



West Bloomfield Parks and Recreation
 For Complete Information, Visit our Website @
www.WestBloomfieldParks.org
 or call us at 248.451.1900 or 248.451.1901
 February 2, 2010

Celebrate Parks in 2010!

West Bloomfield Parks & Recreation
 Invites You to the 2010

DADDY / DAUGHTER DINNER DANCE

Thursday, February 11
 6 - 9 pm

At Glen Oaks Golf Course
 30500 13 Mile Road

Between Orchard Lake and Middlebelt Roads

Back by popular demand is a full
 dinner buffet which includes:
 Roast Sirloin, Herb Baked Chicken,
 Mostaccioli, vegetable, potatoes,
 salad bar, coffee and pop.



Registration
 Deadline
 end of day on
 Monday
 February 8th

Fees:

Code #	Date	Day	Time	R/NR Fee	Age
110070-1A	02/11	Th	6:00P-9:00P	\$25/\$30	18-Adult
Daughter (first child)					
110070-1B	02/11	Th	6:00P-9:00P	\$25/\$30	3-17
Additional Daughter (per additional child)					
110070-1C	02/11	Th	6:00P-9:00P	\$17/\$17	3-17

To Register Call

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Or online at

www.WestBloomfieldParks.org

This year's pictures will again be done by a professional photographer. Photo Packages start at \$15; cash, check or charge payable to the photographer the night of the dance. More information will be online in January with regards to ordering extra pictures.





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"West Bloomfield
Parks and Recreation"

The "Nature" of Chocolate *with Parks' Naturalist, Laurel Zoet*

This unique and tasty program will not only teach you the historical and cultural reasons behind chocolate being a popular gift at Valentine's Day, but you will also learn about some of the plants and animals that make one of our favorite treats possible. This program includes an indulgent chocolate tasting, so grab your special someone and surprise them with a visit to this unique interpretive program.

Location: Room 102, Recreation Activities Center
Instructor: Laurel Zoet, Parks Naturalist

Code #	Date	Day	Time	R/NR Fee	Age
128000-1A	02/09	Tu	7:00P-8:30P	\$4/\$5	18-Adult

Off Leash Dog Area

3 Acre Site at the Karner Farm
5911 Halsted Road

It's time to renew your membership for the Off Leash Dog Area

In order to use the site in 2010, you must renew your registration or register for the first time in person at the

Recreation Activities Center,
4640 Walnut Lake Road,
in the WB Civic Center Complex

In order to register, you must bring the following:

- You must be a West Bloomfield Township resident (drivers license required)
- You must be at least 18 years of age
- You must bring proof of your current Oakland County Dog License
- You must bring proof of up-to-date vaccinations including Bordatella
- You must completely fill out the Agreement / Waiver of Liability & Indemnification Form (available at our office or online at www.WestBloomfieldParks.org)
- Fee is \$20 per calendar year

All of the above information must match name and address of the dog owner.

Nature Nook Open Hours for February

Tuesday, February 9
from 3 to 6 pm
Saturday, January 13
from 9 am to 12 pm



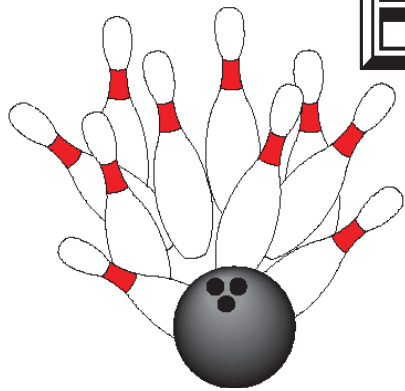
The Nature Nook is a one-room nature center located in the Recreation Activities Center, 4640 Walnut Lake Road, in the WB Civic Center Complex. It features live animals along with a variety of educational, hands-on action stations that will have your family learning everything from the tiniest bug to the biggest mammal. Parks' Naturalist Laurel Zoet will be on hand to answer your nature questions. Best of all -- it's FREE! *Please note: Children must be accompanied by an adult at all times in the Nature Nook.*

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online at www.WestBloomfieldParks.org

West Bloomfield Parks & Recreation Invites You!

