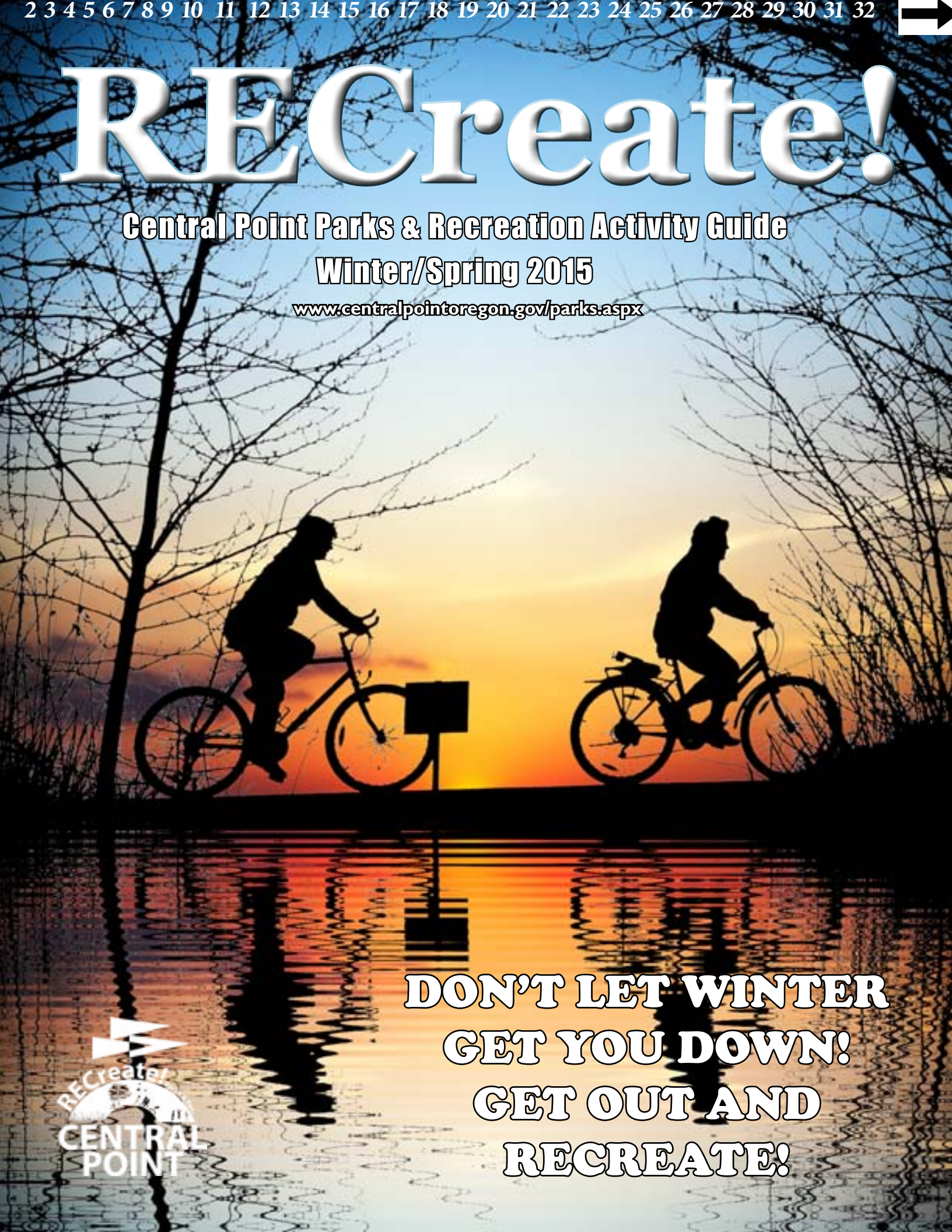
RECreate!

Central Point Parks & Recreation Activity Guide

Winter/Spring 2015

www.centralpointoregon.gov/parks.aspx



DON'T LET WINTER GET YOU DOWN! GET OUT AND RECREATE!

RECreate! CENTRAL POINT

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Class Locations

Our classes are held at the following locations:

Computer Lab, City Hall Rooms 1 & 2
City Hall Recreation Center
155 S. 2nd Street (2nd Floor)

Rec A & B
405 S. 4th Street
(Behind Joel Tanzi Skate Park)

Council Chambers
140 S. 3rd Street
(1st Floor, City Hall)

Crater Rock Museum
Multi Media Hall
2002 Scenic Avenue

ADMINISTRATIVE BOARDS & CONTACTS

Mayor
Hank Williams

City Council
Allen Broderick
Dr. Bruce Dingler
David Douglas
Mike Quilty
Brandon Thueson
Rick Samuelson

City Manager
Chris Clayton

Parks & Recreation Commission
Mark Ludwiczak, Chair
Patricia Alvarez, Vice Chair
John Beck
Deven Howard
Neil Olson
Carl Orndoff
Lee Orr

Parks & Recreation Staff
Matt Samitore, Director
Jennifer Boardman, Manager
Sarah Garceau
Dave Jacob

Parks Maintenance Staff
Corey Qualls
Don Dunn
Mark Brindle

Find us on facebook

Follow the City of Central Point's Facebook page to stay connected. The City posts information on upcoming classes and activities, along with current news, such as street closures, projects and meeting dates.

www.Facebook.com/CentralPointOregon

Manager's Message

As the Manager of Central Point Parks and Recreation, I have the great opportunity to interact with residents at classes, community events, or even while teaching classes. These conversations always yield great information about what is and isn't known about Parks and Recreation in Central Point. Community members always have great ideas and we so appreciate each participant.

At a recent cooking class I was teaching, I was talking with some participants about Movies in the Park. I was explaining how we choose the movies, where we purchased the copyright to show the movies, and how we obtain sponsorships. When I mentioned the cost of the movies and purchasing the copyright the mother mentioned that attending them was free and hadn't realized that we had to pay for the movie. While this would be great, that is not the case, each movie or music that we play at a public showing requires a copyright, which provides a royalty to the movie studio or songwriter. Each movie fee is based on attendance, percentage of admission charged, if any, and what movie is playing. On average, showing movies currently runs approximately $300-$350 per night and music is about $400 for a band. We have been fortunate in the past several years to have fantastic sponsors that provide funding for the event. The sponsorship pays for the movie and the band providing a great way for Central Point Parks and Recreation to offer family friendly entertainment in our fantastic parks to the public at no cost for those attending.

If you are interested in being a sponsor, helping us pick the movies, or any other volunteer opportunity, we are always looking for great partners.

Jennifer Boardman, Manager
Parks and Recreation Department

HOW TO REGISTER FOR CLASSES

Online: https://apm.activecommunities.com/centralpointrec/ (Additional fee charged)
Phone: (541) 664–3321, ext. 232, 263 or 265
Fax: (541) 664–6384
Mail or in person: City of Central Point Parks & Recreation
140 S. Third Street, Central Point, OR 97502
Registration must be received a minimum of 7 days prior to the class start date.

REGISTRATION FORM (Additional forms may be downloaded on our website.)
This registration form is subject to the registration/refund policy listed on your receipt.
Registration/refund policies may be viewed on our website.

Participant Name _____ Date of Birth_____
Street Address _____ City/Zip_____
Home Phone _____ Is this a new address? Yes___ No ___
E-mail Address _____ Send receipt via e-mail? Yes___ No ___
Name of Class _____ Start Date_____
Signature (Parent/Guardian if participant is under 18) _____
PAYMENT OPTIONS
Check Enclosed (do not send cash) Visa MasterCard American Express
Name on Card (print) _____ Expiration Date _____ / _____
Card Number _____ – _____ – _____ – _____ Card Security Code _____

Events

Community Christmas Lights Parade

Friday, December 5th in Central Point

Parade starts at 5:30 pm • Downtown Central Point

City Hall Activities

join us after the parade!

Hay Rides
Fun Activities
Visit with Santa Claus
Kiwanis Book Giveaway
Tree Lighting (immediately after parade)

We invite you and your family to join us in celebrating the holidays!

Contact Us
(541) 423-1978
parks@centralpointoregon.gov
www.centralpointoregon.gov

Events

CENTRAL POINT ELEMENTARY CHRISTMAS BAZAAR

All your holiday shopping in one place!

Date: Saturday, December 13
Time: 10:00 am - 5:00 pm
Location: Central Point Elementary School, 450 S. 4th Street, Central Point

Come join our Annual Christmas Bazaar! There will be over 90 vendors all with handmade and handcrafted items, including crochet, knitting, jewelry, baked goods, jellies, wood crafts, sewing and quilting, baskets, ornaments and many more!

ARBOR WEEK CELEBRATION, APRIL 5 - 11

Join the City of Central Point Parks and Recreation Department for a celebration of Arbor Week as we share information on the importance and care of our trees. Arbor Week is an annual observance that celebrates the role of trees in our lives and promotes tree planting and care. Check the Parks and Recreation website for more details.

Events

Saturday, May 2
from 8:00 am - 3:00 pm

Don't miss the opportunity to sell your items or find great bargains at this huge yard sale day in Central Point!

The deadline for listing your address is Monday, April 27 at 4:00 pm.

Call (541) 664-3321, ext. 232 or 265 or visit our website to sign up!

2015 Family Fun Bike Ride Series

Join us for Family Friendly bike rides! Free Prizes and Safety Instruction provided!

