



CENTRAL POINT COMMUNITY CHRISTMAS CREW!

LIAM'S TRUNK OR TREAT

PARKS@CENTRALPOINTOREGON.GOV 541.664.3321 EXT 130

YOU CAN CALL THE PARKS & RECREATION DEPARTMENT MONDAY - FRIDAY 8:30AM-4:30PM OR EMAIL US ANYTIME





## Your Central Point Staff's **NEW YEAR'S RESOLUTIONS**



OUR HARDWORKING PARK CREW IS TAKING THEIR NEW YEAR'S RESOLUTION SERIOUSLY. PLAYGROUND SAFETY. NEXT TIME YOU SEE THE CREW WORKING TO KEEP OUR PARKS BEAUTIFUL, JUST KNOW THEY HAVE TESTED THE SLIDES TOO!

PLAY EXPERTS!

WHY MARGARITA HAS DECIDED HER NEW YEAR'S

LEARNUNG A LOT! (PAGE 15)



MARGARITA THE KNITTING MASTER!



"PRINCESS" NIKKI!



CLASS WITH ENCHANTED EXPERIENCES! (PAGE 10)



WHAT BETTER WAY TO START THE NEW YEAR OFF RIGHT THAN TAKING A BAKING CLASS WITH JENNY AT CARROTS AND POMEGRANATES! ELIZABETH IS ATTEMPTING TO PRACTICING NOW. RIGHT BEFORE THE NEXT DESSERT CLUB CLASS IN JANUARY! (PAGE 1)

> GETTING IN SHAPE IS THE PERFECT NEW YEAR'S RESOLUTION! BEN IS ALREADY BREAKING IN HIS YOGA MAT FOR THE NEXT YOGA ALIGNMENT & FLOW CLASS WITH OUR NEW UNSTRUCTOR, BARBARA DEVRWAARDER. WE ARE EXCITED TO WELCOME HER TO

NAMASTE WITH BEN!

OUR TEAM OF UNSTRUCTORS. (PAGE 12)









#### to honor our local heros.

For a tax deductible donation of \$450, this program offers residents the opportunity to celebrate a veteran/hero in their life through the purchase and planting of a tree at Don Jones Memorial Park. Each tree donation will include a 3" by 3.5" metal plaque attached to a post near the tree. The plague will provide the name of the veteran and a QR code that will link to a city webpage providing biographical information and a photo of the veteran. For Spring planting, the application deadline will be March 1. For Fall planting the deadline will be September 1.

For More Information Contact Dave Jacob at (541) 423-1012



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#### SCHOLARSHIPS AVAILABLE FOR PARKS & REC PROGRAMS!

The Central Point Parks and Recreation Foundation is sponsoring a scholarship program for eligible seniors, youth, and people with disabilities. Up to 50% of registration fees for classes and camps will be covered for those meet eligibility requirements. Funds are limited and will be awarded on a first come first served basis.

Applying is easy! Visit the foundation's website at www.cpprfoundation.org and click on the Scholarship page to access the application, print it out and mail the completed form to the Central Point Park and Recreation Foundation, 140 S. Third Street, Central Point, Attn: Dave Jacobs. Applications can also be dropped off at Central Point City Hall. Printed applications are also available at City Hall. Applications will be reviewed and approved based on federal income guidelines.

Your Foundation believes that all citizens of Central Point should be able to take advantage of the

wonderful educational and fun activities organized by our recreation staff. Please be sure to spread the word about these scholarships.



## Central Point PARK UPDATES

#### **COMMUNITY CENTER UPDATE**

Wow, how time flies when you are having fun! That's exactly how we can describe 2023-a year of fun here at Parks and Recreation. With the New Year upon us, we want to stop and give a big THANK YOU to our community for coming out this year and having FUN with us. This year, we had the pleasure of hosting 10 weeks of amazing summer camps, each with a different theme. We also brought back the Battle of the Food Trucks, which resulted in the best food trucks in the valley competing for the top spot. We appreciate The Sign Dude for their continued support this year, giving away a free truck wrap to the winner.

With this very successful year full of events, recreation classes, and playful days in our Central Point parks, we want to add that we cannot do this without the continued support of our community, and we are very grateful.

A couple of updates for our department: we are working hard on the joint Emergency Operations Center (aka Central Point Community Center) with Jackson County. We are in the final stages of design and working towards hiring a construction company in the upcoming months. The Central Point Little League is moving along nicely; we have finalized a design, and after their 2024 season, we hope to begin construction. Earlier this year, we started some of the groundwork, including bringing water to the location

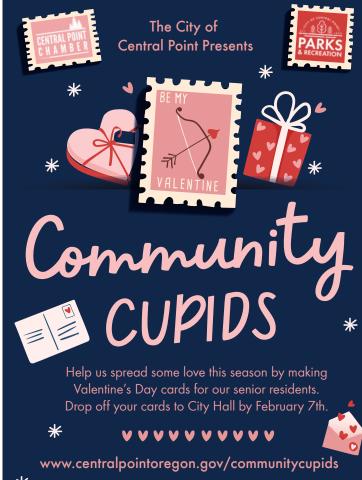


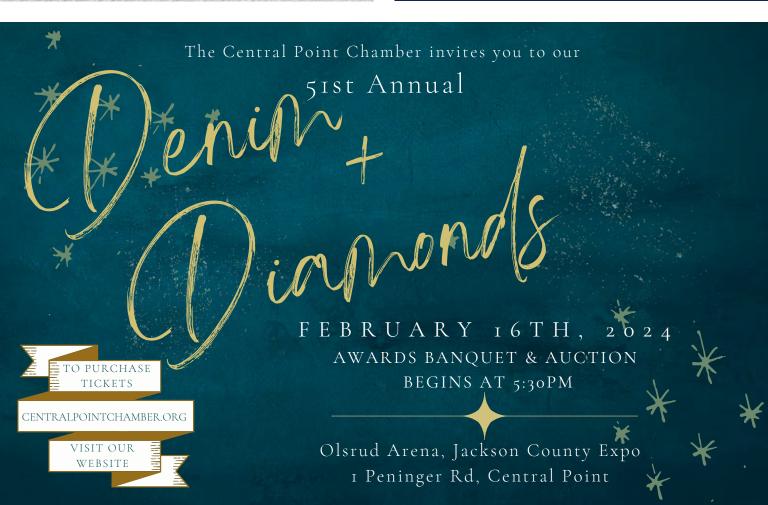


#### NEW PLAYGROUND AT FOREST GLEN!

This year, we unveiled our new playground structure at Forest Glen Park. The updated playground features an exciting space theme, complete with a roller slide and two rockets to ride on. This project was many years in the making and is the perfect addition to this wonderful neighborhood park. A big thanks to Playcraft Systems for all their hard work in making this park a reality.









