



Mayor - Michael C. Taylor
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Maria G. Schmidt, Henry Yanez
and Barbara A. Ziarko
City Manager - Mark D. Vanderpool

City of Sterling Heights
Parks & Recreation Department
Adaptive Recreation Services

January - Feburary 2026

Sterling Special

Winter Greetings,

As the snow falls and a new year unfolds, Sterling Heights Parks and Recreation is pleased to welcome you to the Winter 2026 Sterling Special. With every January comes a fresh start and we are thrilled to share a full lineup of adaptive and inclusive recreation programs designed for connection, creativity, and joy! From the return of your favorite programs and events to seasonal highlights and new opportunities for fun, there is so much to look forward to this year.

As we step into 2026, we are not only celebrating a new year of recreation – we're also celebrating growth and change! This will be the last edition of the Sterling Special in its current format. This interim issue only includes January, February and a bit of March so you may notice some of the programs you have come to enjoy are not listed in this edition but have no fear! Starting in March, we will be rolling out a new and improved way to share news, events, and stories for both the City Magazine (now *sterlingmade*) and Sterling Special. Each issue will honor the spirit of creation and connection, capturing the pride and progress that makes Sterling Heights truly made by you.

We are also thrilled to announce that the Parks and Recreation Department has introduced a new recreation management software called RecTrac that will not only meet the needs of the department but also provide an enhanced user experience for all participants. Starting December 1, we're rolling out a brand-new registration system that makes it easier than ever to sign up for programs, rent facilities, and stay connected. You'll still be able to register online through our website or in person at any Parks & Recreation location — but with a smoother, mobile-friendly experience designed for you. Please visit our website for more information and to create your household so you don't miss out on any fun! If you need assistance give us a call at 586-446-2700 or email us at recreation@sterlingheights.gov. We are excited to continue building a community where everyone belongs and thrives! Thank you for continuing to grow with us and embracing these exciting changes. Here's to a bright new year full of fresh opportunities, fun, and friendship!

Kindest Regards,
Becca Lynn, CTRS



Thank you to everyone who has supported the Sterling Heights Adaptive Recreation program in

2025. Special Thanks to:

**St. Isidore
Knights
of Columbus**

**St. Therese of
Lisieux Knights
of Columbus**

**mParks
Foundation**



STAY CONNECTED:

Phone: 446-2700

Online: www.myshpr.net

Facebook: www.facebook.com/myshpr

X: [@sterlingheights](https://twitter.com/@sterlingheights)

Instagram: [@myshpr](https://www.instagram.com/@myshpr)

Save the Date

---Tear out this page, to remember upcoming events!---

January 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1  All Buildings Closed	2	3
4	5	6 Adaptive Yoga 5 – 6 p.m.	7 Adaptive Athletes 5:15 – 5:45 p.m.	8 NEAR Basketball 6 – 7 p.m.	9 Cabin Fever Adaptive Dance 6 – 9 p.m.	10 Artist Inside Whiskers in Watercolor 11 a.m. – 12:30 p.m.
11 Sensory Friendly Skating Dodge Park Ice Rink 11 a.m. – 1 p.m.	12 Diners Club 6 – 7:30 p.m.	13 Adaptive Yoga 5 – 6 p.m. Prep Like a Pro Tailgate Treats 6 – 7 p.m.	14 Adaptive Athletes 5:15 – 5:45 p.m.	15 NEAR Basketball 6 – 7 p.m.	16	17
18	19  All Buildings Closed	20 Adaptive Yoga 5 – 6 p.m.	21 Adaptive Athletes 5:15 – 5:45 p.m.	22 NEAR Basketball 6 – 7 p.m.	23	24
25	26	27 Adaptive Yoga 5 – 6 p.m.	28 Adaptive Athletes 5:15 – 5:45 p.m.	29 NEAR Basketball 6 – 7 p.m. Out & About Adventure Red Wings Game	30	31