- **May 16th: Central Point**
- **June 6th: Ashland**
- **September 12th: Grants Pass**
- **October 10th: Medford**

***All rides 10:30am-12:30pm**

Locations TBA: visit **www.siskiyouvelo.org** or **www.rvtd.org** for more information! Or call **541-608-2411**

SISKIYOU VELO

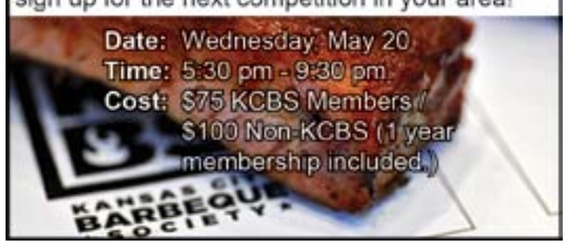
RVTD

Battle of the Bones
and
Kansas City BBQ Society
present a

Certified BBQ Judging Class

KCBS teams are known for cooking some of the best barbeque in the world, but it takes a dedicated team of judges to decide which is truly the best-of-the-best. Being a Certified Barbeque Judge (CBJ) means you get to taste award-winning barbeque, decide which barbeque wins those awards and promote the KCBS message.

By the time you're finished, you'll be ready to sign up for the next competition in your area!



CENTRAL POINT Run4 FREEDOM

RUN 4 FREEDOM FUN RUN
1 MILE & 5K - 7:30 AM
KIDS RUN - 8:45 AM
REGISTRATION BEGINS MARCH 1, 2015
HTTP://GETMEREGISTERED.COM/CPRUN4FREEDOM

RoadID
It's Who I Am.

REGISTER ONLINE CLICK HERE
GetMeRegistered.com
A BETTER WAY TO REGISTER

Youth Programs

Kid Venture

JOIN OUR PRESCHOOL!

KidVenture Preschool provides the opportunity to expose youngsters to numbers, letters, and shapes but more important, they learn how to socialize with their classmates. Children will learn how to raise their hand, take turns, and share the attention of the teacher.

Preschool is also a great transition into kindergarten and being away from mom and dad. Preschool will help children to discover a sense of self by practicing their helping skills and is a real confidence builder as they learn beginning problem solving. If your child is between the ages of 3 and 5 (children must be 3 by August 31, 2014 and completely potty trained) and in need of some beginning enrichment then this is the place for you!

KidVenture offers two class sessions:
- Mornings 8:30 - 11:30
- Afternoons 12:00 - 3:00

Cost:
- $135 per month (Equals $11.35/day or $3.78/hour)
- $30 Registration Fee (Waived if signed up for autopay)

Dates:
- Weekly: Tuesday, Wednesday, Thursday
- September 3 to June 4 (Follows Schools District 6 calendar)

KidVenture will be in session 107 days for the 2014/2015 school year. Classes are held in Recreation Building A, 405 S. Fourth Street. School building is not open to the public to ensure safety, so please call Parks and Recreation for an appointment to visit the school at 541-664-3321 ext. 263.

BRITISH SOCCER CAMP 2015!

Challenger Sports British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in the US. Our experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential.

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament. Summer 2015 schedule will be held on **June 15 to 19** and **July 27 to 31**. The schedule for both weeks will be as follows:

Morning Sessions	First Kicks	9:00 - 10:00 am	Ages 3 to 5	$83
	Mini Soccer	10:00 am - 12:00 pm	Ages 4 to 6	$102
	Half Day	9:00 am - 12:00 pm	Ages 6 to 10	$135
Afternoon Sessions	First Kicks	5:00 to 6:00 pm	Ages 3 to 5	$83
	Mini Soccer	6:00 to 8:00 pm	Ages 4 to 6	$102
	Half Day	5:00 to 8:00 pm	Ages 6 to 10	$135

For more information, call (866) 528-688 or visit www.challengersports.com.

Youth Programs

Youth Programs

TEACHING KIDS TO SEW

Girls and boys ages 10-13 will learn basic sewing skills using their sewing machine in a series of three classes. Students will learn to cut and pin fabric for sewing on a machine, thread and wind a bobbin, sew a straight seam and learn several design stitches. Individualized instruction in a group setting.

Class limited to eight students. Students will need to bring their own WORKING sewing machine to class if possible. We will have several loaner machines available on a first come first serve basis. Students will also need scissors, pins and needles, fabric, and measuring tape.

Location: Rec B
Instructor: Roxanne Ashworth
Ages: 10 to 13

Day	Date	Time	Cost
Th	Jan 8 - 22	4:00 - 5:30 pm	$20
Th	Feb 5 - 19	4:00 - 5:30 pm	$20
Th	March 5 - 19	4:00 - 5:30 pm	$20
Th	April 2 - 16	4:00 - 5:30 pm	$20

BEGINNING HULA FOR KIDS

Keiki Hula (children's hula): Beginning hula class for children ages 4 through 9. Come hula with Aunty Verna who hails from Moloka'i, Hawaii. This session will include basic hula steps and olelo (language). There will be opportunity to use hula implements (coconut shell, cowrie shells, poi balls). Possible opportunities to perform in community events (14 sessions).

Location: City Hall Room 1
Instructor: Verna Yungen
Ages: 4 - 9

Day	Date	Time	Cost
Tu	Jan 6 - April 28 No classes on Jan 27, Feb 17, March 24	5:00 - 6:00 pm	$46

ARTIST AROUND THE WORLD

Through this course we will explore five exceptional artist from around the world. We will look at the lives and artwork of these artists and then we will recreate our own versions of their masterpieces. Come create geometrical art like that of Piet Mondrian and draw a still life piece like Paul Cezanne.

Location: Rec A
Instructor: Dawn Lopez
Ages: 9 to 14

Day	Date	Time	Cost
M	Jan 12 - Feb 9	4:00 - 6:00 pm	$40
M	Feb 23 - March 30 No class March 23	4:00 - 6:00 pm	$40

DIY RUBBER BAND BRACELETS

Rubber band loom bracelets became a popular pastime in summer camps and summer clubs in 2013. Grade school-age children make and swap their rubber band bracelets in the same way as friendship bracelets. Join Central Point Parks and Recreation in a class where you will learn to make these bracelets and then take and make your own at home. Class cost includes loom and bracelet making kit with enough rubber bands to make at least 25 bracelets.

Location: Rec B
Instructor: Recreation Staff
Ages: 5 to 12

Day	Date	Time	Cost
M	Jan 26	2:00 - 4:00 pm	$8

BUGS AND BUGS AS FOOD

This IS NOT your regular BUG program! Special attention is paid to the world of insects, bugs in the environment, what bugs eat, insect defenses, and camouflage AND the fact that people around the world EAT BUGS AS FOOD EVERY DAY! The audience will get to touch and explore LIVE insects including 2 species of stick insects, a tarantula, 2 species of cockroaches, and GIANT millipedes. Insects as food will be put to the test as we eat REAL BUGS! Dried meal worms and crickets will be on hand for visitors to EAT….if they dare!

Location: Rec A
Instructor: John Jackson,
Bugs R Us Educational Services
Ages: 3+ (Children 8 and under must be accompanied by an adult.)

Day	Date	Time	Cost
Sat	Jan 24	3:00 - 4:00 pm	$6

MAMMALS OF SOUTHERN OREGON

Take a walk on the FURRY side as we get HANDS-ON with local mammals. This program features REAL animal skulls and furs for the audience to handle and interact with as we explore the wide variety of our four-legged friends. Includes studies of animal scat (poop), animal tracks and includes a hands on activity making YOUR OWN animal tracks. NO LIVE ANIMALS. Created under the authority of OREGON STATE FISH & GAME.

Location: Rec A
Instructor: John Jackson,
Bugs R Us Educational Services
Ages: 3+ (Children 8 and under must be accompanied by an adult.)

Day	Date	Time	Cost
Sat	Feb 21	3:00 - 4:00 pm	$6

BIRDS AND BIRD NESTS

A fast-paced program that highlights local backyard birds and how they live, their importance to the world and how they're built. The program includes multiple examples of local nests, feathers, bird calls, local bird trivia and a take-home bird ID sheet as well as instructions for making various bird houses.

Location: Rec A
Instructor: John Jackson,
Bugs R Us Educational Services
Ages: 3+ (Children 8 and under must be accompanied by an adult.)

Day	Date	Time	Cost
Sat	March 14	3:00 - 4:00 pm	$6

OWLS AND OWL PELLET STUDY

Participants get "hands-on" with real owl pellets (OWL PUKE)…we get to play DETECTIVE with latex gloves, tweezers and magnifying glasses to find out what the owls have eaten. YOU GET TO TAKE HOME WHATEVER YOU FIND! We discuss owls in the environment and the part they play in the food-web cycle. Includes owl calls and HANDS-ON time with a taxidermied barn-owl.

Location: Rec A
Instructor: John Jackson,
Bugs R Us Educational Services
Ages: 3+ (Children 8 and under must be accompanied by an adult.)

Day	Date	Time	Cost
Sat	April 25	3:00 - 4:00 pm	$6

Youth Programs

MIGHTY MITES BASKETBALL

Mighty Mites Basketball provides children ages 5 to 8 with an introduction to basketball. Emphasis is placed on learning basic skills, teamwork, good sportsmanship and, most of all, having fun. Skills are taught through drills and games played every Saturday. Each team plays for one hour on Saturday afternoon between 1:30 and 5:00 pm. All children will receive a team jersey. Parents may purchase a photo package during the season. We will have six teams with a maximum of ten members on each team.

COACHES NEEDED! If you know the rules of basketball, are over the age of 16, and enjoy working with children, we encourage you to volunteer as a Mighty Mites coach. For parents interested in coaching, we will provide a discount on program cost for your children. For more information contact (541) 423-1012.

Location: Central Point Elementary School Gymnasium
Ages: 5 to 8

Day	Date	Time	Cost
Sat	Jan 24 - Feb 28	1:30 - 5:00 pm	$40

BASKETBALL FOR PRESCHOOLERS - BASIC SKILLS WORKSHOP

Does your child need to learn the fundamentals of basketball? Coach Miles Hayes will teach your 4 to 5 year old the basics of basketball. Drills will include dribbling, shooting, and passing.

