

FALL 2016 ACTIVITY GUIDE

September - October - November - December

RECREATE!



 centralpointoregon.gov/parksrec

 Central Point Parks and Recreation

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Parks and Recreation Commission 2016 Meeting Schedule

- September 15 - 5:45 pm
- November 17 - 6:30 pm

All meetings are held in the
City Council Chambers at 140 S. 3rd Street.
Meetings are open to the public.

Administrative Boards and Contacts

Mayor

Henry (Hank) Williams

City Council

Dr. Bruce Dingler, Ward I
Michael Quilty, Ward II
Brandon Thueson, Ward III
Allen Broderick, Ward IV
Rick Samuelson, At Large
Tanea Browning, At Large

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
Cory Shaw, Special Events & Marketing
Dave Jacob, Recreation Coordinator & Classes

Parks Maintenance Staff

Corey Qualls
Don Dunn
Matt Yeazel
Joe Hatten

Class Locations

Our classes are held at the following locations:

Computer Classroom & City Hall Room 1

155 S. 2nd Street (2nd Floor)
Enter through Police Department

Rec A & B

405 S. 4th Street
(Behind Joel Tanzi Skate Park)

Council Chambers

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

**Don Jones Memorial Park
Tennis & Pickleball Courts**
223 West Vilas Road

Manager's Message

I am pleased to welcome you to Central Point Parks and Recreations recently redesigned RECreate guide.

Our goal is to create community through the people, parks and programs offered through our department.

The Central Point Parks and Recreation Department offers nearly 142 acres of park land and of those acres maintains 16 park locations. I hope that you take advantage of the recreation activities, the many events and enjoy your parks and Greenway trail System.

This is an exciting time for the department as we continue to work on the city's second Parks & Recreation Master Plan.

This plan will guide the city in planning for future parks and recreation efforts. It addresses future development as well as reinvesting in existing parks and facilities. This exciting process will further enhance the quality of life of Central Point residents. We hope to hear from you regarding this effort. There will be several opportunities for input as this plan progresses. Please continue to check our website, and see our ad on page 22 to see how you can become involved.

If you have any questions or concerns, please contact us. I hope you will soon enjoy the benefits provided by the Central Point Parks and Recreation Department.

Sincerely,

Jennifer Boardman

Parks and Recreation Manager

VOLUNTEER

Volunteers are not paid -- not because they are worthless, but because they are priceless. - Unknown

The Parks and Recreation Department offers a wide variety of volunteer opportunities. If you're interested give us a call at (541) 664-3321 ext 130.

Events: We sponsor small and large events each year, and we depend on volunteers to make these events a success. Upcoming events are always listed in the recreation guide, so give us a call for opportunities!

Parks: The Parks Department manages 16 parks and natural areas within the city and we are always looking for individuals or groups who are interested in helping to improve and/or maintain them. Projects may last a few hours or may be a long-term commitment. Give us a call and we can discuss it.

Community Service Projects: We have a long history of working with individual students, classes, and organizations to develop and implement community service projects. Let us know where your interests lie and we may be able to develop a project that meets your needs. We do ask that you provide us with plenty of time to develop projects. Don't wait until the last minute!

Recreation Instructors: The recreation program is interested in offering a wide variety of classes and activities. If you have a hobby or a skill you'd like to share, let us know and we can assist you in developing a class.



"Productivity is never an accident. It is always the result of a commitment to excellence, intelligent planning, and focused effort."
Paul J. Meyer



Come see us @ Harvest Fest!

 attheexpo.com

September 16th-18th

Chicken Wings Friday 5-9pm

Brisket Saturday Noon-4pm

Chili Sunday Noon - 3

Taste over 1 lb. of BBQ!

Limited tickets presold online

 battleofthebones.com

 [@Battleofthebones](https://www.facebook.com/Battleofthebones)



October 8, 2016 ; 8:30am
Central Point, Or

 [@GrowAPearHarvest5k](https://www.facebook.com/GrowAPearHarvest5k)

 centralpointoregon.gov/parksrec/page/grow-pear-harvest-5k

In keeping with our passion for community and the Rogue Valley, we've decided to celebrate the fruitful Rogue Valley with our very own harvest 5k run. Let's have some fun while we run!

This 5k is in conjunction with the final Saturday Market and is in celebration of the history of Pear Harvest in the Rogue Valley!
Come join us at Robert Pfaff park for some fun following the run! Food vendors, race awards, various contests, and a market!

Race proceeds go to support The Parks & Recreation Foundation.

6 Christmas Lights Parade



Saturday December 3rd, 2016

Theme: 'Twas The Night Before Christmas

Parade Starts @ 5:15pm

Tree Lighting @ 5:50pm

After the Parade, come join us at City Hall for some fun activities!

Visit with Santa

Hay Rides

Games and Crafts

Kiwanis Book Giveaway

View the Floats!

**CITY WIDE
YARD SALE**

**Central Point's
Fall Clean Up!
September 10th, 2016
8am - 3pm**

This is a perfect time to make room for something new or to find something you've been looking for!

If you're planning on having a sale, don't forget to place your address on our official list that will be posted on our website! We will also have copies of the list available at City Hall. The Deadline for listing your address is: Monday, September 5th, 2016 at 4pm
Call (541) 664-3321 x 130

Community coming together for a cause!



22ND ANNUAL
COMMUNITY
DESSERT
AUCTION

*Saturday, December 3rd, 2016
Crater High School Gymnasium*

Doors Open @ 6pm - By Invitation

*All Proceeds benefit
scholarships for
Crater High School Graduates*

*craterfoundation@district6.org
541.494.6308*

ROGUE RUN
September 18th, 2016 Medford, Oregon

**MARATHON
HALF-MARATHON & 10K**

This year's Providence Rogue Run Marathon is an **Official Qualifier Race** for the **Boston Marathon**

www.theroguerun.com
Telephone: 541-968-6340
Email: theroguerun@gmail.com

Veteran's Day

Friday, Nov. 11th 2016

Don Jones Memorial Park
Fallen War Heroes Memorial

9am TO 10am

Join us in honoring our service members, both men and women, who served our country in the defense of our freedoms.

The memorial in Central Point contains the names of nearly 6,000 Oregon servicemembers who have died in the line of duty from the Civil War to the Present.

Youth Programs - Education

Kid Venture Preschool



KidVenture Preschool
 405 S. 4th Street
 Central Point, OR 97502
www.centralpointoregon.gov
 541.664.3321 x 130

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

KidVenture 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 begin to learn problem solving. If your child is between the ages of 3 and 5 (children must be 3 by August 31, 2016 and completely potty trained) and in need of some beginning enrichment then this is the place for you!

Beginning this year, KidVenture will offer only one session:

- Mornings 8:15 - 11:45 am.
- Class Meets Weekly: Tuesday, Wednesday, Thursday from September 7 to June 8
- Cost: \$140 Per Month with a required \$30 Registration Fee for all sign ups

KidVenture will be in session 108 days for the 2016/2017 school year. The school building is not open to the public during class hours to ensure safety, so please call Parks and Recreation at (541) 664-3321 ext. 263 for an appointment to visit the school. Application materials are available at www.centralpointoregon.gov. **Call for information on available openings.**

BABYSITTING ESSENTIALS BOOT CAMP

During this three day Boot Camp we will take the Basics of Babysitting and add Heart Saver CPR for Infants, Children and Adults as well as First Aid and you have everything you need to become a top notch babysitter. Upon successful completion and skills testing you will be awarded a 2 year CPR card for Infant, Child and Adult as well as First Aid. Other important skills include: How to create a safe environment for both you and the children; How to bathe a child; How to deal with the dreaded "you are not the boss of me" moments; Holding and diapering a child, tips for bedtime; and How to put together a "fun bag" for different ages, some games and snacks you and the children can easily make or play together.