# YOUTH PROGRAMS

#### **ROWDY'S SPRING BREAK CAMP!**

 Ages 6 to 12 Come spend Spring Break with Central Point Parks & Recreation at our Spring Break camp, featuring an array of engaging crafts, games, and week-long activities. Open to children ages 6-12, our camp offers an enjoyable and enriching experience tailored to a specific theme!

**INSTRUCTORS:** Parks & Rec Staff LOCATION: REC A Classroom | 405 S. 4th St. TIME: 8:00am - 4:30pm

\$1: Mar. 25th - Mar. 29th | M - F | \$160.00

#### FREE LACROSSE SKILLS CLINIC FREE

- Ages 6 to 16 Join us for an exciting and free lacrosse skills clinic tailored for boys and girls aged 6 to 16! Learn fundamental techniques, enhance your skills, and enjoy a fun-filled session designed to improve your game. Don't miss this opportunity to explore lacrosse in a supportive and engaging environment!

INSTRUCTOR: Mark Brown

LOCATION: Civic Fields | 555 Twin Creeks Xing

TIME: 11:30am - 1:00pm

\$1: February 3rd | Saturday | FREE

#### INTRODUCTION TO LACROSSE!

 Ages 6 to 16 Come and join us for a four-week clinic series featuring America's first sport! No experience is necessary, and equipment will be provided. Please remember to bring water and either cleats or tennis shoes. The instruction will be led by Coach Mark Brown, who is the Director of the Rogue Valley Youth Lacrosse Association.

**INSTRUCTOR**: Mark Brown

LOCATION: Civic Fields | 555 Twin Creeks Xing

TIME: 11:00am - 12:15pm

**\$1:** Feb. 10th - Mar. 2nd | Sat. | \$55.00

#### **CENTRAL POINT** INSTRUCTIONAL **LACROSSE LEAGUE**

Join us for America's first sport in an organized league format! We'll have two practices per week and games on Saturdays. No experience needed as equipment will be provided-just bring your favorite snack, water, and either cleats or tennis shoes. Led by Coach Mark Brown, a 16-year Head Coach for SOU and Director of the Rogue Valley Youth Lacrosse Association, it's going to be an exciting lacrosse season!

**INSTRUCTOR**: Mark Brown

LOCATION: Civic Fields | 555 Twin Creeks Xing

**TIME:** 6:00pm - 7:15pm

PRACTICES: March 11th - May 29th |

Mondays & Wednesdays

GAMES: April 6th - June 1st | Saturdays

COST: \$220.00





#### **MAGIC WITH A TWIST**

Ages 6 to 14 Step into an interactive and thrilling class where young apprentices will cultivate confidence by exploring and mastering illusion and magic tricks. They will also craft their own balloon animals after a magical showcase. Every child will depart with fresh knowledge of various magic tricks and a personally crafted balloon animal, with all materials provided.

**INSTRUCTOR:** Delbert & Kathleen Lee LOCATION: Haskell Rm #2 | 235 S. Haskell St.

TIME: 1:00pm - 3:00pm

\$1: January 27th | Saturday | \$55.00 **S2:** March 9th | Saturday | \$55.00 **S3:** April 27th | Saturday | \$55.00



#### I CAN PLAY GUITAR! WITH ROGUE MUSIC

Ages 6 to 15

This class is perfect for aspiring musicians who have never played guitar before, or for those who have had trouble with traditional auitar lessons in the past. In this course, students will learn the most common guitar chords and rhythms, as well as how to play their favorite songs in a low-pressure environment. If you already have a guitar, be sure to bring it with you. However, if you do not have a guitar, a rental guitar will be provided. An adult with a valid driver's license can check out a rental guitar for free during the first class if needed.

**INSTRUCTOR:** Rogue Music Lessons LOCATION: REC A Classroom | 405 S. 4th St.

**TIME:** 5:15pm - 6:00pm

**\$1:** Feb. 6th - Feb. 27th | Tues. | \$66.00

#### CAN PLAY UKULELE! WITH ROGUE MUSIC

Learn the fundamentals of playing the ukulele in a fun, low-pressure environment! Students will learn the most common chords and rhythms and how to play their favorite songs. This class is perfect for anyone who has never played before or who has struggled with traditional lessons in the past. If you already have a ukulele, be sure to bring it with you. However, if you do not have a ukulele, a rental ukulele will be provided. An adult with a valid driver's license can check out a rental guitar for free during the first class if needed.

**INSTRUCTOR:** Roque Music Lessons LOCATION: REC A Classroom | 405 S. 4th St.

**TIME:** 5:15pm - 6:00pm

**\$1:** Feb. 8th - Feb. 29th | Thursdays | \$66.00

#### **DINNER CLUB**

We will teach kids how to cook dinner for the entire family, emphasizing kitchen safety, knife skills, and methods to prevent cross-contamination. Our student chefs will prepare the dinner in class and receive the recipes to take home, so they can recreate the delicious meal in their own kitchens for their families.

