



# Winter Programs 2010

## 2009 Program Sponsors

The Brownstown Recreation Department relies heavily upon program sponsorships from local businesses to keep many of our programs running and to keep program participation costs low. Those businesses and individuals listed below have participated as sponsors during 2009. Be sure to visit them and let them know you appreciate their support.

Jimmy's Auto Body Repair  
Heritage Collision  
Waddle's Tire  
Tela-Valley  
John Molnar Funeral Home  
Brownstown Pleasure Seekers  
Brasscraft Manufacturing  
Temperature Control  
Giamarco, Mullins & Horton  
US Silica  
Olympic Coney Island  
Lakeshore Utility Trailer  
Smiles For Life  
Southland Motor Lodge  
Haventown Cleaners  
Added Class Interiors  
LSL Planning  
Karnak Creative Child Care  
George's Used Cars  
Iqbal Nasir, MD  
Precision Orthopedics  
Concord Co-op  
Alfonsi Railroad Construction  
State Rep Kathleen Law

Absolute Quality Sprinklers  
Abed Orthodontics  
King Kurb Asphalt  
UAW Local 387  
Kurtzhals' Farms  
Sportway of Brownstown  
Hubbell, Roth & Clark  
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Jet's Pizza  
Meadowbank Schools  
Brownstown Lions  
Sylvan Learning Center  
Lincoln Park Die & Tool  
Bentley Environmental  
Drinks Saloon  
Country Printing  
Supple's Greenhouse  
Louie's Landscaping  
Community Focus C.U.  
Brownstown Comm Officers  
Cee Vee of Michigan  
Cali Nails

A&W of Brownstown  
M&M Wireless  
DTE Energy  
Integrated Manufacturing  
Detroit Auto Auction  
S I S Contractors  
NWS Michigan  
Rockwood Moose Lodge  
G.V. Cement Contracting  
Automated Mailhouse Services  
McDonald's  
CWB Property Services  
Downriver Pediatrics  
Brownstown Historical Society  
Sr. Citizens Home Health Care  
TD'S Coney Island  
Guentner, Barbee, Attorneys  
The Collision Shop  
Salon Envy & Day Spa  
Foley & Robinette, PC  
Advantage One Credit Union  
Moose MacGregors  
Bill's Trailer Storage  
Southshore Oral Surgery



### Community Center Now Booking 2011 Dates

The Brownstown Community Center, located at 21311 Telegraph Road is now booking rentals through 2011. The halls can accommodate up to 325 people and a full kitchen is available.

Rental rates range from \$75.00 for groups of 50 or less on a weeknight to \$525.00 for groups of up to 325 on a weekend. Kitchen facilities are available for a \$50.00

charge. A \$100.00 security deposit, on either or both the kitchen and halls, is required to reserve a date. To check date availability please call the Recreation Dept. at 675-0920

**Township Officials:**

Arthur F. Wright, Supervisor

Sherry A. Berecz-Burton, Clerk

Andrew Linko, Treasurer

Michael D. Eberth, Trustee

James J. Taft, Trustee

Clyde P. Walters, Trustee

Barbara Warren, Trustee

**Recreation Commission**

James Bryan, Chairman

Helen St. Louis, Vice Chairman

Linda McCoy, Secretary

Alicia Oaks, Commissioner

Michael Grady, Commissioner

Greg Barbee, Commissioner

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**Brownstown Postal Patron**

## SENIOR CHORE PROGRAM



Funded through CDBG Grants, the Senior Chore Program assists low to moderate income seniors with minor routine home maintenance projects to help seniors continue to live in their own homes. Eligibility:

Must be over age 62, a resident who owns and lives in your home, and have an income at or below \$24,450 for 1 person or \$27,450 for 2 people in the household.

Services available include grass trimming, weed trimming, snow removal, gutter cleaning, and other routine home maintenance projects.

Please contact the Brownstown Recreation Department at (734) 675-0920 for more information or to obtain an application. The following documentation is needed in order to apply for the program:

Proof of Residency, Proof of Homeownership, & Proof of Income

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## THORN PARK SHELTER RESERVATIONS ACCEPTED APRIL 1st

Starting Thursday, April 1, 2010 residents may reserve the Thorn Park Picnic shelter for Summer 2010 events. A fee of \$25.00 per date is required, limit of one date per residence. Reservations are accepted in person only at the Community Center.