Location: Central Point Elementary School Gymnasium
Instructor: Miles Hayes
Ages: 4 to 5

Day	Date	Time	Cost
Sat	Jan 17	2:00 - 4:00 pm	$20

THE BASICS OF BABYSITTING

This class will teach the best and safest ways to begin a babysitting business, including the following:

- How to create a safe environment for you and the children.
- How to deal with "you're not the boss of me" moments.
- Care tips from safely picking up an infant or child to feeding, dressing, and changing the children or infants for which you are caring.
- The dreaded bedtime/bath time debate how to handle and how to create a safe experience for all.
- Fun games and easy snack ideas.
- How to put together your take every time supply kit.
- Not every job is for you. Determine what jobs you want to take and how to say "no thank you".
- "Oh no!" moments. Learn how to deal with minor injuries and when to call for help.

This course will last approximately 4.5 hours but ***DOES NOT INCLUDE CPR OR FIRST AID.*** These courses may be added at a later time so as not to overwhelm the new babysitter. (See page 14 for CPR and First Aid classes.) ***Please note this is not an American Red Cross certified class but those attending will receive a certificate stating that they have successfully completed the training.*** Please bring a lunch, snacks and pen or pencil.

Location: Rec A
Instructors: Christie, Julianna or Kylee Hackett
Ages: 11 to 16

Day	Date	Time	Cost
Sat	Jan 17	9:00 am - 1:30 pm	$50
Sat	Feb 7	9:00 am - 1:30 pm	$50
Th	March 26	9:00 am - 1:30 pm	$50

Spring Break Youth Programs

TENNIS CAMP FOR KIDS

Join Al Workman this spring, for some fun while learning to play tennis. This course introduces the players to the sport of tennis. Skills covered will include forehand, backhand, volleys, and serves as well as score keeping and court etiquette. Racquets are available or bring your own. We will provide the balls; you bring a water bottle and a smile! **Must be preregistered to attend!**

Location: Robert Pfaff Park
Instructor: Al Workman
Ages: 6 - 12

Day	Date	Time	Cost
M - F	March 23 - 27	10:00 - 11:00 am	$5
M - F	March 23 - 27	11:00 am - 12:00 pm	$5

FIRST SWING STICKS FOR KIDS

The Sticks for Kids Program provides clubs, bags, and instructors for participating cities. The program teaches kids the fundamentals of the game of golf. We also stress integrity, safety, and environmental awareness. In this beginning golf class, we will provide the basic knowledge to prepare students for future lessons including grip, stance, etiquette, posture, swing as well as club and ball placement. First swings is a combination of class instruction and field work. ***Class will be cancelled if we have rainy/stormy weather.***

Location: Rec A
Instructor: Jennifer Boardman
Ages: 6 - 13

Day	Date	Time	Cost
Tu & W	March 24 & 25	9:00 - 10:00 am	$8

WEATHER BROADCASTING AT KDRV

We will visit the KDRV TV station in Medford and get a behind-the-scenes look at their weather forecasting broadcast with meteorologist, Alysssa Caroprese. Participants must pre-register to attend. Class will meet at KDRV.

Location: KDRV, 1990 Knutson Ave, Medford
Ages: 7 to 16 (Children under age 10 must be accompanied by a parent.)

Day	Date	Time	Cost
Tu	March 24	10:00 am - 12:00 pm	Free

LEARN TO MAKE PIZZA THE BOBBIO'S WAY

Do you love pizza, have you wanted to learn how to make pizza like the restaurants make it? Bobbio's Pizza is offering a pizza making class for kids this winter and spring. Join Bobbio's staff members in making your very own pizza.

Location: Bobbio's Pizza,
321 Oak Street, Central Point
Ages: 7 to 16 (Children under age 10 must be accompanied by a parent.)

Day	Date	Time	Cost
M	Jan 26	2:00 - 3:00 pm	$8
Th	March 26	2:00 - 3:00 pm	$8

BUILD AND LAUNCH A MODEL ROCKET!

Have fun and learn about flight and how to build a model rocket. Students will assemble the rocket, while learning what importance each part plays in flight. They will learn about flight, safety, flight sequence, the recovery system, and then have the opportunity to launch their rocket.

Students will leave class with a finished model rocket, the knowledge of how to fly it in a safe manner, and have the opportunity to launch their rocket during a field trip on the last day of this course. ***(Flight day will depend on weather; we may need to reschedule.)***

Each student will be responsible for providing their own rocket kit, available at a hobby store. Expect your model rocket to cost about $13, $17 for a launcher, and approximately $15 for motors and wadding. Please check with the instructor before you make a purchase. This class is recommended for grades 4-12.

Location: Rec A
Instructor: Nancy Calcagno
Ages: 10 -17

Day	Date	Time	Cost
W, Th, F, Sat	March 25 - 28	1:00 - 3:00 pm	$45

Fitness & Health

YOGA BASIC

Designed for beginners who want clear instruction on basic yoga postures, proper breathing and improving balance. Perfect for those in chronic pain who want to develop strength and flexibility. We use props to explore the practice making it accessible to all. ***Please bring a yoga mat and Mexican blanket.***

Location: Crater Rock Museum - Multi-Media Hall
Instructor: Sandy Dennis
Ages: 16+

Day	Date	Time	Cost
M	Jan 5 - Feb 23	4:00 - 5:00 pm	$57
Th	Jan 8 - Feb 26	4:00 - 5:00 pm	$57
M	March 2 - April 27 No class April 6	4:00 - 5:00 pm	$57
Th	March 5 - April 30 No class April 9	4:00 - 5:00 pm	$57

YOGA FLOW

A traditional breath centered yoga flow practice that integrates alignment and core strengthening techniques. Beginners are encouraged to modify the practice and move at their own pace as they explore movement through various postures. ***Please bring a yoga mat and Mexican blanket.***

Location: Crater Rock Museum - Multi-Media Hall
Instructor: Sandy Dennis
Ages: 16+

Day	Date	Time	Cost
M	Jan 5 - Feb 23	5:30 - 6:30 pm	$57
Th	Jan 8 - Feb 26	5:30 - 6:30 pm	$57
M	March 2 - April 27 No class April 6	5:30 - 6:30 pm	$57
Th	March 5 - April 30 No class April 9	5:30 - 6:30 pm	$57

RESTORATIVE YOGA WORKSHOP

Under Chronic Stress? Take Time to Nurture yourself with Restorative Yoga: This workshop will lead you through a series of postures and guided meditations designed to rebalance the nervous system, relax the body and calm the mind. This practice reduces stress and anxiety while promoting a deep sense of well being. **Props will be provided.**

"I will let my body...flow like water over the gentle cushions," Sappho

Register directly with Sandy Dennis at (541) 324-0844 or email sandy@yogayourlife.com.

Workshop Date & Time: February 20 from 5:30 to 7:30 pm (register by February 6).
Cost: $30 (check or cash accepted)
Location: Central Point City Hall Room 1, 155 S. Second Street, Central Point
Instructor: Sandy Dennis
Ages: 16+

Fitness & Health

ONE DAY YOGA GETAWAY - MAY 2, 2015

Treat yourself to a relaxing, one day Yoga Getaway at the scenic Rogue River Lodge. We open with an all levels morning yoga practice, followed by a delicious catered lunch. We'll explore the elements of building a "Home Practice" and close with Restorative Yoga. Enjoy the beauty of the river & the hospitality of the Lodge.

9:00 - 11:00: Introduction, Traditional Yoga Practice includes Pranayama and Meditation
11:00 - 12:30: Lunch Included. Choose one of the following:
- Kale & Caesar Salad with choice of Grilled Chicken or NW Salmon
- Tostada Salad with Grilled Tri Tip
- Cajun Salmon Sandwich
- Vegetarian options are Salad without Meat.
- Dessert: Cheesecake

12:30 - 1:45: Build a Home Yoga Practice
2:00 - 3:15: Restorative Yoga

Need a little pampering? Massage or reflexology sessions will be available Cost: $15 for 15 minutes. Pay Vickie Belknap directly as massage services are not included in the getaway. Confirm lunch selections and massage appointments at time of registration. Come prepared to relax, have fun and be renewed. Space is limited to 20 students. Bring Yoga Mat (required), Mexican Blanket (your own props, bolster & blocks), Journal or Writing Materials.

Register with Sandy Dennis at (541) 324-0844 by April 2nd.
Early Bird Rate is $95 if paid before March 15, 2015. Retreat is $100 thereafter.
Cash or check accepted. Mail payment to Sandy Dennis, P.O. Box 1121, Shady Cove, OR 97539.
The Rogue River Lodge is located at 24904 Highway 62, Trail, OR.

BEGINNING AND INTERMEDIATE HULA FOR ADULTS

This hula class is open to beginning and continuing students, ages 18 and older. Auana (modern) and kahiko (ancient) hula will be taught. Focus will be on the fundamentals of basic hula, rhythms, posture, feet and hand coordination. Come share in the Aloha-Hula. Possible opportunities to participate in community events.
(15 classes)

Location: City Hall Room 1
Instructor: Verna Yungen
Ages: 18+

Day	Date	Time	Cost
Th	Jan 8 - April 30 No class on Jan 29 & March 26	6:00 - 7:00 pm	$60

TAI CHI FOR SENIORS

A beginning class in Tai Chi basics designed for the senior students interested in gaining an understanding of the ancient Chinese exercise form. Over the class sessions, students will explore both the 8 and 24 Yan forms as well as the 18 form QiGong. All forms are designed to build better balance and flexibility and aid in stress reduction.

Location: City Hall Room 1
Instructor: Kaethe Fulton
Ages: 50+

Day	Date	Time	Cost
M, W	Jan 12 - 28 Six classes only	10:00 - 11:00 am	$65
M, W	Feb 2 - 25	10:00 - 11:00 am	$75
M, W	March 2 - 25	10:00 - 11:00 am	$75
M, W	April 6 - 29	10:00 - 11:00 am	$75

First Aid Classes

All those attending classes below will be certified by the American Heart Association. Certificates will be mailed to participants approximately three weeks after completion of the class.