**INSTRUCTOR:** Jenny Borchard

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:00pm - 8:00pm S1: Mini Chicken Pot Pies January 12th | Friday | \$45.00

S2: Sweet & Savory Monkey Bread

Feb.16th | Friday | \$45.00

S3:HomemadeColoredPastaw/Marinara

Mar. 22nd | Friday | \$45.00

S4: Calzones

April 19th | Friday | \$45.00

#### ROCKS, MINERALS, AND FOSSILS

Ages 3+ Explore the world of rocks, minerals, and fossils, with a special focus on Oregon geology. Discover the basics of rocks and minerals while exploring how essential minerals like salt, oils, and plastics shape our everyday lives. As a bonus, participants will receive free rock samples to start or expand their collections, offering a handson connection to these geological wonders.

INSTRUCTOR: Bugs R Us

LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

**\$1:** January 27th | Saturday | \$9.00

#### WORMS & COMPOSTING

Study LIVE worms, discuss what they are, worm anatomy, what they do for the planet, how they do what they do and how important worms are for composting. Includes information on building and maintaining a compost bin at home. WORM MYTHS are also cleared up in this fact-filled study. GOOD SLIMY FUN!

**INSTRUCTOR**: Bugs R Us

LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

**\$1:** April 13th | Saturday | \$9.00





#### **DESSERT CLUB**

Ages 8 to 14

We will teach your little chef how to bake desserts for the entire family and send them home with the recipes so that they can showcase their skills in your kitchen. Our student chefs will learn basic baking skills and kitchen safety while creating new and impressive desserts.

**INSTRUCTOR:** Jenny Borchard

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

**TIME:** 5:00pm - 8:00pm S1: Snowflake Cake Jan. 13th | Saturday | \$45.00

S2: Hand Pies Feb. 17th | Saturday | \$45.00 S3: Ombre Mini Cakes

Mar. 23rd | Saturday | \$45.00 S4: Spring Bundt Cakes April 20th | Saturday | \$45.00



#### SAFARI ANIMALS AND **QUICKSAND DIG**

We will be learning about 15 well known animals from Africa and Asia: Elephant, Lion, Tiger, Zebra, Giraffe, etc....the best part is the PETTING! Furs, pelts, horns, skulls and feathers from AMAZING ANIMALS! Learn what they are, sizes, what they eat & WHERE they live. At the end of the program, you'll get a chance to help SAVE an animal that has gotten stuck in the QUICK SAND. Whomever you save, you get to take it HOME with you!

INSTRUCTOR: Bugs R Us

LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 3:00pm - 4:00pm

**\$1:** February 17th | Saturday | \$12.00

#### **BREAKFAST CLUB**

\_\_\_\_ Ages 8 to 14

Come and have fun learning how to make a yummy breakfast for your family! Each child will acquire lifelong kitchen skills while creating these recipes from scratch. From biscuits to benedict, there is something for everyone!

**INSTRUCTOR:** Jenny Borchard

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

**TIME:** 10:00am - 1:00pm S1: Eggs Benedict Jan. 13th | Saturday | \$45.00 S2: Breakfast Pastries Feb. 17th | Saturday | \$45.00

S3: Quick Breads & Muffins Mar. 23rd | Saturday | \$45.00

S4: Biscuits

April 20th | Saturday | \$45.00

#### **LEARNING BASIC** WATERCOLOR 🚥

Discover the art of creating basic watercolor paintings and enhance your watercoloring skills! This class welcomes participants aged 5+ and is ideal for parents or grandparents looking to join alongside their children. Explore techniques such as creating a watercolor wash, crafting a color wheel, mastering color mixing, and using transfer papers. You'll also craft a watercolor greeting card and complete a final painting.

INSTRUCTOR: Deanna St. Martin LOCATION: Haskell Rm 2 | 235 S. Haskell St.

**TIME:** 2:00pm - 3:30pm

\$1: January 28th | Sunday | \$39.00 **S2:** February 11th | Sunday | \$39.00

**S3:** February 25th | Sunday | \$39.00

**S4:** March 10th | Sunday | \$39.00 **\$5:** March 24th | Sunday | \$39.00

**S6:** April 21st | Sunday | \$39.00





## STORY TIME!

It's story time and Central Point Parks & Recreation needs your help! Let's create one together. Parents, please send us your child's stories by April 8th to parks@centralpointoregon.gov for a chance to win a special prize!

Rowdy the Raccoon has put away his football, and is looking forward to playing his favorite winter . Rowdy invited his friends Rosie the Racoon, Petey the activity SPORT OR GAME Porcupine, Bruce the Brown Bear, and the Reindeer to come play at . As soon as they started playing, snow started to fall from the sky and Rowdy felt PARK NAME . The snow began to stick and Rowdy wanted to build a snowman, so he sent **EMOTION** Bruce to get for arms, Rosie to get a for the eyes, **OBJECT OBJECT** and Petey to get a for the nose! Finally Rowdy went to get a **OBJECT** to put on top for the final touch! **OBJECT** 

#### **BALLOON TWISTING** WITH QUEEN ANA 🚥

 Ages 5 to 12 Children ages 5-12 are invited to join Queen Ana and learn how to create your very own balloon art! All participants will be provided with balloons and access to pumps. Capture the moment with photo opportunities and receive autographs. All children should be accompanied by an adult.

**INSTRUCTOR:** Enchanted Experiences LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 12:00pm - 1:00pm

\$1: March 24th | Sunday | \$28.00

#### **LANTERN DECORATING** WITH RAPUNZEL

- Ages 2 to 10 Children ages 2-10 are invited to join Rapunzel in this special lantern crafting class. Decorate and take home your very own lantern while developing your artistic skills! Photo opportunities and autographs will be available. All children should be accompanied by an adult.

**INSTRUCTOR**: Enchanted Experiences LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:30am - 12:00pm \$1: April 27th | Saturday | \$33.00

#### **READING & CRAFTS** WITH THE MERMAID **PRINCESS**

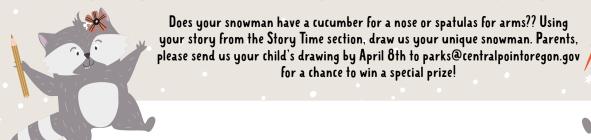
- Ages 2 to 10 Join us as the Mermaid Princess shares some of her favorite stories, spreading the joy of reading and encouraging literacy and preliteracy skills. The princess will enchant with songs, lead a craft activity, and provide photo opportunities. All children should be accompanied by an adult.