The 40' x 60' shelter is equipped with 12 tables and has one electric outlet available. Capable of accommodating up to 100 people, the shelter is ideal for family reunions, company parties, and large picnics. For larger parties, a 6 foot hooded, charcoal barbecue grill is also available for rentals. The grill may be rented at the Community Center for an \$11.00 charge with a \$50.00 security deposit.



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## FREE PRE-SCHOOL MUSIC/READING PROGRAMS!

The Woodhaven-Brownstown Schools, in cooperation with Brownstown Recreation and Woodhaven Recreation is offering pre-school music & reading programs this winter. Make music a part of your child's daily life. It improves their ability to move, think, create, reason, and express themselves. Come and see what we can do for you and your child. This musical adventure is designed to promote language, social, gross motor and early literacy skills for pre-school children ages 0-5 years. A parent or guardian must attend with the child.

**Brownstown Community Center**  
**21311 Telegraph Rd.**  
**Brownstown, MI 48134**

**Call to register (734) 675-0920**  
**Wednesdays at 10 a.m.**  
**January 20   February 24**  
**March 24   April 21**



# Youth Programs

## YOUTH T-BALL/SOFTBALL REGISTRATION

Registration for boys and girls ages 5 to 14 years interested in playing t-ball or softball this summer. Practices begin in May with games played during June and July. Players ages as of December 1, 2010 determines players age for the season. All participants receive a t-shirt and cap. The following programs are available:



T-Ball (Boys & Girls)	Ages 5-6
Coach-Pitch(Boys & Girls)	Ages 7-8
Junior Boys Softball	Ages 9-12
Junior Girls Softball	Ages 9-11
Intermediate Girls Softball	Ages 12-14
Girls Fast Pitch	Ages TBA



Cost: T-Ball/Coach-Pitch - \$30.00 Softball - \$40.00

Registration: Monday March 1st, 6-7:30 PM at Hunter School & the Community Center  
Tuesday, March 2nd, 6-7:30 PM at the Community Center

Late Registrations accepted at the Recreation Office on a space available basis until May 7th.

**All new players must present a birth certificate to register!**

Scholarships are available for those unable to pay registration fees.  
Volunteer Coaches needed - call 675-0920 or sign up at registration.

## KARATE

Come and learn both Korean and Japanese Karate. This comprehensive Martial Arts Program features classes for ages 4 to adult, including weapons work at higher levels with top quality instructors at all levels.

Instructor: Bill Barker, Progressive Tactics Martial Arts

Location: Community Center

Schedule:

Little Dragons - The Little Dragons program teaches the younger age group the skills needed for martial arts training at a later age. The program includes proper stretch, exercise and games to promote balance, focus, team work and discipline. Basic martial arts skills are then incorporated. Students have their own belt system based on class attendance and performance. Additionally life skill teaching occurs in all classes.

Boys & Girls Ages 4-6 Mondays 6:00-6:45 PM \$40/mo

Basic Karate - This program is a traditional martial arts program teaching self defense through balance, focus, team work and discipline. Certified instructors teach and evaluate students using the traditional testing and belt system.

Ages 7-12 Mon & Weds 6:00-7:00 PM \$55.00/mo

Ages 13-Adult Mon & Weds 7:00-9:00 PM \$55.00/mo

Modern Arnis - This program features a Filipino style of martial arts known for its knife, stick and sword work. Open to instructor approved advanced students.

Approved Adults Weds 8:00-9:00 PM \$30.00/month

## POM PON PROGRAM

Want to be a cheerleader? This class will teach you all you need with cheers, chants, and dance routine with music and pom pons! Registration includes free POM PONS for all participants!

Instructor: Diane Donahoo

Location: Community Center

Schedule: Saturdays starting January 16  
10:30 AM-11:00 AM Ages 3 - 5  
11:15 AM-11:45 AM Ages 6-10  
6 weeks

Cost: \$31.00 Resident  
\$36.00 Non-resident



## DADDY/DAUGHTER DATE NIGHT

A great opportunity for fathers and daughters to spend a fun evening out together. Featuring dancing, punch and cookies and a beautiful corsage for the daughters. Open to children ages three & up accompanied by an adult.

