

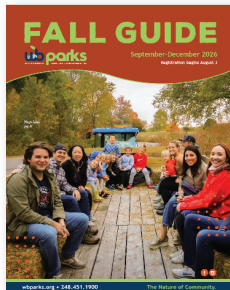
SENIOR HAPPENINGS



BRISK WEATHER WALKERS
PG. 5

October 2026

For even more programs happening this fall, check out our Fall Guide!



*This newsletter was published on 9/17/26
Information printed considered accurate.*

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CONNECT MEMBER EVENTS

CONNECT COMMUNITY CENTER UPDATE

This past July, the West Bloomfield Parks and Recreation Commission broke ground on the new Connect Community Center, marking an exciting milestone. This project, funded by the bond that voters approved, will replace the aging Recreation Activities Center with a brand-new facility on the Civic Center campus.

Since the groundbreaking ceremony, our construction team, Frank Rewold & Sons, has been hard at work getting the site ready for building. Our design and engineering partners, including architecture firm HED, continue to meet weekly with the construction team to keep the project moving smoothly and on schedule. These meetings help make sure every detail, from the building's layout to its future amenities, is carefully planned. While there is still a lot of work ahead, this summer and early fall have been all about laying the groundwork, literally, for the new center. As of September, nearly all the underground utilities and stormwater infrastructure are complete, foundations poured and masons have begun work on the walls.

We're grateful for our community's support and will keep you updated as the Connect Community Center continues to take shape in the months ahead. -Kelly Hyer, Executive Director



Friday, November 6 from 1-2:30 pm at Connect

Cornucopia of Treats

*Members will enjoy the Great Harvest Bread Company's famous bread board!
Enjoy delicious breads, scones, cookies
and be entered to win a fabulous
Great Harvest gift basket!*

Connect Members only.

Free! Pre-registration is required.

CONNECT PROGRAM SPOTLIGHT

Turning Steps Into Strength: Line Dancing At Connect-By Sheila Nittmann, Connect Membership Coordinator

When Dolores Greenspan first agreed to teach a line dancing class, she never imagined she'd still be leading it more than 20 years later, at 93 years old. Yet every week, she continues to inspire a growing community of dancers at WB Parks. "Some days I'm not feeling so good," Dolores says. "But I force myself to come to class and afterward I feel better." That simple commitment captures the heart of what Line Dancing at Connect is all about. More than just exercise, the class brings together movement, music, friendship and fun in a way that supports both physical and emotional well-being. About half of the participants are Connect Senior Center members who enjoy the many benefits of membership while staying active together. Simply put, this line dance group is turning steps into strength!



Dolores' journey as an instructor began thanks to her longtime friend, Wendy Gruskin, who has been dancing with her for more than 25 years. When their previous instructor announced she was leaving, Wendy encouraged Dolores to take over the class. "I love to dance, it's great exercise and I didn't want the class to end," Wendy recalls. "Dolores took over reluctantly, we came to WB Parks and the rest is history."

Science supports what this group has known for years: line dancing benefits people of all ages. It provides a workout for both the body and the brain, improves coordination and balance, boosts cardiovascular health, strengthens muscles and supports bone health. Research also suggests that learning dance patterns enhances memory and cognitive function, while the social interaction promotes emotional wellness and reduces feelings of isolation.

For Connect member and Mah-Jongg instructor Robin Kaufman, the friendships are just as meaningful as the dancing. "In between dances, we get to know each other better," Robin says, "The conversations and friendships are such an important part of the experience." In fact, the socializing is so lively that Delores occasionally has to gather everyone back together so they can focus on learning the next dance!

Many participants have also discovered other Connect programs through their membership. Gail Amster enjoys line dancing before meeting up with her Canasta group for an afternoon of cards and camaraderie. Colleen Donalson gave table tennis a try after class one day and is now hooked, making line dancing just the beginning of her Tuesdays at Connect.

Longtime participant Nancy Serlin says the class offers the perfect combination of mental and physical exercise. "It's excellent for brain health because we're thinking and moving at the same time," Nancy says, "Not only does it keep our brains sharp, dancing is wonderful for social connections." Whether you're looking to improve your fitness, challenge your mind, make new friends, or simply have fun, Line Dancing at Connect offers something for everyone. Join us and see why so many participants leave every class feeling healthier, happier and ready to come back for more!

Tuesdays: 11:30 am-12:30 pm & Fridays: 10-11 am

Nonresident:\$7/Resident:\$5

CONNECT HOLIDAY AND SEASONAL HOURS

Connect is located at 33230 W 14 Mile Rd., West Bloomfield, 48322
Open 8 am-4:30 pm!

