

# **HWP&R LEISURE FORUM**



**APRIL & MAY, 2017**

# THE LEISURE FORUM

Huntington Woods Recreation Department, 248.541-3030

## TRIP INFORMATION & DISCLAIMER

- ***Trips are planned with our residents in mind!*** We scour the area for some of the most fun &/or interesting places, attempt to get it for you at the very best price and provide transportation for you—not bad, huh?
- ***The trips are targeted for all adults,*** but we do take added care to make sure there is limited walking and stair climbing when possible (specifically noted when difficulties might be present).
- ***Trip itineraries are subject to change without notice.*** Every effort will be made to keep as close to schedule as possible. Trip times are our best approximation and may include “surprise” stops. Please roll with it.
- ***Watch Deadlines!*** Registration deadlines usually reflect when we have to commit to purchasing tickets. To avoid disappointment (ours and yours!), please register by the stated deadlines. ***Deadlines are also the last day to get a refund, unless a replacement is found.***

## EVENT REGISTRATION

- Resident registration begins when the Leisure Forum/quarterly newsletter is received.
- Registration must be in person or by mail and payment in full is required at the time of registration. Please note: there is no phone registration or “holding” spots
- Non-resident registration date is listed in the city quarterly newsletter and non-residents are subject to an additional \$5 per trip/activity for all trips beginning January 1, 2017.

## CANCELLATIONS AND REFUNDS

- In the event a trip does not require the purchase of tickets, 48 hour notice of cancellation is required in order to receive a refund. Please inquire at the time you are requesting to cancel whether you will receive a refund.
- A \$5 service fee is retained on all refunds due to trip withdrawal.
- Cancellations/withdrawals will be given a household credit. Specific request must be made for a refund in the form of a check. Allow 3 weeks for all refunds in the form of a check to be processed.

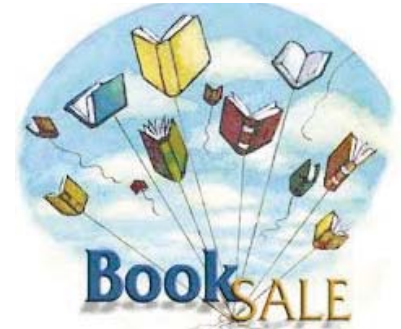
I don't let my age define me,  
but the side effects are getting harder to ignore.

• • • **APRIL** • • •

**FRIENDS OF THE HW/PR LIBRARY  
SPRING USED BOOK SALES**

***Saturday, April 1, 10:00 am - 4:00 pm  
in the lower level of the Library***

Hard covers, paperbacks, children's books, young adult books, and more are available at unbelievable prices. All money raised provides funding for library programs and special requests for the HW Library.



The book carts in the foyer of the library are always available and well-stocked with current quality paperbacks and hardcover books. Proceeds from these sales also directly benefit the library through support of our programs and purchase of additional library materials.

**Interested in donating to the sale?** We accept adult, young adult and children's book donations at the library during regular business hours - sturdy bags or boxes are appreciated. Tax receipts are available by request. Please note that we do not take textbooks or books that are unsuitable for sale (water damage, loose pages, etc.); please recycle paperbacks in your bins and take hardcovers to SOCCRA.

**YARD WASTE PICK UP BEGINS ON TUESDAY, APRIL 4**

Need more info? Please call DPW at 248.547-1888

or see [SOCCRA.ORG](http://SOCCRA.ORG)

**Royal Oak-Huntington Woods TimeBank  
WINE & CHEESE GALA**

***Thursday, April 6, 6:00 pm***

Mingle with your neighbors and learn how to get your dog walked, your taxes done or your clothes hemmed without paying money! Neighbors helping neighbors. Held in the Gallery Room, Huntington Woods Library.





## WHAT'S ON THIRD?

**Friday, April 7, 12:30 - 5:45 pm**

Third Street in Detroit had been dismal forever, but NOT ANYMORE! Third Street is now busting with cool additions - let's check them out:

- **Lunch at Mudgies Deli** - (not on 3rd, oh well.)
- **Blossoms Midtown** - everyone's favorite florist moves to Detroit
- **Cinema Detroit** - Set in a former school, this funky

arthouse cinema shows independent, foreign and classic films. Take a look around, you'll likely want to come back for a movie! SOLD OUT! Wait list only.