Location: Community Center, 21311 Telegraph Road

Schedule: Friday, February 12, 2010  
Session I - 6:00 to 7:15 PM  
Session II - 7:45 to 9:00 PM

Cost: \$15.00 per Couple/Additional Daughters \$3.00



**SPACE IS LIMITED SO REGISTER EARLY!**

# Youth Programs

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## AQUATICS PROGRAM!

In cooperation with the Gibraltar School District, Brownstown Recreation is proud to announce the Winter/Spring 2010 Aquatics Program featuring Swim Lessons and the Downriver Swim Club Swim Team.

### Group Swim Lessons

**\$46/session — space is limited in these classes. All swimmers need to be potty-trained and ready to participate in the program. No water wings, lifejackets, or other water toys permitted. Parents are not allowed in the pool or on deck with the children but may watch from the stands.**

**All Lessons are Mondays, Tuesdays & Thursdays**

**Group A Beginners - Ages 3-7yrs 5:15-6:00 PM** - Swimmers who are hesitant about entering the water. Class focus: Comfort in sitting in pool on submerged bench - Entry into water - Floating on back - Kicking - Forward movement in pool - Recovery from jump into pool

**Group B Intermediates - Ages 4-8yrs 6:15-7:00 PM** - Swimmers who are comfortable in the pool and ready to start learning basic freestyle and backstroke: forward movement - arm and leg movement for freestyle - arm and leg movement for backstroke - streamline position recovery from diving board - treading water

**Group C Advanced - Ages 5-9yrs 6:15-7:00 PM** - Swimmers are competent in freestyle and backstroke and are ready for more stroke refinement and additional strokes: improvement on stroke technique building on endurance 1-2 laps - introducing breast stroke/butterfly - beginning flip turns

**Session I - January 25-February 11**

**Session II - February 22-March 11**

**Session III March 15-April 11**

**Cost \$46.00/Session**

### REGISTRATION INFORMATION

Registration: Brownstown Recreation, 21211 Telegraph  
Location: Carlson High School, 20550 W. Jefferson  
Aquatic Supervisor: Amy Hulderman

### Competitive Team

**\$61/session & \$5 fee for each swim meet**  
**Swimmers will compete in a minimum of one swim meet against area teams each session. Ribbons awarded in each age group.**

**Junior/Senior Group - 10-18yrs 7:00-8:00 PM**

High School, Middle School, and other swimmers with competitive swimming backgrounds. All swimmers in this group should be very familiar with all four competitive strokes.

**Novice Group - 5-13yrs 7:00-8:00 PM**

Composed of athletes who are familiar with swimming and are comfortable in the water but need to learn additional strokes and build endurance. Should be able to swim at least one length of the pool. Swimmers in the novice group will be divided up based on ability. *There will be 2-3 subsections of this group.*

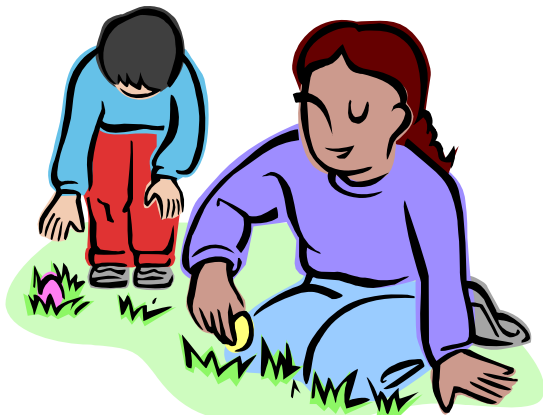
**Masters Group - Adults 18 & Over 7:00-8:00 PM**

Fitness lap and competitive swimming for adult swimmers with competitive swimming backgrounds. All swimmers in this group should be very familiar with all four competitive strokes.

**Session I - January 25-March 11(No class Feb 15-18)**

**Session II - March 15 April 29(No class April 5-8)**

**Cost \$61.00/Session**



### ANNUAL EASTER EGG HUNT

Children and adults alike will enjoy this old fashioned Easter Egg Hunt in Thorn Park. Come and collect eggs and maybe you will find one of the lucky prize eggs! Separate area for children ages 3 & Under, 4 to 6 years, 7 to 9 years and Ages 10 & Over. The Big Bunny will also be on hand to greet children and help pass out candy.