This is not an America Red Cross Class. Successful CPR/FA Certifications are issued by the American Heart Association (AHA). The AHA does not issue babysitter cards; However, each participant will receive a certificate stating they have taken the course through the City of Central Point Parks and Recreation Department.

Bring pen, paper, knee support if needed, lunch and snacks for each day.

Location: Rec A
Instructor: Christie Hackett
Ages: 11 to 16

Day	Date	Time	Cost
W, Th, F	Dec 28, 29, 30	Tu-W 9:00 am - 1:30 pm Th 9:00 am - 1:00 pm	\$110

Youth Programs - Active



We are expanding our program to 8 Saturdays this year! 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. **(January 21 schedule will be 3:00 - 6:30 pm due to Junior Comet Tournament.)** 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 call (541) 423-1012.

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

Day	Date	Time	Cost
Sat	Jan 14 - March 4	1:30 - 5:00 pm	\$53

Rogue Valley Family YMCA

**522 W. Sixth Street
 Medford, OR 97501
www.rvymca.org
 (541) 772-6295**

YMCA Afterschool Program for kindergarten to 6th grade. Held Monday to Friday after school until 6:00 pm. Each day has homework help, snack, activities and more. Locations at Central Point, Mae Richardson and Jewett Elementary Schools. Many options available from 2 days a week to 5 days a week. Call the YMCA for monthly prices plus many scholarships are available.

YMCA Instructional Flag Football

1st-2nd grade:

- 1 one-hour practice followed by a one-hour game on Saturdays.
- Coaches will be contacting players by September 28.
- Saturday practices and games from October 3 to November 14.

3rd-6th grade:

- 2 one-hour practices each week
- Practices scheduled around volunteer coaches' schedules.
- Coaches will be contacting players by September 28 to begin practices.
- Saturday games from October 3 to November 14.

YMCA Instructional Volleyball for 3rd-6th grade:

- 2 one-hour practices each week.
- Practices scheduled around volunteer coaches' schedules.
- Coaches will be contacting players by September 28 to begin practices.
- Saturday games from October 3 to November 14.

Fees: \$70 includes jersey for sports programs. \$55 without a jersey (use a YMCA jersey you already own). \$55 for YMCA members, includes jersey.

Many scholarships available! Pre-qualified scholarship with a food stamp award letter or free school lunch letter (must present letter at registration), includes jersey, \$35 with letter.

Youth Programs - Bugs R Us

OREGON COAST SEA LIFE

Oregon has one of the most diverse coastal ecosystems on the planet and now it's coming to YOU! Explore sea life using models and real specimens as we discuss the fish, plant, bird and mammal life along the Oregon Beaches. This program highlights sea shells, plant life, preserved animal life and features sea life coloring pages, real sea-shell souvenirs and take-home field guides for all visitors.

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	Sept 10	3:00 - 4:00 pm	\$6

BATS

It's all about these flying mammals and their important role in the eco-system. The program features 6 different species of preserved bat specimens as well as a bat skeleton and bat echolocation sounds. The audience receives instructions on building a bat-house, Bat ID sheets and bat coloring pages at the finish. Focuses on the POSITIVE side of bats.

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	Oct 15	3:00 - 4:00 pm	\$6

ROCKS, MINERALS AND FOSSILS: WHAT THE EARTH GIVES US EVERYDAY

We cover the basics of types of rocks and minerals, including fossils and have an in-depth discussion about how we use minerals in everyday life....oils, plastics, salt, etc. Oregon geology is highlighted. The creation of fossils are also discussed. Participants receive free rock samples for their own collections at the end.

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	Nov 19	3:00 - 4:00 pm	\$6

BUGS AND BUGS AS FOOD

This is the ORIGINAL portable zoo! Witness some of the LARGEST preserved insects on EARTH! Some are larger than your HEAD! Special attention is paid to the world of insects, bug anatomy, bugs in the environment, what bugs eat, insect defenses, and camouflage. We'll play the beneficial bug game....find out how insects help humans. The audience gets to touch and explore LIVE insects including 3 species of stick insects, a tarantula, 2 species of cockroaches, a vinegaroon and BLUE-BERRY Beetles. Other LIVE but NON-TOUCHABLE insects include Black widow spiders, bark scorpions, orb weaver spiders, beetles, praying mantids, SUPERWORMS, etc.

The rumors are true.....we do EAT bugs as well!
 Along with the regular BUG program, we also offer to let audiences EAT real insects....freeze dried crickets and mealworms and will enjoy some BUG JUICE....off the shelf juice with REAL insects in it!

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	Dec 17	3:00 - 4:00 pm	\$6

Youth Programs - Crafty

WACKY ART AND SQUISHY SCIENCE

Kids, bring an adult and come enjoy a unique 5 week experience suitable for the whole family. Parents and children will join together for a wacky, fun learning opportunity. Come explore odd painting, slippery slime, homemade instruments, wacky weather experiments, and lastly, fun and safe explosions. Come connect with your kids for some one on one fun.

Please wear something that you do not mind getting messy! **Parent must attend with child. Registration fee includes all needed supplies and is for both parent and child.**

Location: Rec A
Instructor: Melissa Stucki
Ages: 3 to 8

Day	Date	Time	Cost
Sat	Oct 1 - 29	3:30 - 5:30 pm	\$60

YOUTH PAINTING AND DRAWING

With individualized instruction, students will learn basic drawing & painting skills, composition, and color mixing. All students are encouraged to work in a variety of media and subjects. As each class builds on the previous lesson, students will build skill and confidence in expressing themselves artistically and to trust their own creativity.

Materials: Students bring sketch pad and pencils/eraser. \$15 of the registration fee will provide for additional painting supplies.

Location: Rec B
Instructor: Silvia Trujillo
Ages: 7 - 13

Day	Date	Time	Cost
Tu	Sept 20 - Oct 11	3:30 - 5:00 pm	\$67
Tu	Oct 18 - Nov 8	3:30 - 5:00 pm	\$67

BEGINNING SEWING FOR KIDS - 6 to 11 YEARS OLD

This class will teach younger kids how to thread and use their sewing machine; how to cut out patterns, pin it to the fabric, and cut it out. Students will be using straight stitch and a zig-zag stitch to sew their project. Students will sew a bag, PJ pants, an apron, and another project to be determined later on in the course.

Students will need to bring a sewing machine to class if possible (the city has four machines available. Let us know if you need to use one of these when you register.), 1/2 yard of fabric and 1/2 yard of contrasting fabric and thread, good scissors, pin cushion and pins, seam ripper. Instructor will provide list of other materials needed at future classes.

If an 11 year old student is mature enough and would prefer to be in the adult class, arrangements can be made with approval of the instructor (See page 19 for Adult class schedule).

Location: Rec B
Instructor: Esther Manning
Ages: 6 to 11

Day	Date	Time	Cost
Sat	Sept 10 - Oct 1	10:00 am - 12:00 pm	\$52
Sat	Oct 8 - 29	10:00 am - 12:00 pm	\$52
Sat	Nov 5 - Dec 3 No class Nov 26	10:00 am - 12:00 pm	\$52



mydirtpark.org
 Free of charge.
 Open to all ages.
 Designed to build community!

Youth Programs - Cooking

MAMA MIA, THAT'S A PASTA!

Pasta is a great addition to any healthy diet and is versatile, tastes great, and is easy to cook. Some pastas are healthier than others, and we'll learn about different types to choose from and proper portion sizes. Most white pastas have been stripped of their nutrients and are often chemically bleached. While grain pastas can cause sensitivities to people who are allergic to gluten. So what are some of the healthiest pasta options (and pasta substitutions available)? We'll learn to cook with a variety of pastas and sample different tastes and textures. This class includes 2-4 recipes including: "Pomodoro", Pasta Salad for One", "Maripesto Veggies pasta", and "Stove Top Mac and Cheese (Healthy)".

