

City of Central Point

Recreation Guide

DIGITAL FALL 2020

CLASSES • COMMUNITY EVENTS • PROGRAMS



R | OCTOBER | NOVEMBER
DECEMBER | SEPTEMBER
R | SEPTEMBER | OCTOBER

**PARKS
& RECREATION**

DECEMBER | SEPTEMBER
OCTOBER | NOVEMBER |
SEPTEMBER | OCTOBER |

PARKS & RECREATION DEPARTMENT NEWS

The Central Point Parks and Recreation is happy to bring back our classes this Fall. In these uncertain times, we hope to offer classes that will bring joy, creativity and fun to the entire family. We would also like to thank our community for their continued support, without it we could not do what we do!

As everyone is aware changes to restrictions surrounding COVID-19 are always changing and we are doing our best to keep our community informed. Please follow us on social media for the best up to date changes. As always our Parks and Recreation Staff is here to help with any questions, comments or concerns. We are available via email, phone or on social media.

We are happy to introduce some very fun Fall classes such as Yoga at Hummingbird Estates, Holiday Cooking/Baking Classes, exciting LEGO camps, outdoor classes and so much more. We are also happy to bring back some of our favorite classes from the summer, like Pickleball, Crawling Critters classes, Bugs R Us programs & Belly Dancing classes.

To end 2020, we are glad to bring back our events with some new twists! First, we have Liam's Trunk or Treat, a drive through trunk or treat event at Twin Creeks Park. Next, we have our annual Veteran's Day Commemoration at Don Jones Park, we are happy to honor our Veteran's on this special day. And lastly, to round out the year we will be hosting our annual Community Christmas, with a couple small changes. We are excited to light the Christmas Tree and spread the holiday cheer with our community.

Stay Safe & Healthy,

Central Point Parks & Recreation Dept.

140 S. 3rd Street | Central Point, OR
(541) 664-3321 ext 130
parks@centralpointoregon.gov

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CENTRAL POINT RECREATION CLASSES ARE NOW

One Click Away 

Enjoy classes from the comfort of your own home.
Look for this icon  throughout the guide
for online class opportunities.

WWW.CENTRALPOINTOREGON.GOV/SCHEDULE





STAY CONNECTED



FOLLOW US @GREENPARKSCP



Central Point Parks Map

@greenparkscp



CITY OF CENTRAL POINT PRESENTS

Liam's

FREE
TREAT
BAG!

LIAM'S
STORY

TRUNK or TREAT

SAT, OCTOBER 24

4:00PM TO 6:00PM

TWIN CREEKS PARK

DRIVE THROUGH TRUNK OR TREAT

ALTHOUGH THIS EVENT IS COMPLEMENTARY
REGISTRATION IS REQUIRED FOR PHYSICAL
DISTANCING AND CONTACT TRACING.
REGISTRATION OPENS OCTOBER 1ST.

WWW.CENTRALPOINTOREGON.GOV



PARKS
& RECREATION

IF YOU WOULD LIKE TO DONATE TO THIS EVENT

PLEASE VISIT WWW.CENTRALPOINTOREGON.GOV/HALLOWEEN

541.664.3321 EXT 130



Liam Elton was a spunky, feisty little 2 year old boy. He liked playing with trucks and dinosaurs with his older brother, Skyler. His jibberish episodes and wide, beautiful smile made everyone laugh that he met. In October of 2016, Liam was accidentally burnt by boiling water in our home. He was life flighted to the Emmanuel Burn Center in Portland where he was treated for 2nd degree burns covering 60% of his body. Even in this painful time, he had a huge smile and cheered up his mommy, family, and hospital staff. After 6 days, he started getting sick. He had contracted a bacterial infection in his blood. He was transferred to the PICU at Legacy Hospital, but he lost his fight 24 hours later. Liam passed away on life support on Halloween day.

We were devastated. So many unanswered questions about "what if" and how this could be. We were not prepared for a life with out him. We wanted to find a way to celebrate his life, for all the wonderful, beautiful things that he was to our family. The following summer, as Halloween was approaching and we were dreading a day that reminded us of the horror that accompanied his death, we came up with an idea to help us cope. We wanted to do a trunk or treat in his honor. We wanted to see the smile of our little Liam on all the faces of other children having a good time in his memory. We wanted to feel like Liam was celebrated in the best way we could. Thus began our event, Liam's Trunk or Treat: a family event where all children can get some Halloween goodies, check out some decorated cars, and play games, all in a safe location. This event has put so much love in our hearts during a time when we want to curl up and hide in a hole. While the event could never fill the void of this absolutely wonderful boys presence, we are so thankful for the opportunity to share his life with all our participants in hope's that his memory lives on.

City of Central Point Presents



VETERAN'S

 *Day* 



COMMENCEMENT CEREMONY

PRESENTATIONS & SPEAKERS

WEDNESDAY NOVEMBER 11TH AT 5PM

OREGON FALLEN WAR HEROES MEMORIAL
223 WEST VILAS ROAD

THIS IS A FREE EVENT
PRE-REGISTRATION IS REQUIRED FOR CONTACT TRACING.

WWW.CENTRALPOINTOREGON.GOV/MEMORIAL-VETERANS

PRE-REGISTRATION
REQUIRED



Central Point COMMUNITY CHRISTMAS

Saturday, December 5th

MEET AND GREET WITH SANTA & CHILDREN WILL RECEIVE
A GIFT BAG WHILE SUPPLIES LAST

CENTRAL POINT CITY HALL
140 SOUTH 3RD STREET

ALTHOUGH THIS EVENT IS COMPLEMENTARY REGISTRATION IS REQUIRED FOR PHYSICAL
DISTANCING AND CONTACT TRACING.