Location: Thorn Park, 21311 Telegraph Road

Cost: FREE - All children must be accompanied by an adult

Schedule: Saturday, March 27, 2010

NOTE: Easter Egg Hunt starts at 10:00 AM Sharp so don't be late!

# Adult Programs

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## CARDIO TONE PROGRAM

Don't have time to work out? This class is for you! The class features quick warm up along with cardio and weight training and a nice stretch to finish. Bring a mat and hand weights.

Instructor: Pam Dumais, SCW Group Aerobics/CPR Certified

Schedule: Mondays starting January 11  
6:30-7:30 PM  
10 Weeks

Cost: \$46.00  
Non-residents add \$5.00



## ZUMBA GOLD FITNESS

Zumba Fitness has arrived in Brownstown! Zumba Fitness features interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA! Brownstown Recreation is now offering Zumba for all ages and fitness levels. ZUMBA GOLD is a half hour class that is great for new participants, active older adults and those just getting back to exercising. ZUMBA CHAIR is the Zumba workout tailored for participants with physical or psychological limitations.

Instructor: Pam Dumais, CPR/ZUMBA Certified

Cost: \$41.00 One Class  
Non-residents add \$5.00

Schedule: 10:30 AM-11:00 AM  
Tuesdays - ZUMBA GOLD  
Thursdays - ZUMBA CHAIR  
10 weeks starting January 12

Location: Community Center



## MORNING STRETCH & TONE

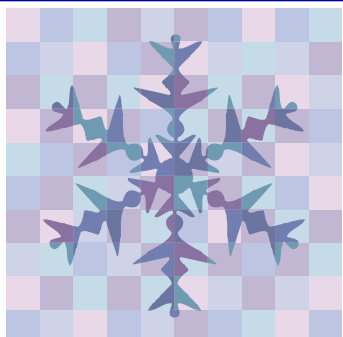
Start your day off with this low impact routine to increase your flexibility and circulation, while strengthening and lengthening your muscles through controlled movements. This workout is designed for anyone who is just starting a fitness routine or someone who feels they can't work out. YOU CAN DO THIS CLASS! Bring a mat to class, light free weights optional.

Instructor: Diane Donahoo, Nationally Certified

Location: Community Center

Schedule: Wednesdays 9:00—10:00 AM  
10 weeks Starting January 13

Cost: \$46.00 One Class  
Non-residents add \$5.00



## THE B's & C's

### (BODY BALL & CARDIO)

Body Ball workout for upper and lower, core strengthening and stabilization, with or without weights along with a splash of Cardio bursts to challenge the Cardio-vascular system while working on getting stronger, healthier lungs.

Required Equipment: burst resistant body ball, yoga or pilates mat. Weights and a step OPTIONAL

Instructor: Pam Dumais, SCW Group Aerobics Certified and CPR Certified

Cost: \$46.00 Residents  
Non-residents add \$5.00

Schedule: Mondays—7:30 PM to 8:30 PM  
10 weeks starting January 11

Location: Hunter School, 21320 Roche



# Adult Programs

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## PILATES FOR FITNESS

Pilates are a great new fitness technique featuring cross training routines with an intense abdominal, thigh and lengthening workout. Be sure to bring a mat and free weights.

Instructor: Diane Donahoo, Nationally Certified

Location: Community Center

Schedule: Monday Mornings - 9:00-10:00AM  
Monday Evenings - 6:00-7:00PM  
Thursday Evenings - 7:00-8:00 PM  
Friday Mornings - 9:00-10:00AM  
10 weeks Starting January 11

Cost: \$46.00 One Class/\$76.00 Two Classes  
Non Residents add \$5.00

## CARDIO PILATES

A great new class starting with 35 minutes of cardio dance, hip hop and kickboxing segments. Next up is a 25 minute pilates mat routine for an intense core, glute and thigh workout. Bring a mat and free weights. A great step up from our regular exercise classes!

