

Central Point Parks & Recreation Summer 2016 Activity Guide



RECreate!



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Manager's Message

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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

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
 Dave Jacob

Parks Maintenance Staff

Corey Qualls
 Don Dunn
 Matt Yeazel



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

[www.facebook.com/
 Central-Point-Parks-and-Recreation](http://www.facebook.com/Central-Point-Parks-and-Recreation)

"We have fallen heirs to the most glorious heritage a people ever received, and each one must do his part if we wish to show that the nation is worthy of its good fortune." Theodore Roosevelt

Central Point Parks and Recreation is constantly evolving to meet the ever-changing needs of our community. I would like to update you on some of the Department's initiatives that help make Central Point one of the top 10 happiest cities in Oregon and a great place to live, work, and play. By action of the Central Point City Council, the Parks and Recreation Department was established in the early 1990's. This program's history has been and will be to serve our community with exemplary programs, events, parks and activities for individuals of all ages.

Having a Department that is 20 years old means that most of our parks are showing their age and time has taken a toll on our outdoor facilities. As stewards of these treasured community assets, we must have processes in place to ensure their long-term care. Part of this stewardship process is the development of a Parks and Recreation Master Plan. This plan will provide a standard by which we will maintain the quality of our parks, recreational modular buildings, playgrounds and other structures.

We are grateful to the community-based organizations that collaborate with us to provide fun and friendly services. As you read this guide, you'll begin to appreciate the full depth and breadth of the Department's work, which includes the

maintenance of over 142 acres of parks and open space as well as providing a host of recreation opportunities.

Please review the events and activities pages to see all that is available right in your community. With the advent of social media, it's easier than ever to stay informed. Please like our Facebook page and follow us on Twitter. Of course, we always welcome your phone calls at (541) 664-3321 ext. 130. Together, we'll continue to evolve and build upon all the activities and parks you'll discover in this booklet.

Jennifer Boardman, CPRE, CPSI, AFO
 Parks and Recreation Manager

Parks and Recreation Commission 2016 Meeting Schedule

- May 19
- September 15
- November 17

All meetings start at 6:30 pm and are held in the City Council Chambers at 140 S. 3rd Street. Meetings are open to the public.

VOLUNTEER WITH CENTRAL POINT PARKS AND RECREATION!

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, including the Community Christmas Light Parade and the Eggstravaganza. We depend on volunteers to make these events a success. Upcoming events are always listed in the recreation guide, so give us a call or visit Shiftboard.com/centralpointoregon to sign up directly!

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.

Upcoming Volunteer Opportunities

Fourth of July

Community Christmas
 Lights Parade

Volunteer at
Shiftboard.com/centralpointoregon

Events

Events

CITY WIDE YARD SALE

Central Point Spring Clean Up!

Saturday May 7th, 2016

8am - 3pm

You know what they say... Out with the old and in with the new! What a perfect opportunity to make that true! 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, May 2nd at 4pm

Call 541.664.3321 x 130

MEMORIAL DAY
MONDAY MAY 30TH 2016

DON JONES MEMORIAL PARK

FALLEN WAR HEROES MEMORIAL

SAM TO 10AM

Join us in remembrance of those service members, both men and women, who have paid the ultimate sacrifice for our country in times of war. 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.

CENTRAL POINT — Chamber — FREEDOM FESTIVAL Red White Blue

- 7:00 AM** Pancake Breakfast @ Grange Hall, Hosted by Crater Lake Council Boy Scouts
- 7:30 AM** Run 4 Freedom 5K & 1 Mile A Central Point Parks & Recreation Event
- 8:45 AM** Kids Fun Run A Central Point Parks & Recreation Event
- 9:30 AM** Parade Route: 2nd St to Pine to 8th St.
- 10:30 AM** Pfaff Park Festivities Live Music, Free Kids Activities, Food, & Fun
- 12:00 PM** Music Performances Begin
- 5:00 PM** Red, White and Boom Opens @ Expo
- SUNDOWN** Fireworks

Grand Marshal
Dave Duste
of Dusty's Transmissions

Registration available online at:
www.centralpointchamber.org
and at the chamber office:
650 E. Pine St. #104C,
Central Point, OR 97502

CENTRAL POINT RUN 4 FREEDOM 2016

Monday July 4th, 2016

5K and 1 Mile Run
Runners Packets Available
July 3rd from 2-6PM at City Hall
and on Race Day at 6:30AM

5K and 1 Mile Start at 7:30AM
16 and Under Race Free

Kids Free Fun Run Starts at 8:45AM
Ages 5-6 (2 Blocks)
Ages 7-8 (3 Blocks)
Ages 9-10 (4 Blocks)
Ages 11-12 (5 Blocks)

Early Registration until June 3rd: 5K \$15; 1 Mile \$10

16 and Under Race Free
After June 3rd: 5K \$20; 1 Mile \$15

Fun & Easy Routes... Paved Roadways!
Shirts Available at an additional cost of \$10.00
Water is provided at halfway point of 5k.