WWW.CENTRALPOINTOREGON.GOV/CHRISTMAS





Storywalk

WILLIAM MOTT MEMORIAL PARK
2190 JEREMY STREET, CENTRAL POINT

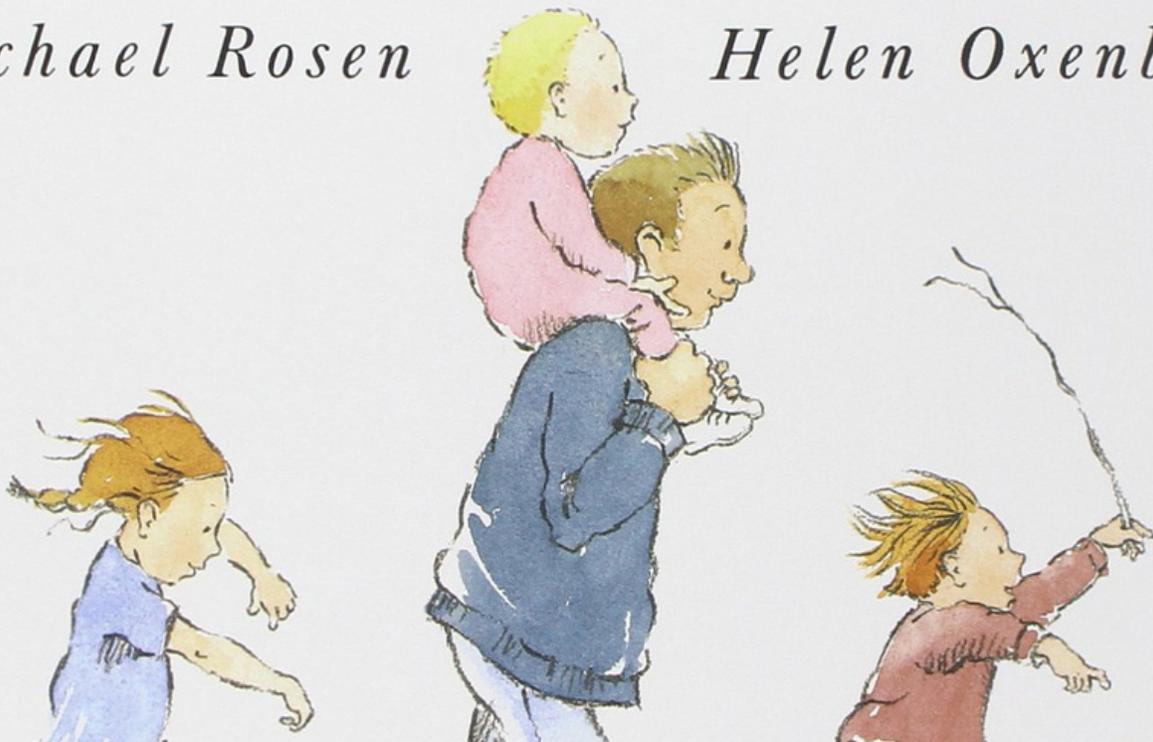
OCT. 14TH - 21ST | DURING PARKS OPEN HOURS

Central Point Library and Central Point Parks and Recreation present a StoryWalk® for kids and families. Stroll through William Mott Memorial Park while reading pages of the book *We're going on a Bear Hunt* placed on the sides of the path crossing the park. A StoryWalk® is a great way to combine fresh air, movement, and early reading skills!

We're Going on a Bear Hunt

Michael Rosen

Helen Oxenbury



Youth Programs

Siskiyou Mountain Wildlife

Ages 3 & Up

Take a walk on the "WILD SIDE" in our own backyard. The Siskiyou Mountains have a wide variety of animals not commonly seen anywhere else & this is your chance to learn about the best! We discuss 14 different animals & the best part is the PETTING! Real furs, pelts & feathers from uncommon animals such as a WOLVERINE, LYNX, SPOTTED SKUNK, BALD EAGLE, FISHER and MARTEN. Includes a detailed Siskiyou's coloring page at the end.

TIME: 3:00pm - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: John Jackson

LIMIT: Min 2 | Max 15

Session 1:

September 28th | Monday | \$7.00



NEW!

STEM - Power Play Dough

Ages 6 to 12

POWER PLAY DOUGH - STEM: It LOOKS like play-dough, but, IT CONDUCTS ELECTRICITY! We'll be making LIGHT-UP LED FLOWERS. FULL instructions along with your choice of colored dough, stickers, batteries, battery box and your choice of colored LED bulbs.

TIME: 3:00pm - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: John Jackson

LIMIT: Min 2 | Max 15

Session 1:

October 17th | Saturday | \$10.00



STEM-Dinosaurs and Dino Egg Dig Games

Ages 6 to 12

Go BACK IN TIME & learn about 14 different species of well-known dinosaurs! The HISTORY of Dinosaurs is discussed as we explore REAL fossils, pettable TEETH & CLAWS & get to FEEL what the skin of certain dinosaurs was like. Learn what era these creatures came from, LIVING dinos TODAY & at the conclusion of the program, each visitor will get to do a DINOSAUR-FOSSIL dig to TAKE HOME whatever or whomever you might find!

TIME: 3:00pm - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: John Jackson

LIMIT: Min 2 | Max 15

Session 1:

November 7th | Saturday | \$10.00

STEM - Build an LED Star Wand

Ages 6 to 12

All supplies are included to make your own Shooting Star style LED wand...battery, LED, stars, dowel, wires, colored straw....you create it, you choose the colors, you take it home! And the best part is....it GLOWS even after you turn it OFF!

TIME: 3:00pm - 4:00pm

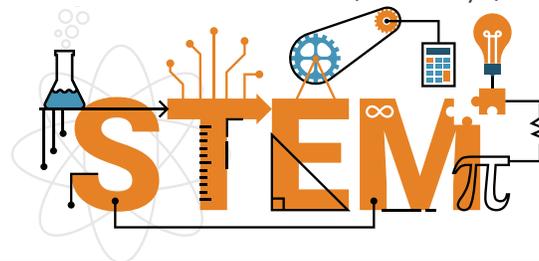
LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: John Jackson

LIMIT: Min 2 | Max 15

Session 1:

December 5th | Saturday | \$10.00



Critters & Chores NEW!