**INSTRUCTOR:** Enchanted Experiences LOCATION: Haskell Rm 2 | 235 S. Haskell St.

**TIME:** 11:00am - 12:00pm

**\$1:** March 2nd | Saturday | \$17.00

## DO YOU WANT TO BUILD A SNOWMAN?



























## LEARN TO DANCE MERENGUE •••

Embark on a rhythmic journey with our Magnetic Merengue dance class! Merengue, renowned for its lively beats and vibrant movements, transcends beyond being just a dance—it's a celebration of life and connections. In this dynamic class, participants will learn the fundamental steps, turns, and partnering techniques that define this captivating dance style.

INSTRUCTORS: Derrik & Maria Coghill LOCATION: Haskell Rm 3 | 235 S. Haskell St.

TIME: 6:30pm - 7:30pm

**\$1:** Jan. 10th - Jan. 24th | Wed. | \$30.00

## LEARN TO DANCE WIGHTCLUB 2 STEP

Ages 16+ Nightclub 2 Step is a dance style that is also known as the "Two Step" created in the 1960's. This is a slow dance that you can implement in almost any situation! This class guarantees an experience that will have you gliding across the dance floor with grace and style.

INSTRUCTORS: Derrik & Maria Coghill LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 6:30pm - 7:30pm

**\$1:** Feb. 14th - Feb. 28th | Wed. | \$30.00

## LEARN TO DANCE RUMBA

Ages 16+
Rumba invites you to explore the art of connection, romance, and storytelling through dance. Whether you're a beginner or seeking to add flair to your repertoire, this class promises an immersive experience that will have you moving gracefully and effortlessly on the dance floor.

INSTRUCTORS: Derrik & Maria Coghill LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 6:30pm - 7:30pm

**\$1:** Mar. 13th - Mar. 27th | Wed. | \$30.00







## LEARN TO DANCE SWING

Ages 16+ Swing has been a fun dance style since the 1920's and we are excited to share it with you! In this class series you will learn the basics of swing, fun variations, and the ability to start creating on your own. You will also learn how to dance to faster and slower tempos with ease so you can social dance anywhere. No partner necessary!

INSTRUCTORS: Derrik & Maria Coghill LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 6:30pm - 7:30pm

**\$1:** Apr. 10th - Apr. 24th | Wed. | \$30.00

#### PEDIATRIC CPR & FIRST AID

This is a hybrid training course with part one online. In this class you will learn the steps and procedures of dealing with medical/injury emergencies and how to perform CPR/AED. Part two will be in person where skills will be practiced and certification cards will be given. After signing up, this class becomes non-refundable, due to the purchase of the online portion of the class in each participant's name. Please bring your completion certificate to the in person hands on session.

INSTRUCTOR: First Response LLC LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 6:00pm - 7:00pm

**\$1:** March 19th | Tuesday | \$60.00 **\$2:** April 30th | Tuesday | \$60.00

## YOGA ALIGNMENT & FLOW ...

This breath-centered yoga practice emphasizes calming the mind while enhancing endurance, strength, and flexibility. Students delve into flow yoga through salutations, sequences, and various poses, integrating alignment principles (some at an intermediate level). A certain level of mobility is necessary. Please bring a yoga mat, yoga blanket, and water to class.

INSTRUCTOR: Barbara Deurwaarder LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 5:00pm - 6:00pm

\$1: Jan. 8th - Feb. 26th | Mon. | \$75.00\* \$2: Mar. 18th - Apr. 22nd | Mon. | \$75.00 \*No Class On Jan. 15th or Feb. 19th



#### YOGA BASICS 🚥



Designed for beginners aiming to learn fundamental yoga postures, this class utilizes a breath-centered approach. Our focus is on calming the mind, enhancing core strength, fostering flexibility, and improving balance. Props are incorporated to modify the practice, ensuring accessibility for all participants. A basic level of mobility is necessary. Please bring a yoga mat, yoga blanket, and water.

INSTRUCTOR: Barbara Deurwaarder LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 3:30pm - 4:30pm

**S1:** Jan. 8th - Feb. 26th | Mon. | \$75.00\* **S2:** Mar. 18th - Apr. 22nd | Mon. | \$75.00\* No Class On Jan. 15th or Feb. 19th

#### SPIRAL YOGA 🚥



Offset the aging process by performing simple flexibility and strengthening techniques! In this class, you'll learn how making slight adjustments to your posture and alignment can make a big difference to your ease and range of movement. Exercises include stretching combined with isometrics, fascia releases, breathing facilitation, and mindfulness approaches. Please bring a mat and a small blanket or towel to class. Kathryn Reppond is a Yoga Alliance instructor.

**INSTRUCTOR:** Kathryn Reppond LOCATION: Haskell Rm 3 | 235 S. Haskell St.

TIME: 10:30am - 11:30am

**\$1:** Jan. 10th - Jan. 24th 1 Wed. 1 \$38.00 **S2:** Feb. 28th - Apr. 3rd | Wed. | \$75.00 **S3:** Apr. 9th - April 23rd | Wed. | \$38.00

#### YOGA FOR SENIORS

Experience a revitalizing start to your afternoon in our tailored yoga class for seniors. Discover gentle stretches, flexibilityenhancing poses, and energizing breathing exercises led by our Yoga Alliance-certified instructor, Kathryn Reppond. Stay active and centered throughout your day.

**INSTRUCTOR:** Kathryn Reppond LOCATION: Haskell Rm 3 | 235 S. Haskell St. TIME: Tues. Classes: 10:30am - 11:30am Wed. Classes: 11:45am - 12:45pm **\$1:** Jan. 9th - Jan. 23rd | Tues. | \$38.00 **S2:** Jan. 10th - Jan. 24th | Wed. | \$38.00 **\$3:** Feb. 27th - Apr. 2nd | Tues. | \$75.00 **\$4:** Feb. 28th - Apr. 3rd | Wed. | \$75.00

#### PILATES MOVEMENT

Build awareness through movement linked with breath as you train core muscles. Exercises utilize the building blocks of core strengthening, balance, flexibility, alignment and stamina. Please bring a mat and a small blanket or towel to class. Kathryn Reppond is a Polestar Pilates Mat Instructor.