HEARTSAVER CPR & AED

HeartSaver CPR & AED (Automated External Defibrillator) is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat emergencies as well as adult CPR and AED use. Bring food/snack, pen and notepaper.

Location: Rec A
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
W	Feb 11	4:00 - 8:00 pm	$50

HEARTSAVER CPR AND FIRST AID

This class will cover information describe above in the HeartSaver CPR AED course and will include skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Bring food/snack, pen and notepaper.

Location: Computer Classroom
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Sat	Jan 10	9:00 am - 4:30 pm	$60
Sat	Feb 21	9:00 am - 4:30 pm	$60
Sat	March 14	9:00 am - 4:30 pm	$60
Sat	April 4	9:00 am - 4:30 pm	$60

BASIC LIFE SUPPORT (BLS) FOR HEALTHCARE PROVIDERS

The BLS for Healthcare Providers classroom course is designed to provide a wide variety of healthcare professionals with the ability to recognize several life threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely, and effective manner. Initial provider course requires approximately 4.5 hours to complete, including skills practice and skills testing. Bring food/snack, pen and notepaper.

Location: Computer Classroom
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Sat	Feb 28	9:00 am - 2:00 pm	$65
Sat	March 28	9:00 am - 2:00 pm	$65

BASIC LIFE SUPPORT (BLS) CPR REVIEW

The BLS for Healthcare Providers classroom review course covers the information above and requires approximately 4 hours, including skills practice and skills testing to complete, including skills practice and skills testing. Bring food/snack, pen and notepaper.

Location: Computer Classroom
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Th	Jan 15	2:00 - 6:00 pm	$65

HEARTSAVER FIRST AID ONLY (NO CPR)

First aid basics. Learn how to protect yourself using the appropriate Person Protective Equipment (PPE) and how to notify Emergency Medical Services. The following conditions are covered by this course: severe allergic reactions, how to identify and care for stroke, heat and cold emergencies, how to control external bleeding, splinting, basics of internal bleeding or “bleeding you cannot see”, how to check an ill or injured person, seizures, how to deal with a choking victim and more. Bring food/snack, pen and notepaper.

Location: Computer Classroom
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Th	March 19	3:00 - 7:30 pm	$50

Young at Heart

Central Point Senior Center
123 N 2nd Street
(541) 664-4933

MEMBERSHIP

“Age matters... come grow with us!”

The Senior Center is a nonprofit organization supported in part by membership dues. Annual dues are $10 from January 1 to December 31. If you become a member after July 1, dues will be $5. Contact the Senior Center for more information. Join us and share in all the fun.

LUNCH FOR ONLY $4.00 MONDAY THROUGH FRIDAY!

You don’t have to be a senior citizen to enjoy our home cooked, delicious meals. Stop by to pick up a copy of our newsletter for the lunch menu. Join us Monday - Friday, 11:30 am - 12:00 pm.

THRIFT STORE HOURS

Shop at our thrift store Monday through Friday, 9:00 am - 1:00 pm! We’re always looking for new and gently used items to add to our inventory!

BINGO!

Join the Senior Center for bingo on the 2nd and 4th Wednesdays at 1:00 pm. If there is a holiday or other event going on, check with our activities calendar for scheduling updates. Come down and join us for a good time!

SENIOR CENTER MONTHLY MUSIC CALENDAR

Mondays: Senior Singers Glee Club
1st Tuesdays: The Outcasts
2nd Tuesdays: Old Time Fiddlers
3rd Tuesdays: Forever Country
3rd Wednesdays: Phyllis & Gail

Tai Chi for Seniors See Page 13!

MEDICARE 101

Learn about Medicare Parts A, B, and C and prescription drug plans, Part D. Gain an understanding of Medicare Advantage and Supplemental Plans, and learn how to determine which type of plan best meets your needs. Discover how Medicare works with the VA, and learn about a program that may help pay some or all of your prescription drug costs.

Location: Computer Classroom
Instructor: Linda Clarkson
Ages: All Ages Welcome

Day	Date	Time	Cost
Tu	Jan 20	5:30 - 6:30 pm	$5
Tu	Feb 17	5:30 - 6:30 pm	$5
Tu	April 7	10:00 - 11:00 am	$5

MEDICARE OPTIONS

Enrichment

CHALKED PAINT CLASS

The craze of chalked painting...outdated to updated! No sanding, no priming, no toxins. At this class, you will learn:

- Distressing
- Antiquing
- Washed Look
- Dry Brush and
- Fracture or Crackle

All the techniques to get you the look that you want. Paint wood (furniture), glass, plastic, metal or whatever you can get your hands on! Instructor will demonstrate all techniques in class. No supplies needed.

Location: Rec A
Instructor: Shannon Payne
Ages: 8+

Day	Date	Time	Cost
Th	Jan 22	6:00 - 7:00 pm	$25
Th	Feb 19	6:00 - 7:00 pm	$25
Th	March 19	6:00 - 7:00 pm	$25
Th	April 16	6:00 - 7:00 pm	$25

KOREAN KARATE (TAE KWON DO)
Hi Yah! Tae Kwon Do

Come find out how to focus your mind through self-defense training. We instill discipline and respect into every student through positive reinforcement. Our system of study is built around goal setting to achieve every student's full potential. Plus it's a blast! Sign-up for your first introductory class offered on Saturday. After that you get 2 classes a week for one month for free! We will schedule you for your weekly classes during your first Saturday Introduction (all classes are held between the hours 2:30-8:00 pm Mon-Fri depending on your age).

Location: 4041 Crater Lake Avenue Suite H, Medford
Instructor: Brandon Bennett, Ren Waza Do System
Ages: 5+

Day	Date	Time	Cost
Sat	Jan 31	12:00 - 12:45 pm	Free
Sat	Feb 28	12:00 - 12:45 pm	Free
Sat	March 28	12:00 - 12:45 pm	Free
Sat	April 25	12:00 - 12:45 pm	Free

MAKING MOVIE MEMORIES

An introduction to free editing software that will help you mix together your treasured photos with your video memories complete with mood music, personal narration, and titles. Make movie memories for your friends and family.

Bring a thumb drive loaded with 15 photos in a JPEG format. AND, if you are able to, load a minute or two of video from your digital camera. AND, if you wish, also load an MP3 song or music. If you cannot bring these items, we will provided practice material for you.

Location: Computer Classroom
Instructor: Ralph Bowman
Ages: 16+

Day	Date	Time	Cost
W	March 18	10:00 am - 12:00 pm	$10

MAKE A SURVIVAL DOG COLLAR

This class will teach you how to make a durable dog collar that will stand up to almost anything and add some personality to your best friend! It's the ultimate dog collar made with about 40 ft of 550 paracord. This paracord dog collar is your best bet if you are looking for a stylish collar that is also super strong and durable. All materials to create one dog collar will be provided.

Location: Rec B
Instructor: Jennifer Boardman
Ages: 7+ (Children under age 8 must be accompanied by a parent.)

Day	Date	Time	Cost
Sat	Feb 7	1:30 - 3:30 pm	$12

BEGINNING GUITAR LESSONS

Turn over a new leaf this Spring - learn to play guitar! You'll learn guitar basics for playing any song: chords, strumming, finger picking, reading guitar tablature, and beginning lead work. This class will get you ready to entertain friends and family over the holidays! What to bring: guitar, pencil, music stand. Please trim the nails of your left hand for ease in fingering chords.

Location: Rec A
Instructor: Mich Lewis
Ages:12+

Day	Date	Time	Cost
Tu	March 10 - April 14	7:30 - 8:30 pm	$63

RAISING URBAN CHICKENS

This course is designed for those interested in buying and raising some spring baby chicks. Whether urban or country, you will learn some basic facts on caring for your feathered friends in an organic environment. We will cover caring for chicks, feed, non-toxic veggies, coops, equipment, outdoor elements, and safety for baby and adult chickens. We will also cover a variety of other subjects; including some popular breeds, bantams, molting, egg issues, grit, pests, and fun do-it-yourself projects to save on equipment costs and upkeep.

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 10+

Day	Date	Time	Cost
M & W	Feb 2 & 4	6:00 - 8:00 pm	$33

LEARN MORE ABOUT ESSENTIAL OILS

All classes are from 6:30 to 8:00 pm in Rec A and are free. Ages 13 and up. Please register so that we'll know you're coming!
Instructor: Heather Sandberg

Wednesday, January 14 – Health from the Inside Out: Come learn how to reduce your toxic load on your body with essential oils and other supportive items. Reducing toxic load can bring about a lifestyle that allows for maximum health.

Wednesday, February 4 – Cooking with Essential Oils: Learn how essential oils can be ingested for health benefits and get recipes and tips on how to add essential oils to every dish!

Wednesday, March 4 – Seasonal Essential Oils: Make healthy choices for your spring and summer months with essential oils. Learn what oils are most beneficial for seasonal allergy sufferers, weight loss, the best insect repellents, treatments for bugs bites, sunburn and more!

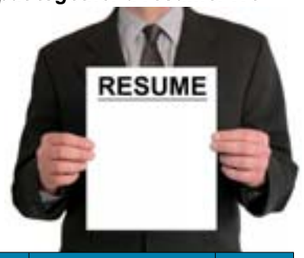
Wednesday, April 1 – Controlling Inflammation and Pain Management with Essential Oils: Essential oils have been used to address inflammation in natural healing for thousands of years throughout the world. The amazing healing powers and rapid impact provided by plants is available to you and your family right now if you know where to turn for the therapeutic power of the highest quality essential oils.