11/26-11/27	Closed for Thanksgiving
12/24-1/3/27	Closed for Winter Holiday
1/7/27	Closed for Staff Training
1/21/27	Closed for Staff Training

FEATURED PROGRAMS

Fees are listed as the non-resident rate followed by the resident rate

EXERCISE YOUR MIND

Lunch will be provided. Pre-registration required.

Location: Connect

Understanding Obstructive Sleep Apnea

Dr. Ravi Shah from Henry Ford Health is joining us for an informative community health education presentation on obstructive sleep apnea (OSA), a common but often under-diagnosed sleep disorder that affects millions of adults. Dr. Shah will discuss the prevalence of OSA, the signs and symptoms to watch for, and the health risks associated with leaving the condition untreated. He will also review the range of treatment options available today, including lifestyle modifications, CPAP therapy and more!

Sponsored by



11/13 | F | 12-1P | FREE

Estate Planning Workshop

Join us for an informative workshop focused on understanding the importance of estate planning. This presentation will cover how Trusts, Wills and Powers of Attorney work and why they are critical in ensuring that you maintain full control of your estate.

Sponsored by



12/3 | F | 11:30A-12:30P | FREE

BUILD A BOUQUET: FLORISTRY WORKSHOP SERIES

Unleash your creativity and learn the fundamentals of floral design in our Floristry Workshop Series! Participants will explore beginner, circular, and linear arrangement styles while gaining expert tips and techniques to craft a stunning bouquet to take home. All supplies will be provided. Pre-registration is required.

Location: Connect

10/5-10/26 | M | 10-11A | \$32/\$28



CARICATURE DRAWING WORKSHOP

Draw and get drawn! Are you or your child ready to learn how to sketch cartoon faces quickly? Participants will begin with a short lesson on visualizing the face in a simplified way, capturing a person's likeness and making confident, fast-drawing decisions.

Participants will leave with new drawing skills and new caricatures of themselves created by the instructor and by their classmates! Ages 7+ welcome, making this a fantastic class for the whole family!

Location: Drake Sports Park

10/28 | W | 6-8P | \$35/\$30

EUCHRE FOR BEGINNERS

Join us for a fun and interactive euchre class designed specifically for beginners! Whether you're new to the game or just need a refresher, this class will cover the basics including rules, strategies and gameplay. You'll have the chance to learn in a relaxed, fun and social environment. Come and discover why euchre is a favorite card game for so many!

Location: Connect

11/6-11/20 | F | 8:30-11A | \$27/\$24



ASTRONOMY HIKE

As daylight fades into dusk, join a naturalist for an evening hike through the trails and discover the sights and sounds of nature as day transitions to night. Along the way, learn about the changing autumn landscape and the wildlife that becomes active at twilight.

Spend time exploring the night sky with members of the Oakland Astronomy Club, who will have telescopes available for viewing planets, stars, and other celestial objects (weather permitting). The hike is approximately one mile and is easy to moderate in difficulty.

Location: Marshbank Park

11/15 | Su | 6:15-7:45P | \$9/\$7

FEATURED TRIPS

ALL TRIPS DEPART FROM DRAKE SPORTS PARK

PONTIAC TRANSPORTATION MUSEUM TOUR

Celebrate 100 years of the Pontiac brand with a trip to the Pontiac Transportation Museum, in collaboration with the Greater West Bloomfield Historical Society! Tour the museum with a docent, then spend some time exploring Pontiac's rich automotive history.

11/19 | Th | 12:30-3P | \$28/\$23

SHOPPING WITH SHEILA

Who doesn't love a gourmet grocery store? Join Connect Membership Coordinator Sheila Nittmann on a trip across town to Trader Joe's! Enjoy perusing the aisles and stocking up on your favorites, including the Valentine's Day goodies on display.

Connect Members only.

1/27/27 | W | 10:30A-12:15P | \$10/\$8

MICHIGAN SCIENCE CENTER & PLANETARIUM AND LUNCH

Discover a day of exploration and fun at the Michigan Science Center! Enjoy a self-guided tour through engaging, hands-on exhibits and interactive displays during your two-hour visit. Included in your admission is a captivating show at the Penske Planetarium, where the wonders of the universe come to life. Then, we'll wrap up the day with a stop for lunch at Royal Oak Brewery, where you will enjoy lunch on your own.