**INSTRUCTOR:** Kathryn Reppond LOCATION: Haskell Rm 3 | 235 S. Haskell St.

**TIME:** 11:45am - 12:45pm

\$1: Jan. 9th - Jan. 23rd | Tues. | \$38.00 **S2:** Feb. 27th - Apr. 2nd | Tues. | \$75.00 **S3:** Apr. 9th - April 23rd | Wed. | \$38.00

#### **SENIOR STRENGTH** & MOBILITY **@**

Join us for a morning of stretching and mobility training with Margie. Margie is a Personal Trainer and is certified by the American Council for Exercise. She specializes in specific exercises & mobility training for seniors. This free class is sponsored by Central Point Parks and Recreation. Class is limited. No Pre-Registration: First to come, first to exercise.

INSTRUCTOR: Margie Krakow

LOCATION: Haskell Rm 3 | 235 S. Haskell St.

TIME: 9:30am - 10:30am

S1: Jan. 8th - April 15th\* | Mondays | Free! S2: Jan. 11th - April 18th\* | Thursdays | Free! \*No Class on Jan. 15th, Feb. 19th, & Mar. 28th







#### **LEARNING TO PLAY PICKLEBALL**

This is an introduction to the very popular, addicting and health enhancing sport of Pickle ball. This class is intended for folks who feel they are stuck at beginner status, or folks who are total newbies. You will learn the rules, basic strategies, and be introduced to others who are interested in playing Pickleball! A good quality paddle will be available to use.

**INSTRUCTOR**: Joel Heller

**\$1:** Mar. 19th & Mar. 26th | Tues. | \$40.00 5:30pm - 7:15pm | Don Jones Park **S2:** Mar. 21st - Mar. 28th | Thurs. | \$40.00 9:00am -10:45am | Bohnert Farm Park **S3:** Apr. 9th - Apr. 16th | Tues. | \$40.00 5:30pm - 7:15pm | Don Jones Park

#### **ZUMBA®**

Zumba® is a dance fitness workout that's perfect for everyone. It combines lowintensity and high-intensity moves to create a calorie-burning interval-style workout. With Latin and World rhythms, it's both effective and fun. Our certified Zumba instructors will lead you through a dynamic session that will boost your cardiovascular fitness, improve your coordination, and leave you feeling invigorated.

**INSTRUCTOR**: Armando Hernandez LOCATION: Haskell Rm 3 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

**\$1:** Jan. 12th - Feb. 2nd | Fridays | \$30.00 **\$2:** Feb. 9th - Mar. 1st | Fridays | \$30.00 **S3:** Mar. 8th - Mar. 29th | Fridays | \$30.00

#### **BEGINNING QIGONG AND TAI CHI**

Learn techniques to enhance balance, coordination, memory, and relaxation through guided practice of QiGong and Tai Chi forms. This class will incorporate a variety of slow movements, visualization, breath work, and self-massage. Practice can be done seated or standing.

**INSTRUCTOR**: Carolyn Wolf

LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 10:00am - 11:00am

\$1: Jan. 12th - Feb. 16th | Fridays | \$45.00 **S2:** Mar. 1st - Apr. 26th\* | Fridays | \$60.00

\*No Class on April 15th

#### **ADVANCED PICKLEBALL**

Ages 15+

Have you already played pickleball and are now seeking opportunities to engage with others? Join our Advanced Pickleball class to expand your skills and enjoy playing against fellow enthusiasts. This class offers the chance to learn new techniques, refine your abilities, and participate in friendly matches with others.

**INSTRUCTOR:** Joel Heller LOCATION: Bohnert Farm Park

TIME: 9:00am -10:45am

\$1: Apr. 11th - Apr. 18th | Thursdays | \$40.00



#### **SUGAR COOKIE DECORATING**

Ages 12+ w/ an Adult No experience necessary! Learn to decorate with royal icing while creating fun holiday themed cookies that will wow your family and friends! We will decorate 5-6 cookies and learn creative techniques. Come prepared to have fun! All materials provided including recipes.

**INSTRUCTOR:** Marne Borecki LOCATION: Haskell Rm 2 | 235 S. Haskell St. Session 1: Valentine's Gnomies Feb. 8th | 6:00pm - 8:30pm | \$55.00 | Th. **Session 2: Love Some Bunny**Mar. 21st | 6:00pm - 8:30pm | \$55.00 | Th. Session 3: Spring Has Sprung April 11th | 6:00pm - 8:30pm | \$55.00 | Th.



#### **SUGAR COOKIE DECORATING: LEVEL 2**

Ages 12+ w/ an Adult Back by Popular Demand! Get ready to delve into the world of cookie decorating and learn how to bring vibrant, comicinspired designs to life! This class is designed for those who already possess confidence in outlining skills and have attended a previous royal icing class. You'll refine your techniques to create striking cartoon-themed cookies with bold black outlines, perfect for any party!

**INSTRUCTOR:** Marne Borecki LOCATION: REC A Classroom | 405 S. 4th St.

Session 1: Comic Style Party

Jan. 13th | 1:00pm - 3:30pm | \$66.00 | Sat.





#### BEGINNING **CROSS STITCH**



Embark on your cross-stitching journey with our beginner-friendly class! Please bring your own supplies, including a simple pattern or a beginners' crossstitch kit, and dive into the world of needlework. Learn the basics, discover essential techniques, and begin crafting beautiful designs in a supportive and relaxed environment.

**INSTRUCTOR:** Barbara Davis

LOCATION: REC A Classroom | 405 S. 4th St.