Instructor: Diane Donahoo, Nationally Certified

Location: Community Center

Schedule: Mondays 7:00 PM-8:00 PM  
10 weeks starting January 11

Cost: \$46.00 One Class  
Non-residents add \$5.00

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## ZUMBA FITNESS

ZUMBA BABY! Interval-training where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA! Beginners to Advanced - you do NOT need to be a pro at dancing. This is the place to start! We ALL learn together while having a blast. Don't miss out - you won't regret it. (REQUIRED: Willingness to learn and a smile.....that's all)

Instructor: Pam Dumais, SCW Group Aerobics/CPR/ZUMBA Certified

Cost: \$46.00 One Class  
Non-residents add \$5.00  
Adults Only

Schedule: Wednesdays—7:00 PM to 8:00 PM  
10 weeks starting January 13



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## EASY FLOW YOGA

Have fun while you learn the gentle postures (asanas) and restorative breathing techniques. For centuries, yoga has been practiced to naturally relax and calm the mind while keeping the body young and vital as we age. Let this class help you to remove all the damaging effects of our stressful lives and improve your overall strength, balance and stamina. All ages and levels welcome. Wear comfortable, stretchable clothing and bring a mat, rug or blanket. Please refrain from eating an hour before class.

Schedule: Tuesdays 6:30-7:30 PM @ Hunter School  
Thursdays 5:00-6:00 PM @ Community Center  
10 Week Session starts January 12

Cost: \$46.00 One Day/Week—\$76.00 Two Days/Week  
Non-residents add \$5.00

Instructor: Dr. Tracey Williamson, D.C., D.I.C.C.P.  
American Heart Association Certification  
Board Certified Diplomate in International Chiropractic Council on Pediatrics



# Senior Programs

## SENIOR CENTER ACTIVITIES

The Brownstown Senior Community Center offers a wide variety of activities for seniors on a daily basis. The Senior Nutrition Program, Health, Education and Enrichment Programs are conducted at the Center on an ongoing basis. The Center is open Monday through Friday from 8:00 AM to 4:30 PM. Below is a listing of the dates and times of ongoing programs. For more information contact Sr. Coordinator Maxine Schofield at (734) 675-0920

### Senior Program Schedule

**Blood Pressure Clinic** - 1st Thurs of every month at Noon

**Fun Lovers Band** - Every Mon at 1 PM

**Basic Quilting** - Every Weds at 9 AM

**Senior Exercise** - Every Tues, Weds, and Fri at 10 AM

**Senior Bowling** - Every Fri at 1 PM @ Flat Rock Lanes

**Travel Club** - Every 2nd Mon at 11:00 AM

**Evening Pot Luck** - Every 4th Mon at 5 PM

**Meijers** - Every Other Tues @ 11:00 AM

## Monthly Dinner Dances

Mardi Gras Ball - Jan 28, 2010

Valentines Dance - Feb 11, 2010

St Patrick's Dance - March 18, 2010

Dinner Dance tickets may be purchased at the Recreation Dept.

## Scheduled Trips

Cirque Dreams Holiday - December 22

Afternoon at the Movies - December 15

DSO Swinging Sinatra—January 7

DSO Endless Summer—February 18

Motor City Casino - February 11

St Pete Beach Florida—March 12-24

More trips and local day trips are constantly being added. Please contact Sr. Coordinator Maxine Schofield for local trips and if you have ideas for new trips. For more trips and trip information, call (734) 675-0920.

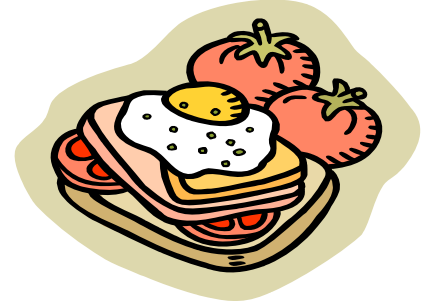
## Senior Travel Club

The Brownstown Senior Travel Club meets on the second Monday of the month at 11:00 AM in the Community Center. Seniors can join for \$10.00 and receive discounts on trips. Call Sr. Coordinator Maxine Schofield at 675-0920 for more information.

## HOT LUNCHES AVAILABLE

In cooperation with the Wayne County Office of Nutrition Services, Hot Lunches are available to seniors age 60 and over. Lunch is served Monday through Friday at 12:00 Noon in the Brownstown Community Center. Suggested donation is \$2.25 per day. Reservations are due one day in advance, before Noon, and can be made by calling the Recreation Department at (734) 675-0920. Monthly menus are also available for pick-up at the Recreation Offices.