Register online at: GETMEREGERED.COM/CPRun4Freedom



Central Point Saturday Market

Juried Artisan Vendors



2nd Saturdays May - October

Pfaff Park, behind the Central Point Post Office
10 a.m. - 2 p.m.



celebrating family - farms - artisans & community

artisan information: centralpointchamber.org



UPCOMING DIRT EVENTS!

Vermiculture (Worms) & DIRT

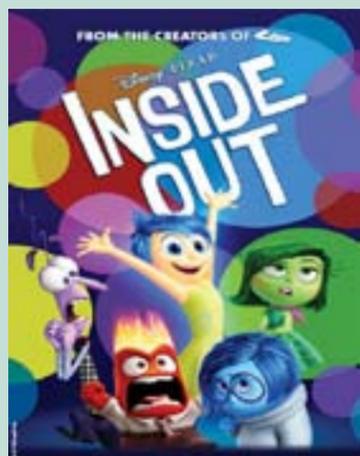
April 16th from 11 a.m. - 12 p.m.
Location: The Food Forest
Mae Richardson Elementary
200 W Pine Street, Central Point

Guerrilla Gardening (Seeds in a Ball)

May 14th from 11 a.m. - 12 p.m.
Location: Central Point Saturday Market
Pfaff Park, Behind 625 E Pine (CP Post Office)
Central Point

Check out our webpage for more details on programs and the School of Fish at Jewett Elementary.
www.mydirtpark.org

Events



July 15th, 2016



July 22nd, 2016



July 29th, 2016

Food, Games, Music, Movies

Pfaff Park

Food, Games, Music, Movies

Munch - N - Movies



CENTRAL POINT Chamber

CENTRAL POINT Parks and Recreation

Food, Games, Movies

Twin Creeks Park

Food, Games, Movies

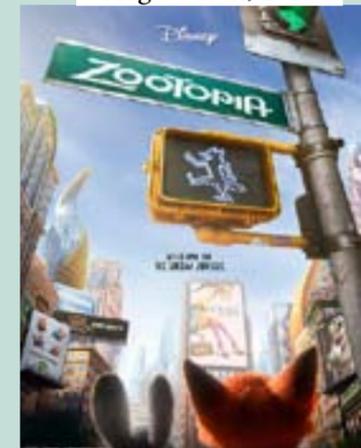
August 5th, 2016



August 12th, 2016



August 19th, 2016



Youth Programs

**Kid
Venture
Preschool**



KidVenture Preschool
405 S. 4th Street
Central Point, OR 97502
www.centralpointoregon.gov
(541) 664-3321 ext. 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.**

**KIDVENTURE
PRESCHOOL
OPEN HOUSE!**

Date: Thursday, May 12, 2016
Time: 6:00 - 7:00 pm
Location: 405 S. 4th Street
Central Point

This is an opportunity to get pre-registered for the 2016/2017 KidVenture class.
For more information call:
541-664-3321 ext. 263



Rogue Valley Family YMCA
522 W. Sixth Street
Medford, OR 97501
www.rvymca.org
(541) 772-6295

YDAY CAMP
YDay Camp is a fast paced and exciting atmosphere that will keep your camper engaged while school is out. Camp is a safe, fun, and affordable experience that follows YMCA best practices. Weekly themes keep each week unique all year long. Day camp includes weekly field trips (1-2 depending campers grade), Friday swim days, two daily snacks, classic camp songs, fun activities, and time in the outdoors.

Day camp is offered every day school is out this summer. Each day campers are divided into two smaller camps, Ospreys for campers kindergarten thru 3rd grade or Eagles for campers 4th thru 6th grade. With a Maximum ratio of 1:15. Contact Gary Taylor to learn more. gtaylor@rvymca.org or 541-772-6295



Fees vary depending on the number of days used (7:30 am to 6:00 pm) Instant scholarships for youth who receive free school lunch or food stamps. The YMCA also offers many overnight camp experiences and you can learn more at www.rvymca.org

**Central Point School District 6
Summer Lunch Program Schedule**

Dates: Monday - Friday
June 20 to August 5*

Times: 11:45 am - 12:30 pm
Locations: Robert Pfaff Park &
Don Jones Memorial Park

*No program on Monday, July 4 due to Holiday.