Location: Rec A
Instructor: Jenny Borchard
Ages: 6 to 12

Day	Date	Time	Cost
Sat	Sept 24	2:00 - 4:00 pm	\$30

NO SUGAR HALLOWEEN TREATS!!

Scary BOO! We have a FUN class for YOU! Kids love parties and what better way to get their "spook" on than by teaching them how to make creep crawly, bump-in-the-night party foods! But instead of the usual sugar filled treats, your child will learn how to make fun and delicious theme-based party snacks. They will also learn what "dead" food is and how to make healthier choices at home. We'll make 2 to 4 recipes depending on the length of the class such as "Creepy Crawly Cakes", "The Great Pumpkin Patch Dip", "Green Spidy Spiders", and "Scary Teeth".

Location: Rec A
Instructor: Jenny Borchard
Ages: 6 to 12

Day	Date	Time	Cost
Sat	Oct 29	9:00 - 11:00 am	\$30

THANKSGIVING HOLIDAY CLASS

Thanksgiving meals can be laden with excessive unhealthy ingredients. But what if we could take the traditional holiday meal and turn it into a great tasting, nutrition-packed powerhouse? In this class, your child will learn how to turn leftover turkey into a fabulous next meal that they can recreate at home. Your child will also learn how to make recipes such as "Granny's Healthy Sweet Potatoes", "Garden Green Beans", and/or "Pumpkin Pie Milkshake".

Location: Rec A
Instructor: Jenny Borchard
Ages: 6 to 12

Day	Date	Time	Cost
Sat	Nov 19	9:00 - 11:00 am	\$30

HEALTHY HOLIDAY TREATS!

This Healthy Holiday Treats class will give your kids a few ideas about making healthy choices this holiday season. They we'll go on to make some healthy season favorites such as "Cranberry Peppermint Reindeer Bites", "No Bake Party Mix", and "Holiday Star Sandwiches".

Location: Rec A
Instructor: Jenny Borchard
Ages: 6 to 12

Day	Date	Time	Cost
Sat	Dec 10	9:00 - 11:00 am	\$30



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

MEMBERSHIP

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. Join us and share in all the fun. Handicap parking in front. City parking in back and at the corner of Manzanita and 2nd Street.

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 - 12:15 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 Songbirds, 10:30 am
1st & 3rd Tuesdays: The Outcasts, 11:00 am
2nd Tuesdays: Old Time Fiddlers, 11:00 am
3rd Wednesdays: Phyllis & Gail, 11:00 am
2nd & 4th Thursdays: Fun Country, 11:00 am

UPCOMING EVENTS AT THE CENTER!

October 16, 2016 – Twin Creeks will host a Sunday Brunch Fund Raiser for the Center. Tickets will be sold at the Center from October 3 – October 14.

November 19, 2016 – Annual Holiday Bazaar at the Center from 9am – 4pm.

SENIOR STRENGTH AND AGILITY EXERCISE CLASSES

Join us on Wednesdays for a Strength and Agility Exercise class. Class is designed for those age 55 and older. These classes will help you with maintaining your strength, flexibility and balance. This is a "drop-in" class; no registration necessary.



Location: Central Point Senior Center

Date	Time	Cost
Every Wednesday	9:00 - 10:00 am	Free

Health & Fitness - Yoga

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 core strength and flexibility. We use props to explore the practice, making it accessible to all. **Bring a yoga mat. Substitute Instructors, Laura Winslow, Mondays, Kathryn Reppond, Thursdays Oct 13 - 31. No classes Nov 21 - 25.**

Location: City Hall Room 1
Instructor: Sandy Dennis
Ages: 16+

Day	Date	Time	Cost
M	Sept 12 - Oct 24	4:00 - 5:00 pm	\$50
Th	Sept 15 - Oct 27	4:00 - 5:00 pm	\$50
M	Oct 31 - Dec 12	4:00 - 5:00 pm	\$43
Th	Nov 3 - Dec 15	4:00 - 5:00 pm	\$43

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. **Bring a yoga mat. Substitute Instructor Elissa Denton Oct 13 - 31. No classes Nov 21 - 25.**

Location: City Hall Room 1
Instructor: Sandy Dennis
Ages: 16+

Day	Date	Time	Cost
M	Sept 12 - Oct 24	5:30 - 6:30 pm	\$50
Th	Sept 15 - Oct 27	5:30 - 6:30 pm	\$50
M	Oct 31 - Dec 12	5:30 - 6:30 pm	\$43
Th	Nov 3 - Dec 15	5:30 - 6:30 pm	\$43

RESTORATIVE YOGA WORKSHOPS

Feeling stressed and burnt out? Recharge and Rejuvenate your system with Restorative Yoga: You will be introduced to simple relaxation postures & guided meditations designed to rebalance the nervous system, relax the body and calm the mind. This practice promotes a deep sense of well being by reducing stress and chronic pain. No yoga experience required. Props will be provided, but bring a yoga mat, a blanket, and any personal props.

Register for this workshop only directly with Sandy Dennis at (541) 324-0844 (check or cash accepted).

Location: City Hall Room 1
Instructor: Sandy Dennis
Ages: 16+

Day	Date	Time	Cost
F	Oct 7	5:30 - 7:30 pm	\$30
F	Dec 2	5:30 - 7:30 pm	\$30



DANCE YOUR WAY TO A HEALTHIER LIFE WITH ZUMBA® AND MICHELLE GRAY

Location: Central Point Grange Hall, 436 E. Pine Street
Dates: Monday and Wednesdays
Time: 6:00 - 7:00 pm
Ages: 12 and up (Ages 12 to 17 must be accompanied by an adult)

Come and dance with me Monday and Wednesday nights at the Central Point Grange Hall. Class Drop-in Rates are \$5.00 per person and a discount is given on the purchase of a "10 Punch" Punch Card. First class is FREE.

Contact Michelle Gray with any questions at gray0810@hotmail.com or visit www.Zumba.com for more class information.

Health & Fitness - Pickleball

PICKLEBALL FOR ALL! (FOR BEGINNERS)

This is an introductory class that will teach you Pickleball skills, rules, and strategies to allow you to join in the many games in the Rogue Valley or wherever it's played. The instructor, Joel Heller, has been a teacher and coach for much of his life and was the Rogue Valley Champion from 2011 to 2013 and in 2016 won two Gold Medals at the Oregon Senior Games. Joel emphasizes a fun approach in this class. Equipment will be provided or bring your own. Please wear athletic shoes.

Location: Don Jones Park - Tennis Courts
Instructor: Joel Heller
Ages: 16+

Day	Date	Time	Cost
Th	Sept 8 - 29	10:00 - 11:00 am	\$23
Th	Oct 6 - 27	10:00 - 11:00 am	\$23

IMPROVE YOUR PICKLEBALL GAME (FOR INTERMEDIATE SKILL PLAYERS)

This is a class for people who have played some Pickleball and want to improve their game. You will learn greater mastery of the key shots and when to use them, as well as strategies and techniques to take your game to a higher level. We will also introduce the strategies to play singles for those interested. Please wear athletic shoes.

Location: Don Jones Park - Tennis Courts
Instructor: Joel Heller
Ages: 16+

Day	Date	Time	Cost
Th	Sept 8 - 29	9:00 - 10:00 am	\$23
Th	Oct 6 - 27	9:00 - 10:00 am	\$23

EVENING PICKLEBALL

Join Joel Heller for evening pickleball at Don Jones Park. This class is open to both beginners and intermediate level participants. Learn the basics or improve your pickleball skills. All needed equipment will be provided or bring your own. Please wear athletic shoes.