Just like we have jobs, chores & responsibilities, did you know that animals have them, too? This one hour presentation examines a variety of critters as we discuss what chores they fulfill in nature to be a functioning part of the ecosystem. Kids will get a chance to hold, pet and interact with LIVE critters to make the experience more memorable. Set up with a bit of jungle flair, we will meet STEM standards to provide a science class alternative for those homeschooling and participating in distance learning.

LOCATION: Rec A | 405 S. 4th Street

INSTRUCTOR: Crawling Critters Zoo

LIMIT: Min 9 | Max 15



Grades 1st - 3rd (Ages 6-9)

Session 1:

Oct. 12th | Monday | 10:00am-11:00am | \$15.00

Session 2:

Nov. 9th | Monday | 1:00pm-2:00pm | \$15.00

Grades 4th - 6th (Ages 9-12)

Session 1:

Oct. 19th | Monday | 10:00am - 11:00am | \$15.00

Session 2:

Nov. 16th | Monday | 1:00pm - 2:00pm | \$15.00



Toddler Animal Petting Party

Ages 2 to 5

Join us for a 30 minute petting session with 3 of our most relaxed and easy going critters. As we sit together in a large circle on our WILD animal print rug, each critter will be shown individually. Kids will get to pet and occasionally hold the critters while our handler shares simple educational facts about them. It's a great way to introduce kids to animals while showing them how to be gentle at the same time. Critters may include: tortoises, bunnies, chinchillas, a hedgehog & more!

LOCATION: Rec A | 405 S. 4th Street

INSTRUCTOR: Crawling Critters Zoo

LIMIT: Min 5 | Max 15

Session 1: 10:00am - 10:30am

October 5th | Monday | \$12.00

Session 2: 1:00pm - 1:30pm

November 2nd | Monday | \$12.00



Party Animals NEW!

Ages 3 to 5

Kids love animals, and for this workshop we will explore animals with fun art and science activities that will help kids understand animal traits and habitats while allowing them to participate in cool science experiments and fun art projects they can take home to share with their families.

TIME: 9:00am - 11:30am

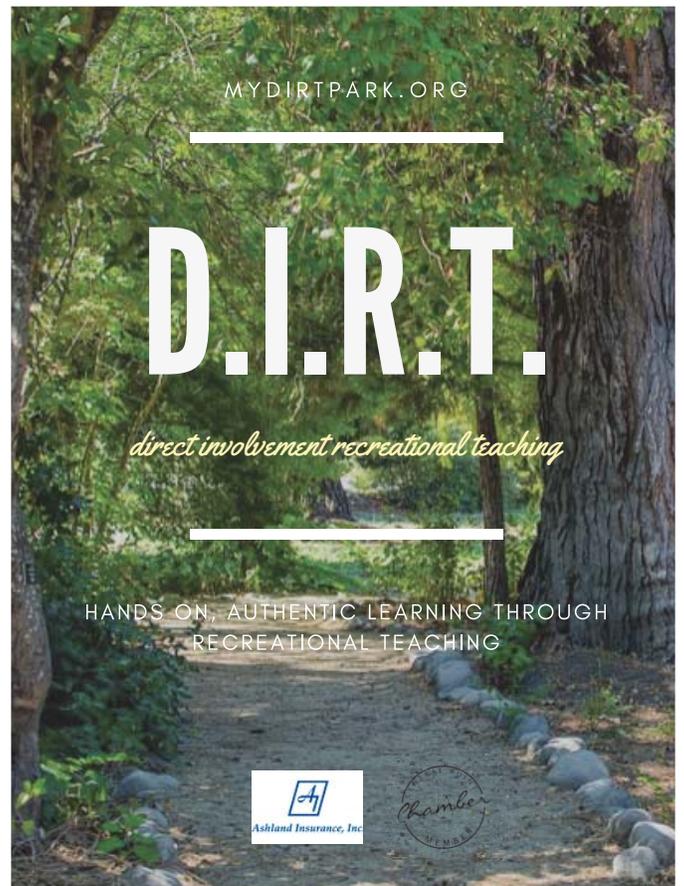
LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Heather Allen

LIMIT: Min 4 | Max 8

Session 1:

December 19th | Saturday | \$20.00



School Break **NEW!** STEAM Camps

Ages 5 to 12
Bring your kids to one or all off these school closure day camps. In each camp we will offer different STEAM activities where kids will learn, but also have fun. There will be hands-on art and science activities galore that will ensure that they spend the day engaged and enriched. Each day will feature different activities.

TIME: 9:00am - 3:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Heather Allen

LIMIT: Min 5 | Max 10

Session 1:

October 9th | Friday | \$40.00

Session 2:

Dec. 28th - Dec. 31st | M T W TH | \$150.00

Let's Get **NEW!** Messy Preschool

Ages 3 to 5
Kids love to get messy and in this class, we will do just that. Kids will participate in messy art and STEM activities. They will learn how to make paint from household materials and we will conduct cool experiments like the watermelon volcano and Mentos and Diet Coke. Please dress to get messy!

TIME: 9:00am - 11:30am

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Heather Allen

LIMIT: Min 4 | Max 8

Session 1:

November 21st | Saturday | \$20.00

Beginner's Guide: Staying Home Alone

Ages 9 to 15
Staying home alone is nothing like the movies. Parents don't worry, we don't anticipate your child will have to launch a full scale battle against two robbers while you are out. But, in the great words of Kevin MacCallister "This is my house, I have to defend it". Join City of Central Point staff for fun, practical ways to feel confident and take charge while staying home alone. Your child will learn first-hand from a Central Point Police Officer what to do in an emergency and learn basic first aid skills from our certified Safety manager. And most importantly, our certified Snack Experts will bring some fun and yummy spins on traditional snacks your kids will love!