11/5 | Th | 9:45A-3P | \$39/\$34

DIA - MELODIES AT THE MUSEUM: SILENT FILM WITH LIVE MUSIC SCORE

Join us as we head down to the Detroit Institute of Art for a screening of Down to Earth, a 1947 American musical romantic comedy film, with live musical accompaniment by David Drazin. You will receive post-performance refreshments to-go for the bus ride back. Motor Coach transportation provided by the DIA.

10/15 | Th | 12-3:45P | \$7/\$5

NITE LITES AT MICHIGAN INTERNATIONAL SPEEDWAY

Join Bianco Tours & WB Parks for a day of elegance, guided by a trained tour guide. We will experience the magic of the holiday season on this festive getaway to one of Michigan's most dazzling light displays! Our day begins with a delicious, included lunch at Jerry's Pub in Brooklyn, nestled along the scenic shores of Wampler's Lake. Enjoy a hearty buffet while taking in beautiful waterfront views.

As evening falls, we head to Michigan International Speedway for the spectacular Nite Lites display, all viewed from the comfort of our motorcoach!

12/2 | W | 3-8:30P | \$115/\$100

2026 ubb parks **BRISK WEATHER WALKERS**

TUESDAYS & SATURDAYS

Tuesdays at 2pm & Saturdays at 9am

Brisk Weather Walkers is a free, volunteer-led walking program that meets at various locations throughout West Bloomfield twice a week. This group activity is designed to keep you motivated and active outdoors throughout the fall season. A walk schedule will be emailed to all registered participants. Walks conclude December 15, 2026.

EXPLORE THE OUTDOORS THIS FALL!

The weather may be cooling down but fall fun is just getting started at WB Parks! Don't let the colder temperatures keep you from exploring the outdoors this autumn. Fall is a fantastic time to take in the beauty of the mitten state, especially the vibrant foliage! Looking for a great place to check out the changing colors? Check out a few WB Parks locations that are perfect for leaf peeping:

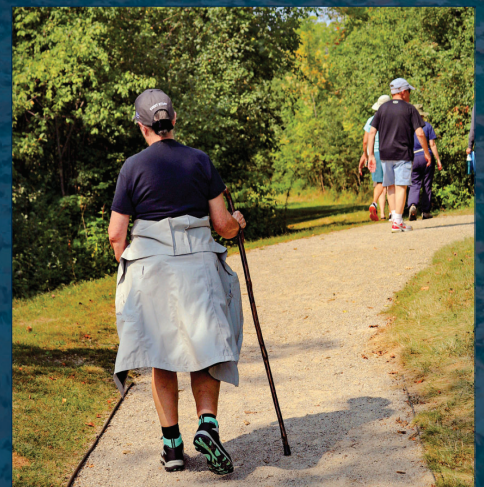
- The WB Trail and Nature Preserve- 4655 Arrowhead Rd.
- Marshbank Park-2805 Hiller Rd.
- Karner Farm-5911 Halsted Rd.
- Bloomer Park-7581 Richardson Rd.

If you're looking to learn while you see the sights, WB Parks' seasonal Senior Hikes are the perfect pairing of nature education and outdoor exploration! Join our naturalist on a monthly, nature discovery walk ranging from 1-1.5 miles. Visit wbparks.org/guided-hikes to register and check out which park you'll be exploring each month.

Hoping to up your step count even more this fall? Join our Brisk Weather Walkers for a tour of various park locations, good exercise and a great community of local walkers! Check out more information on page 5!

Don't miss out on one of Michigan's most beautiful seasons and stay active with WB Parks this fall! We have a variety of upcoming programs, events and classes that are the perfect addition to any autumn schedule.

To learn more about our fall offerings or to register, visit wbparks.org.



MAKE AN IMPACT!

HELP SHAPE THE FUTURE OF PARKS AND RECREATION WITH OUR 2026 MASTER PLAN!

Our parks, trails, facilities and recreation programs play an important role in making West Bloomfield a great place to live, work and play. As our community continues to grow and evolve, we're creating a new Master Plan to guide future improvements and investments over the next five years.

This planning process is driven by community input. Whether you visit our parks every day or only occasionally, your feedback will help us better understand the needs, priorities and opportunities that will shape the future of our organization.

Join the conversation at our upcoming meeting, where community members can learn about the project, review findings, ask questions and provide feedback.

Virtual Master Plan Meeting

Date: October 21

Time: 6:30-7:30 pm

More information and the link to join the meeting is available at our website.

For the latest updates on our Master Plan process, visit wbparks.org/master-plan!



CONNECT COMMUNITY CENTER DONOR OPPORTUNITIES

Connect, WB Parks' multi-generational community center, is scheduled to open in early 2028 and will serve as a vibrant destination for recreation, learning and connection!