Location: Don Jones Park - Tennis Courts
Instructor: Joel Heller
Ages: 16+

Day	Date	Time	Cost
Tu	Sept 6 - 27	6:00 - 7:00 pm	\$23
Tu	Oct 4 - 25	6:00 - 7:00 pm	\$23

PICKLEBALL AT DON JONES PARK

We have 4 pickleball courts available for use and have designated specific hours and days for court availability. Bring your own net and rackets or use the department's equipment which is stored in a locker near the courts. Contact the department at (541) 664-3321 ext. 130 for the combination. Designated Pickleball hours at Don Jones Parks:

- Tuesdays & Thursdays: 6:00 - 8:00 pm
- Wednesdays & Fridays: 9:00 am - 12:00 pm
- Saturdays: 10:30 am - 12:30 pm
- Sundays: 12:00 - 2:00 pm



Health & Fitness - Fit/Balance

SENIOR SIT TO BE FIT

This class is good for beginning to moderate senior fitness goals. Participants will use chairs with light hand weights and physio-cardio bands that will target all major muscle groups. Basic stretching and deep breathing techniques will be taught, followed by core and lower back development. Participants will need to bring a set of light hand weights - 1 lb - 5 lbs.

No classes Nov 11, 23, 25.

Location: City Hall Room 1
Instructor: Guy Salerno
Ages: 55+

Day	Date	Time	Cost
M, W, F	Sept 7 - Sept 30	9:00 - 10:00 am	\$44
M, W, F	Oct 3 - 28	9:00 - 10:00 am	\$48
M, W, F	Oct 31 - Nov 21	9:00 - 10:00 am	\$40
M, W, F	Nov 28 - Dec 23	9:00 - 10:00 am	\$48

SENIOR TAI CHI GUNG

This is a senior beginning class. Combining two ancient forms of self-defense and healthy vitality, will enhance oxygen flow, teach the body balance, core strengthening development and total relaxation, good for spiritual and emotional health. We will use simple movements that are easy to learn and memorize.

No classes Nov 11, 23, 25.

Location: City Hall Room 1
Instructor: Guy Salerno
Ages: 55+

Day	Date	Time	Cost
M, W, F	Sept 7 - Sept 30	10:30 - 11:30 am	\$44
M, W, F	Oct 3 - 28	10:30 - 11:30 am	\$48
M, W, F	Oct 31 - Nov 21	10:30 - 11:30 am	\$40
M, W, F	Nov 28 - Dec 23	10:30 - 11:30 am	\$48

BEGINNING CHI GUNG

An older form of Tai Chi with more emphasis on oxygen/breathing followed by simple, yet powerful movements that incorporate all the major muscle groups. Chi Gung also provides for increased flexibility and balance. This class is a good introduction for the first time student to Tai Chi or Chi Gung.

No classes Nov 11, 23, 25.

Location: City Hall Room 1
Instructor: Guy Salerno
Ages: 18+

Day	Date	Time	Cost
M, W, F	Sept 7 - Dec 30	1:00 - 2:00 pm	\$44
M, W, F	Oct 3 - 28	1:00 - 2:00 pm	\$48
M, W, F	Oct 31 - Nov 21	1:00 - 2:00 pm	\$40
M, W, F	Nov 28 - Dec 23	1:00 - 2:00 pm	\$48

MEDITATION

Introduction to the world's great meditation traditions, from ancient times through the five great religions. This class will enhance body, mind and spirit using "in-the-moment" techniques that can help with healing and increase vitality for all three health components: physical, emotional, and spiritual.

No classes Nov 11, 23, 25.

Location: City Hall Room 1
Instructor: Guy Salerno
Ages: 18+

Day	Date	Time	Cost
M, W, F	Sept 7 - Sept 30	2:30 - 3:30 pm	\$44
M, W, F	Oct 3 - 28	2:30 - 3:30 pm	\$48
M, W, F	Oct 31 - Nov 21	2:30 - 3:30 pm	\$40
M, W, F	Nov 28 - Dec 23	2:30 - 3:30 pm	\$48

Enrichment - Planning Ahead



LIVE LONG AND PROSPER (HOW TO BE RICH - THE FINAL FRONTIER)

How do you win at the money game when you don't know the rules? This course is designed to start at the beginning - from the ABCs to PhD. Come discover how you can be able to reach your dreams. Financial peace comes from having a financial GPS.

Bring a smile and a desire to win at "the Money Game".

Location: Computer Classroom
Instructor: Keith Stone
Ages: 16+

Day	Date	Time	Cost
W	Sept 14	7:00 - 8:30 pm	Free
Sat	Oct 8	12:00 - 1:30 pm	Free
W	Oct 12	7:00 - 8:30 pm	Free
W	Nov 9	7:00 - 8:30 pm	Free
W	Dec 14	7:00 - 8:30 pm	Free

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 pre-register for this class so that we know how many will be attending!

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

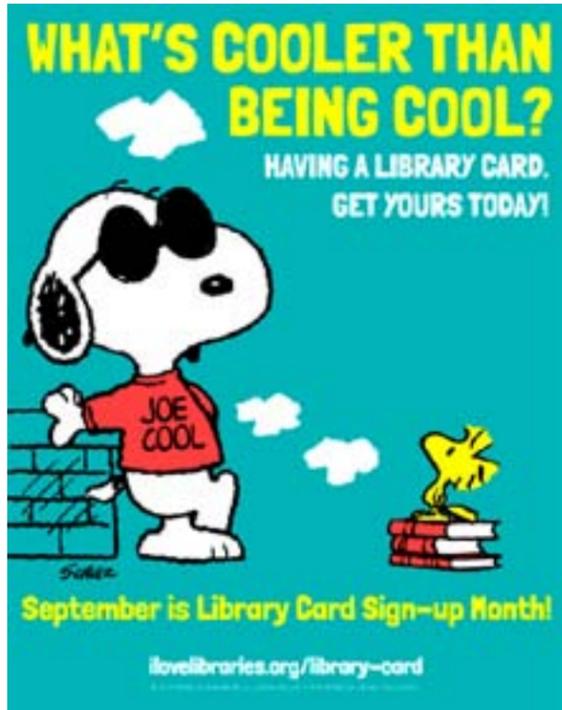
Day	Date	Time	Cost
W	Oct 5	5:30 - 6:30 pm	\$5
W	Nov 16	5:30 - 6:30 pm	\$5

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 & Melissa Mlasko
Ages: 50+

Day	Date	Time	Cost
Tu	Sept 27	5:30 - 6:30 pm	Free
Tu	Oct 25	10:00 - 11:00 am	Free
Tu	Nov 15	10:00 - 11:00 am	Free



Central Point Branch Library 116 South Third Street (541)664-3228



FUSION MARTIAL ARTS
Back To School Special
2 Weeks Unlimited Classes!

Now Only \$20



First 20 Callers get a Free Taekwon-Do Uniform! A \$35 Value!
CALL TODAY TO START YOUR LESSONS 541-973-3332
222 East Pine St. Central Point OR 97502
Ages 6+ New Students Only Offer ends 10/31/16

Our program focuses on...

- PHYSICAL FITNESS
- CONFIDENCE
- FOCUS FOR BETTER GRADES
- DISCIPLINE
- SELF DEFENSE
- & FUN!!!



Your Jackson County Library Services
FREE Library Card

- ✧ Entitles you to borrow from a wide range of material in the JCLS collection
- ✧ You can request items from any JCLS branch and they will transfer to your home library for pick up at no cost.
- ✧ All Jackson County residents and persons paying property taxes in Jackson County may receive a full service library card. This card allows up to one hour free Internet access daily, generous borrowing privileges (up to 60 items simultaneously though some special high-demand items have restricted borrowing), free downloading of audiobooks, access to many helpful databases, full selection of books, magazines, DVD movies, and more.
- ✧ We also offer a Non-Resident card for a fee. For more information, please contact your library.
- ✧ People of all ages may have their own card. When applying, children and teens 17 and younger will need to have a parent or guardian present, and the parent or guardian will need to present identification and documentation proving residency OR payment of property taxes in Jackson County.
- ✧ Parents may choose a Parent Select card which limits the number of items their child can borrow to two at a time. Parents are responsible for any charges incurred on a child's card.