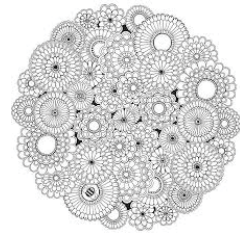
**#4300** Cost: \$13 includes transportation/supervision. Lunch on your own.



## ADULT COLORING CLUB

**Saturday, April 8, 1:00 - 3:00 pm at the Library**

Relax and explore your creative side at our new Adult Coloring Club on the second Saturday of the month. We'll supply coloring pages and all the colored pencils and markers you will need.



## CLASS AT THE HW REC: MATTER OF BALANCE

**Tuesdays 10:00 am – noon**

Many adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program, designed to manage falls and increase activity levels. Learn to view falls as controllable and set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

For more information or to register contact 800.852-7795

or [wellnessprogram@aaa1b.org](mailto:wellnessprogram@aaa1b.org)

Runs 8 weeks: April 18 – June 6.

Cost: \$15 (non-resident, \$20)



## **BLOOD PRESSURE AT THE HWP&R**

**Wed., April 19, 10:00—11:00 am**

Join Mary Jo Israel, RN and Jennifer Furlong, Outreach Coordinator, on the third Wednesday of each month in the Senior Lounge of the Recreation Center to have your blood pressure checked. If you are tracking your blood pressure, this is a great service. Coffee, tea and a sweet treat provided as well.



## **LEARN TO MAKE SUSHI WITH MING**

**Wednesday, April 19, 7:00 pm at the Library**

Everyone talks about sushi, lots of people enjoy sushi, but how many know how to make it? Join Chef Ming for a hands-on lesson in making this popular Japanese dish.

## **GOLD CASH GOLD: A DETROIT HOT SPOT**

**Thursday, April 20, 4:30 - 7:45 pm**

Thoughtfully-sourced regional cuisine and cocktails served in a vintage former pawn shop in the heart of Corktown!  
SOLD OUT - wait list only.



**#4301** Cost: \$13 (Transportation/supervision. Dinner on your own).



## **MOVIE AT THE REC: MOTHER'S DAY**

**Friday, April 21, noon**

Three generations come together in the week leading up to Mother's Day.

Held in the Ralph and Peggy Lease Multipurpose Room of the HWP&R. A \$1 "popcorn" donation suggested.

## **TIME TO MAKE TIME: ART SERIES WITH JANE ALKON**

**Saturday, April 22, 1:00 - 4:00 pm**

What could be more fun than making your own clock? In this super cool workshop, create a fabulous working clock. Design your custom clock face, include numbers and embellishments and make an amazing piece of functional art. Add the clock movement, a battery and you've "made time!"

All supplies necessary to complete the project are included. Feel free to bring along any little special small objects you may want to include on the face of your clock. Registration required. Spots are limited. Residents only. Call 248.543-9720 to register.

## **DO IT YOURSELF H2O FRIENDLY LAWN CARE**

***Monday, April 24, 7:00 pm at the Library***

Spring is here and the grass will grow. Learn ways to have a green lawn without adding contaminants to our stormwater run-off. Presented by staff from the Clinton River Watershed Council. Light refreshments provided. Sponsored by the Environmental Advisory Committee.



## **BOOK DISCUSSION GROUP**

***Monday, April 24, 7:30 pm at the Library***

The library's ever-popular book discussion group meets the fourth Monday of every month at 7:30 pm. The discussion group rotates between fiction and non-fiction titles. Members of the group take turns serving as facilitators for the book discussion. Please call the library (249.543-9720) for book titles and more information about this lively book discussion group.