Hot Lunches are also delivered to qualified homebound seniors. Lunches are delivered Monday through Friday with frozen meals for emergency use. Any senior needing delivery should contact Wayne County Office of Nutrition Services at 1-800-851-1455.



## TRANSPORTATION

Through the use of a SMART Specialized Services Grant, the Township of Brownstown is pleased to offer transportation for seniors and disabled residents.

For a \$1.00 co-pay, seniors and the disabled may ride the Senior Bus to the Community Center for scheduled activities.

Ken's Shuttle Service - available for transportation to Dr. appointments, banking, pharmacy, etc. \$2.00 co-pay each way

Authorization is required so interested parties should contact Senior Coordinator Maxine Schofield at (734) 675-0920.



## SR COMPUTER CLASS

Senior computer classes are now available at the Center. Choose from Introduction to Computers, Introduction to Microsoft Word or Beginning Internet. Classes meet twice a week for 3 weeks at a cost of \$40.00. Call (734) 675-0920 for the dates and times of the next session of classes.

## SR EXERCISE CLASSES

Senior exercise classes through the local Arthritis Foundation, Exercise to Tape, and Tai Chi are available at the Community Center. Classes are available for beginners and intermediate exercisers and meet once or twice a week. Call (734) 675-0920 for the dates, prices, and times of the next session of classes.

## PLEASURE SEEKERS

The Pleasure Seekers, Brownstown's Senior Club, meets the 1st & 3rd Thursday of every month at 1 PM in the Community Center. The club regularly travels, hosts dinner dances and more. Annual dues are \$10.

## VOLUNTEERS NEEDED

Volunteers are needed to help deliver hot lunches to area homebound seniors. Meals are delivered daily at about 11:30 AM and the route takes about an hour to complete. If you are willing to volunteer one or more days per week, please contact Karen Wright at (734) 675-0920.

# General Information

## Registration Information

Registration for all programs may be made in person at the Recreation Department, 21311 Telegraph, Brownstown, by phone with full payment on a credit card, or by completing the form below and submitting with full payment to:

Brownstown Recreation  
21311 Telegraph Road  
Brownstown, MI 48183

All Program fees include a \$1.00 per participant administration fee. This fee is used to help offset the costs of running the Recreation Department and help the Department remain self sufficient.

Non-Residents are welcome in most programs and will be charged an additional \$5.00 non-resident fee.

## Fee Waivers Available

It is the policy of the Brownstown Recreation Commission that no Brownstown resident child will be turned away from a program due to the inability to pay a program registration fee.

If your child wishes to participate in any program, and you are unable to pay the registration fee, please request a fee waiver application from Parks & Recreation Director Mark W. Maxe at (734) 675-0920. All requests are handled confidentially.

## Satisfaction Guaranteed

If, for any reason, you are not fully satisfied with any program, a full refund of the program registration fee will be issued upon request. Just stop in the Recreation Department

and tell us why you were dissatisfied with the program, and a full refund will be issued.

## Program Suggestions

Ideas and suggestions for new programs are always welcome. If you have a particular program or event you would like to see offered by Brownstown Recreation, please contact Parks & Recreation Director Mark Maxe at (734) 675-0920.



# Program Registration Form

Name		
Address	Sign up for:	Price
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
Phone	<input type="checkbox"/>	
Method of Payment	<input type="checkbox"/>	
<input type="checkbox"/> Visa	<input type="checkbox"/>	
<input type="checkbox"/> MasterCard	<input type="checkbox"/>	
<input type="checkbox"/> Check Enclosed	<input type="checkbox"/>	
Credit Card #	Exp. date	Total
Signature		

### Liability Waiver - Please Read Carefully

In consideration of the acceptance of my registration in the above program(s) I do hereby, for myself, my heirs, executors and administrators, waive release and forever discharge any and all rights and claims for damages which I may have or which hereafter accrue to me against all municipalities special districts, and properties through which the program(s) will be held or its respective officers, instructors, administrators, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with my said participation in the above program(s). I further represent that I am in good physical condition and have no disability or ailment that will prevent me from engaging in the activity for which I am registered.

Signature & Date