Enrichment

Enrichment

RESUMES

Create a successful skills resume to generate more interviews. This course will help you design a resume that effectively matches your top skills with key words to match the job you want. You will learn how to match skills to employer needs, elevating your professional image with an eye-catching resume and cover letter design. ***Please bring all information needed to put together a resume. We will work in class on your actual resume.***
(4 Sessions)



Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 10+

Day	Date	Time	Cost
M & Th	Jan 5 - 15	6:00 - 8:00 pm	$45

FACEBOOK FOR SENIORS

Are you interested in social networking, but don't know where to begin? This workshop will introduce you to the basics of social networking and Facebook for some hands-on learning and will generate plenty of discussion about the advantages and disadvantages of this popular website. This class is for those with some computer experience and an interest in exploring Facebook. ***Must have an active email account and know the account password.***

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 50+

Day	Date	Time	Cost
Sat	Feb 28	1:00 - 3:00 pm	$15

PHOTOSHOP ELEMENTS

This course provides an introduction to basic skills using Photoshop Elements. You will learn how to open photos, make various edits and enhancements to them, modify and optimize, retouch and restore, and to save photos in an appropriate file format. The course also covers related activities such as organizing your photos into folders or with an image organizer program.
(4 sessions)

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 10+

Day	Date	Time	Cost
M	April 6 - 27	6:00 - 8:00 pm	$45

FOUNDATIONS OF INVESTING

This two-week course provides an overview of investing that covers the basic features of bonds, stocks, and mutual funds along with the importance of asset allocation. We will discuss how to translate your vision for retirement into tangible goals. You'll learn investment strategies to help design the retirement you want.
Participants should bring a note pad and pen. Workbooks will be supplied.

Location: Jan 27 & Feb 3 - Computer Classroom; Feb 17 & 24 - Council Chambers
Instructor: Deven Howard
Ages: 16+

Day	Date	Time	Cost
Tu	Jan 27 & Feb 3	6:00 - 7:15 pm	$10
Tu	Feb 17 & 24	6:00 - 7:15 pm	$10

SAVVY SOCIAL SECURITY PLANNING FOR BABY BOOMERS

After being told for years that Social Security is "going broke", baby boomers are realizing that it will soon be their turn to collect. But the decision you make now can have a tremendous impact on the total amount of benefits you start to receive over your lifetime.

This informative workshop covers the basics of Social Security and reveals strategies for maximizing your benefits. Please register for this class so that we know how many will be attending!

Location: Computer Classroom
Instructor: Richard Todd, CRPC
Ages: 50+

Day	Date	Time	Cost
W	Jan 28	5:30 - 6:30 pm	$5
W	March 25	5:30 - 6:30 pm	$5

STRENGTHENING THE FAMILY - A PARENTING CLASS

Parenting guidance focusing on an understanding of a child's developmental stages and consistent, firm, and loving guidance. Learn how to apply natural consequences when necessary and how to use praise and recognition for desired behaviors. Grandparents who are parenting are most welcome!

*$5 fee paid directly to instructors to cover costs for a manual and handouts. **Child care provided.**

Location: TBA
Instructor: Lynn Whitaker & Lara Anders
Age: 18+

Day	Date	Time	Cost
W	March 4 - May 6	6:00 - 7:30 pm	$5*

SCALE BUSTERS, PEOPLE, NOT POUNDS

This free workshop will explore and address how our lives and our feelings affect our relationship with food. This is a beginning level workshop but will be beneficial to any level of experience with this issue.
The approach will focus on the whole person and be stigma free. Depending on interest and attendance, a support/education group may be formed as a follow up to the workshop.

Location: Rec A
Instructor: Cheryl Kolevzon
Age: 18+

Day	Date	Time	Cost
Th	Jan 15	6:00 - 8:00 pm	Free

CENTRAL POINT COMMUNITY GARDENS

Do you want to grow your own vegetables, flowers and other plants but you don't have the room? Now you can! Every garden plot has its own water hook up so you can use a water timer for a low maintenance garden. Save money at the grocery store by growing your own food. Plots are available at two locations: Hanley Farms and Don Jones Park.

At Hanley Farm, we have plots that are 10' x 20' for $30 each.

The garden plots at Don Jones Park are located directly across from the tennis courts. The plots are either 10' x 10' or 10' x 20' size. The smaller size plots are $25 and the larger are $50.

Plot reservations for garden spaces in both areas begins on February 2 for those with existing plots. New plot reservations begins March 2.

Enrichment

BEGINNING PENCIL DRAWING

This class will acquaint students with the basic elements of drawing: Shape, Form, Line and Space. The principles of contrast, rhythm, and texture will also be addressed. Various methods and techniques of drawing will be taught.

Students will need to bring the following supplies to class: Pencils 4B, 2B, HB, 2H; one kneaded eraser and one pink eraser; 1 roll blue masking tape (1 inch); 1 pad of newsprint paper (12"x14"); wooden drawing board slightly larger than the drawing pad.

Location: Rec B
Instructor: Tony Antonides
Ages: 20+

Day	Date	Time	Cost
W	Jan 7 - Feb 25	1:00 - 2:30 pm	$78
W	March 4 - April 22	1:00 - 2:30 pm	$78

EXTREME COUPONING IN SOUTHERN OREGON

Are you interested in learning how to save money on your grocery bill and everyday needs? Come learn the basics of extreme couponing. Covered topics will include: coupon terminology and organization, locating and "stacking" coupons, time saving tips, store policies, local and online deals, couponing on your schedule and more. You will be clipping coupons and saving money! ***Please, bring a Sunday paper with advertisements to the class.***

Location: Rec A
Instructor: Genevieve McPartland
Ages: 16+

Day	Date	Time	Cost
Th	March 5 & 12	6:00 - 8:00 pm	$12

FLY FISHING FOR BEGINNERS

Come learn the basics of fly fishing. We will be covering all you need to know to get started. We will cover the basic gear, fly casting, insectology, knot tying and fly tying. The last week we will meet on the river to test your new skills (must provide own transportation).

Location: Rec B
Instructor: Adam Wright
Ages: 10+

Day	Date	Time	Cost
W	Jan 28 - Feb 25	6:00 - 7:30 pm	$50
W	April 1 - 29	6:00 - 7:30 pm	$50

SEWING FOR FASHION, CHILD & HOME

Learn sewing machine uses and skills, using patterns and stitch variations, elements of fashion construction and sewing for home and child. Individual instruction in a group setting with a progressive set of classes. Beginning and intermediate levels.

Class limited to eight students. Students will need to bring their own WORKING sewing machine to class if possible. We will have several loaner machines available on a first come first serve basis. Please also bring scissors, thread, measuring tape, fabric, pins and needles.

Location: Rec B
Instructor: Roxanne Ashworth
Ages: 16+

Day	Date	Time	Cost
Th	Jan 8 - 22	5:30 - 7:00 pm	$20
Th	Feb 5 - 19	5:30 - 7:00 pm	$20
Th	March 5 - 19	5:30 - 7:00 pm	$20
Th	April 2 - 16	5:30 - 7:00 pm	$20

Enrichment

BEGINNING & INTERMEDIATE CROCHET

Crochet class for beginners & advanced students. Beginning students will learn the basics of crochet including: chain, single crochet, half double, double crochet and treble crochet stitches. You will learn the basics of reading patterns and make a project to take home. Students who have a basic knowledge of crochet will learn broomstick, lace crochet and afghan stitch. You will learn the skills necessary to complete a baby blanket, scarf or other project of your choice.

Beginning students need to bring: "Peaches & Cream" 100% crochet cotton, 2 oz. - 4 ply yarn; hook size H or I. Advanced students need to bring "Red Heart" 4 ply - 100% acrylic yarn (6 or 7 oz.) and a tapestry needle size 13 or 16. Also bring scissors and a note pad.

Location: Rec B
Instructor: Sheryl Branscum
Ages: 14+

Day	Date	Time	Cost
Tu	Jan 6 - 27	6:30 - 8:00 pm	$18
Tu	Feb 3 - 24	6:30 - 8:00 pm	$18
Tu	March 3 - 31 No class March 24	6:30 - 8:00 pm	$18
Tu	April 7 - 28	6:30 - 8:00 pm	$18

BEGINNING SQUARE DANCE

Join the Star Promenaders Square Dance Club for an introduction to square dancing! This is a beginning square dance class for those who want to learn the national folk dance. First ten lessons free! Wear comfortable shoes.

For more information on dates and times or to register for the class, call (541) 855-7884 or (541) 840-1865.

Location: Rogue Valley Square Dance Center 3377 Table Rock Road, Medford OR
Instructor: Wayne Weaver
Ages: 10+

KNITTING

Learn the basic knitting steps of casting on, knitting, purling and casting off, and to read knit patterns. If you've always wanted to learn how to knit, this is the class for you. Please bring knitting needles and worsted weight yearn. This class is good for any level, beginner to intermediate. If you are a knitter needing further assistance in finishing a project, bring your project in for some additional instruction.

A kit is available for your first two class projects. You will be making a cotton dish cloth and a scarf. The yarns, needles, patterns and accessories are included with your kit. The cost of the kit is $18.00 (a retail value of $30.00). If you would like to purchase a kit, please reserve one at the time you sign up for class and you will pick up and purchase it at your first class.

