

The Berkley Times

Activities, Trips, and Programs for Seniors

September – October



Find every issue of The Berkley Times by visiting berkleymi.gov/seniors

Berkley Parks and Recreation | 2400 Robina, Berkley, MI 48072 | 248-658-3470

Important Updates Starting in September

Starting in September, the schedule for Senior Hangout, Trivia, and Senior Fitness with Pamela changes. Senior Fitness classes will also have a new process for punch cards and drop-in payments. More information is on the next page. Please read these updates carefully and keep this information on hand for reference!

Important Updates Starting in November

Starting in 2027, a recurring, automatic annual payment is required to receive the Berkley Times via mail every other month to help offset rising postage costs. Please review the handout included in this mailing for more information.

The Berkley Times will continue to be available for free at berkleymi.gov/seniors.

Senior Van Requirements and Reminders

We handed out SMART transportation guidelines and ridership reminders to those who use our senior van regularly. These guidelines are included in this mailing for your reference.

Community Standards: Respecting Our Staff

Our trips and programs are a joy for everyone involved! To keep our community strong, we kindly ask all members to treat our staff with the utmost respect. This center is their workplace, and they work hard to make your experiences great. Please remember to practice patience, kindness, and to think before you speak. Thank you for helping us keep this a welcoming place for all.

Exercise Classes with Pamela

Senior Mix Workout with Pamela

In addition to supporting active longevity and overall wellness for all fitness levels, Senior Mix Workout focuses on building muscular endurance and coordination. This class will enhance functional strength, mobility, and balance by combining resistance training, supportive mat work, and dance movements.

Mondays
9:30am - 10:15am
\$5 drop-in
*Bring your own mat

Senior Fitness with Pamela

This highly engaging fitness class blends low-impact stability exercises with specialized range-of-motion movements such as supportive chair techniques to safely enhance circulation, build foundational strength and total-body flexibility. Chairs are provided but completely optional, making it easy to adjust every exercise to your personal fitness level.

Weekly Schedule:

- Mondays: 11:00am - 12:00pm
- Tuesdays: 9:30am - 10:30am
- Thursdays: 9:15am - 10:15am ***new**

Pricing and Packages: ***new**

- Per drop-in: \$3 (cash only) ***new**
- 10-class bundle: \$25 (saves \$5)

Bundle Details: (previously referred to as your "punch card") ***new**

- Payment: Must be paid via credit card on file. ***new**
- Auto-Renew: Bundle automatically renews after 10 classes unless you cancel. ***new**
- Tracking: Staff tracks usage for office records and processes the automatic renewal.
- Responsibility: You must personally track your attendance to anticipate the next charge.
- Policy: All bundle purchases are strictly non-refundable.



Wednesday Senior Hangout *new date

Join us at the Berkley Community Center **every Wednesday** from 11:00am – 1:00pm for our favorite weekly gathering! It is the perfect opportunity to catch up with friends, meet new neighbors, and enjoy time together. This program is free!

What to Expect

- Light refreshments: Enjoy hot coffee and delicious morning pastries.
- Social activities: Participate in a variety of casual games, crafts, and group activities.
- Good conversation (your choice): Relax and chat in a warm, welcoming environment, or simply do things on your own, independently!
- Free shuttle: Complimentary rides are provided to and from Oxford Park Towers.
- Reserve a seat: Please notify staff ahead of time if you need a ride so we can save you a spot or add you to the schedule.



Tom Katz Square Dancing

No experience required, couples and singles welcome! First lesson is FREE and each following lesson will be \$7. Have fun, laugh, make friends, get lots of exercise, reduce stress, improve memory skills, and dance to great music!

Lessons are offered at the Berkley Community Center on Mondays from 1 PM – 3 PM (Beginner) and 3 PM – 4 PM (Plus), and Tuesdays from 7:30 PM – 9:30 PM (Beginner and Plus). Each month includes a Friday-night themed dance, too! Dress is casual for lessons. Visit tomkatz.net for more information.

Day Trip: Tour The Parade Company Studio

Ever wondered how Detroit's legendary holiday magic comes to life? Get ready to explore the massive 200,000-square-foot creative hub of The Parade Company. This exclusive tour takes you right onto the studio floor, where you will see towering, handcrafted parade floats and the world's largest collection of Italian papier-mâché Big Heads. This is a chance to experience the incredible craftsmanship, history, and community spirit that fuels America's Thanksgiving Parade right here in Detroit!

A note from the Parade Company Studio – Your walking guided tour will last approximately one hour. We are wheelchair and walker friendly. It will include a guided tour, a visit to The Parade Company gift shop, and a special surprise. Before you arrive for your tour, please remember that our facility is a BIG working studio. If it is hot outside it will be hot inside.



Date: Wednesday, September 2

Cost: \$20

Lunch: TBD, on your own

Bus:

- 9:00am – Oxford Park Towers
- 9:15am – Berkley Community Center

Day Trip: Eastern Market

The scaled-down Tuesday Market is perfect for stocking up on fresh produce, baked goods, and meats.