This nearly 50,000-square-foot facility will offer a wide range of indoor recreation opportunities, welcoming gathering spaces, a nature center, an outdoor plaza and much more, creating a dynamic hub for the entire community.

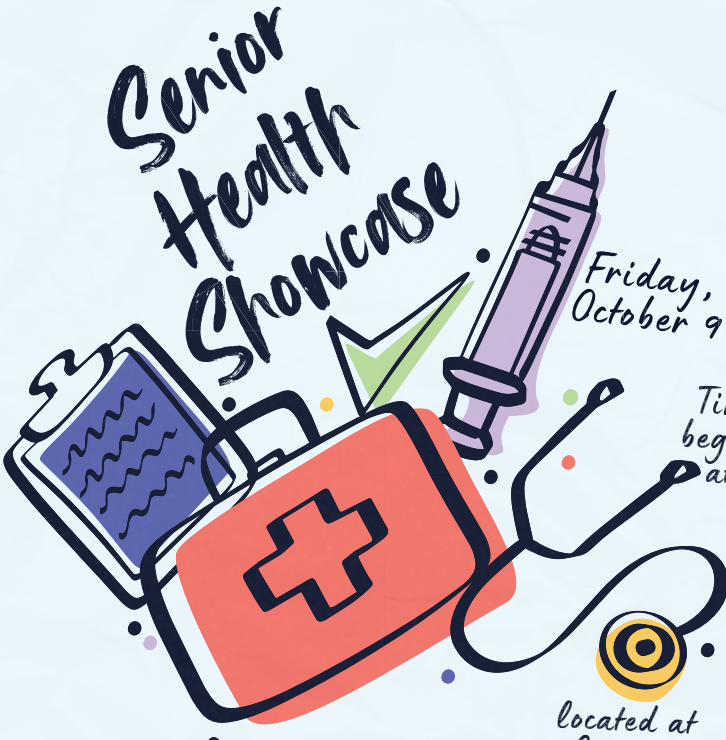
The Connect donor program offers meaningful opportunities to make a lasting impact, whether honoring a loved one, commemorating a special occasion, showing your business's support for the community or giving a gift that benefits the greater good for generations to come.

Donor opportunities are available for several, unique indoor and outdoor spaces, allowing local citizens and businesses to invest in the community while inspiring the future!

To learn more or to view our full Donor Opportunities brochure, visit wbparks.org/connect!



UPCOMING SPECIAL EVENTS



Senior Health Showcase

Friday, October 9

Timeslots beginning at 9am

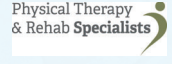
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TUESDAY, NOVEMBER 3
9-10:30 AM
WEST BLOOMFIELD MIDDLE SCHOOL

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FREE for Veterans + one guest

Pre-registration required

Registration closes 10/27



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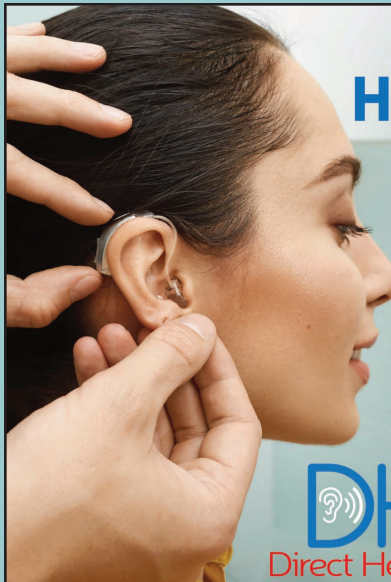


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SENIOR HAPPENINGS NEWSLETTER:

West Bloomfield Parks has contracted with LPI to print this newsletter with the majority of costs covered by local business advertisements. We will be mailing this newsletter out three times annually. If you'd like to be added to our distribution list, please call 248.451.1900.



Harvest Day lunch

Nonresident \$19 Resident \$14

Friday, November 20th
12-1:30 pm at Connect

Register by 11/13

Join us for a special afternoon of delicious traditional Thanksgiving dishes including turkey, ham, mashed potatoes, vegetables, salad and fresh bread while enjoying live entertainment from *803 Acoustic*.

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villa
LEDERMAN KWARTOWITZ
BROOKDALE - SENIOR LIVING SOLUTIONS -

Pre-registration by 12/11 required.



Holiday Lunch
Friday, December 18
From 12-1:30 pm at Connect

Join us as we celebrate the holiday season with a delicious lunch, festive cheer and live musical entertainment. Lunch will include cranberry chicken, rice pilaf, vegetables, garden salad and rolls.

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