Location: Rec B
Instructor: Barbara Davis
Ages: 8+

Day	Date	Time	Cost
F	Jan 9 - 30	6:30 - 8:00 pm	$18
F	Feb 6 - 27	6:30 - 8:00 pm	$18
F	March 6 - 27	6:30 - 8:00 pm	$18
F	April 3 - May 1 No class on April 24	6:30 - 8:00 pm	$18

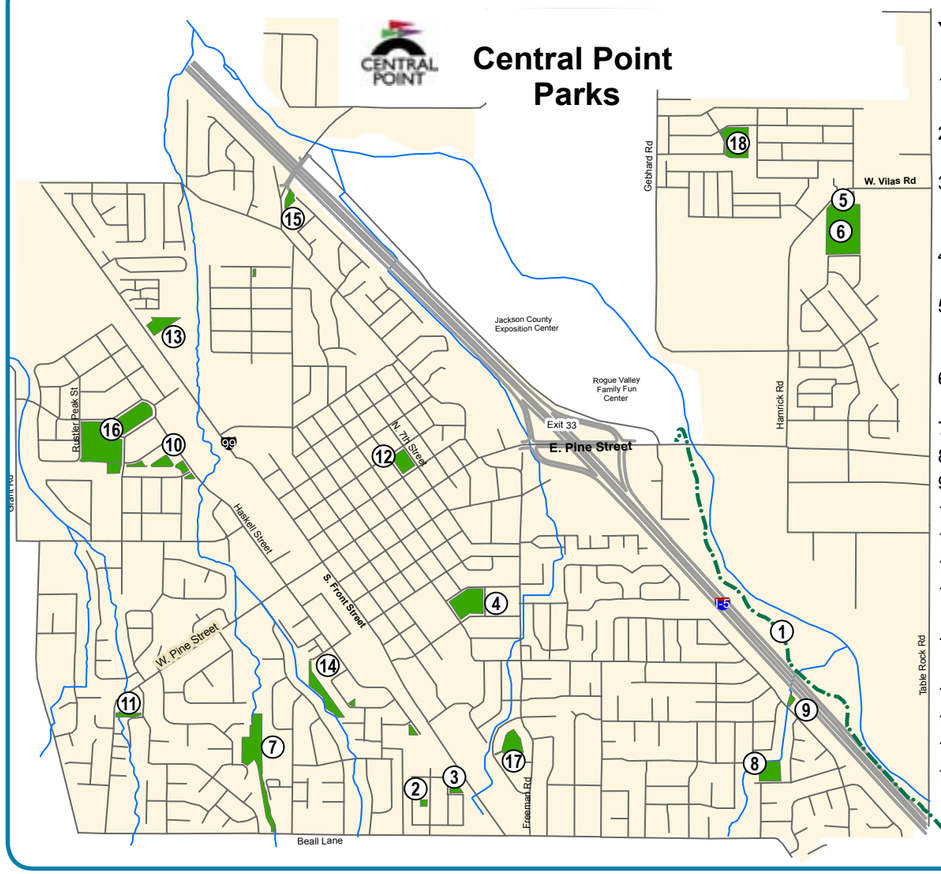
TATTING

You will learn to tat using the shuttle & thread method. Tatting isn't just for making lace collars. Learn how to tat beautiful items such as bookmarks, wall hangings and jewelry. This class is great for the beginner or for someone who needs further instruction on a current project. Please bring a tatting shuttle and size 10 cotton crochet thread.

Location: TBA
Instructors: Barbara Davis
Ages: 8+

Day	Date	Time	Cost
Th	Jan 8 - 29	6:30 - 8:00 pm	$18
Th	Feb 5 - 26	6:30 - 8:00 pm	$18
Th	March 5 - 26	6:30 - 8:00 pm	$18
Th	April 2 - 30 No class April 23	6:30 - 8:00 pm	$18

City Parks



Your City Parks

1. Bear Creek Greenway
2. Cascade Meadows Park
3. Cascade Meadows Wetland
4. Joel Tanzi Skate Park
5. Don Jones Community Garden
6. Don Jones Memorial Park
7. Flanagan Park
8. Forest Glen Park
9. Glengrove Park
10. Griffin Oaks Park
11. Menteer Park
12. Robert Pfaff Park
13. Skyrman Arboretum
14. Snowy Butte Station
15. Summerfield Park
16. Twin Creeks Park
17. Van Horn Park
18. William Mott Memorial Park

PARK GAZEBO RESERVATIONS AND SPECIAL EVENTS

Park Gazebos are available on a first come, first serve basis, unless a reservation is made. Reservations can be made for private functions by individuals or groups. By making a reservation, you and your party have exclusive use of the gazebo during that time. Applications for reservations are available on the City's website or at City Hall. Although all of the gazebos in the parks are available for the public to use at no charge, fees are incurred when reserving a gazebo. How much does it cost?

Residents: $50/first 2-hours; $25/additional 2-hours
Non-Resident: $60/first 2-hours; $35/additional 2-hours

Special Event Permits are needed for events ranging from fundraisers, organized runs, music or movies in the parks, class reunions and more. In general, a permit is required for any organized activity involving the use of, or having impact upon, public property or public facilities, including, but not limited to parks, sidewalks, streets or the temporary use of private property in a manner that varies from its current land use. It is our goal to assist event organizers in planning safe and successful events that create a minimal impact on the communities surrounding the events. How much does it cost? Prices vary depending on the event that you hold. Please call (541) 664-3321 ext. 265 to discuss your event.

Parks and Recreation Update

PLANNING FOR THE FUTURE OF OUR PARKS

I grew up on a quiet street in Central Point. Just down the street was the second park established in the city. Here my friends and I spent most of our days. At that time none of us knew its name, and it was known only as "the Park." There were only small trees and lots of open grassy field space. A good part of my life revolved around the park. This park facility exercised my imagination and my body and fueled a love for the outdoors which I've carried with me all my life. Most of those who played there years ago wouldn't even recognize Van Horn Park, as it is known today, as many things have been added to it since our youth.

I am sure many of us have similar memories of special places or spaces that were important to our growth and development. We cannot discount the importance that parks play in the lives of individuals, families, neighborhoods, and communities. Parks provide green space and room to move for people as the density of our urban areas increases.

The Central Point park system has 18 separate park/open space areas and is comprised of a few older parks with the bulk of the rest being completed during the housing boom of the 90's and early 2000's. The playground equipment when purchased between 15-25 years ago was colorful, innovative and a great addition to the park system, but is now reaching the end of its life cycle in many parks. What this means is that in the very near future many of our parks will need substantial maintenance to sustain a high safety level. These improvements will take some resources and require some work. The question that is raised is where will we find the resources to make the necessary improvements? An additional question is how to make sure that whatever is created or restored actually meets the needs and desires of the community?

Funding is always tricky at any time especially right after an election. Currently, capital funding is tied to growth and development. What this means is that our parks do not have a consistent funding source we can put aside to replace aged or worn out equipment. We have been blessed with talented employees who through their dedication and creative thinking have accomplished so much with so little. They have kept our parks maintained, but age and high use, which is a great problem to have, is contributing to the need for replacement of aged equipment.

In early January, all city households will be getting a survey asking questions about the City and in particular funding priorities. Some of those questions are specific to our Parks and Recreation Department. We ask that you please take the time to review the questions and give us feedback that will help guide our budgets for the next several year.

Jennifer Boardman, Parks and Recreation Manager

PARKS AND RECREATION COMMISSION MEETINGS

The Parks and Recreation Commission advises the City Council on matters relating to parks and recreation activities. The Commission is responsible for helping plan and improve current and future recreational facilities, which can then be enjoyed by the entire community. There are seven members of this commission and they meet four times each year. The meetings are open to the public and offer an opportunity to learn about issues facing our parks and to bring up any policy issues of concern. Meetings start at 6:30 pm and are held at City Hall. These are the 2015 meeting dates:

- January 20, April 21, September 15, November 17

LOOKING FOR INSTRUCTORS

We're looking for new class ideas & instructors.
If you possess the skills and abilities to teach a program which would be a GREAT addition to our Parks and Recreation curriculum, we'd like to meet you. All you have to do is submit a class proposal telling us about your class. Classes are a great way to bring in extra revenue doing something you love to do. You can choose your own hours that you want to teach. We work out the class fee together, and our supportive staff will do your advertising and class registration.

If you are interested in submitting a class proposal, contact Dave Jacob at (541) 423-1012. Thanks.

OSU Extension Service

OSU Extension Service

CLASSES WITH OSU LOGO
OFFERED BY OSU EXTENSION

Register at Extension Service Southern Oregon Research & Extension Center.

569 Hanley Road
Central Point, OR 97502
T: (541) 776–7371 F: (541) 776–7373
http://extension.oregonstate.edu/sorec/

GRAPE PRUNING

OSU

The emphasis of this class will be growing grapes in the home garden especially how, when, and where to prune. Participants will also learn terminology that applies to growing grapes, care of grapes, and solutions for common grape problems in the home garden. The class will conclude with an outdoor demonstration in pruning grapes so dress for the weather.

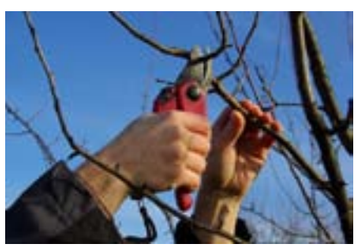
Location: OSU Extension Auditorium
Instructor: Chris Hubert, Oregon Vineyard Supply

Day	Date	Time	Cost
Sat	Feb 7	9:00 am - 12:00 pm	$15

FRUIT TREE PRUNING

OSU

The emphasis of this class will be growing fruit trees in the home garden especially how, when, and where to prune. Selection of trees and planting site, tree structure, planting requirements, spacing, tree training will also be discussed. The class will conclude with an outdoor demonstration in pruning fruit trees so dress for the weather.



Location: OSU Extension Auditorium
Instructor: Terry Helfrich, Professional Orchardist

Day	Date	Time	Cost
Sat	Feb 14	9:00 am - 12:00 pm	$10

CITRUS, IT'S NOT JUST JUICE ANYMORE!

OSU

Come learn how to preserve the citrus we find in our local grocers. Hear about how to properly freeze and dehydrate your citrus. Receive hands-on experience learning easy techniques for zesting and peeling. You will make and waterbath can your own marmalade. Make a Citrus Vinaigrette to take home for your salads. Make a curd to take home and freeze. Take home recipes for vinegars, liquors, juices, marmalades, curds, chutneys and more. There will be tasting time for many of these recipes. This is a class for beginners and advanced food preservers. It will give you an over view of several methods, new and old, of preservation.