2010 MOTHER-SON



BOWLING

PARTY

Saturday, March 13

1 to 4 pm

Wonderland Lanes

8265 Richardson Road

(just west of Haggerty Road)

Moms and sons will spend the afternoon together playing two games of bowling. Also includes your bowling shoes, pizza and pop. There will be a goody bag for all the boys and fun door prizes for everyone!

Bring a canned good or nonperishable item for Lighthouse of Oakland County and receive one extra chance at a door prize for each item (limit of 5 extra tickets per person).

To Register Call

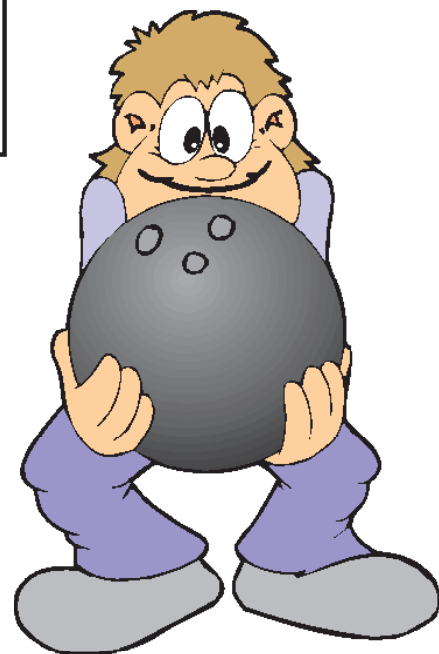
248.451.1900 or 248.451.1901

or online at

www.WestBloomfieldParks.org

Fee: \$15 WB resident / \$17 non-resident

If there is another family you wish to bowl with, please let us know that at registration (or if you register online, please call us with that information). We will try our best to make lane assignments accordingly.



West Bloomfield Parks and Recreation Presents the Healthy Living Series

Make Monday evenings “your time” to learn how to live a healthy balanced life. This series will give you the tools for healthy living and holistic solutions for mind, body and spirit! If you have heard of some of these practices and are just curious or looking for alternatives to try these classes will provide the information you will need to learn what may help you in your quest for knowledge.

February 8 Lightwave Therapy: This is about using colors and images, Art therapy is the journey you take to find your life force within you. It is not about being artistic or talented it relates to using color and art to make you feel better.

February 15 Ama-Deus: This method of healing is not a religious dogma, it is a spiritual healing energy offered by the Universe as a tool to enhance spiritual growth and awareness while supporting our physical and emotional healing. There will be examples of this modality during class.

February 22 Psychic Medium: You have seen them on TV, and how they can bring peace of mind, as well as give advice using their special gift of intuition.

March 1 Chakra Balancing: Chakras are the sacred energetic gateways to healing and wholeness. Learn their correlation to the physical body, colors, essential oils, crystals and gems, and sound.

March 8 Frequency Vibrational Shiatsu: This is a class where you will see by example using tuning forks. It helps joint pain and inflammation.

March 15 Laughter Yoga: Learn how laughter for no reason can bring health and healing to your mind and body.

March 22 Reiki: You will learn what it is and it’s benefits. Reiki has been known to help relieve pain, and give a general relaxing feeling in mind, body and spirit.

April 5 Acupuncture: Learn how it works and the healing benefits it can achieve.

April 12: Aromatherapy: This is a form of alternative medicine that uses essential oils and aromatic compounds from plants for the purpose of improving a person’s mood, cognitive function or health.

April 19 Yoga: Try some examples of yoga and how it benefits your body and mind, learn about different types of yoga as therapy, and how it teaches you to breath properly and relax.

April 26 Chiropractic: Learn how chiropractic care can relieve pain, increase mobility and improve your overall health.

**Location: The Corners, 2075 Walnut Lake Road
Choose Weekly Sessions**

Code #	Date	Day	Time	R/NR Fee	Age
120860-1E	02/08	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1F	02/15	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1G	02/22	M	7:30P-9:00P	\$15/\$20	18-Adult
120860-1H	03/01	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1I	03/08	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1J	03/15	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1K	03/22	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1L	04/05	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1M	04/12	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1N	04/19	M	7:30P-8:30P	\$15/\$20	18-Adult
120860-1O	04/26	M	7:30P-8:30P	\$15/\$20	18-Adult



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