Youth Programs - Bugs R Us

BIRDS AND BIRD NESTS

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



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

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

BUTTERFLIES AND MOTHS

Explore the most beautiful of the insects as we interact with some of the BIGGEST and most spectacular preserved specimens on EARTH! This program highlights lifecycles, importance in the environment as well as examples of very rare butterflies and moths from all over the world. Visitors receive handouts detailing differences between butterflies and moths, and butterfly stickers.

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
Tu	June 28	3:00 - 4:00 pm	\$6



MAKE YOUR OWN BUG COLLECTIONS WITH BUG-R-US EDUCATIONAL SERVICES!

In this 4 week course....1 hour per week for 4 weeks....you will learn the different classifications of insects, CAPTURE them and learn how to put them to sleep, mount and preserve them. We will focus on 14 MAIN orders of insects and you will collect at least 1 bug from each group. All in-class materials will be provided....nets, pins, books, mounting blocks....but, one purchase.....\$6 or less.... will be required before the end of the program. We will be taking 1 field trip to collect bugs, also. AND....you will be given some DEAD BUGS to add to your collection as well! This class will fill FAST and is limited to 20 students so register EARLY!

Transportation will not be provided for the field trip so you'll need to arrange to meet us on site.

Location: Rec B
Instructor: John Jackson, Bugs R Us Educational Services
Ages: 8+

Day	Date	Time	Cost
W	July 13, 20, 27 & Aug 3	3:00 - 4:00 pm	\$25



MAMMALS OF SOUTHERN OREGON

Take a walk on the FURRY side as we get HANDS-ON with local mammals. This program features 18 REAL animal skulls and furs for the audience to handle. Includes studies of animal scat (poop), animal tracks and includes a hands-on activity making YOUR OWN animal tracks. NO LIVE ANIMALS. Created under the authority of OREGON STATE FISH & GAME.

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

Day	Date	Time	Cost
W	Aug 31	3:00 - 4:00 pm	\$6

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 7

Day	Date	Time	Cost
Sat	July 2 - 30	3:00 - 5:00 pm	\$50

Youth Programs

HERBAL ADVENTURES CLASS FOR CHILDREN AND PARENTS

Children and parents will learn about common edible and medicinal plants and "weeds" found in Southern Oregon while exploring Flanagan Park. We will read an herbal story, discuss basic botany skills to aid in plant identification, do a scavenger hunt, and create an herbal craft. Art supplies provided.

Location: Flanagan Park, 200 Tiffany Avenue
Instructor: Erin Krenzer
Ages: 5+

Day	Date	Time	Cost
Sat	June 11	10:00 am - 12:00 pm	\$14



OVER \$100 OF FREE GIFTS!

SOCCER CAMP

Register for Challenger Sports' British Soccer Camp and join over 150,000 players who will learn the Challenger Way this year! Each camp will feature the 1,000 Teachers Curriculum, packed with drills and practices designed to improve individual ball control, ball skills, takes, moves, juggling and core techniques!

Central Point P & R British Soccer Camp

Week 1: Community Park & Week 2: Twin Creeks Park

Week 1: 6/20/2016 - 6/24/2016				Week 2: 7/25/2016 - 7/29/2016			
First Kicks	3 - 5	9am - 10am	\$82	First Kicks	3 - 5	9am - 10am	\$82
Mini Soccer	5 - 8	10am - 12pm	\$107	Mini Soccer	5 - 8	10am - 12pm	\$107
Half Day	6 - 14	9am - 12pm	\$136	Half Day	6 - 14	9am - 12pm	\$136
First Kicks	3 - 5	5pm - 6pm	\$82	First Kicks	3 - 5	5pm - 6pm	\$82
Mini Soccer	5 - 8	6pm - 8pm	\$107	Mini Soccer	5 - 8	6pm - 8pm	\$107
Half Day	6 - 14	5pm - 8pm	\$136	Half Day	6 - 14	5pm - 8pm	\$136

Register at www.challengersports.com before Week 1: May 6th & Week 2: June 10th and get a replica British Soccer Jersey – FREE!