Location: OSU Extension Auditorium

Day	Date	Time	Cost
Tu	Feb 24	6:00 - 9:00 pm	$25

ROSE PRUNING

OSU

Rose anatomy, rose care, pruning tools, and 10 principles for pruning roses will be discussed. The class will conclude with outdoor practice in pruning roses so dress for the weather and bring gloves, clippers, and loppers.

Location: OSU Extension Auditorium
Instructor: A Panel of Rose Garden Master Gardeners

Day	Date	Time	Cost
Sat	Feb 28	9:00 am - 12:00 pm	$15

FRUIT TREE GRAFTING

OSU

Learn how to create your own apple tree or save grampa's favorite apple tree. The techniques and tools for grafting fruit trees will be taught. Class members will choose apple tree varieties to make a minimum of three grafted starts to take home. Class limit of 25. *Prepayment of $25 materials fee and $10 class fee required in the Extension Office.

Location: OSU Extension Auditorium
Instructor: George Tiger, retired OSU Extension Agent

Day	Date	Time	Cost
Th	March 5	7:00 - 9:00 pm	*$35

SUMMER BULBS

OSU

What's a "summer bulb" anyway? Learn how to select them, plant them and grow them for recurring summer beauty.

Location: OSU Extension Auditorium
Instructor: Al Cook, Master Gardener

Day	Date	Time	Cost
Th	March 26	7:00 - 9:00 pm	$10

PREPARING YOUR BEDS

OSU

Learn different ways to get your soil ready and amended for future plantings plus methods specifically for preparing your beds for your summer vegetables and other crops.

Location: OSU Extension Auditorium
Instructor: Don Morrow & Lisa Chaissen, Grange Co-op

Day	Date	Time	Cost
Th	April 2	7:00 - 9:00 pm	$10

HANGING BASKETS

OSU

Ever admired the gorgeous hanging baskets outside Four Seasons Nursery and on many Rogue Valley light posts? Wished you could make your own? Method and materials will be taught in this class.

Location: OSU Extension Auditorium
Instructor: Tim Elbert, Four Seasons Nursery

Day	Date	Time	Cost
Tu	April 21	7:00 - 9:00 pm	$10

SUMMER CARE OF GRAPE VINES

OSU

Learn the most important grape management techniques after pruning. The proper summer management of grape vines includes early season shoot thinning, controlling head suckering, training vine growth for the rest of the season and controlling crop load. Class will take place outdoors in the vineyard. Come dressed for the weather.

Location: OSU Extension Auditorium
Instructor: Chris Hubert, Oregon Vineyard Supply

Day	Date	Time	Cost
Sat	May 9	9:00 am - 12:00 pm	$15

IRRIGATION SYSTEMS

OSU

The basics of irrigation components and installation with emphasis on the components that are mandatory/ consistent among all systems and best irrigation practices for water efficiency and plant sustainability will be taught.

Location: OSU Extension Auditorium
Instructor: Greg Mead, Your Professional Landscape Service

Day	Date	Time	Cost
M	May 18	7:00 - 9:00 pm	$10

ABOUT THE EXTENSION CENTER

Southern Oregon Research & Extension Center was formed in 1994 when the Southern Oregon Experiment Station was combined with the Jackson County Extension Service. As an important partner to the Southern Oregon Research & Extension Center, Jackson County provides the land, buildings, building maintenance, office supplies and clerical support for the county extension agents, scientists and research assistants located at the facility. The federal government, through the U.S. Department of Agriculture, supports state and local projects with grants and pays a portion of the statewide program and faculty costs. Other grants and research contracts also support the varied extension and research programs.

Local Communities

Local Communities

Ashland Parks & Recreation
320 S. Pioneer St
Ashland, OR 97520
(541) 488–5340
www.AshlandParks&Rec.org

ASHLAND PARKS AND RECREATION PROGRAMS - WINTER/SPRING 2015

Ashland Rotary Centennial Ice Rink: It's time to lace up your skates and hit the ice! Don't miss FIRST FROST, our seasonal grand opening on Saturday, November 22, from 6:00 to 10:00 pm (soft opening on November 17). The rink is located directly across from Lithia Park and around the corner from the Plaza: 95 Winburn Way, at the corner of Nutley Street and Winburn Way. Visit www.ashland.or.us/IceRink, call the ice rink at (541) 488-9189, or call Ashland Parks & Recreation at (541) 488-5340. We hope you can experience one of the most magical places in Ashland… that little outdoor rink in beautiful Lithia Park, where the air is fresh, the white lights are twinkling and the music blends with the sounds of nature and blades on the ice… "Let's skate!"

Rogue Valley Bird Day: Do you love birds? On Saturday, May 9, get up close and personal with them at Rogue Valley Bird Day. Take a guided bird walk, try out your best bird call and mingle with other birders! This free annual event will be from 8:00 am to 12:00 pm at North Mountain Park, 620 N Mountain Avenue, Ashland. North Mountain Park is adjacent to Bear Creek and offers several acres of wildlife-friendly open space and trails. Visit www.RogueValleyBirdDay.net or call (541) 488-6606.

Ashland Community Bike Swap: Are you ready to sell your bike and buy a new one? The 25th Annual Ashland Community Bike Swap is your chance to make that happen! The swap will be at The Grove, 1195 E Main St, Ashland. Admission is $1/person; $3/family. Check out our website for all of the details on selling and buying – www.RVTD.org/bikeswap or call Ashland Parks & Recreation at (541) 488-5340.

LIKE Ashland Parks & Recreation on Facebook at Facebook.com/AshlandParksandRec.

Medford Parks & Recreation
701 N. Columbus Ave
Medford, OR 97501
(541) 774–2400
www.PlayMedford.com

MEDFORD PARKS AND RECREATION

Adult Sports Leagues: Medford Parks and Recreation invites you to form a team and participate in our wide selection of adult sports leagues.

- Indoor Soccer
- Outdoor Soccer
- Volleyball
- Softball
- Baseball
- Basketball
- Kickball

Youth Sports: Medford Parks and Recreation youth sports leagues and programs are open to boys and girls outside the city limits. Visit sportsmedford.com for upcoming youth programs, including camps and tournaments at U.S. Cellular Community Park. Upcoming youth sports leagues:

- Indoor Soccer (ages 4-8)
- Flag Football (ages 6-14)
- Little Hoopsters Basketball (ages 4-7)

SOUTHERN OREGON HISTORICAL SOCIETY
Since 1946

Join us for "Windows in Time." Our free lunchtime series, (noon to 1pm), features well-known writers and historians, bringing alive people, values and events that shaped our Southern Oregon heritage.

January 7 (*Medford) / January 14 (Ashland)**
Oregon Trails: Part Two, Ron Brown
****

February 4 (Medford) / February 11 (Ashland)
Knotholes & Hay Bales: An Overview of Jackson County Barns, Scott Clay
****

March 4 (Medford) / March 11 (Ashland)
First in the World: The Story of the Ashland Forensics Lab, Dyan Straughan
****

April 1 (Medford) / April 8 (Ashland)
Converting Nazi POWs at Camp White: Journey to Democracy, Joe Peterson

*** Medford Branch Library**
205 South Central Avenue

****Ashland Branch Library**
410 Siskiyou Blvd.

CENTRAL POINT WOODCARVERS

The Central Point Woodcarvers get together to enjoy the age-old tradition of woodcarving. In doing so, we hope to promote the art of woodcarving. Our group has carvers of all ages, all levels of experience, from beginners to expert. We provide instruction to beginning carvers, assisting you on how to accomplish what you want with your carving. There is no charge for instruction, though you will need your own tools. Meetings are Saturdays from 12:00 to 3:00 pm at the Central Point Senior Center. For more information call (541) 840-6149.

MEET THE NEW CEO OF THE CENTRAL POINT CHAMBER OF COMMERCE

The Central Point Area Chamber of Commerce is organized for the purpose of advancing the economic, industrial, professional, cultural and civic welfare of the Central Point Area. Our mission is to market and support businesses, while enhancing and strengthening the quality of life in our community.

The Central Point Area Chamber of Commerce recently appointed of Lisa O'Connor as their new Chief Executive Officer. Born and raised in Southern Oregon, Lisa is a graduate of Crater High School and Southern Oregon University. Lisa will bring a wealth of experience to her new position including 15 years in the nonprofit sector. Lisa has been instrumental in the growth and development of several nonprofits in Southern Oregon and hopes to continue that success with the Central Point Chamber.

Lisa joins the Chamber of Commerce to promote local businesses and to build community. "I believe the chamber's role is to be the fabric that connects government and businesses to the community at large." Lisa also says, "I am thrilled to be back in my hometown, working with an engaged group of community leaders. It is an exciting time to be working in a quaint city with such tremendous potential."

Lisa can be contacted at (541) 664-5301 or via email at lisa@centralpointchamber.org. The chamber is located at 650 E Pine Street #104C. Drop by and say hello when you have a chance.

IMPORTANT PHONE NUMBERS

Police Emergency	911
Central Point Police Business Office	(541) 664-5578
Fire Emergency	911
Fire District #3 Business Office	(541) 664-1234
Central Point Library	(541) 664-3228
Central Point Justice Court	(541) 774-1286
Central Point School District #6	(541) 494-6200
Oregon Dept. of Motor Vehicles	(541) 776-6025
Jackson County Expo	(541) 774-8270
Jackson County Circuit Court	(541) 776-7171
Jackson County Parks	(541) 774-8183

Local Communities

DIRT…WHAT'S IT ALL ABOUT?

To change our urban climate, we must live in that climate and be the change we wish to see. This park is an effort to make that change and get back to DIRT. Direct Involvement Recreation Teachings (DIRT) focus is to learn by doing and to grow.

