

This [printable flyer](#) is a list of the ROCC's upcoming events.

## **HEALTHY MOVES - LOADED FOR GAME**

**All events are free and open to the public!**

The Coalition, in partnership with Brooks Patterson's Brooksie Way Minigrant Foundation (in memory of Brooks Stuart Patterson), is offering 14 fun events and activities for young people and families.

**FIRST AID FOR FAMILIES:** Join this interactive class and learn the basics of first aid through hands-on activities. Participants will learn how to treat minor abrasions, burns or more serious wounds while help is on its way. Session 1: November 30<sup>th</sup> 6:30 - 7:30 (upper elementary and family) Session 2: December 9<sup>th</sup> 6:30 - 7:30 (pre-teens, teens and family)

**GA-GA PIT GAME:** the newest game craze! this high energy dodge ball variation for teens and will be housed in a custom made octagon pit and played in succession with an ultimate winner being determined and prizes awarded. Parents must sign a release of liability form! Session 1: December 17<sup>th</sup> 5:00 - 7:30 Session 2: December 18<sup>th</sup> 12:00 - 4:00.

**YOGA:** Belightful Yoga classes will support participants in developing focus, fitness, concentration and self-awareness, all while having fun. The sessions invite participants to enjoy quality time together while relaxing and taking care of themselves. PARTICIPANTS/PARENTS MUST SIGN A RELEASE OF LIABILITY FORM. Session 1: November 14<sup>th</sup> 2:00 - 3:00 Session 2: November 21<sup>st</sup> 2:00 - 3:00.

**MARTIAL ARTS:** The first class is an introduction to Aikido for youth. The second class is an introduction to Aikido for youth & parents, respectively. Both classes are designed for those interested in utilizing Aikido for peaceful conflict resolutions. Session 1: November 11<sup>th</sup> 7 - 8:30 (boys 10 years and up only) Session 2: November 18<sup>th</sup> 7 - 8:30 (boys 10 years and up w/ parent).

**SELF DEFENSE:** These courses help women evaluate dangerous situations to access available escape or defense options. It is designed to increase confidence and reduce fear. Classes are for girls and women of all ages, sizes and fitness levels. Session 1: November 16<sup>th</sup> 3:30 - 4:30 Session 2: December 7<sup>th</sup> 3:30 - 4:30.

**SKATE PARK:** Skate boarding lessons at Modern Skate and Surf, a state of the art facility designed and built by world class X-Games ramp builders "Team Pain". The sessions are for kids and kids at heart, ages 4 - 64. Skateboard and safety equipment are required and are available for rent. PARENTS MUST SIGN A RELEASE OF LIABILITY FORM! Session 1: November 24<sup>th</sup> 4:30 - 6:00 Session 2: December 15<sup>th</sup> 4:30 - 6:00.

**TAI CHI:** Taoist Tai Chi Society will demonstrate and teach the internal arts and methods of this "soft style" martial arts to improve balance, circulation and strength, as well as increase flexibility and reduces stress. ONE SESSION ONLY November 17<sup>th</sup> 7 - 8:30.

**BUILDING BRAIN POWER:** Chartwells Schools Dining Services will facilitate an interactive workshop on how to prepare easy, great tasting, and nutritious after-school snacks. Be prepared to sample the awesome products of the session. ONE SESSION ONLY December 16<sup>th</sup> 5:00 - 6:00.

*[These above activities are made possible with the support from the Brooksie Way Mini-grant]*

**FLOWER FUNDRAISER:** The Royal Oak Community Coalition teamed up with English Gardens to offer **Flower of the Month Club**. For \$35.00, you get a pre-selected monthly bouquet or potted plant. Brighten up your home, office or give away flowers to someone you care about!

**KOHL'S CARES FOR KIDS PROGRAM:** The program allows you to help give back to community. We have \$25.00 gift cards available here. All you have to do is call or email us and we'll get it in the mail right away. You pay \$25.00 and you get a \$25.00 gift card, it's that simple. A certain percent goes to help aide in our efforts here at the ROCC. You can shop for Christmas without having to leave your house!

**GREAT PRETENDERS HOLIDAY CELEBRATION:** Come celebrate the holidays with the Royal Oak Community Coalition. On December 2nd at 6:00p.m., the Royal Oak Public Library will be hosting our annual holiday celebration with a taste testing of non-alcoholic holiday drinks you can serve for the holiday season and sample holiday food trays donated by our local grocery markets. We will also be showing families how to do easy centerpiece and table settings for the holidays. Bring the whole family! It'll be a great way to mingle with people from the Royal Oak Community! For more information, please contact: the Coalition office 248-546-7622 or the Library 248-246-3700.