## **KEDI AT THE DETROIT FILM THEATER/STACHE**

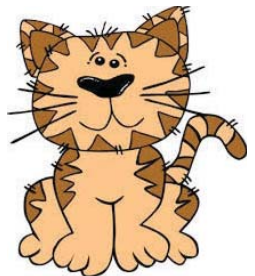
***Thursday, April 27, 10:45 am - 4:30 pm***

Early lunch first, at Stache, International which is getting rave reviews!. Located in Eastern Market - their goal is to serve creative sandwiches that have an international flair using familiar ingredients.

They smoke and cure their meats in house and make their own sausages. The building that Stache occupies is over 100 years old and underwent a full renovation and rehab effort to create the current space. Lunch on your own.

Next, on to the Detroit Film Theatre for KEDI. Though some have referred to this enchanting and visually wondrous Turkish film as "the ultimate cat video," Kedi is a film about the hundreds of thousands of cats that have roamed through Istanbul freely for centuries, gliding in and out of people's lives, impacting them in ways only an animal that straddles the worlds of the wild and the tamed possibly can. Istanbul's cats bring joy and often purpose to those they choose, giving residents an opportunity to reflect on life and their place in it. A GEM FOR ALL ANIMAL LOVERS. In Turkish with English subtitles. Deadline to register: April 20.

#4308 Cost: \$14. Includes transportation/supervision, movie. Lunch on your own.



## **BART BOARD GALLERY HOP**

**Sunday, April 30, 1:00 - 4:30 pm.**

Your ticket gives you access to select neighborhood galleries. Maps of the galleries available at the Library after 1:00 pm on the day of the event and is your ticket to a wonderful afternoon. Once you have your map, you may proceed, on your own, or hop on and off the BART shuttle busses.



The busses leave from the Library beginning at 1:00 pm and continue to shuttle people, with stops at each gallery, throughout the afternoon.

Light refreshments provided at the Woods Gallery, one of the stops on the Gallery Hop, to chat with members of the BART Board. Both busses return to the Library around 4:30 pm. Pre-sale tickets are \$5/pp and are available at City Hall and DPW. Call DPW 547-1888 with questions.

...**MAY**...



## **NO FRILLS TIGER TRIP**

**Thursday, May 4, Noon - ~5:15 pm**

This is a NO FRILLS trip (but F-U-N) to Comerica Park to see the Tigers take on the Cleveland Indians. If you have trouble walking, you may want to sit this one out, as there will be some walking (and we don't know where our seats are yet!) Bring sunscreen and dress weather appropriate - oh, and GO TIGERS! ***This trip is currently sold out, but we have requested additional tickets and should know soon. Be sure to get on the wait list if you are interested in going, as the chances are good!*** Registration required by April 24.

**#4303** Cost: \$15/\$20nr, includes ticket and transportation!

***Buy your season pass to the Huntington Woods pool at the HW Rec by May 4 & receive 4 free guest passes***

## **101 EVENTS THAT HAPPENED ON THE MACKINAC BRIDGE**

**Wednesday, May 4, 7:00 pm at the Library**

The Mighty Mac means only one thing to Michiganders: the Mackinac Bridge which joins our two peninsulas. Mike Fornes discusses 101 events that have happened on the Mackinac Bridge. Come by and learn a great deal more about one of our states most significant places to visit.

## **COMMUNITY AND FAMILY GARDENING**

***Monday, May 8, 7:00 pm at the Library***

Join Doug Deeds, Going Green Project and Aaron Retish, HW Community Garden organizer, to learn about community gardening and gardening with kids. Aaron will give some insight into our Community Garden, lessons learned and the prospects for 2017. Doug will discuss his experience with community gardens in Berkley and gardening with Berkley School District children. Doug will speak about ways, even in today's busy world, to join with your children and their friends to plant vegetables or flowers at home or in a community garden and how to help them care for their plants. Light refreshments provided. Sponsored by the Environmental Advisory Committee

## **VILLAGE PLAYERS: SWEET CHARITY**

***Wednesday, May 10, 7:30 pm***

Tickets are FREE, NO TRANSPORTATION PROVIDED. Restricted to 2 tix/person, residents only. Contact Kathy at 248.541-3030 to reserve your tickets. May pick up at the Recreation Center beginning Tuesday, May 9. Cost: Free!