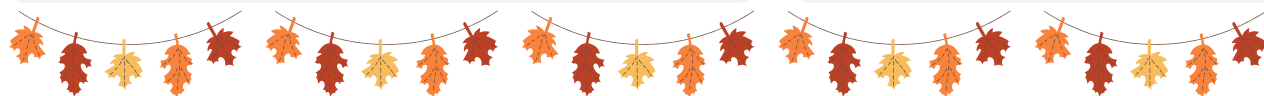
The bus will leave Eastern Market and return to Berkley around 1 PM, giving you plenty of time to grab a bite to eat if you are interested.

Date: Tuesday, September 15

Cost: \$15

Bus:

- 9:30am – Oxford Park Towers
- 9:45am – Berkley Community Center



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Casino Trips

MGM Casino

Date: Monday, September 21

Cost: \$15

Spots available: 13 per trip

First Trip Bus Schedule:

- 8:45 AM – Oxford Park Towers
- 9:00 AM – Berkley Community Center

Second Trip Bus Schedule:

- 10:00 AM – Oxford Park Towers
- 10:15 AM – Berkley Community Center

Hollywood Casino at Greektown

Date: Monday, October 12

Cost: \$15

Spots available: 13 per trip

First Trip Bus Schedule:

- 8:45 AM – Oxford Park Towers
- 9:00 AM – Berkley Community Center

Second Trip Bus Schedule:

- 10:00 AM – Oxford Park Towers
- 10:15 AM – Berkley Community Center

Day Trip: Senior Day at the Detroit Zoo

Seniors residing in Macomb, Oakland and Wayne counties can enjoy a day at the zoo, complete with special activities, live entertainment and more. The bus will leave the zoo and return to Berkley around 2:30pm.



Date: Wednesday, September 9

Cost: \$5

Spots available: 13+

Bus:

- 9:30am – Oxford Park Towers
- 9:45am – Berkley Community Center

Senior Bingo and Senior Trivia *new date

FALL-ing for Bingo!

Date: Friday, September 11, 12:30 – 2:30pm

Cost: \$15

Bus: 12:00 – 12:15pm Oxford Park Towers

Includes two bingo cards! Additional cards can be purchased for \$0.50. Lunch will be provided.

Friday Trivia! *new date

Date: Friday, October 23, 12:30 – 2:30pm

Cost: \$15

Bus: 12:00 – 12:15pm Oxford Park Towers

Multiple rounds of questions, bonus rounds, and a whole lot of fun. Lunch will be provided. *The goal is to have fun.*

Senior Van Transportation Rules & Regulations

Welcome to the Berkley Transportation Service. We look forward to assisting you with all of your transportation needs. Reservations can be made for trips to the doctor, salons, shopping centers and more.

General Information

- Senior Van Transportation is available for Berkley residents who are over the age of 50, retired or semi-retired. All vehicles are equipped with wheelchair lifts for anyone in need.
- A suggested donation of \$3 for one-way trips or \$5 for round trips is recommended.
- Transportation is available Monday through Friday between 8:30 AM and 4:00 PM unless otherwise stated.

All rides must be completed by 4:00 PM

How to make a van reservation:

- Call Parks and Recreation at 248-658-3470 and ask for transportation.
Reservations: Monday through Friday between the hours of 9:00 AM & 12:00 PM.
Requests will not be accepted at any other time.
- Please be prepared to provide your name, address and the address of where you will need to be dropped off.
- Please indicate if you need special assistance, like if you are using a walker or are in a wheelchair.
- Reservations need to be made at least two days in advance, but can be made months in advance if you have all the necessary information.

Meijer Trip Information

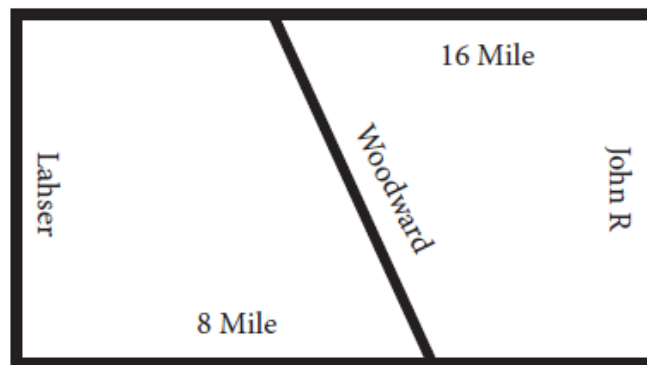
Resident Meijer Trip: 8:30 AM Tuesdays

Oxford Park Resident Meijer Trips 10:00 AM Thursdays & 9:00 AM Fridays

Grocery shopping is limited to what a passenger can carry in one trip or in a personal pull cart. Drivers are not permitted to carry groceries into homes.

No changes other than cancellations will be made on the day of transportation. Additions will not be accepted. Please do not ask the driver to alter the schedule.

All reservations, cancellations, and changes to existing rides need to be made by calling the Parks and Recreation Department at 248-658-3470





Parks and Recreation
2400 Robina Avenue
Berkley, MI 48072
berkleymi.gov

Parks and Recreation Staff

<u>Parks and Recreation Superintendent:</u>	Dan McMinn
<u>Senior Program Manager:</u>	Josie Modrack
<u>Event and Communications Specialist:</u>	Amanda Slusarski
<u>Recreation Program Manager:</u>	Bobby Green
<u>Front Desk Clerk:</u>	Josh Boal

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Clarence Black
Gary Elrod
Ross Gavin
Dennis Hennen
Greg Patterson