 6:30 pm	Family Gym 3 - 4:30 pm	Youth Basketball 6 - 12 yrs 3 - 5 pm	Youth Volleyball 6 - 12 yrs 3 - 5 pm		
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM	Baton 4 - 9 pm		Tennis Lessons 5:30 - 8:30 pm	Family Gym 5:30 - 7 pm	Adult Volleyball Ages - 20+ 7 - 9 pm		
7:00 PM		Pickleball All Ages 7 - 9 pm					
7:30 PM				Adult Basketball Ages - 20+/50+ 7:30 - 9 pm			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM	Closed	Closed	Closed	Closed	Closed		
10:00 PM							

Green Gym Weekly Schedule

March 22 - April 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM						Basketball 50+ 9 - 10:30 a.m.	Closed
9:30 AM							
10:00 AM	50 + Table Tennis 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Pickleball 9 am - 12 pm	Basketball, Ages - 20+ 10:45 a.m. - 12:15 p.m.	
10:30 AM							
11:00 AM						Youth Basketball 6 - 12 yrs 12:30 - 2 p.m.	
11:30 AM							
12:00 PM							
12:30 PM	Closed	Closed	Closed	Closed	Closed		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Table Tennis All Ages 2 - 5 pm					Family Gym 2:30 - 4 pm	
3:00 PM							
3:30 PM		Family Gym 3 - 4:30 pm 5 - 6:30 pm	Family Gym 3 - 4:30 pm	Youth Basketball 6 - 12 yrs 3 - 5 pm	Youth Volleyball 6 - 12 yrs 3 - 5 pm		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM			Youth Futsal 6 - 12 years 5:30 - 7 p.m.	Adaptive Family Gym 5:30 - 7 pm			
7:00 PM	Family Gym 5:30 - 7 pm				Adult Volleyball Ages - 20+ 7 - 9 pm		
7:30 PM	7:30 - 9 pm	Pickleball All Ages 7 - 9 pm	Adult Futsal Ages - 20+ 7:30 - 9 pm	Adult Basketball Ages - 20+/50+ 7:30 - 9 pm			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM	Closed	Closed	Closed	Closed	Closed		
10:00 PM							