The natural side effect of the activities DIRT is involved in tends to be twofold – strengthening our community through participation, and beautifying our surroundings. These acts are changing our climate - we are being the change we wish to see!

Description: The Kids Community DIRT Park and outdoor learning center is a project from DIRT. DIRT provides an outdoor facility to teach soil web building and nutrients, composting, basic gardening, rainwater catchment systems, bee pollination, friction and movement along with geometry in our free play activities.

This park is intended to be a true urban experience and has blossomed with the resources contributed by its community. We have numerous donors that have come together with materials to build this park for the children of Central Point. This park was built on top of an old parking lot behind a building that is over 100 years old. With your help, and the help of this community, we have built something truly useful and amazing for all to enjoy.

PROGRAMS: Currently we have an art program in January, bees in February, and seed ball making in March. Check the class listings here or our web page to see dates, times, and descriptions. Our hope is to continue to offer these programs free of charge and filled with fun. Due to the cold and wet temperatures in the coming months our programs will be offered at the Central Point Chamber of Commerce office. They are located directly across from the Post Office on East Pine Street. As the weather gets nicer, we will return to the DIRT Park for our programs. Please look for our upcoming programs and frequently asked questions on our web page at www.mydirtpark.org.

UPCOMING DIRT PROGRAMS (No cost for classes but donations are always gladly accepted)**:**

ART WITH DIRT
Sunday, January 11 & 25 from 1:00 pm to 2:00 pm
Location: Central Point Chamber of Commerce
650 E Pine St., Central Point, OR
Activities: Paint and materials will be provided for your art experience. You can work on the same piece for both sessions or as many pieces as you wish for the two sessions.

BEES WITH DIRT
Sunday, February 15 from 1:00 pm to 2:00 pm
Location: Central Point Chamber of Commerce
650 E Pine St., Central Point, OR
Activities: Thoughtful discussion about bees, beekeeping and how to love our bees. Ideas and inspiration around bees in today changing environment and urban culture.

SEEDS IN A BALL WITH DIRT
Sunday, March 8 from 1:00 pm to 2:00 pm
Location: Central Point Chamber of Commerce
650 E Pine St., Central Point, OR
Activities: Make seeds in a ball and learn the benefits of flower bombing. Good for the birds and bees. Wear clothes that can get dirty, each student will leave with four seed balls of their own to plant. Maximum of 25 participants, please email us if you would like to attend.

DIRT
Direct Involvement Recreation Teaching
Learn by Doing...and Grow!

Emergency Preparedness

WHEN A COMMUNITY MUST EVACUATE

When community evacuations become necessary, local officials provide information to the public through the media. In some circumstances other warning methods, such as sirens or telephone calls, are used.

As citizens of Jackson County, we have the free Citizens' Alert Reverse 911 that allows residents to receive important messages about emergencies in their area. If you are like many, you carry a cell phone everywhere you go; these too can be called in an emergency through this system. Are you signed up for Citizen Alert? See the Jackson County Web site for more information at: http://www.co.jackson.or.us then, search "Citizen Alert" for the sign-up page.

There may be circumstances under which you and your family feel endangered and feel you need to leave your home, school, or workplace. The amount of time you have to leave will depend on the hazard. If the event is a severe weather condition, such as a strong storm system that can be monitored, you might have a day or two to get ready. However, many disasters allow no time for people to gather even the most basic necessities, which is why planning ahead is essential.

Have a safe local meeting place, on high ground, for your family to assemble if evacuations are necessary during work and school hours. Agree on an out of state party to call and leave a message. Family members can all call this number to inform others that they are well and alive.

Ask local authorities about emergency evacuation routes. Is there a map available with evacuation routes marked? Or, record your specific evacuation route directions on paper.

Evacuations are more common than many people realize. Hundreds of times each year, transportation and industrial accidents release harmful substances, forcing thousands of people to leave their homes. Fires and floods cause evacuations even more frequently. Almost every year, people along the Gulf and Atlantic coasts evacuate in the face of approaching hurricanes. Ask local authorities about emergency evacuation routes. Record your specific evacuation route directions on your plan and make copies of that plan. Put a copy where everyone in the household will know here to find the plan.

Evacuation Guidelines:
Always:

- Keep a full tank of gas in your car if an evacuation seems likely. Gas stations may be closed during emergencies and unable to pump gas during power outages.
- Plan to take one car per family to reduce congestion and delay.
- Make transportation arrangements with friends or your local government if you do not own a car.
- Listen to a battery-powered radio and follow local evacuation instructions.
- Gather your family and go if you are instructed to evacuate immediately. Leave early enough to avoid being trapped by severe weather.
- Follow recommended evacuation routes. Do not take shortcuts; they may be blocked.
- Be alert for washed-out roads and bridges, potential slide areas.
- Stay away from downed power lines.

If time permits:

- Gather your disaster supplies kit.
- Wear sturdy shoes and clothing that provides some protection, such as long pants, long-sleeved shirts, and a cap.
- Secure your home:
  - Close and lock doors and windows.
  - Unplug electrical equipment, such as radios and televisions, and small appliances, such as toasters and micro-waves. Leave freezers and refrigerators plugged in unless there is a risk of flooding.
- Let others know where you are going.

Crater Rock Museum

Crater Rock Museum is committed to fostering Earth Science Education in the community. Founded in 1954 by Frieda and Delmar Smith, Crater Rock Museum brought to you by the Roxy Ann Gem and Mineral Society (RAGMS) boasts one of the finest displays of rocks, minerals, petrified wood, fossils and artifacts on the West Coast.

EXHIBITS

MINERALS
Exquisite, large and rare mineral specimens from around the world including the incredible Suomynona Mineral Collection

FOSSILS
Large dinosaur casts, Green River Formation fossil fish and a dedicated fossil preparation room where you can often see our curators preparing fossils for exhibit using our micro sandblasters

ARTIFACTS and MORE!
Halls dedicated to beautiful displays of Native American artifacts, scrimshaw, petrified wood and thunder eggs found locally and worldwide

LAPIDARY WORKSHOP

Located in the museum, the workshop has an array of cutting and polishing equipment available to RAGMS members for their lapidary creations. Not a member? Don't let that stop you from visiting the shop. We're happy to help you with rock identification, cutting open thunder eggs, and for a small fee our workshop personnel will cut and polish your stones.

SPECIAL PROGRAMS AND EVENTS

KIDS DAY
A FREE, monthly program especially for kids on the second Saturday of each month. Featuring new topics each month from rock and mineral identification, and earthquake safety, to American Indian mineral lore to lapidary arts. Classes begin every hour on the hour. The first class begins at 10AM and the last class at 3PM.

CLASSES
RAGMS talented club members offer ongoing classes to members and the public. Wire wrapping, silversmithing, and lapidary arts including cabochon cutting and polishing are just a few of our offerings. Call the museum or visit our website or Facebook page for class schedules and details.

ANNUAL GEM & MINERAL SHOW
Our biggest event of the year featuring vendors, displays and kids activities. March 28-29, 2015 at the Jackson County Expo in Central Point.

HALL RENTALS
If you need a space for special events, meetings or classes, the museum offers 2 spaces to accommodate your needs.

GIFT SHOP
Did you know we've got one of the best rock and gift shops on the west coast? Beautiful specimens from around the world, a large selection of educational toys and books, rock hounding gear, beads, lapidary equipment and stunning jewelry made by local artisans. A great way to shop local!

LOCATION

2002 Scenic Avenue, Central Point, OR
Hours: Tuesday - Saturday 10AM - 4PM
Admission Adults - $5 Seniors & Students - $3
Children (6 years and under) - FREE
RAGMS Members - FREE
541-664-6081
www.craterrock.com
facebook.craterrockmuseum

Easter Eggstravaganza!

Saturday, April 4, 2015

Twin Creeks Park, Central Point

10:00 am - 12:00 pm

Free Games & Activities, Visit with Bunny,
Food is Available for Purchase

11:00 am *Sharp*

Egg Hunt - Don't forget your basket!

Ages 3 & under • Ages 4 - 6 • Ages 7 - 10

Note: One of two egg hunt sections for ages 3 & under allow parents!

CENTRAL POINT

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PERMIT NO. 110

Calendar of Events - Winter/Spring/Summer 2015

Event	Date	Time	Location
Community Christmas Lights Parade	December 5	5:30 - 8:00 pm	Downtown Central Point & City Hall
Central Point Elementary School Christmas Bazaar	December 13	10:00 am - 5:00 pm	Central Point Elementary School
Christmas Holiday	December 24 & 25	City Offices Closed	
New Years Holiday	January 1	City Offices Closed	
Martin Luther King Jr. Day	January 19	City Offices Closed	
Spring Break	March 23 - 27	All Public Schools Closed	
Easter Eggstravaganza	April 4	10:00 am - 12:00 pm	Twin Creeks Park
Arbor Week	April 5 - 11	Time and Location TBD	
City Wide Yard Sale	May 2	8:00 am - 3:00 pm	Central Point
Memorial Day Commemoration	May 25	10:00 - 11:00 am	Don Jones Memorial Park
Battle of the Bones	June 26 & 27	Various	Twin Creeks Park
Run 4 Freedom & Fourth of July Parade	July 4	7:30 & 8:45 am	E. Pine Street, Downtown
Friday Night Movies & Music in the Park	July 10, 17, 24, 31 August 7, 14	Times and Locations TBD	

Upcoming Volunteer Opportunities

Community Christmas Light Parade

Mighty Mites Basketball Coaches

Easter Eggstravaganza

Battle of the Bones

Volunteer at Shiftboard.com/centralpointoregon

We couldn't put on great community events without the support of our Volunteers!

If you are interested in discussing volunteer opportunities call us at (541) 664-3321, ext. 265 or 263

Visit the Central Point Parks & Recreation Website