TIME: 2:00pm - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTORS: Central Point Parks and Rec

Session 1:

October 4th | Sunday | \$5.00

BEGINNER'S GUIDE

STAYING HOME ALONE

SUNDAY, OCTOBER 4, 2020
2:00PM - 4:00PM

TOPICS COVERED

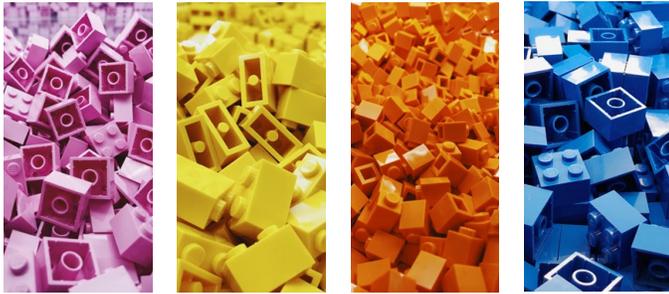
- WHAT TO DO IN AN EMERGENCY
- SNACK AND CRAFT IDEAS
- BASIC FIRST AID

YOUTH AGES 9-15
\$5.00 REGISTRATION FEE
MUST PRE-REGISTER TO ATTEND
REC A CLASSROOM | 405 S. 4TH ST.

TO REGISTER VISIT
WWW.CENTRALPOINTOREGON.GOV/SCHEDULE

BOBBIO'S PIZZA
"Your Community Partner"

CLASS PRESENTED BY THE CITY OF CENTRAL POINT



LEGO® Kinetics: How to make your LEGO float **NEW!**

Ages 6 to 12

Have you ever looked at a LEGO creation that seems to be floating magically? In this beginner to intermediate class we will go over the basics of how to achieve this look as well as why it works, so you can use this technique at home. This is a fun way to learn about the science of balance! Students may bring their own LEGO from home, but cannot be mixed with instructor's LEGO. Please bring your lunch and smiles!

TIME: 9:00am - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Misti King

LIMIT: Min 10 | Max 17

Session 1:

November 11th | Wednesday | \$45.00

LEGO® Gears: How do they work? **NEW!**

Ages 6 to 12

Have you ever wondered how gears work? In this class we will be going over the basics of how these simple, yet complex parts work. We will build simple machines powered by gears. Join us in learning science with LEGO! Students may bring their own LEGO from home, but cannot be mixed with instructor's LEGO. Please bring your lunch and smiles!

TIME: 9:00am - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Misti King

LIMIT: Min 10 | Max 17

Session 1:

November 23rd | Monday | \$45.00



LEGO® Mosaics **NEW!**

Ages 6 to 12

In this class, we will learn about LEGO mosaics. We will build pictures out of LEGO! This is a multi level class, we build where you are! Students may bring their own LEGO from home, but cannot be mixed with instructor's LEGO. Please bring your lunch and smiles!

TIME: 9:00am - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Misti King

LIMIT: Min 10 | Max 17

Session 1:

November 24th | Tuesday | \$45.00



LEGO® Ornaments **NEW!**

Ages 6 to 12

Join us as we design LEGO holiday decorations! This is a great class to get kids involved in designing their own holiday decorations. We'll learn how to build ornaments, snowflakes, snowmen, wreathes, etc. LEGO is provided but cannot be taken home. For this class, students may bring their own LEGO if they would like, but cannot mix with the instructor's LEGO. Please bring your lunch and smiles!

TIME: 9:00am - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Misti King

LIMIT: Min 10 | Max 17

Session 1:

December 4th | Friday | \$45.00



LEGO® Winter Village **NEW!**

Ages 6 to 12

Join us for this festive LEGO building 2 day class where we will build our own winter village! We will learn how to build small buildings, including roofs, trees, mountains, frozen ponds, etc. Anything we can dream up to add fun! LEGO will be provided, but cannot go home with the student. Students may bring their own LEGO from home, but cannot be mixed with instructor's LEGO. Please bring your lunch and smiles!

TIME: 9:00am - 4:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Misti King

LIMIT: Min 10 | Max 17

Session 1:

December 21st - December 22nd | M Tu | \$80.00

NEW!

Friday Night Dinner Club

Ages 9 to 14

Teaching kids to cook dinner for the entire family. Our dinner menu will feature a new and delicious meal each session that will include appetizers, a main dinner dish, sides, and dessert. Our student chefs will also learn kitchen safety, knife skills, avoiding cross contamination and much more. We'll teach them to make the dinner in class and then send them home with the recipes so that they can cook the dinner in your kitchen for your entire family.

TIME: 5:00pm - 8:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Jenny Borchard, Certified Healthy Hands Class

LIMIT: Min 6 | Max 10

- Session 1: October 23rd | Friday | \$45.00
- Session 2: November 13th | Friday | \$45.00
- Session 3: December 11th | Friday | \$45.00



micro
GROUP COOKING CLASSES
with Jenny Borchard

HAVE A SMALL GROUP OF FRIENDS COME TOGETHER FOR SOME HANDS ON COOKING FUN. YOU PROVIDE THE SPACE AND I WILL COME TO YOU!

FOR MORE INFORMATION CONTACT
CARROTSANDPOM@GMAIL.COM

Family and Me Desserts

NEW!

Ages 5 to 8

Bonding while baking. This class is designed for younger children (Ages 5-8) to bake with an older family member (Ages 9 and up). Each session will feature a brand new menu for your kids to learn & your family to enjoy!. We'll also be teaching our student chefs basic baking skills and kitchen safety.

TIME: 10:00am - 12:30pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Jenny Borchard, Certified Healthy Hands Class

LIMIT: Min 6 | Max 10

- Session 1: October 24th | Saturday | \$40.00
- Session 2: November 14th | Saturday | \$40.00
- Session 3: December 12th | Saturday | \$40.00

CENTRAL POINT PARKS & REC & CENTRAL POINT CHAMBER

BEGINNER'S GUIDE

ONLINE COOKING SERIES

FOLLOW US @GREENPARKSCP

CITY OF CENTRAL POINT EST. 1889
PARKS & RECREATION

f i t

Health & Fitness

Be the HIIT you Want to be!