February 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Adaptive Yoga 5 – 6 p.m.	4 Adaptive Athletes 5:15 – 5:45 p.m.	5 NEAR Basketball 6 – 7:30 p.m.	6	7 Artist Inside Zinnias in Bloom 11 a.m. – 12:30 p.m.
8 Sensory Friendly Sundays Dodge Park Ice Rink 11 a.m. – 1 p.m.	9	10 Adaptive Yoga 5 – 6 p.m.	11 Adaptive Athletes 5:15 – 5:45 p.m.	12 NEAR Basketball 6 – 7:30 p.m.	13 Be My Valentine Adaptive Dance 6 – 9 p.m.	14 
15	16 Diners Club 6 – 7:30 p.m.	17	18 Adaptive Athletes 5:15 – 5:45 p.m.	19 NEAR Basketball 6 – 7:30 p.m.	20	21
22	23  All Buildings Closed	24 Adaptive Yoga 5 – 6 p.m.	25 Adaptive Athletes 5:15 – 5:45 p.m.	26 NEAR Basketball 6 – 7:30 p.m.	27	28

DANCE THE NIGHT AWAY

(Ages 16+)

Join us once a month for themed parties to "Dance the Night Away". The music is sure to get you moving, involved, and connected. Refreshments are included in the registration fee. Deadline to register is 5 p.m. on the Thursday before the dance. This is a firm deadline, no exceptions. Accompanying staff, parent, and guardian registration fee is \$6 and includes food and dancing as well.

Cabin Fever

F 1/9 6 – 9 p.m. \$11 / \$14 CC

Be My Valentine

F 2/13 6 – 9 p.m. \$11 / \$14 CC

Shamrock Shuffle

F 3/20 6 – 9 p.m. \$11 / \$14 CC

Lets GLOW Crazy

F 4/10 6 – 9 p.m. \$11 / \$14 CC

SAVE THE DATE!

Adaptive Recreation
Spring Formal
Friday, May 8



PREP LIKE A PRO

(All Ages)

This program guides chefs of all experience levels through the basics of food preparation. Join us and learn how to pair spices with your favorite foods, prepare meals that make for easy dinners and create yummy recipes perfect for sharing.

Classes will be held once a month and will teach meal prepping basics through different recipes. Each participant will take home their meals to enjoy. Main ingredients will be provided; you will just need to add your choice of protein at home.

This class is inclusive and designed for all ages and abilities. Children 13 and under must have adult supervision. **Instructor:** Katie LaChance

Tailgate Treats

T 1/13 6 – 7 p.m. \$22 / \$33 CC

Cheesy Does It

T 3/10 6 – 7 p.m. \$22 / \$33 CC



DINERS CLUB

(Ages 16+)

Join us once a month for good food and great friends! This opportunity is a social group designed for individuals with disabilities who love food, fun, and friendship. Each outing will be to a mystery location – a surprise restaurant or café carefully chosen for its accessibility, welcoming staff, and tasty food. Participants will enjoy trying new foods, practicing social skills, and enhancing their independence. Participants are responsible for transportation, cost of their meal, beverage, and tip. Restaurant locations will be emailed prior to each outing.

Diners Club January

M 1/12 6 – 7:30 p.m. \$5 / \$8

Diners Club February

M 2/16 6 – 7:30 p.m. \$5 / \$8

Diners Club March

M 3/9 6 – 7:30 p.m. \$5 / \$8

ARTIST INSIDE

(All Ages)

Discover your inner artist while learning new techniques and designs. Each class offers a new paint project allowing Artists to create a masterpiece that they can take home. These art classes are guided so no experience is required. Open to all ages and abilities. Children 13 and under must have adult supervision. Fee includes supplies and refreshments. **Instructor:** Danielle Edwards

Whiskers in Watercolor

SA 1/10 11 – 12:30 p.m. \$26 / \$34 CC

Zinnias in Bloom

SA 2/7 11 – 12:30 p.m. \$26 / \$34 CC

Landscape Layers

SA 3/14 11 – 12:30 p.m. \$26 / \$34 CC



BINGO

(All Ages)

Tired from the constant chill in the air during the winter months? Come to the Community Center and Warm up with our Bingo Event! Activities will feature five games, prizes and warm treats for you to enjoy! Pre-registration is required for this event by Wednesday, January 28

"Warm Up From Winter" Bingo

SA 1/31 12 p.m. \$6 / \$10 CC



OUT & ABOUT ADVENTURES – RED WINGS VS. CAPITALS

January 29, 2025

Ages 5+

This outing is specifically designed for adaptive recreation participants. Join the Parks and Recreation Department for another no-hassle experience as we travel to Little Ceasars Arena to watch the Detroit Red Wings take on the Washington Capitals. The fee includes round trip transportation and admission to the game. Seats are in section 209; The puck will drop at 7:00 p.m. Participants under the age of 16 must be accompanied by an adult.

