



MYSHPRNEWS

THURSDAY, APRIL 29, 2021
LATEST NEWS & UPDATES

LATEST UPDATES

THE LATEST NEWS & INFO FROM PARKS & RECREATION

As we begin to see trillium — and many other flowers — starting to bloom out on the trail, we would like to share this friendly reminder to take only pictures, leave only footprints.

Trillium are beautiful to look at, but are also extremely fragile, and picking them seriously injures the plant by preventing the leaf-like bracts from producing food for the next year, often effectively killing the plant and ensuring none will grow in its place.



Some species of trillium are listed as threatened or endangered. Area residents are encouraged to enjoy its gentle beauty as you discover trillium along the trails. Photograph them, point them out to children or co-hikers, but please do not pick them.

MUSIC IN THE PARK



MARK YOUR CALENDAR AND CHECK OUT THE CONCERT SCHEDULE BELOW

46th Annual

music



Every Thursday
Farmers Market
3:00 - 8:00pm

in the Park

Thursday*
NIGHTS
7:00 P.M.

Dodge Park Amphitheatre
40620 Utica Road

Resident ONLY event.
Limited capacity-advanced
registration will be required.

586-446-2700
www.myshpr.net

— PRESENTING SPONSOR —



Co-sponsored by



June

- June 3** **The Prolifics** (Motown Band)
#9402.000
- June 10** **Air Margaritaville** (Jimmy Buffet Tribute)
#9402.001
- June 17** **Peacemaker** (Classic Rock)
#9402.002
- June 24** **Your Generation** (Party Band)
#9402.003

July

- July 1** **Alan Turner** (Country Rock)
#9402.004
- July 8** **Terry Lee Goffee** AND **THE Train of Love** (Johnny Cash Tribute)
#9402.005
- July 15** **50 Amp Fuse** (Dance/Rock)
#9402.006
- July 22** **Kathleen Murray** AND **THE Groove Council** (Party Band)
#9402.007
- July 29** **Simply Queen** (Queen Tribute)
#9402.008

August

- August 5** **Family Tradition** (Country Rock)
#9402.009
- August 12** **Killer Flamingos** (Dance/Rock)
#9402.010
- August 19** **American Ages** (Classic Rock)
#9402.011
- August 26** **Square Pegz** (80's)
#9402.012

*Musical performers subject to change.

CITY COUNCIL

Michael C. Taylor
Mayor

Liz Sieniewski
Mayor Pro Tem

Deanna Koski
Councilwoman

Michael V. Radtke Jr.
Councilman

Maria G. Schmidt
Councilwoman

Henry Yanez
Councilman

Barbara A. Ziarko
Councilwoman

Mark Vanderpool
City Manager

Kyle Langlois, Parks & Recreation Director • Melanie D. Davis, Community Relations Director

The 46th Annual Music in the Park concert series is back this summer at the Dodge Park Amphitheatre!

Due to state guidelines, there will be a limited capacity at each event and advanced registration is required. Concerts are resident ONLY events for the 2021 season.

Beginning Saturday, May 1, advanced registration can be made online!

[Register Online](#)

BLOOD DRIVE

SCHEDULE YOUR DONATION TODAY

Sterling Heights Parks and Recreation will be hosting a blood drive with Versiti Blood Services at the Community Center on Monday, May 17 from 2:00 to 7:00 p.m.

Help us exceed our March blood drive results!

April Blood Drive Results:

Registered: 25 donors

Collected: 18 units

First time donors: 15

Lives impacted: 54

For questions, or to make an appointment, call Kaila at (918) 859-9632.

You can also schedule an appointment on the [Versiti website](#).



**EMERGENCY
BLOOD
SHORTAGE**

MAKE YOUR APPOINTMENT TODAY



[Schedule Appointment](#)

KITE FLYING CLINIC

COME MAKE YOUR OWN KITE -- GUARANTEED TO FLY!

Join the Nature Center on May 8 for our Kite Flying Clinic!

We will show you how to make your very own kite, and all supplies will be provided.

Event will take place under the Dodge Park Farmers Market Pavilion.

Only one non-paying parent may accompany the child, please no siblings.

Limited spots available.



[Register Online](#)

ADAPTIVE SUMMER AMPED UP

GET READY FOR AN EXCITING SUMMER WITH SHPR



Are you ready for an Adaptive Summer Amped Up?! Our specially trained staff has crafted a summer program filled with daily activities designed to leave your child with a summer of memories and fun!

This summer program is specific to children, teens, and young adults who use special education services and have been diagnosed with autism, cognitive impairments, physical or other health impairments that require a more specialized program than our Summer Playground program.

Program will run from Tuesday, June 29 through Friday, Aug. 6.

Registration begins May 3 for residents and May 4 for non-residents.

Scholarships available on an as-needed basis.

[Register Online](#)

SUMMER PLAYGROUND

JOIN US FOR OUR 2021 SUMMER DAY CAMP

The Sterling Heights Parks and Recreation Department, in cooperation with Utica Community Schools and Warren Consolidated Schools, will be offering a playground program at a school near you!

Activities include arts and crafts, games, sports, art show, special events and more!