NEW!

Ages 14 & Up

This virtual HIIT class features short intervals of high intensity exercises with brief rest periods. Come and challenge yourself and reach your goals. Please have a towel, water bottle, and a yoga mat ready to go.

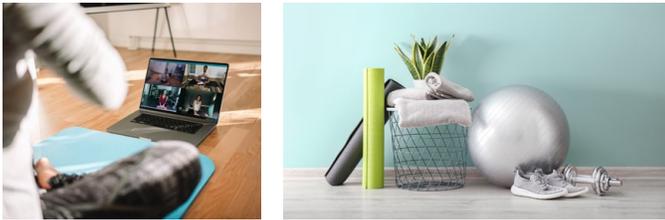
TIME: 6:30am - 7:30am

LOCATION: Virtual Class

INSTRUCTOR: Pablo Aguilar

LIMIT: Min 8 | Max 20

- Session 1:** Oct. 6th - Oct. 29th | Tu Th | \$43.00
- Session 2:** Nov. 3rd - Nov. 19th | Tu Th | \$33.00
- Session 3:** Dec. 1st - Dec. 17th | Tu Th | \$33.00



Kickboxing

NEW!

Ages 14 & Up

Join us for a virtual fun fitness filled kickboxing class, because punching people in real life is frowned upon :) Come learn the basics of kickboxing all while burning calories and getting in shape! Please have a towel, water bottle, and a yoga mat ready to go.

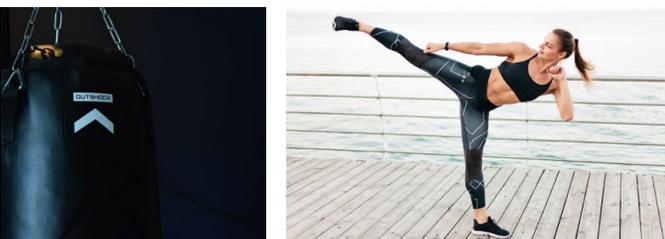
TIME: 6:30am - 7:30am

LOCATION: Virtual Class

INSTRUCTOR: Pablo Aguilar

LIMIT: Min 8 | Max 20

- Session 1:** Oct. 5th - Oct. 28th | M W | \$43.00
- Session 2:** Nov. 2nd - Nov. 18th | M W | \$33.00
- Session 3:** Nov. 30th - Dec. 16th | M W | \$33.00



Hiking 101

NEW!

Ages 15 & Up

Have you ever wanted to learn the basics of hiking without stepping foot on a mountain? Then we have the class for you! Join our City of Central Point Safety Manager as he guides you virtually to the top of the mountain. Safety Sam will cover basic hiking concepts, route planning, basic wilderness first aid, and how to incorporate hiking into your regular fitness activities. All participants will leave with confidence knowing how to prepare for your future hikes and some great insider tips from an experienced mountaineer (Although this class do not take place on a mountain, our instructor will talk in-depth about local trails and mountains in the rogue valley).

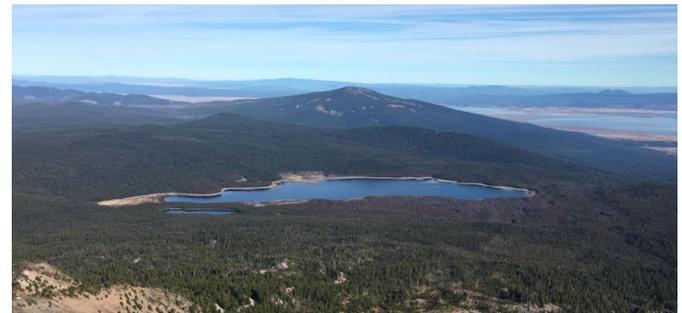
TIME: 11:30am - 12:30pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Sam Patrick

LIMIT: Min 4 | Max 15

- Session 1:** October 4th | Sunday | \$5.00



HE Hummingbird Estate
Yoga at Hummingbird Estates **NEW!**
 Ages 18 & Up

Enjoy the nice serene setting of Hummingbird Estates while listening within and deepening your connection to the wisdom of your own flow of energy. Each class will begin with vinyasa-inspired standing postures aimed to warm the body and move stagnant energy. Then, each class will conclude with longer held stretches and pranayama, or practical breathing techniques to remove toxins and make way for fresh air. All levels welcome. Students will need to bring the following: sun protection, ample drinking water, and 1-2 yoga mat(s). 1 yoga block and 1 yoga strap or belt optional.

After class, all students are welcomed to enjoy a discounted wine tasting at the vineyard (wine tastings are not included in this price).

TIME: 11:00am - 12:00pm

LOCATION: Hummingbird Estates | 1677 Old Stage Rd.

INSTRUCTOR: Brienne Derosier

LIMIT: Min 4 | Max 15

Session 1: October 4th | Sunday | \$25.00

Session 2: October 18th | Sunday | \$25.00



Fresh Air Yoga **NEW!**
 Ages 18 & Up

All levels welcome. Enjoy a breath-centered, well-rounded yoga practice in one of the City's most beautiful parks! Each class will begin with vinyasa-inspired standing postures aimed to warm the body and move stagnant energy. Then, each class will conclude with longer held stretches and pranayama, or practical breathing techniques to remove toxins and make way for fresh air. Students will need to bring the following: sun protection, ample drinking water, and 1-2 yoga mat(s). 1 yoga block and 1 yoga strap or belt optional.

TIME: 10:00am - 11:15am

LOCATION: Twin Creek Park | Bandshell

INSTRUCTOR: Brienne Derosier

LIMIT: Min 4 | Max 15

Session 1: October 11th | Sunday | \$15.00

Session 2: October 25th | Sunday | \$15.00



NEW!