Want to host a British coach for the week and receive an \$80 rebate:
 Contact Ally MacLennan,
amacLennan@challengersports.com, 916-596-1694

Mail Applications & Checks To:
 Challenger Sports, 1540 River Park Dr, Suite 224A, Sacramento, CA, 95815

\$10 late fee applied to registrations after Week 1: June 10th & Week 2: July 15th

SIGN UP TODAY!

www.challengersports.com // 800.678.3167

Youth Programs

CRATER JUNIOR CHEER CAMP

Participants will learn chants, a cheer, a dance and jumps taught by the Crater Cheerleaders in a fun-filled environment. All participants will get the opportunity to perform with the cheerleaders at halftime of the first home Crater Varsity football game. Each Junior Cheerleader will receive poms and a t-shirt. Please visit us at <https://sites.google.com/site/cratercheer/home> or email Kristen at cratercheerleading@gmail.com for registration and questions.

Location: Crater High School Track
Instructors: Crater Cheerleaders
Ages: 5 to 14 (8th graders)

Day	Date	Time	Cost
M - Th	Aug 22 - 25	9:00 - 11:00 am	\$55



CROCHET CAMP FOR KIDS

This is a crochet camp for beginning students. You will learn the basics of crochet including: chain, single crochet, and slip stitch. Students will learn the skills necessary to complete a pot holder or dish rag.

Students will 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: 10 to 14

Day	Date	Time	Cost
M, W, F	July 11, 13, 15	1:00 - 2:00 pm	\$18

AL WORKMAN'S TENNIS CAMP FOR KIDS

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



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

Day	Date	Time	Cost
M - F	June 20 - 24	10:00 - 11:00 am	\$5
M - F	June 20 - 24	11:00 am - 12:00 pm	\$5
M - F	July 11 - 15	10:00 - 11:00 am	\$5
M - F	July 11 - 15	11:00 am - 12:00 pm	\$5
M - F	July 25 - 29	10:00 - 11:00 am	\$5
M - F	July 25 - 29	11:00 am - 12:00 pm	\$5
M - F	Aug 15 - 19	10:00 - 11:00 am	\$5
M - F	Aug 15 - 19	11:00 am - 12:00 pm	\$5

FIRST SWING STICKS FOR KIDS

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

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

Day	Date	Time	Cost
T, W	July 26 & 27	9:30 - 10:30 am	\$8
T, W	Aug 9 & 10	9:00 - 10:00 am	\$8

WEATHER MEASUREMENT - UP, UP AND AWAY IN A BEAUTIFUL BALLOON

Did you know that Medford's weather station is one of only two stations in Oregon and 84 across the country that launches a weather measurement balloon twice per day? Have your child join us for this two-part weather measurement and broadcasting class. In the first segment, we will learn about what makes weather tick, how we measure the weather, and how we use those measurements to predict tomorrow's weather. The presentation will include a demonstration of a mini-tornado simulator and will culminate with the launching of a weather balloon. In the second segment, we will visit the KDRV Television Station in Medford and get a behind-the-scenes look at their weather forecasting broadcast. **Participants MUST pre-register to attend. Registration is for both dates.**

Locations: (1) National Weather Service Station, 4003 Cirrus Dr, Medford; and (2) KDRV, 1090 Knutson Ave, Medford
Instructors: Mark Ludwiczak (Central Point Parks & Recreation Commission), Ryan Sandler and Spencer Higginson (National Weather Service), and a KDRV Meteorologist.
Ages: 7 - 15

Day	Date	Time	Cost
M	July 25 (Weather Station)	2:30 - 4:00 pm	Free
Tu	July 26 (KDRV)	10:00 am - 12:00 pm	Free

ROGUE VALLEY BMX CLINIC

USA BMX beginner and intermediate rider instruction course learning basic riding skills, gate starts, sportsmanship in racing and riding and most of all having fun. Bike, helmet, long sleeved shirt and pants required and are not provided. BMX races are held on Wednesdays and Sundays following the clinic. Fees charged for racing and USABMX Membership required. USA BMX annual membership \$60 or 30 day trial membership for \$30. For more information please visit us at RV BMX on Facebook. To register please call (541) 821-5028. *Free with USABMX Membership.