TIME: 6:00pm - 7:30pm

**\$1:** Jan. 10th - Jan. 31st | Wed. | \$29.00 **S2:** Feb. 7th - Feb. 28th | Wed. | \$29.00 **S3:** Mar. 6th - Mar. 27th | Wed. | \$29.00 **S4:** Apr. 3rd - Apr. 24th | Wed. | \$29.00

#### **BASICS OF ONLINE BILL PAYMENT**

 Ages 18+ Join us to learn the ins and outs of online bill payments! This class covers the basics, from setting up your email to managing water consumption alerts and establishing automatic payments. Our Finance Department staff from the City of Central Point will guide you through bill-paying techniques and provide invaluable tips to help you reach your financial goals. Don't forget to bring your electronic device!

**INSTRUCTOR:** CP Finance Department LOCATION: City Council Chambers |

140 S. 3rd Street

TIME: 10:00am - 12:00pm \$1: January 24th | Wed. | FREE S2: February 21st | Wed. | FREE

S3: March 16th | Sat. | FREE

#### HANDCRAFTED CARD **MAKING CLASS**

Who doesn't adore the joy of receiving a beautiful handmade card? Just in time for Valentine's Day and springtime, join us to master the art of card-making using rubber stamps, punches, dies, and exquisite premium paper. All necessary supplies will be provided to craft three charming alloccasion or special event cards.

**INSTRUCTOR:** Emily Stout

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 2:00pm - 4:00pm

**\$1:** February 3rd | Saturday | \$18.00 **S2:** February 24th | Saturday | \$18.00 **S3:** March 16th | Saturday | \$18.00



#### **KNITTING NIGHT!**

Ages 7+

Join our inclusive knitting class suitable for beginners and advanced students! Beginners will learn pattern reading, casting on, knit and purl stitches, and casting off; please bring worsted weight (No. 4) yarn and size 6, 7, or 8 knitting needles. Advanced students can continue current projects or start new ones with the instructor's guidance; bring your work or materials for a new project.

**INSTRUCTOR:** Barbara Davis

LOCATION: REC A Classroom | 405 S. 4th St

**TIME:** 6:00pm - 7:30pm

**\$1:** Jan. 11th - Feb. 1st | Thurs. | \$29.00 **S2:** Feb. 9th - Mar. 1st | Fridays | \$29.00 S3: Mar. 7th - Mar. 28th | Thurs. | \$29.00 **S4:** Apr. 4th - Apr. 25th | Thurs. | \$29.00

#### MEDICARE 101 🕮

rn about Medicare Parts A, B, and and prescription drug plans, Part D. ain 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 plans a variety of different prescription plans.

INSTRUCTORS: Linda Clarkson & Melissa Mlasko LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

\$1: January 23rd | Tuesday | Free **S2:** February 27th | Tuesday | Free \$3: March 26th | Tuesday | Free \$4: April 23rd | Tuesday | Free

#### **SOCIAL SECURITY** TIMING (REE)

This Social Security Workshop will help you select the right time to take social security income in such a way that it offers you the greatest maximum benefit. It will help you, as a pre-retiree, make sound financial choices about your retirement benefits. It will also cover how social security is taxed.

INSTRUCTORS: Linda Clarkson & Melissa Mlasko LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 5:30pm - 6:30pm

\$1: January 25th | Thursday | Free **S2:** February 29th | Thursday | Free \$3: March 28th | Thursday | Free \$4: April 25th | Thursday | Free

#### **UKULELE FOR** THE AGELESS

 Ages 55+ Discover the joy of playing the ukulele in a fun and supportive class for new musicians aged 55 and up. Learn your favorite songs in a low-pressure environment. Bring your own ukulele or use one of our provided rentals at no extra cost. Join us for a rewarding ukulele journey presented by Rogue Music Lessons!

**INSTRUCTOR:** Rogue Music Lessons LOCATION: REC A Classroom | 405 S. 4th St. \$1: Feb. 6th - Feb. 27th | Tuesdays | \$66.00

**TIME:** 4:15pm - 5:00pm

#### **BEGINNER GUITAR**

WITH ROGUE MUSIC

Ages 15+ This is the perfect guitar class for anyone who has never picked up a guitar before, or for anyone that has struggled with traditional lessons in the past. With this simple, step-by-step approach you'll be playing songs you recognize within the first 15 minutes of picking up your instrument! Intended for new musicians at least 15 yrs old, and no one is too old to start. Presented by Roque Music Lessons. If students already have a guitar they should bring it with them. If not, a rental guitar is available free of charge and can be checked out at the first class by an adult with a valid driver's license.

**INSTRUCTOR:** Roque Music Lessons LOCATION: REC A Classroom | 405 S. 4th St. \$1: Feb. 6th - Feb. 27th | Tuesdays | \$66.00 TIME: 6:15pm - 7:00pm





#### **BEGINNER UKULELE** WITH ROGUE MUSIC

This is the perfect ukulele class for anyone who has never picked up a ukulele before or for anyone that struggled with traditional lessons in the past. With this simple stepby-step approach, you'll play songs you recognize within the first 15 minutes of picking up your instrument! Intended for new musicians at least 14 yrs. old, and no one is too old to start. Presented by Rogue Music Lessons. If students already have a ukulele they should bring it with them. If not, a rental is available free of charge and can be checked out at the first class by an adult with a valid driver's license.

**INSTRUCTOR:** Roque Music Lessons LOCATION: REC A Classroom | 405 S. 4th St. **S1:** Feb. 8th - Feb. 29th | Thursdays | \$66.00 **TIME:** 6:15pm - 7:00pm

#### CRICUT FOR BEGINNERS 🚥



In these beginner's projects, we'll be employing a Cricut cutting machine to intricately cut images to create a Spring Sign and a Flower Shadowbox. All materials and machines will be provided.