Good Morning Yoga ✨

Ages 18 & Up

All levels welcome. Did you know that yoga asanas, or postures, are best practiced first thing in the morning? We aim to open your tight hips, chest and spine so you can enjoy increased mobility and ease throughout your day. Students are encouraged to virtually attend with the following props: 1 yoga mat, 2 yoga blocks, 1 blanket, 1 yoga strap or woven belt.

TIME: 6:30am - 7:30am

LOCATION: Virtual Class

INSTRUCTOR: Brienne Derosier

LIMIT: Min 5 | Max 15

Session 1: Nov. 4th - Nov. 25th | Wednesdays | \$30.00

NEW!

Good Evening Yoga and Meditation ✨

Ages 18 & Up

All levels welcome. Gentle yoga postures including elements of Restorative and Yin Yoga, as well as detoxifying breathwork and relaxing meditation techniques. This class is designed to help you through the holidays by teaching you practical ways of nourishing your nervous and immune systems. Students are encouraged to bring the following yoga props: 1 yoga mat, 3 blankets, 1 large firm pillow or bolster, 2 yoga blocks or small pillows, 1 yoga strap or woven belt.

TIME: 4:00pm - 5:30pm

LOCATION: Virtual Class

INSTRUCTOR: Brienne Derosier

LIMIT: Min 5 | Max 15

Session 1: Dec. 6th - Dec. 27th | Sundays | \$43.00





FCBD® Style Belly Dance

Ages 16 & Up

In this on-going class series, you'll learn the basic system of FCBD® in a fun and supportive environment. Dance Fundamentals will have you dancing in your very first class! Each one-hour class is divided into two sections: Drill It! - Learn the basic movements of FCBD® with minimal verbal instruction and lots of following along, committing the steps to muscle memory with fun workout-style drills. Dance It! - Experience the magic of FCBD® and learn how to use the basic steps to dance with partners in duet, trio and quartet formations. **What To Bring:** Hip scarf (Something to wear around your hips), comfortable clothing, i.e. yoga pants, water, dance shoes (optional), zills/finger cymbals (optional).

TIME: 6:00pm - 7:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTORS: Heather Adams & Kristi Whetten

LIMIT: Min 5 | Max 10

Session 1:

Sept. 29th - Nov. 10th | Tuesdays | \$65.00

Pickleball

COURT LOCATIONS

Don Jones Park
223 W Vilas Rd

Don & Flo Bohnert Farm Park
525 Stone Pointe Drive

Learning to Play Pickleball

Ages 10 & Up

Learn the very fun, and surprisingly addictive sport of pickleball, the great game with the silly name. By the end of the class, you will know how to play, which will allow you to join into games in the rogue valley or anywhere you may want to travel. Come learn why it's the fastest growing sport in the country. Bring water, active shoes, and a good attitude.

LOCATION: Don Jones Park | Tennis Courts

INSTRUCTOR: Joel Heller

LIMIT: Min 6 | Max 12

Session 1: 5:30pm - 7:15pm

Oct. 13th & Oct. 20th | Tuesdays | \$39.00

Session 2: 9:00am - 10:45am

Oct. 15th & Oct. 22nd | Thursdays | \$39.00



Improving Your Pickleball Game

Ages 14 & Up

This class is for people who have been playing pickleball, but want to improve their game. We will work with refining a 3rd shot drop, dealing with bangers, and other skills, drills, and strategies to improve your skill set. Please bring your paddle and water to class.

TIME: 9:00am - 10:45am

LOCATION: Don Jones Park | Tennis Courts

INSTRUCTOR: Joel Heller

LIMIT: Min 6 | Max 12

Session 1:

Nov. 12th & Nov. 19th | Thursdays | \$39.00



Enrichment



Polite Manners DOG TRAINING COURSE

Ages 18 & Up

This relationship-centered class will help you teach behaviors to your dog that will make him or her a joy to have around, all while having fun in a positive environment. We will cover basic skills such as loose-leash walking, come when called, stay, sit, down, and leave it. Other skills may be addressed as time permits. *Dogs that growl, bark, or lunge at people or other dogs are not appropriate for this class.*

- * Please be sure to provide an email address so all necessary paperwork can be completed before class starts.
- * Due to COVID, it is advisable to bring your own chair.
- * Your dog needs to be on a 6 foot non-retractable leash attached to a leather, nylon or fabric harness or collar. No chains or pinch collars.
- * Bring 200 pea size treats that your dog really, really loves. You'll be surprised how fast we go through treats. Make them small!

COVID precautions will be observed. Masks are to be worn by teacher and students throughout the class and dogs will not be permitted to meet each other. Hand sanitizer and dog safe sanitizing wipes will be available.

TIME: 10:00am - 11:00am
LOCATION: Twin Creeks Park | Bandshell
INSTRUCTOR: Heather Fraser
LIMIT: Min 2 | Max 5

Session 1: Oct. 3rd - Oct. 31st | Saturdays | \$110.00

Doggy **NEW!** Enrichment Games DOG TRAINING COURSE

Ages 18 & Up

This class will introduce a variety of games and skills to entertain your dog. We'll play with nose-work, work on some tricks, teach your dog to play tic-tac-toe (great for getting a strong "leave it"), and look at some other games you can play with your dog. These games will tire out your dog so your dog will rest and you can get some work done. *Dogs that growl, bark, or lunge at people or other dogs are not appropriate for this class.*

- * Please be sure to provide an email address so all necessary paperwork can be completed before class starts.
- * Dogs must be up to date on all vaccinations.
- * Due to COVID, it is advisable to bring your own chair.
- * Your dog needs to be on a 6 foot non-retractable leash attached to a leather, nylon or fabric harness or collar. No chains or pinch collars.
- * Bring 200 pea size treats that your dog really, really loves. You'll be surprised how fast we go through treats. Make them small!