Not your same old BOOK SALE!
We're adding a **BAKE SALE** and a **Silent Auction of CP's Best!**

Our Books have NO price tags! Stock up & leave a donation. Central Point Friends of the Library raise funds to help our library.

**Fri., 11/18, 10-4
Sat., 11/19, 10-3
CP Community Room
116 S. Third St.
Fill a BAG & Keep Kids Reading**

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 how to read patterns and make a project to take home. Intermediate student can bring projects that need assistance or develop one with the instructor. Students 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	Sept 6 - 27	6:30 - 8:00 pm	\$18
Tu	Oct 4 - 25	6:60 - 8:00 pm	\$18
Tu	Nov 1 - 22	6:30 - 8:00 pm	\$18
Tu	Nov 29 - Dec 20	6:30 - 8:00 pm	\$18

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 size 7, 8, or 9 and worsted weight yarn. 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.

You will be making a cotton dish cloth and a scarf. **Any student under the age of 14 must be accompanied by an adult at all times.**

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

Day	Date	Time	Cost
F	Sept 9 - 30	6:30 - 8:00 pm	\$18
F	Oct 7 - 28	6:30 - 8:00 pm	\$18
F	Nov 4 - Dec 2 No class Nov 25	6:30 - 8:00 pm	\$18

BEGINNING SEWING FOR OLDER KIDS AND ADULTS

This class will teach older kids and adults how to thread and use their sewing machine; how to cut out patterns, pin it to the fabric, and cut it out. Students will be using straight stitch and a zig-zag stitch to sew their project. Students will sew a bag, PJ pants, an apron, and another project to be determined later on in the course.

Students will need to bring a sewing machine to class if possible (the city has four machines available. Let us know if you need to use one of these when you register.), 1/2 yard of fabric and 1/2 yard of contrasting fabric and thread, good scissors, pin cushion and pins, seam ripper. Instructor will provide list of other materials needed at future classes.

Location: Rec B
Instructor: Esther Manning
Ages: 12+

Day	Date	Time	Cost
Sat	Sept 10 - Oct 1	1:00 - 3:00 pm	\$52
Sat	Oct 8 - 29	1:00 - 3:00 pm	\$52
Sat	Nov 5 - Dec 3 No class Nov 26	1:00 - 3:00 pm	\$52



Central Point Parks and Recreation

Enrichment - Home & Health

POWER UP YOUR PROTEIN

A food plan with higher protein reduces carb cravings. If you are struggling to stay on a healthier food plan, come join us and learn how to make delicious and yummy grab-and-go high protein shakes, bars, and energy balls. Participants will sample items made with soy, whey, and rice protein. Take home recipes included.

Location: Rec A
Instructor: Ellen Micheles
Ages: 14+

Day	Date	Time	Cost
Sat	Oct 15	10:00 - 11:30 am	\$12
M	Nov 14	6:00 - 7:30 pm	\$12

Jackson County Master Food Preservers "Hunt-to-Home: Safe Handling Practices"

Just in time for the main deer and elk seasons, our September 17 class answers the question, "Now that I have shot it, what do I do?"

Whether you're a novice or a seasoned hunter, safe handling practices and sanitation of your game are things you need to know. Topics we'll address include evisceration, skinning, cooling, and home butchering. You'll pick up new tips and tricks that you'll be eager to try on your own!

In addition, speakers include a representative from Oregon Zoo Outreach who will be discussing the potential risk of lead from ammunition in your food source.

OSU Extension Auditorium
 "Hunt-to-Home: Safe Handling Practices"
 September 17 * 9am-4pm * \$15/person

From the hunt, to transporting, to home processing - this class is a "must" for you! Call 541-776-7371 for more information and to register for class.

BEGINNING SQUARE DANCING

Star Promenader Square Dance Club invites you to come out, learn to Square Dance and have some great fun. Bring the whole family and learn as a group.

Classes will start on Thursday, September 8 from 7:00 – 9:00 pm at the Rogue Valley Square Dance Center at 3377 Table Rock Road in Medford. The first five (5) lessons will be free. For more information you can call (541) 855-7884 or (541) 592-2745.



Enrichment - Artsy

SPANISH FOR FUN!

Learn the rudiments of the Spanish language while enjoying aspects of the culture, travel, and an overview of the best way to communicate in a vital way.

Please purchase a copy of "1001 Pitfalls in Spanish" prior to the first class.

Location: Computer Classroom
Instructor: Eugene Mandell
Ages: 12+

Day	Date	Time	Cost
Tu	Sept 13 - Nov 1	6:30 - 8:30 pm	\$125

POLYPHONY - A MUSICAL LISTENING EXPERIENCE/APPRECIATION

Spend a relaxing and educational hour with some of the world's most beautiful music. Humorously informative musical lectures with 45 minutes of listening pleasure with some of the world's most amazing masterpieces and the often outrageous lives of the great masters. Program will cover all the musical ages and major composers from the middle ages through the age of jazz. Session 1 will cover the Middle Ages to Baroque period. Session 2 will cover Classical music through Modern. **No class Nov 23.**

Location: City Hall Room 1
Instructor: Guy Salerno
Ages: 18+

Day	Date	Time	Cost
Session 1			
W	Sept 7 - Oct 26	4:30 - 5:30 pm	\$64
Session 2			
W	Nov 2 - Dec 28	4:30 - 5:30 pm	\$64

BEGINNING GUITAR

Fall into something fun - learn to play guitar! This beginning class covers guitar basics, chords, strumming, finger picking, and reading guitar tablature. We will begin building a repertoire of participant chosen songs to play with friends and family! What to bring: guitar, pencil, music stand. Please trim the nails of your left hand for ease in fingering chords.

Instructor: Mich Lewis, a local singer-songwriter who has helped Rogue Valley students of all ages reach their guitar playing goals for over 18 years!

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

Day	Date	Time	Cost
W	Oct 5 - Nov 9	6:30 - 7:30 pm	\$52

PAINTING WITH STYLE

By providing personal instruction in a group setting, students will learn new painting techniques, art principles, and concepts that are designed to enhance their individual ability. Classes are suitable for beginners to advanced painters. All painting media is acceptable; watercolor, acrylic, oil, or pastels. Each student is encouraged to follow their own instincts and choose subjects/mediums that most inspire and interest them. Materials: Students bring their own materials and the instructor will also provide a materials list at the first class.

Location: Rec B
Instructor: Silvia Trujillo
Ages: 18+

Day	Date	Time	Cost
Tu	Sept 20 - Oct 11	10:00 am - 12:00 pm	\$65
Th	Oct 18 - Nov 8	10:00 am - 12:00 pm	\$65

BASIC LIFE SUPPORT (BLS) & CPR FOR THE PROFESSIONAL

The BLS and CPR for the Professional 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.

Location: Computer Classroom

Instructor: Christie Hackett

Ages: 16+

Day	Date	Time	Cost
Th	Sept 22	2:00 - 6:00 pm	\$65
W	Oct 12	3:00 - 7:00 pm	\$65
Sat	Nov 12	9:00 am - 1:00 pm	\$65

HEARTSAVER CPR AND FIRST AID

This course 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 will include how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course does not include Infant or Child CPR. Perfect for scout leaders, scouts, anyone wanting to have basic CPR.

Location: Computer Classroom

Instructor: Christie Hackett

Ages: 11+

Day	Date	Time	Cost
Sat	Sept 17	9:00 am - 5:00 pm	\$67
Sat	Oct 1	9:00 am - 5:00 pm	\$67
Sat	Oct 15	9:00 am - 5:00 pm	\$67
Sat	Nov 5	9:00 am - 5:00 pm	\$67
Sat	Dec 3	9:00 am - 5:00 pm	\$67

You are Invited to assist with the update of the

Central Point Parks and Recreation Master Plan

The next Open House meetings will be held on
Thursday, September 15 & Thursday October 6
from 6:30 to 8:00 pm in the Central Point City Council
Chambers, 140 S. 3rd Street

The Master Plan will provide a road map for managing our parks and developing recreational opportunities in the future. Please come to one or both of these meetings and share your vision for the future management and development of our Parks and our Recreation Programs.