## **ADULT COLORING**

***Saturday, May 13, 1:00 - 3:00 pm at the Library***

Relax and explore your creative side at our new Adult Coloring Club on the second Saturday of the month, from 1:00 -3:00 pm. We'll supply coloring pages and all the colored pencils and markers you will need.

## **PARC:A DETROIT HOT SPOT**

***Tuesday, May 16, 4:30 - 7:45 pm***

With a winning location and one of the best views in the city, this glitzy new downtown establishment is already receiving a great buzz.

Located in the heart of the award-winning Campus Martius Park, the all-new, state-of-the-art venue features more than 100 feet of Nanaglass window walls to provide guests with clear, 270-degree views of downtown Detroit. **SOLD OUT! WAIT LIST ONLY.**

**#4304** Cost: \$13 (transportation/supervision. Dinner on your own).





## **BLOOD PRESSURE AT THE HWP&R**

**Wed., May 17, 10:00—11:00 am**

Join Mary Jo Israel, RN and Jennifer Furlong, Outreach Coordinator, on the third Wednesday of each month in the Senior Lounge of the Recreation Center to have your blood pressure checked. If you are tracking your blood pressure, this is a great service. Coffee, tea and a sweet treat provided as well.



## **MOVIE AT THE REC: SULLY**



**Friday, May 19, noon**

The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. Tom Hanks stars. Held in the Ralph and Peggy Lease Multipurpose Room of the HWP&R. A \$1 "popcorn" donation suggested.

## **CITY-WIDE GARAGE SALE**

**MAY 19, 20, 21, 9:00 am - 6:00 pm**

The annual City-Wide Garage Sale is always a huge success! If interested, residents must obtain a permit through Public Safety or the HWP&R for \$3. No homemade signs are permitted. See HWMI.ORG for a list of homes having a sale. For more information, call Lynn at Public Safety, 248.541-1180.



## **SOUTHEAST MICHIGAN CLIMATE**

**Monday, May 22, 7:00 pm at the Library**

The National Weather Service (NWS) Detroit/Pontiac office will discuss their long-term forecasting program, the summer outlook and a quick glance at the Winter 2017-18 outlook. The NWS will also be discussing climate change and its impact on Michigan. One of the strongest signals from climate change is an increase in heavy rain events, both in terms of number of events and amount of rainfall during the event. This will continue to have a significant impact on Metro Detroit and its infrastructure. Presented by Rich Pollman, Warning Coordination Meteorologist for Southeast Michigan, from the National Weather Service. Light refreshments provided. Sponsored by the Environmental Advisory Committee



## **TIPPING POINT THEATER: THE LADIES FOURSOME and LUNCH IN NORTHVILLE**

**Wed., May 31, 11:00 am - 6:00 pm**

The Ladies Foursome follows Connie, Tate, Margot and new-found friend Dory, as they play a round of golf in honor of their pal, Catherine. Secrets and confessions come to the surface as the group discusses life, love, men, sex, children, careers ... everything but golf. Watch as the ladies seek and find comfort and life lessons in this fun-filled, fast-paced, and heartwarming round of golf. Non-resident registration begins April 1. Registration deadline is May 15.

**#4306** Cost: \$41 includes transportation/supervision, ticket. Lunch on your own in downtown Northville.



## **...JUNE...**

### **THE ROYAL EAGLE: DINNER, TOUR**

**Thursday, June 8, 5:30 - 8:50 pm**

The Royal Eagle offers the finest eastern European cuisine in Metro Detroit, whether it's an age-old standard or a new take on an old tradition. Their acclaimed chef brings culinary expertise, timing, creativity, passion and presentation from the Old Country to your table.

Guests are welcomed to walk the grounds and enjoy the beautiful gardens, and it is located on the grounds of a monastery. In order to preserve the unique atmosphere, guests are asked that standards of dress and behavior be observed: Guests are now permitted to bring their own wine. Non-resident registration begins May 25. Registration required by June 1.

