

ACTIVE ADULTS

Oakland County Parks offers many programs for Active Adults throughout the year, ranging from fitness and historical education to fun excursions throughout the Oakland County Parks system.

Events

Exploring Towns Along the Saginaw Trail May 22, 2024 10 a.m.-3 p.m.

Over time the well-worn Indigenous Saginaw Trail turned into a rough wagon road and towns like Stony Run and Groveland Corners sprouted up along it. Some were mill towns. Some were tavern towns. Some are still there. Some have all but disappeared. This adventure will start at Waterford Oaks then continue by bus, including lunch at The Farmhouse. This trip is limited to 35 individuals.

Preregistration is required - deadline to register is May 8, 2024
Cost: \$25 per person.

Full Stream Ahead - Kayak Learning Adventure Each session begins at 9 a.m. -dates/locations as listed

Learn facts about Natural Resources and Nature Education while paddling around the lake. A kayak and life jacket will be provided. Each session is limited to eight participants.

Preregistration is required - deadline to register is Wednesday prior to event date. Cost: \$10 per person

June 15 - Groveland Oaks	June 29 - Addison Oaks
July 13 - Groveland Oaks	July 27 - Addison Oaks
Aug. 10 - Groveland Oaks	Aug. 14 - Addison Oaks

Sunsets on Crooked Lake June 18, July 18, July 31 and Aug. 13 Two sessions: 6 p.m. and 7:15 p.m.

Cruise around Crooked Lake in an accessible pontoon boat while Parks Historian Carol Bacak-Egbo provides interesting tidbits of information about the surrounding area. Each session is limited to 10 participants.

Pre-registration is required. The deadline to register is Monday prior. Cost: \$10 per person

Summertime Senior Day - July 24, 2024 11 a.m.-2 p.m. (group reservations accepted)

Spend the day at Independence Oaks County Park. Enjoy fishing, archery, a nature education program, lawn games and pontoon boat rides. A box lunch with hot dog, chips and lemonade will be provided.

Preregistration is required - deadline to register is July 18, 2024. Cost: \$10 per person.

Fall into History - Oct. 1, 2024 11 a.m.-2 p.m. (group reservations accepted)

Enjoy an elegant buffet prepared by Oaks Management at the Buhl Estate in Addison Oaks County Park. Learn about the history of Addison Oaks and take a wagon ride through the park. Enjoy cider and donuts, too.

Preregistration is required - deadline to register is Sept. 16, 2024. Cost: \$45 per person.

Ongoing Wellness Opportunities

TrailBlazer Walking Series-monthly through November Each session begins at 7 p.m.-dates/locations as listed

Enjoy a hike and talk by Oakland County Parks' Natural Resources, Citizens Science or Nature Center staff. Hikes are approximately one mile. Locations vary through Oakland County Parks.

This program is free but some parks require a daily park entry fee for vehicles without an Oakland County Parks vehicle permit. *The daily park entry fee is \$5 for Oakland County residents or \$12 for non-county residents.*

April 26 - Lyon Oaks
June 28 - Groveland Oaks
Aug. 23 - Highland Oaks
Oct. 18 - Rose Oaks

May 17 - Catalpa Oaks
July 26 - Addison Oaks
Sept. 20 - Addison Oaks East
Nov. 8 - Waterford Oaks

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Ongoing Wellness Opportunities

Saturday Morning Yoga
May 4, June 1, July 6, Aug. 3 and Sept. 7, 2024
9:30-10:15 a.m.

Join Studio 8 Fitness for a free, 45-minute yoga lesson on the grassy area to the left of the Oakland County Farmers Market building.

No preregistration is needed.

Saturday Morning Tai Chi
June 1, July 6, Aug. 3 and Sept. 7, 2024
10:30-11:15 a.m.

Join Studio 8 Fitness for a free, 45-minute Tai Chi lesson on the grassy area to the left of the Oakland County Farmers Market building.

No preregistration is needed.

Thursday Lunchtime Yoga
May 16, June 20, July 18, Aug. 15 and Sept. 19, 2024
Noon-12:45 p.m.

Join Studio 8 Fitness for a free, 45-minute yoga lesson on the grassy area to the left of the Oakland County Farmers Market building.

No preregistration is needed.

Adults Only Archery Shoot
June 29 and July 27, 2024 10 a.m.-noon

Learn the basics of archery and perfect shooting techniques at the Archery Range in Independence Oaks County Park. This program is limited to 16 participants. *Cost: \$15/person*

For information: 248-296-4584 or brechn@oakgov.com
To register: 248-858-0916

Waterpark Programs

River Walk - June 17-Aug. 15, 2024
(no sessions the week of July 1)
7:30-8:30 p.m. each night

Walk the River Ride for fitness at Red Oaks Waterpark after hours on select Mondays, Tuesdays, Wednesdays and Thursdays. This is a great way to cool off and get steps in.

This program is for adults 18 and up only. *Cost: \$50/8-week session (must select a specific day of the week as each day is a separate punch card). No walk-ins available.*

After Hours 50+ Swim - July 1, 2024 7:30-9 p.m.

Adults 50 and up are welcome to experience Red Oaks Waterpark after hours. Register to enjoy the wave pool, water slide and River Ride. Preregistration is preferred. *Cost: \$10/person preregistered or \$15/person day of the event.*

Vehicle Permits

Oakland County residents ages 62+, active military, veterans and individuals with disabilities are eligible for a free Oakland County Vehicle Permit valid through Dec. 31, 2029. Visit OaklandCountyParks.com for more information.