If you have any questions, please contact us at (541) 664-3321 ext. 130.
Information and updates on the Master Planning process can be found at
www.centralpointoregon.gov/parksrec

ALL CLASSES BELOW ARE
OFFERED BY OSU EXTENSION

Register at Extension Service Southern Oregon Research & Extension Center.

569 Hanley Road
Central Point, OR 97502
(541) 776-7371 FAX (541) 776-7373
<http://extension.oregonstate.edu/sorec/>

GARDEN TOUR - PERENNIALS THAT WORK

Take a guided tour of the Extension demonstration gardens to see first-hand what perennials still look great after the heat.

Location: OSU Extension Auditorium

Instructor: Head Master Gardeners

Day	Date	Time	Cost
Tu	Sept 6	3:00 - 5:00 pm	\$5

GARDEN CRAFTS AND DECORATIONS

Join us for a fun, hands-on class to learn how to create works of art and beautiful crafts from your garden.

Location: OSU Extension Auditorium

Instructor: Kay Wolf, Master Gardener

Day	Date	Time	Cost
Sat	Sept 24	12:30 - 3:00 pm	\$15

NO TILL GARDENING

Come learn how to garden without ever disturbing the soil ecology, and how to increase yields without using machines.

Location: OSU Extension Auditorium

Instructor: Scott Goode, Master Gardener

Day	Date	Time	Cost
Tu	Oct 4	3:00 - 5:00 pm	\$10

NATIVE PLANTS FOR YEAR ROUND INTEREST

Oregon native plants require less water, very little maintenance, and can enhance your landscape all year long.

Location: OSU Extension Auditorium

Instructor: Sherri Morgan, Master Gardener

Day	Date	Time	Cost
Tu	Oct 11	6:00 - 8:00 pm	\$10

SOIL TESTING pH AND AMENDMENTS

Learn why pH is important to soil health and for growing plants – then learn what to do about it and why.

Location: OSU Extension Auditorium

Instructor: Kyle Krenzer, Elevation Organics

Day	Date	Time	Cost
Tu	Dec 6	3:00 - 5:00 pm	\$10

SEED SWAP

Open to everyone! Come take some seeds, share some seeds, and swap some seeds! Great opportunity to learn about seed saving.

Location: OSU Extension Auditorium

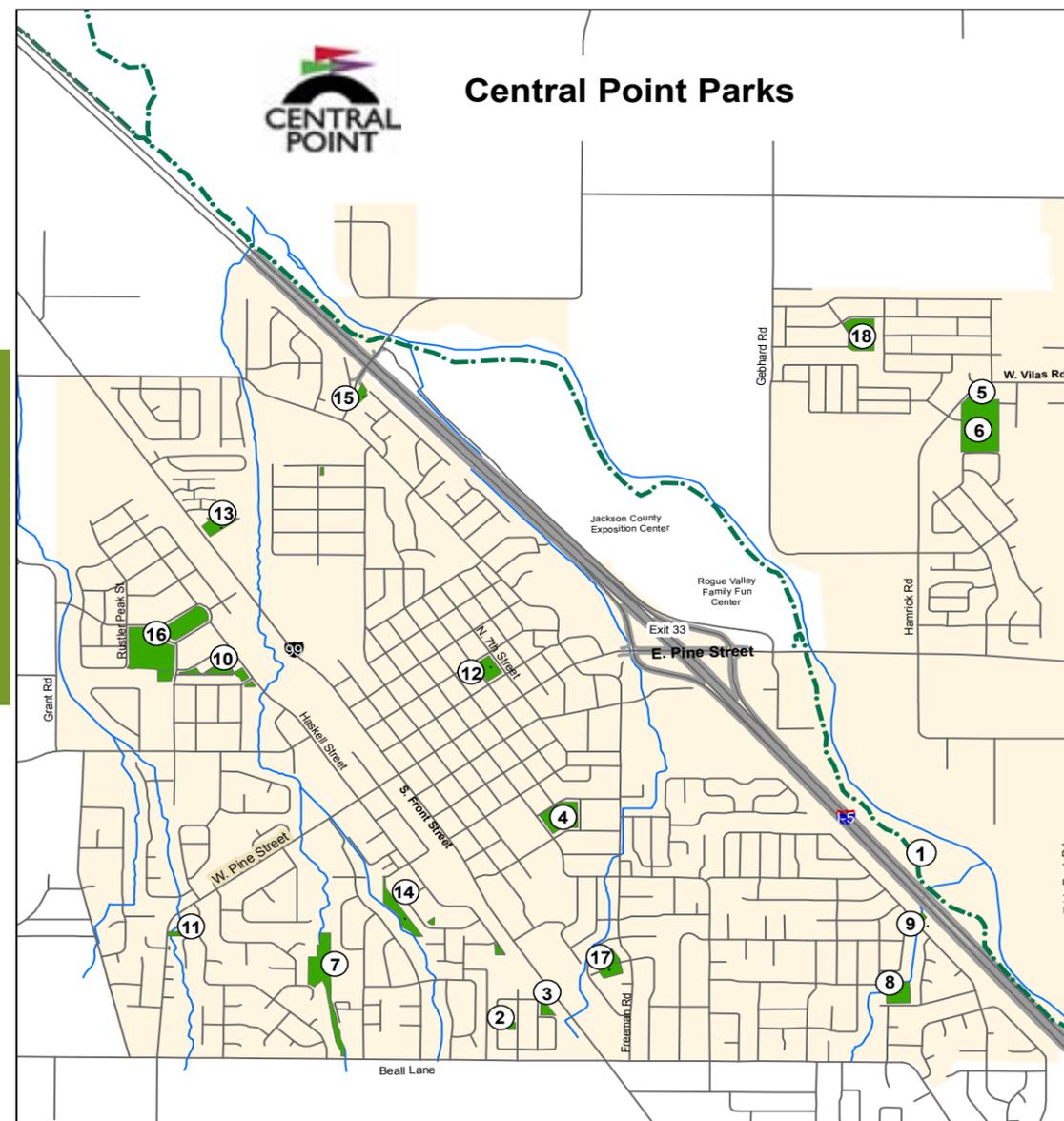
Day	Date	Time	Cost
W	Dec 14	6:00 - 8:00 pm	Free

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 fund raisers, 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 are planning Permits require a thirty (30) day review period so please submit in a timely manner. Call (541) 664-3321 ext. 130 to discuss your event.



Your City Parks

1. Bear Creek Greenway
2. Cascade Meadows
3. Cascade Meadows Wetland
4. Joel Tanzi Skate Park
5. Don Jones Community Garden
6. Don Jones Memorial
7. Flanagan
8. Forest Glen
9. Glengrove
10. Griffin Oaks
11. Menteer
12. Robert Pfaff
13. Skyrman Arboretum (not open to public)
14. Snowy Butte Station
15. Summerfield
16. Twin Creeks
17. Van Horn
18. William Mott Memorial

Keeping Pets Safe in the Parks.