**INSTRUCTOR:** Cyndi Weeks

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

**TIME:** 1:00pm - 3:00pm S1: Flower Shadowbox March 2nd | Saturday | \$30.00

S2: Spring Sign: April 13th | Saturday | \$25.00

#### THE BASICS OF CULINARY CRAFT



Join us as we demonstrate essential knife skills, cooking and baking tips, vital for success in any kitchen. Our class covers pantry and freezer organization ideas and culminates in crafting a delectable savory soup. Whether you're a beginner eager to absorb valuable insights or seeking a refresher, this class caters to all. Do not pass up this opportunity to refine your skills!

INSTRUCTORS: Food Preservers Association of Jackson County

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:00am - 12:30pm

\$1: January 20th | Saturday | \$28.00

#### **SQUEEZING CITRUS** INTO YOUR LIFE 🚥

Unlock the diverse potential of citrus fruits beyond lemonade! Join us to learn how to create zesty curds, candies, oils, desserts, savory dishes, and even cleaning products. Explore the endless possibilities of citrus in this immersive class, perfect for cooking enthusiasts and DIY aficionados alike!

INSTRUCTORS: Food Preservers Association of Jackson County

LOCATION: Haskell Rm 2 | 235 S. Haskell St.

TIME: 10:00am - 12:30pm **\$1:** Feb. 24th | Saturday | \$28.00



#### **MEDFORD**

PARKS, RECREATION AND FACILITIES

Medford Parks, Recreation & Facilities is the primary regional service provider for year-round adult sports leagues and affordable youth sports programs.

#### **Youth Sports** Camps / Programs

Flag Football Little Hoopsters Golf

Youth Indoor Soccer

Lacrosse





#### **Adult Sports Leagues**

Basketball

Soccer

Softball

Volleyball



#### For more information: 541.774.2400

playmedford.com sportsmedford.com



PLAYGUIDE FOR ALL THE FUN!



**CONNECT WITH THESE GREAT OFFERINGS: ICE SKATING | LACROSSE CLASSES** ADAPTED PROGRAMS | SENIOR PROGRAMS & MORE!



**LEARN TO PLAY GOLF | EVENTS | CLASSES** For more information: OakKnollGolf.org



FIGURE & HOCKEY SKATING CLASSES For info: ashland.or.us/IceRink

#### **FUN, IT'S IN OUR NATURE!**

#### **ASHLANDPARKSANDREC.ORG**

541.488.5640 | PARKSINFO@ASHLAND.OR.US **■** ② **@**ASHLANDPARKSANDREC



@







## PLAY BALL with RVSA

The Rogue Valley Softball Association is an allabilities, co-ed senior softball league for men age 48+ and women 30+. We offer, fun, friendship and exercise with a doubleheader every Wednesday morning from mid-March to the end of September at Lithia & Driveway fields in Medford.

You say you haven't played in a long time?
Not a problem! RVSA is a great way to get back in the swing. In addition to games, we also offer open practices every Tuesday and Thursday morning.

For more information and to learn how to register, visit our web site:

RVSoftball.org.



Join us from December through February for our fourth annual community reading program. This year we're reading books by celebrated author, Julia Alvarez!



Learn more at jcls.org/roguereads or scan the qr code!

a community that reads together grows together





Educational Medicare Workshops

Monthly Workshops Available
See Class Schedules in This Booklet

- Gain an understanding of how Medicare works.
- Learn the difference between Medicare Advantage and Medicare Supplement plans.
- Learn how to find the best plan for you.
- Discover how Medicare prescription drug plans work.



Melissa Mlasko
Licensed Agent



Linda Clarkson
Licensed Agent

Call 541.973.2100 ext. 1 for upcoming workshops in your area.



Futurity First is not connected with or endorsed by the United States government or the federal Medicare program. For accommodations of persons with special needs at meetings call 541.973.2100 Ext. 1 TTY: 711.



La registración está abierta para todos los residentes de Central Point y no-residentes (cualquier persona localizada fuera del código postal 97502). Todas las registraciones son aceptadas por orden de llegada. Regístrate Pronto; muchas clases se llenan rápido. Las clases pueden ser canceladas si no se llega a el mínimo numero de participantes.

#### En Línea: www.centralpointoregon.gov/schedule

Puedes navegar las listas de programas por tipo de actividad y/o localización, registrarte y pagar en línea. Para registrarte en línea necesitas crear una cuenta y pagar con tarjeta Visa o MasterCard. Para crear una cuenta, haz click en la sección "Log In/Create Account".

#### 📞 Por Teléfono: 541-664-3321 ext. 130

Puedes llamar al Departamento de Parques y Recreación de Lunes a Viernes de 8:30 a 4:30 pm para asistencia en crear tu cuenta o registrarte para clases recreacionales. Ten listo el nombre de la clase(s), fecha(s), y tu número de tarjeta Visa o MasterCard.

### ESPAÑOL – PROGRÂMAS INVIERNO / PRIMAVERA

#### MAGIA CON UN TOQUE ESPECIAL EDAD 6-14

En esta clase interactiva y emocionante, los jóvenes aprendices aprenderán habilidades de presentación, ganarán confianza al presenciar y aprender trucos de ilusionismo/magia, y crearán sus propios animales de globos después de la demostración mágica. Se proporcionarán todos los materiales necesarios.

## CONCEPTOS BASICOS DE PAGOS EN LINEA

EDAD 18+ ¿Está listo para deshacerse de la molestia de escribir y enviar cheques por correo? ¿Le gustaría aprender a pagar sus facturas en línea? Esta clase le enseñará los conceptos básicos del pago de facturas en línea, desde la configuración del correo electrónico hasta las alertas de consumo de agua y los pagos automáticos. No tenga miedo de utilizar la tecnología que ya tiene y que ha dudado en utilizar. El personal del departamento de finanzas lo ayudará a alcanzar sus objetivos financieros. Traiga su dispositivo electrónico, teléfono inteligente, iPad o computadora portátil.

#### MADE IN SOUTHERN OREGON Sábado 11 de Mayo

Made in Southern Oregon se creó para resaltar a todos los maravillosos creadores del sur de Oregón. Desde arte, artículos de cuero, carpintería, soldadura, alimentos, bebidas, agricultura, joyería y mucho más, ihay algo para todos! Si eres un vendedor artesanal o de comida en el sur de Oregón y te gustaría participar, llámanos al 541-664-3321 extensión 201.