Fee: \$47 / \$50

Location: Arrive at 4:30 p.m., Depart at 5 p.m. from Community Center to Little Ceasars Arena.





ADAPTIVE ATHLETES

(Ages 4 - 9)

Specially designed for children with developmental, cognitive, and/or physical impairments, this class blends physical activity with friendship and learning. Children will be guided through the basics of various sports to enhance their motor, social, emotional, and learning skills. The Adaptive Athletes program is designed for one child and one caregiver. **Instructor:** Katie LaChance

W	1/28 – 3/4	5:15 – 5:45 p.m.	\$38 / \$56	CC
W	3/18 – 4/29*	5:15 – 5:45 p.m.	\$38 / \$56	CC

*No Class: 4/1

ADAPTIVE YOGA

(Ages 12+)

Yoga is not a one-size fits all activity. Our adaptive yoga classes are designed for individuals with disabilities and are considerate of all bodies and abilities. Sessions are modified to provide a safe and encouraging space for all. This class focuses on balance, strength, breathing techniques and mindfulness to lead to improved overall health and well-being. **Instructor:** Elizabeth Wilk

T	1/6 – 2/10	5 – 6 p.m.	\$38 / \$56	CC
T	2/24 – 3/31	5 – 6 p.m.	\$38 / \$56	CC

NORTHEAST ADAPTIVE RECREATION SOFTBALL LEAGUE

(Ages 13+)

Sterling Heights Adaptive Recreation teams play in the Northeast Adaptive Recreation Softball League. Enjoy fun, healthy competition between our teams and those from other cities. This league is designed for players with cognitive, developmental and/or physical disabilities ages 13 and older. All playing levels welcome. Register early, space is limited.

Dates: Practices – Tuesday, May 5, 12 & 19
Games – Tuesdays, end of May until beginning of August
6:30 – 8:00 p.m.

Fee: \$57 Resident / \$73 Non-Resident

Locations: Home games take place at Donovan Park.
Away game locations will be announced closer to season.

National League Division: For players with fair skills in hitting the ball, balance, running, fielding the ball for both fly balls and grounders.

American League Division: For players that are new to the sport or may require more support to have successful play.



NORTH EAST



ADAPTIVE
RECREATION



Don't miss

Sensory Friendly Storytime!

Join us for a sensory-friendly storytime designed for children with disabilities and adaptive needs! Each session features engaging stories, sensory activities, crafts, and adaptive movements tailored to each child's unique abilities. This program fosters creativity, self-expression, and provides a supportive environment where every child can thrive.

Upcoming sessions:
Saturdays at 11 a.m.

January 3 & February 14



DODGE PARK ICE RINK

The ice rink located within Dodge Park will officially open for the season on December 1. Ice skating enthusiasts of all ages can enjoy the feel of an open air ice rink, but with protection from the wintry elements. Follow us on Facebook [@myshpr](#), check our website or call the hotline number (586) 446-2711 for updates. The refrigerated ice rink will be open seven days a week and will be available for open skating only. Heated restrooms are available at this facility. Deer Camp will provide concessions on Friday, Saturday and Sunday.

Hours of Operation

Monday - Thursday, Noon - 9 p.m.
Fridays, Noon - 10 p.m.
Saturday, 11 a.m. - 10 p.m.
Sunday, 11 a.m. - 8 p.m.

Fee:

Sterling Heights Residents:
FREE (with Photo ID)*
Non-residents: \$5 per person
Cash or Credit is accepted
(Visa, Master Card & Discover)
Skate Rental: \$4
Skate Sharpening: \$5

Holiday Hours of Operation

Dec. 24	11 a.m. - 3 p.m.
Dec. 25	Closed
Dec. 31	11 a.m. - 3 p.m.
Jan. 1	Closed
Feb. 9	11 a.m. - 5 p.m.



Sensory Friendly Sundays

Dodge Park Ice Rink is proud to support individuals with special needs. Through our Sensory Friendly Sundays, we're able to offer individuals a more accessible skating experience. Dimmed lighting, no music and skate trainers will be available on a first come, first serve basis. Sensory Friendly Sundays will be offered on the second Sunday of each month from December through February between 11 a.m. and 1 p.m.