In order to make sure the fun trip to the park you have planned stays that way for everyone in the family, follow these 7 steps:

1. Choose your park wisely. Whether you're planning to lay out a blanket and stay a while or just to take a stroll, select a park with plenty of shade and bring fresh drinking water. Your dog may not signal you when they're overheated or tired, so build in frequent breaks in the shade for rest and re-hydration.
2. Leave the retractable leash at home. Remember, leashes are required in ALL Central Point Parks. The "locking" mechanism on a retractable leash can be tricky and an unreliable way to keep your dog close by. Use a standard 4-6' leash and you'll be able to prevent or gain control of a potentially risky situation more quickly. A short leash will help prevent them from making uninvited contact with other dogs or children.
3. Keep an eye on your dog at ALL times. Observe the other dogs and people in the park and your pup's body language when they interact with them. Remember that even a dog that your pooch knows well can have an unexpected reaction, as the group dynamic can change any time a new dog enters or leaves the park. Also remember that dogs are not allowed in the spray park, playground areas or the Memorials.
4. Plan early morning or evening outings. Between the hours of 10am-4pm, the sun and temperature is at its peak. Aim to limit outdoor exercise to breakfast and dinnertime so that Fido (and you!) doesn't overheat. Remember, pets don't sweat the way humans do, making them unable to cool their bodies efficiently in the heat.
5. Keep up-to-date on all vaccinations and parasite preventatives. This is especially important if your pup is interacting with other dogs. Respiratory illnesses like canine tracheobronchitis (kennel cough) and harmful parasites like heartworm and Parvo, can easily spread from one dog to another. If you're not certain if your pet's vaccinations are current, contact your veterinarian.
6. Pick up after your pup. Not only is it the "considerate" thing to do, but it's also the sanitary thing to do. Many intestinal parasites, such as Parvo tapeworm and whipworm, can easily spread from one dog to another. Like it or not, dogs sometimes do a little too much up close investigation into the interesting smells they encounter!
7. Consider leaving Fido at home. While many of us consider pets to be family and want to include them in every outing, the reality is that some events can be just too stressful on your pooch. If you plan to visit a crowded area or a lengthy event at the park—especially if you know your dog is shy or snippy when he or she first meets other people and dogs—the best decision for you and your pet is to leave them safely at home.

PARK AMENITIES

Park	Gazebo(s)	Gazebo Amenities			Restrooms	Tennis Courts	Basketball Courts	Playground	Athletic Fields
		Electric	BBQ	Light					
Cascade Meadows	1 Gazebo	-	-	-	-	-	-	Y	-
Don Jones Memorial & Spray Park	2 Gazebos	Y	Y	Y	Y	2	Y	Y	Y
Joel Tanzi Skateboard Park	-	-	-	-	Y	-	-	-	-
Flanagan	-	-	-	-	Y	1	-	Y	-
Forest Glen	-	-	-	-	Y	-	Y	Y	-
Glengrove	1 Gazebo	-	-	-	-	-	-	-	-
Griffin Oaks	-	-	-	-	-	-	-	Y	-
Menteer Memorial	1 Gazebo	Y	Y	Y	-	-	-	-	-
Robert Pfaff	1 Gazebo 1 Band Shell	Y	Y	-	Y	1	Y	Y	-
Summerfield	-	-	-	-	-	-	-	-	-
Twin Creeks	3 Gazebos 1 Band Shell	Y	-	Y	Y	-	Y	-	Y
Van Horn	1 Gazebo	Y	Y	Y	Y	1	Y	Y	-
William Mott Memorial	1 Gazebo	-	-	-	Y	-	-	Y	-

APRC PROGRAMS – FALL 2016

ASHLAND PARKS & RECREATION COMMISSION



The 12th Annual Bear Creek Salmon Festival will take place on Saturday, October 1, from 11 a.m. to 4 p.m. This admission-free festival will feature all-ages interactive activities and exhibits focusing on healthy salmon and wildlife habitat in our region, and watershed stewardship in our own homes and yards. This year's theme is, "**Stewardship Flows**

Downhill." Participants can also enjoy a variety of fun outdoor activities such as fly and spin-casting, exploring Bear Creek and listening to Native American drumming and story-telling. Lively musical entertainment, a Salmon Spiral Labyrinth and a tasty food concession will round out the day. Join us at North Mountain Park, 620 N Mountain Avenue, Ashland. Learn more at BearCreekSalmonFestival.net or call 541.488.6606.



Join us for "**First Frost: Opening Night at the Ashland Rotary Centennial Ice Rink,**" on Saturday, November 19, from 6 to 10 p.m. The outdoor, seasonal rink is located near downtown Ashland, around the corner from the Plaza and directly across from Lithia Park at 95 Winburn Way. For more information visit AshlandParksandRec.org, call the ice rink at 541.488.9189 (after November 19), or call APRC at 541.488.5340.

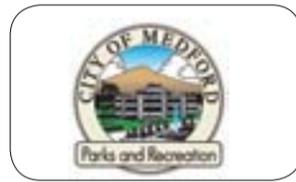


Located just minutes from downtown Ashland, Oak Knoll Golf Course has been a local favorite since 1926. Golfers of all abilities find our regulation, par 36, 9-hole layout fun and challenging. Visit us at OakKnollGolf.org or call 541.482.4311 for tee times and information. The course is located at 3070 Hwy 66, Ashland. NEW to the course is FootGolf! A blend of soccer and golf... Great for families, soccer teams or anybody looking for fun — Book your tee time today!



APRC offers Adapted Programs that are specifically designed for people with developmental, intellectual or physical disabilities. We offer aquatics, bowling, socials, day trips and more! To register for our Adapted Programs call APRC at 541.488.5340. Learn more at AshlandParksandRec.org.

Check us out at AshlandParksandRec.org, call us at 541.488.5340 or visit us at The Grove, 1195 E Main St. LIKE APRC on Facebook at [Facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec). "We'll see you in the Park and on Facebook!"



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)

<h3>Ashland</h3> <p>Tuesdays</p> <p>March - November 22nd</p> <p>8:30am-1:30pm Ashland Armory 1401 E. Main St. Ashland, OR</p> <p>Saturday</p> <p>May - October 29th</p> <p>8:30am-1:00pm Oak St. Downtown Ashland, OR</p>	<h3>Medford</h3> <p>Thursdays</p> <p>March - November 17th</p> <p>8:30am-1:30pm Hawthorne Park 555 E. Main St. Medford, OR</p> <p>Saturday</p> <p>May - October 29th</p> <p>8:30am-1:30pm On the Commons 6th & Bartlett Medford, OR</p>
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Hanley Farm
1053 Hanley Road, Central Point
(541) 773-6536, ext. 202
www.SOHS.org

Thursdays at Hanley Farm: Every Thursday – September 1, 8, 22 & 29 & October 6, 13 & 27 – Hanley Farm is open to the public. Take self-guided farm tours, tour Hanley Gardens, bring a picnic dinner, relax & enjoy! 4-7pm. Admission: FREE!



Third Thursdays at Hanley Farm – September 15 & October 20, extended activities include docent-led Hanley Farmhouse tours, U-Pick Harvest, Children's Garden Activities, and Flint Knapping demonstrations! 4-7pm. Admission: FREE! Hanley Farmhouse Tours/\$5 (SOHS Members/\$3)



Oct 8-9 – Scarecrow Festival! Sixth annual Scarecrow Festival at the farm! Join us - make a scarecrow (kits include all materials); harvest & buy crops from the farm; play old-fashioned games; tour the Hanley Farmhouse; hayrides, and MORE! 11am-4pm. Admission: FREE! Scarecrow Kits/\$15 (SOHS Members/\$10); Hanley Farmhouse Tours/\$5 (SOHS Members/\$3)



October 15 & 16 (TBA; dates are tentative) – Haunted Fields – The Boogeyman's Bride: A Haunted Field Mystery, original play based upon old American Folk Tale. Guided tour leads you through the dark fields to each scene, played by the Crater Renaissance Academy students. Arrive at 6pm to reserve your tour time and purchase tickets. While you wait, enjoy food and activities in the pavilion. Gates open at 6pm; Tours: 7pm-9pm, leave pavilion area every 8 minutes; Admittance: Adults/\$8; Children/\$5 (SOHS Members/\$5)

November 26 – Holiday Wreath Making! What a festive day! Make a holiday wreath; visit with Santa; food; & children's activities. 11am-3pm. Admission: FREE! Wreath Making Kits/\$15 (SOHS Members/\$10) Hanley Farmhouse Tours/\$5 (SOHS Members/\$3)

December 26-27 – Holidays at Hanley! Docent led tours of the Hanley Farmhouse, decorated for the holidays! Enjoy holiday cheer on in the pavilion as you await your tour. 11am-3pm. Admission: FREE! Hanley Farmhouse Tours/\$5 (SOHS Members/\$3)

Saturday Mornings at Star Nursery

Summer 2016 Class Schedule
3223 Taylor Road, Central Point.
Register online at <http://roguevalleynursery.com/class>
Unless otherwise noted, classes start at 10:00 am.
Fee is \$5 for all classes

Sept 17 – How to Plant a Tree: There IS a right and wrong way to plant a tree. Learn how to make the most of this significant investment in your property with a hands-on demonstration. If you wanted shade this summer, fall is the time to plant that large shade tree for next year's enjoyment.