#### **ZUMBA®**

\_\_\_\_ EDAD 10+

Clase de Zumba® está diseñada para reunir a las personas y sudar juntos. La forma en que funciona es mezclando movimientos de baja y alta intensidad para crear una fiesta de baile estilo intervalo que quema calorías. Una vez que los ritmos latinos y mundiales comienzan, verás por qué las clases de Zumba® Fitness a menudo se consideran un ejercicio disfrazado. ¡Únete y descubre cómo ponerte en forma disfrutando de la música y los movimientos llenos de energía!

#### EASTER EGGSTRAVAGANZA Sábado 30 de Marzo

El evento es de 10:00 am-12:00 pm en el parque Twin Creeks. La búsqueda de huevos comienza a las 11:00 am en punto. Los niños deberán traer su propia canasta. En este evento habrá búsqueda de huevos de Pascua con 30,000 huevitos, fotos con el conejito de pascua, y premios para los boletos dorados. ¡Ven al parque Twin Creeks y celebra la Pascua! Este es un evento comunitario gratuito.

#### **CLASSES DE COCINA PARA NIÑOS**

EDAD 8-14

Enseñaremos a los niños a cocinar cenas familiares con seguridad en la cocina, manejo de cuchillos y prevención de contaminación. Nuestros chefs estudiantes guiarán la preparación en clase, proporcionando recetas para casa y descubriendo nuevas ideas en cada sesión. Los niños desarrollarán habilidades culinarias prácticas, creando platos deliciosos para disfrutar en familia en una experiencia educativa, divertida y segura.



Registration is open to all Central Point residents and non-residents (anyone located outside of the 97502 zip code). Registration is accepted on a first come, first serve basis. **Register early; many classes fill quickly. Classes may also be canceled if the minimum registration is not met**. Participants will be notified via text message or email if a class is canceled or rescheduled.

Online: www.centralpointoregon.gov/schedule

You can browse program listings by activity and/or location, then register and pay online. To register online you'll need to have an account set up and then pay with Visa or MasterCard. To set up an account, click "Log In/Create Account".

**Q** By Phone: 541.664.3321 ext 130

You can call the Parks and Recreation Department Monday - Friday from 8:30am - 4:30pm to help you set up an account and register for recreation classes. Have the class name(s), date(s), and payment ready to go.

Central Point Parks & Recreation | \*parks@centralpointoregon.gov | 541.664.3321 ext 130

# Central Point Parks & Recreation Commission

Meeting Schedule

The Parks and Recreation Commission advises the City Council on matters relating to parks and recreation activities. There are seven members on this commission and they meet on a quarterly basis. Please call ahead to see if the meeting will be held in-person or online, depending on current COVID-19 guidelines.

#### **City Council Chambers**

140 S. 3rd Street | First Floor Thursdays at 6:00pm Upcoming Dates:

February 15th, May 16th, August 15th, November 7th

Please contact the Parks and Recreation Department to confirm meeting dates.

541.664.3321 ext 130



## City of Central Point Administrative Boards

#### City Manager

Chris Clayton

#### Parks & Recreation Staff

Matt Samitore Director

Dave Jacob Park Planner

Nikki Petersen Recreation Manager

Elizabeth Blodgett Special Events & Marketing

Benjamin Horton Recreation Program Coordinator

Margarita Esparza Recreation Specialist

#### Parks Maintenance Staff

Doug Norman Public Works Supervisor Corey Qualls Mitchell Reagles Tib Murillo Wil Bateman Chris Painter

#### Parks & Recreation

#### Commission

Patricia Alvarez, Chair Fran Cordeiro-Settell Steph Hendrickson Ron Woodhead Eden Foster

#### Central Point City Council

Mayor Hank Williams Ward I Neil Olsen Ward II Kelley Johnson

II Ward III
Melody
Thueson

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**Vard IV** Taneea Browning

At-Large Mike Parsons **At-Large** Rob Hernandez

















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## UPCOMING SPECIAL EVENTS

30

EASTER EGGSTRAVAGANZA

JOIN US FROM 10-12PM AT TWIN GREEKS PARK FOR AN EASTER EGG HUNT, GRAFTS AND PRIZES FREE FOR ALL CHILDREN UNDER AGE 11. EGG HUNTS STARTS AT 11AM!

# MADE IN SOUTHERN OREGON

JOIN US FOR
ONE OF OUR
FAVORITE EVENTS
OF THE YEAR!
DOWNTOWN PINE
STREET WILL BE
FULL OF
SOUTHERN

OREGON'S MOST TALENTED MAKERS FROM 9-4PM. THIS EVENT IS THE PERFECT PLAGE TO FIND A MOTHER'S DAY GIFT FOR THAT SPECIAL SOMEONE IN YOUR LIFE. COMMUNITY CUPIDS!

MAKE OR PURCHASE
VALENTINE CARDS FOR OUR
SENIOR RESIDENTS IN
GENTRAL POINT TO BRIGHTEN
THEIR DAY! ADD A PERSONAL
MESSAGE, SIGN AND SEAL
THE CARDS BEFORE DROPPING
IT OFF AT CITY HALL.

# 22 EARTH DAY GELEBRATION

JOIN US FOR OUR SECOND ANNUAL EARTH DAY EVENT! TO GET INVOLVED WITH THIS EVENT, BE SURE TO FOLLOW US ON SOCIAL MEDIA FOR EVENT UPDATES @GREENPARKSCP STORY WALK O9

JOIN US APRIL 9TH THROUGH APRIL 23RD AT WILLIE MOTT MEMORIAL PARK LOCATED AT 2190 JEREMY STREET, CENTRAL POINT, OR. A NEW STORY WILL BE FEATURED IN THE PARK. THANK YOU TO THE JACKSON COUNTY CENTRAL POINT LIBRARY FOR SPONSORING THIS EVENT.

For more event information, visit www.centralpointoregon.gov