COVID precautions will be observed. Masks are to be worn by teacher and students throughout the class and dogs will not be permitted to meet each other. Hand sanitizer and dog safe sanitizing wipes will be available.

TIME: 11:30am - 12:30pm
LOCATION: Twin Creeks Park | Bandshell
INSTRUCTOR: Heather Fraser
LIMIT: Min 2 | Max 5

Session 1: Oct. 3rd - Oct. 31st | Saturdays | \$110.00



Halloween Cakesicles **NEW!**

Ages 16 & Up

Move over CakePops- Cakesicles are coming to Halloween! These little treats act like a cakepop, but are molded into a popsicle mold for a different shape and added fun treat. We will decorate them in a Halloween theme to show off at your Halloween Party!

TIME: 6:00pm - 8:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Kimberly Hauser

LIMIT: Min 5 | Max 10

Session 1:

October 29th | Thursday | \$25.00



Apple Pies

Ages 16 & Up

If you want to learn to make crusts that will have your guests singing your praises for days, come to our Thanksgiving Pie Class. We will teach you how to make buttery, flaky crusts that can stand up to the delicious fillings. Imagine—all the scrumptious flavors of homemade pie with no messy kitchen to clean up. You will leave with the skills to make a perfect apple pie that will be right on time for Thanksgiving. **WHAT TO BRING:** Pie dish, mixing bowl, and an apron.

TIME: 6:00pm - 8:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Kimberly Hauser

LIMIT: Min 5 | Max 10

Session 1:

November 24th | Tuesday | \$25.00

Intro to Electric Pressure Cooking

Ages 18 & Up

Wondering how to use your new Instant Pot or any other brand of electric pressure cooker? This class will help you get it out of the box and start to put it to use. Electric pressure cookers make cooking faster, tastier and easier than ever before. But as with any new kitchen tool, there are some things you'll need to know before you get cooking. In this class you will be making a fall dish of your own and learning a lot of different ways you can use your pressure cooker. Please bring your OWN Personal Pressure cooker to class, so I can help you learn to use it.

TIME: 5:00pm - 7:30pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Jenny Borchard, Certified Healthy Hands Class

LIMIT: Min 6 | Max 10

Session 1:

October 24th | Saturday | \$35.00

Electric Pressure Cooking Intermediate **NEW!**

Ages 18 & Up

Do you already have some experience with your electric pressure cooker but are looking to take your electric pressure cooker skills to the next level, this is the class for you! Come learn some more advanced techniques. Menu will be Pumpkin soup, pumpkin cheesecake and apple cider. Also learn some clever "hacks" that will make using your instant pot more efficient and fun! Students, please bring your cooker to class.

TIME: 5:00pm - 7:30pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Jenny Borchard, Certified Healthy Hands Class

LIMIT: Min 6 | Max 10

Session 1:

December 12th | Saturday | \$40.00

Gingerbread Houses **NEW!**

Ages 16 & Up

Watch as our experienced instructor demonstrates how to prepare and bake your gingerbread dough. While it bakes in the oven, you'll be able to decorate your own house with tips and tricks from someone who has competed in the local Gingerbread Jubilee Competition. You'll be able to take home a gingerbread house just in time for the holidays!

TIME: 6:00pm - 8:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTOR: Kimberly Hauser

LIMIT: Min 5 | Max 10

Session 1:

December 9th | Wednesday | \$25.00

NEW!

Connecting in Crazy Times 🚀

Ages 18 & Up

While the world hasn't stopped, it's most certainly changed. Those who keep actively learning will come out ahead - and those who learn about how to better connect will definitely reap the benefits: feeling connecting, building meaningful relationships and steady business. Come learn the art of connecting from human connection expert, Ginger Johnson. Class members will get real-world skills, tools, strategy and tactics. We'll do exercises and practice with pro coaching. Please bring: an open mind, ready to learn and be challenged. A notebook/journal to write in, reliable writing utensil (no computers/tablets/laptops please). Willingness to dive right in!

TIME: 4:00pm - 5:30pm

LOCATION: Virtual Class

INSTRUCTOR: Ginger Johnson

LIMIT: Min 10 | Max 50

Session 1:

October 14th | Wednesday | \$43.00



NEW!

How to Really Connect on Virtual Platforms 🚀

Ages 18 & Up

Digital learning is here to stay and those who learn how to navigate with succeed. If you want to learn world-class skills to best connect virtually, this class is for you. The skills, practices and tactics you'll get will immediately boost your participation and enjoyment. Come learn from a pro speaker & trainer, who's pivoted online with strong success. Please bring a journal/notebook, reliable writing utensils; please - no computer/laptops/tablets for notes - it's proven much less effective to long lasting learning.

TIME: 4:00pm - 5:30pm

LOCATION: Virtual Class

INSTRUCTOR: Ginger Johnson

LIMIT: Min 10 | Max 50

Session 1:

November 4th | Wednesday | \$43.00

NEW!

Become a Better Speaker 🚀

Ages 18 & Up

Speaking is skills based. And there's a big difference between having pro-level skills and beginner ("public") speaking skills. Come learn from a seasoned pro, Ginger Johnson, how to be a much better speaker. Better speakers are more influential, have a significantly bigger impact and have more fun! Great news: these skills apply for virtual and live speaking. Please bring a notebook/journal to write in, reliable writing utensil (no computers/tablets/laptops please). Willingness to dive right in!

TIME: 4:00pm - 5:30pm

LOCATION: Virtual Class

INSTRUCTOR: Ginger Johnson

LIMIT: Min 10 | Max 50

Session 1:

November 18th | Wednesday | \$43.00

Start Your Own Non-Profit 🚀

Ages 18 & Up

Do you have an idea for a charity but no idea how to get it started? We'll discuss your idea and create a business plan, go over the 501(c)(3) application process, discuss building your Board of Directors, and discuss basic requirements for you to bring your idea to fruition. You'll walk away with a clearer vision and a framework for next steps.