Sept 24 – Kids in the Nursery Day (10:00 am- 3:00 pm): Bring the family and enjoy a fall day at the nursery. There will be our ever popular sandbox, treasure hunts, art projects, and snacks including local food trucks! Lots of fun for the kids and you can take some time to peruse our huge selection of plants and be ready for fall planting. (Free but register so we'll know how many are coming!)

Oct 1 – Drought Tolerant Display Garden Tour: Our display gardens have had a year or two to get started and there is a lot to see. Come get a personal tour of our gardens and learn about some of our favorites, both common and rare. It's a great chance to get an up close view of what your water-wise yard could look like after a few seasons.

Oct 8 – Masses of Grasses: Don't know where to start when it comes to ornamental grasses? There are so many varieties and sizes to choose from but that's what makes them so useful. Besides adding texture, movement, and color to the garden they are also usually deer resistant and many are drought tolerant. Come learn about the best grass options for our area.

Oct 15 – Apple Tasting and Fall Celebration (10:00 am - 3:00 pm): Come join us for music, apple cider and other goodies to celebrate the arrival of local apples and fall weather! We will have a selection of apple varieties straight from the farm to taste and help you determine which variety you might like to try in your own yard. We will have potted fruit trees for sale or you can put in an order for a bare root fruit tree in the spring. Apple cider, locally made baked goods by Chef Kristen, and fresh coffee will be available for free to our wonderful customers. Make a day of it and enjoy tasty tacos from 'Word on the Street' taco truck and freshly baked ice cream sandwiches.

Local Communities

Local Communities



CENTRAL POINT Chamber



Sponsor Highlight



Join us in celebrating the 60th anniversary for Ray's Food Place, and in giving thanks to Ray's for being a dedicated and generous sponsor of Central Point Parks & Recreation! Together we aim to improve the quality of life for our community members, and Ray's is a core element in the quality of life for Central Point residents. We at parks could not accomplish our mission without the support of sponsors such as Ray's Food Place!

Thank you to Ray's for being a sponsor of Central Point Parks & Recreation!



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Be a part of North America's leading children's and maternity consignment sales event!TM
MEDFORD Sale: Sept 30-Oct 2
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Shop and get unbelievable deals on all you need for cooler weather!
 Sell your items as a consignor and earn up to 70%! Details online!
 Save 50-90% off retail prices! Brand names you want at prices you'll love!
 Smart! Savvy shoppers know there's no better budget helper around!

Friday, Sept 30, 10am-8pm • Saturday, Oct 1, 10am-6pm
 Sunday, Oct 2, 10am-2pm Half Price Sale! Many items 1/2 off!

JUST BETWEEN FRIENDS **shop. sell. save. smart!™**
jbfsale.com

This event benefits Family Nurturing Center & Hearts with a Mission.

FREE ADMISSION WITH THIS AD!
 Admission is \$2 for first day only. All other days are free. Cash, Visa, MasterCard, Discover & AMex accepted.

Central Point Police Department



September 10th, 2016
10am-2pm

- Police Department Tours
- Equipment Displays
- Exhibits
- Car Seat Safety Check
- Informational Booths




Fall is the time to plant!



SHOOTING STAR NURSERY
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Locally Grown Plants and Fall Classes!

- **How to Plant a Tree - Sept. 17th, 10am**
- **Kids in the Nursery Day! - Sept. 24th, 10am**
Bring the family for this free event – sandbox, treasure hunts, art projects, local food trucks. Kids receive free perennial!
- **Deer Resistant Plants - Sept. 29th, 6pm**
At North Mountain Nature Center in Ashland

Visit our website for more details and to register for classes.

Your Local Nursery Resource
www.roguevalleynursery.com

3223 Taylor Road • Central Point • 541.840.6453

5 Ways to Register for Classes

- 1 Online:** Visit the following website at <https://apm.activecommunities.com/centralpointrec/>. Credit/debit card only. Additional fee charged. For your convenience we accept Visa, Mastercard, and American Express.
- 2 Mail-in:** Fill out registration form below and return it to City of Central Point, Parks and Recreation Department, 140 S. 3rd Street, Central Point, OR 97502. Credit/debit cards, checks, or money orders accepted (no cash). Checks payable to the City of Central Point.
- 3 Walk-in:** Central Point City Hall, 140 S. 3rd Street, Central Point, OR. Cash, credit/debit cards, cash, check or money orders accepted.
- 4 Phone-in:** Call in your class registration to (541) 664-3321 Ext. 130. (Credit/debit only.)
- 5 Fax-in:** Fax your registration form to (541) 664-6384. (Credit/debit only.)

REFUND POLICIES AND PROCEDURES

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 full refund in the amount of the class fee which may be credited to your account to be used for a future class or program, or you may choose to have the amount refunded in the form of a check or issued back to your card.

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 CANCELLED 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 cancelled or changed by City of Central Point Parks and Recreation Department, a full refund or credit will be issued.

I ♥ MY MARKET

September 10th and October 8th
10am - 2pm
Pfaff Park

Celebrating Family - Farm - Community & Business
centralpointchamber.org

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 _____ Male / Female?

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 _____



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Calendar of Events - Fall 2016

Event	Date	Time	Location
Labor Day	September 5	City Offices Closed	
KidVenture - First Day	September 7	8:15 am	Rec A, 405 S. 4 th Street, Central Point
Police Department Open House	September 10	10:00 am - 2:00 pm	155 S. 2nd Street
City Wide Yard Sale	September 10	8:00 am - 3:00 pm	City Wide
Battle of the Bones @ Harvest Fest	September 16 - 18	battleofthebones.com	@ The Expo
Don Jones Spray Park Closing	September 30	10:00 am	Don Jones Memorial Park
Grow A Pear Harvest 5k	October 8	8:30 am	Pfaff Park
Veterans Day Commemoration	November 11	9:00 - 10:00 am	Don Jones Memorial Park
Thanksgiving Holiday	November 24 & 25	City Offices Closed	
Community Christmas Lights Parade	December 3	5:15 - 8:00 pm	E. Pine Street & City Hall
Crater Foundation Scholarship Dessert Auction	December 3	6:00 pm	Crater High School Gym
Christmas Holiday	December 24 & 25	City Offices Closed	
New Years Holiday	January 1	City Offices Closed	

Let's Talk Parks & Recreation...

Central Point's existing parks, trails and recreation programs are some of the City's most valued amenities, and planning for the growth of the City is vital. In February 2016, the City started a project to update its citywide Parks and Recreation Master Plan.

Public involvement is crucial to develop this plan! The City is excited to provide an online platform for residents to offer their ideas and questions to the project team and receive announcements and updates. The site is called mySidewalk, and it works a bit like Facebook and LinkedIn. Login today to join the community conversation!

Visit: mysidewalk.com/organizations/293124/central-point-parks-recreation-master-plan