**#4307** Cost: \$52 (dinner, transportation/supervision).





## HARP: HOME ASSISTANCE REPAIR PROGRAM

HARP is designed to assist resident homeowners to maintain their home and help them remain independent in their home for as long as possible. Quality of life is enhanced by making homes safer and by reducing some of the stress involved in making minor home repairs. Criteria is as listed:

- 60 years+;
- Persons with disabilities of any age; and/or
- Households with a family member serving active duty in the Armed Services

The labor for this service is **\*\*free\*\*** thanks to the generous residents who have volunteered their time and efforts with this program. The only cost to the homeowner is for the materials needed to complete the job.

The work is done by our registered volunteers who perform minor, basic repairs which may include the following: **replacing furnace filters; gutter repair; replace electrical outlets; install smoke detectors; replace faucets; toilet repair; replace garbage disposal; window caulking; install storm windows; replace light fixture; repair drywall; grab bar installation; free-up painted windows; minor painting; and replace thermostat.** This is not meant to take the place of hiring licensed professionals.

### How Do I Get Help?

- Complete a form in person at the Gillham Recreation Center between 9:00 am – 4:00 pm, Monday – Friday. Or pick up a flyer at any City Office. Fill out the form and mail it or return it to Kathy at the front desk of the Recreation Center.
- Fill out the form online at [hwmi.org](http://hwmi.org).
- Questions? Call Kathy at the Gillham Recreation Center, 248.541-3030.

**Want to help? Volunteers also needed!**  
**If you are interested in working with this program, call Kathy Seidl at 248-541-3030 or email her at [kseidl@hwmi.org](mailto:kseidl@hwmi.org).**



# . . . Utilize your Rec Center . . .



## **BLOOD PRESSURE**

Join us on the third Wednesday of each month in the Senior Lounge of the Recreation Center from 10:00 – 11:00 am to have your blood pressure checked by Mary Jo Israel, registered nurse. If you are tracking your blood pressure, this is an especially great service!

Upcoming blood pressure dates are: **April 19 and May 17.**

## **CURB-TO-CURB VAN TRANSPORTATION**

**Monday - Friday, 9:00 am - 3:00 pm**

Residents 55 years or better and unable to drive, temporarily or permanently, are able to arrange for transportation on the City SMART Van for medical appointments, support groups, shopping or other activities of daily living. Financial sponsors for the Senior Transportation Program are the City of Huntington Woods, Beaumont and SMART.



Passengers must be able to independently board and exit the bus. The bus is equipped with a lift to accommodate individuals seated in wheelchairs or motorized scooters. Riders must provide a caregiver to accompany them on the trip if any assistance is needed.

Call Jennifer at 248.541-3030 to schedule a ride. A 48-hours advance notice is required and the travel distance must be within a 7-mile radius of the Gillham Recreation Center. The fee is \$1 each way. Please limit trips to one per day and make sure to be ready 15 minutes before your scheduled pick up time.

Alternate transportation options are available for individuals requiring door-to-door assistance. Call Jennifer at 248.541-3030 and she will provide contact information for these services.

## **DURABLE LOAN CLOSET**

The City has a small loan closet (located in City Hall). For even more extensive supply, you can refer to [LoanClosets.org](http://LoanClosets.org).

# PICKLEBALL

Ages: 18 yrs+

Mondays & Wednesdays 9:00 – 11:00 am

Tuesday, 6:00 - 8:00 pm beginning April 4.

A game for all ages that combines elements of tennis, ping-pong and badminton. It's played on a court, like tennis but half the size, with a wiffleball and paddles.



Pickleball is tons of fun and easy to learn for beginners. We have pickleball equipment or you may bring your own! Pickleball courts are first come first served, but please be courteous of others waiting to play/learn the game! Cost: \$20/Annual Drop-In Fee (pro-rated).

Check in at the front desk upon arrival before entering the gym.