Ages: 6 to 14 years old

Time: Monday through Thursday, 9 a.m. to noon / 12:30 p.m. to 3 p.m. *A staff member is present during the lunch period from noon to 12:30 p.m.*

Starts/Ends: Monday, June 28 to Thursday, August 5, 2021.
This is a drop-in program; daily or full day attendance is not required.

Fees: Residents: \$110 per Sterling Heights resident OR \$165 per non-Sterling Heights resident.

Modifications have been made to our summer program to ensure our participants and staff remain safe. Check out more info on our website!



[More Info](#)

FITNESS CLASSES

SIGN UP AND GET ACTIVE WITH ONE OF OUR MANY CLASSES

CLASS SCHEDULE

fitness

PROGRAMS

REGISTER AT MYSHPR.NET/REGISTER

MONDAYS

ESSENTRICS STRETCH & RESTORE

5:30 PM



TURN UP DANCE FITNESS

6:30 PM



TUESDAYS



YOGA BASIC BLEND

5:15 PM

ZUMBA

6:30 PM

EVERY BODY YOGA

6:30 PM

WEDNESDAYS

TOTAL BODY FITNESS

6:00 PM



FITNESS FUSION

7:30 PM

THURSDAYS

EVERY BODY YOGA

6:30 PM



MON., WED., FRI.

EVERY BODY YOGA

11:00 AM

ESSENTRICS

6:30 PM

[Register Online](#)

CHAIR YOGA

EXPLORE THE STRENGTH OF YOUR MIND, BODY, & SPIRIT



Experience the wonderful health benefits of yoga through a modified practice.

Chair yoga is a gentle form of yoga that is practiced sitting on a chair or standing using a chair for support.

Join our upcoming Chair Yoga program beginning May 12 and practice breathing techniques, stretching, balance, and stability poses.

This is a great exercise for seniors who would like the benefits of yoga but do not want to get up and down off the floor.

[Register Online](#)

ESPORTS

JOIN US FOR SOME COMPETITIVE GAMEPLAY

Our eSports adventure continues this spring at the Sterling Heights Community Center!

Join us in-person beginning May 10 for drop-in play available for 7-11 years old every Monday from 4:30 to 6:00 p.m.

Open play will feature games such as Mario Kart, Super Smash Bros, Minecraft, Roblox, Among us, and much more!

Resident: Free
Non-resident: \$3



We will also have drop-in play on Mondays from 6:00-7:30 p.m. and Wednesdays from 4:00-5:30 p.m. for 12 years of age and older on Discord featuring Super Smash Brothers.

Structured mini tournaments run weekly.

[Register Online](#)

PICKLEBALL LESSONS

LEARN HOW TO RULE THE COURT



Pickleball Beginner 1-Day Clinic | May 18 at 9:15 a.m.

Instructor: Julie Dykowski or Jeff Ng

Learn the basic rules, strokes, and strategies of the game. Learn everything you need to start playing from certified pickleball instructors. Paddles and balls are provided.

[Register Online](#)

Pickleball Skills & Drills Group Lessons | Tuesdays, June 1-22 at 9:15 a.m.

Instructor: Julie Dykowski or Jeff Ng

Appropriate for Novice/Intermediate level players. Certified Instructors will teach basic strokes of serve, forehand, backhand, dink, volley and overhead. Fundamental techniques of ready position, grips, eyes on ball, and footwork are emphasized. Game rules, etiquette, and basic doubles strategies will also be covered.

[Register Online](#)

LITTLE LEARNERS

LET'S PLAY, LEARN, AND GROW TOGETHER



Learn, create and explore with your little one in our early childhood room designed with our youngest residents in mind!

Join us in our upcoming Little Learners classes this summer featuring activities that vary to fit the appropriate developmental stage of your child.

All of our classes share the same goals of motor skill development, sensory exploration, literacy, following directions, listening, peer interaction, and more!

Class times and descriptions can be found on our registration page!

[Register Online](#)

GYM SCHEDULES

SCHEDULE EFFECTIVE MAY 3 - MAY 29

Blue Gym Weekly Schedule

May 3 - 29

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

Green Gym Weekly Schedule

May 3 - 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 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 50+ 9 - 10:30 am	Closed
9:30 AM						Basketball 20+ 10:45 am - 12:15 pm	
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Closed	Closed	Closed	Closed	Youth Basketball 6 - 12 years 12:30 - 2 pm		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Table Tennis All Ages 2 - 4:30 pm	Pickleball All Ages 2:30 - 4:30 pm	H.S. Futsal - Soccer 13 - 18 years 3:30 - 5 pm	Pickleball All Ages 2:30 - 4:30 pm	H.S. Volleyball 13 - 18 years 4:30 - 6:30 pm	Family Gym 2:30 - 4 pm	
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM	Adaptive Family Gym 5 - 6:30 pm	H.S. Basketball 13 - 18 years 5 - 6:30 pm	Youth Futsal - Soccer 6 - 12 years 5:30 - 7 pm	Adaptive Family Gym 5:30 - 7 pm	Adult Volleyball 20+ 7 - 9 pm	Closed	
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM	Adult Basketball 20+ 7 - 9 pm	Pickleball All Ages 7 - 9 pm	Adult Futsal - Soccer 7:30 - 9 pm	Adult Basketball 50+ 7:30 - 9 pm			
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM	Closed	Closed		Closed	Closed		

Programs in YELLOW have been temporarily paused