TIME: 10:00am - 12:30pm

LOCATION: Virtual Class

INSTRUCTOR: Heather Allen

LIMIT: Min 3 | Max 12

Session 1:

October 3rd | Saturday | \$25.00

Medicare 101 **FREE!**

Ages 50 & Up

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.

TIME: 6:00pm - 7:00pm

LOCATION: REC A | 405 S. 4th Street

INSTRUCTORS: Linda Clarkson & Melissa Mlasko

LIMIT: Min 2 | Max 10

Session 1:

September 30th | Wednesday | Free

Session 2:

October 22nd | Thursday | Free

Session 3:

November 19th | Thursday | Free



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.

Adult Sports Leagues

- Kickball
- Outdoor Soccer
- Softball
- Volleyball

Youth Sports Programs

- Jr. Sluggers Youth Baseball (Ages 5-8)
- Youth Flag Football (Ages 6-12)



For more information:
541.774.2400
playmedford.com
sportsmedford.com

ASHLAND PARKS & RECREATION COMMISSION

APRC



Play the game of GOLF!
OAK KNOLL GOLF COURSE

"Fun, It's in Our Nature!"

ASHLANDPARKSANDREC.ORG
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#OKGC #AshlandWhatToDo #APRCstayConnected
#FunItsInOurNature #InThisTogether



**Central Point
Senior Center**

▶ **CONTACT US**
123 N 2nd Street
541.664.4933

▶ **HOURS**
Monday - Friday
9:00am - 1:00pm

▶ **PARKING**
Handicap Parking Front
City Parking Back



VOLUNTEERS WANTED - Help is needed in the thrift store and with serving meals (must have a food handlers permit)

LUNCH FOR ONLY \$5.00 MONDAY - FRIDAY!

The Center is open Monday through Friday from 9:00 am to 1:00 pm. Stop by and have a delicious, home cooked meal served from 11:30 am to 12:00 pm at a cost of \$5.00 per person.

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!

ONGOING ACTIVITIES

- ▶ **Bingo**
2nd & 4th Wednesdays | 1:00pm
- ▶ **Pinochle Games**
Every Thursday | 1:30pm

ABOUT US

The Senior Center is a nonprofit organization supported in part by membership dues. Annual dues are \$15 from January 1 to December 31. If you become a member after July 1, dues will be \$10. Join us and share in all the fun!



City of Central Point Administrative Boards

Mayor

Henry (Hank) Williams

City Manager

Chris Clayton

Parks & Recreation Staff

Matt Samitore
Director

Dave Jacob
Parks Planner

Nikki Petersen
Special Event Coordinator

Elizabeth Blodgett
Recreation Coordinator

Parks Maintenance Staff

Doug Norman

Corey Qualls

Tib Murillo

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Joshua Morkert

City Council

Dr. Neil Olson, Ward I

Kelley Johnson, Ward II

Melody Thueson, Ward III

Tanea Browning, Ward IV

Rob Hernandez, At Large

Mike Parsons, At Large

Parks & Recreation

Commission

Patricia Alvarez, Chair

Dennis Browning

Lee Orr

Fran Settell

Jennifer Horton

Sharon Rogers

Steph Hendrickson

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.

City Council Chambers

140 S. 3rd Street | First Floor

Thursdays at 6:00pm

November 19th

Please contact the Parks and Recreation Department
to confirm meeting dates

541.664.3321 ext 130



of Central Point

Mission Statement

The mission of the Central Point Parks and Recreation Foundation is to enhance the quality of life for all the people of Central Point and surrounding communities by promoting the value and benefits of our parks and recreation opportunities; providing opportunities for partnerships with other community organizations and for volunteers to contribute to our programs and services; supporting park programs that educate our community; expanding park access to all groups in our community; and raising funds to support park programs, facilities, and services.

Recreation Class Scholarships & Small Grant Applications

The Central Point Parks and Recreation Foundation provides funds for scholarships for low income families so that their children can attend Central Point Parks and Recreation classes and programs. Scholarships provide funding assistance for all Parks and Recreation programs. Funds are available on a sliding scale depending on need.

The Central Point Parks and Recreation Foundation Small Grant Program was created to provide funds for park improvement and education projects developed by individual youths or youth groups. Grants are for a maximum of \$500 or less and projects must focus on Central Point Parks. If you're interested in either of the above programs, contact Dave Jacob at 541-423-1012 for more information and/or applications.

How to Register for Classes

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.

Fall Registration Opens Monday, Sept. 21st

 **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". When adding your phone number, please include your provider so that we can text you with class information, i.e. cancellations, location changes, etc.

 **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 your Visa or MasterCard number ready to go.

REFUND POLICIES AND PROCEDURES

Registration fees provide direct financial support for our recreation activities. Since this is the case, our refund policies are STRICTLY enforced.

LESS THAN 24 HOURS before class starts there will be no refund issued.

1-7 DAYS before class starts you will receive a credit for half of the class fee to use for a future class or program,

PRIOR TO 7 DAYS before the start of the class, you will receive a refund in the amount of the class fee, minus a 4% processing fee for all credit card transactions or check requests. Refunds are available for account credits without a 4% processing fee.

NO CLASS REFUNDS will be issued for unattended classes or events. It is the responsibility of the participant to note the date of class. Reminders will not be sent out.

CLASSES CANCELED BY PARKS & RECREATION: The City of Central Point Parks and Recreation Department reserves the right to cancel any activity due to insufficient enrollment or other reasons. In the event a class is canceled or changed by the City of Central Point Parks and Recreation Department, a refund or credit will be issued for the class registration fee.

Central Point Parks & Recreation

140 S. 3rd St. Central Point, OR 97502 | Hours: Mon - Fri: 8:30am - 4:30pm
541.664.3321 ext 130 | www.centralpointoregon.gov/parksrec