***Thanks to a donation by the Men's Club, there is also an outdoor court at Huntington/11 Mile.***



## **WATCH THE TOTE BOARD AT SCOTIA PARK AS WE WORK TO REACH OUR GOAL OF \$230,000.**

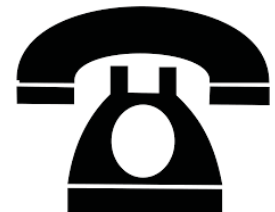
The Men's Club has donated \$70,000; the City another \$95,000, so we still need a nice chunk - as the park has gone without update for quite sometime and it's not cheap (what is?!).

The plan is to update and improve landscaping, add rain gardens and storm water management to address park drainage. Accessible entrances and a walkway along with seating areas and bike racks are all a part of the plan. We are looking forward to this being a wonderful "centerpiece" of the City, but we need more funds to make this a reality.

Please consider donating. Contact Mary Gustafson at 248.541-3030

## **TRIPS/ACTIVITIES NO LONGER "YOUR THING"!**

Senior Outreach Coordinator Jennifer Furlong is available to assist you with your day-to-day needs in order to maintain your quality of life in the City of Huntington Woods.



Feel free to contact Jennifer concerning any of our special services, as well as: information and referrals; volunteer opportunities and telephone reassurance calls. Call 248.541-3030 for additional information.

# MONDAY LUNCH BUNCH

**Noon on Mondays in the Gillham Recreation Center**

*Join us each Monday at noon as we enjoy a delicious and nutritious lunch.*

*Those interested in the speaker only should arrive by 12:30 pm.*

*Call Jennifer to register for transportation (if needed) by noon on the preceding Thursday at 248.541-3030.*

*The requested fee is \$3.50 (plus \$.25 for coffee/tea), to be paid at least one week in advance at Monday Lunch or at the Front Desk of the Recreation Center.*

## APRIL

- 3**                    **Presentation by Judge Callaghan and Commissioner Olsman**  
*Macaroni & Cheese*
- 10**                   **Pre-K Visit**  
*BBQ Meatballs*
- 17**                   **National Parks System at 100 years old with Arnie Collens**  
*Shepherd's Pie*
- 24**                   **Community Resources, Beaumont**  
*BBQ Chicken*



# MAY



- 1 Scams & Identity Theft,  
Success After Financial Exploitation (SAFE)  
Institute of Gerontology at WSU**
- 8 Crime Stoppers of MI**
- 15 Reaching Out & Meeting Needs  
through Easter Seals of Michigan.**
- 22 Outdoor Allergies, Beaumont**
- 29 No lunch, Happy Memorial Day!**

***Thank you to those who volunteer their time  
to educate our participants.***

***We LOVE learning about new and interesting things!***

Monday Lunch speakers discuss topics of interest for approximately 25 minutes. If you are unable to stay for the entire presentation, please excuse yourself before the speaker begins.

Also, as a courtesy to our speakers and others around you, please refrain from private discussions during the presentation.

***Should you know of a topic or speaker that might be a good fit,  
please let Jennifer know!***

# **HUNTINGTON WOODS PARKS & RECREATION**

26325 Scotia Road, Huntington Woods, MI 48070

Phone 248.541.3030

[cnutton@hwmi.org](mailto:cnutton@hwmi.org)

## **PARKS & RECREATION DIRECTOR**

Mary Gustafson

## **MANAGER OF MIRTH & DAY TRIPS**

Colette Nutton

## **OUTREACH/TRANSPORTATION**

Jennifer Furlong

## **SENIOR CORRESPONDENCE CLERK**

Kathy Seidl

## **RECORDS CLERK**

Jan Alpert

## **BUILDING SUPERVISORS**

Bill Gergosian

Mark Hurley

Kathy Seidl

## **TRANSPORTATION**

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Louis Lemay

Daniel Monaco

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# **GOTTA LOVE THE LEISURE FORUM**

This bimonthly publication highlights trips and activities offered through the Recreation Department & Library, as does the quarterly city newsletter, although the Forum goes into more detail and often has additional trips.

The Leisure Forum is available at the Recreation Center, on the city website [HWMI.ORG](http://HWMI.ORG), or you can email [KSeidl@HWMI.ORG](mailto:KSeidl@HWMI.ORG) and it will be sent to you electronically.