Location: Rogue Valley BMX Track at Bear Creek Park
Instructor: USA BMX Certified Instructor
Ages: All Ages Welcome

Day	Date	Time	Cost
W	June 1, 15, 29	4:00 - 5:00 pm	Free*
W	July 13, 20, 27	4:00 - 5:00 pm	Free*

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 B - June 22, 23, 24
 Computer Classroom - August 2, 3, 4
Instructor: Christie Hackett
Ages: 11 to 16

Day	Date	Time	Cost
Tu, W, Th	June 21, 22, 23	Tu-W 9:00 am - 1:30 pm Th 9:00 am - 1:00 pm	\$110
Tu, W, Th	Aug 2, 3, 4	Tu-W 9:00 am - 1:30 pm Th 9:00 am - 1:00 pm	\$110

INSTRUCTORS WANTED!

Have a hobby or a skill you'd love to share? Instructors are an important part of Parks and Recreation's efforts to meet the learning and recreational needs of Central Point's citizens. You propose the class you wish to teach, and we provide the necessary support. Classes can be a one-time workshop or a series. We are looking for instructors in all areas. We're also looking for volunteer recreation class assistants this summer. Let us know if you have a few hours to spare and we may be able us you. Contact Dave Jacob at (541) 423-1012 to discuss the possibilities and to get class proposal forms.

Healthy Hands Cooking Classes for Kids!

For health conscious families, the Healthy Hand Cooking program is the perfect opportunity for children to learn nutrition and cooking skills that will foster healthy lifestyles in a intimate learning environment that is both fun and empowering. Classes limited to 10 students.

KIDS COOKING CAMP

Join us for an action packed kids cooking camp that will empower your child with the skills needed to make healthy snacks, breakfasts, lunches, and dinners. Camps run 4 days in a row for 3 hours each day. Our day camps often include extra fun activities like cooking contests, fun fitness activities, nutrition games, cooking videos, and more.

This is our 8 hour Core Cooking Program that recognizes your child with a Certificate of Completion. Parents are also highly encouraged to order either a Kids Kits or Kids Workbook when attending this program. Additional fees for these items may apply.

Location: Rec A
Instructor: Jenny Borchard
Ages: 5 to 8

Day	Date	Time	Cost
M - Th	June 20 - 23	1:30 - 4:30 pm	\$120
M - Th	Aug 1 - 4	1:30 - 4:30 pm	\$120

Ages: 9 - 13

Day	Date	Time	Cost
M - Th	July 18 - 21	1:30 - 4:30 pm	\$120
M - Th	Aug 15 - 18	1:30 - 4:30 pm	\$120

HEALTHY DESSERTS FOR ONE

We all know that desserts can be full of sugar and unhealthy artificial ingredients – especially things like pre-packaged brownie mixes, cake mixes, and ready-to-bake cookies. But did you know that you can “have your cake and eat it too” by using wholesome, natural ingredients? Kids will learn how to make yummy and healthy desserts using wholesome, natural ingredients. Students will learn to make their own, healthy, single-serving desserts.

Location: Rec A
Instructor: Jenny Borchard
Ages: 9 to 13

Day	Date	Time	Cost
M	July 25	9:00 - 11:00 am	\$30

Ages: 5 to 8

Day	Date	Time	Cost
M	July 25	1:30 - 3:30 pm	\$30

MAKE YOUR OWN PIZZA!

Did you know that more than 3 billion pizzas are purchased in the United States every year? No wonder pizza is one of America's favorite foods! Kids will learn how make their own healthy pizza using wholesome crusts, yummy sauces, and tons of fresh toppings. Samples of recipes from this class include “Toaster Pizza”, “No-Bake Skillet Pizza”, “Gluten-Free Veggie Tortilla Pizza”, “Traditional Pizza” and “Pizza Calzones”. (Please call Parks and Recreation if your child is outside this age range but would like to attend this class).



Location: Rec A
Instructor: Jenny Borchard
Ages: 5 to 8

Day	Date	Time	Cost
M	June 27	9:00 - 11:00 am	\$30

Ages: 9 to 13

Day	Date	Time	Cost
M	Aug 22	9:00 - 11:00 am	\$30

GROWING AND COOKING WITH HERBS

Cooking with fresh and dried herbs can add pizzazz to many foods. Your child will learn how to create his/her own herb container, and then use some of those same kinds of herbs to make delicious, mouth-watering recipes that can be duplicated at home. Samples of recipes from this class include “Orange Blueberry and Mint Salad”, “Basil Pesto + Pesto Crostini”, “Ranch Dressing Rainbow Cups” and “Grilled Rosemary Shrimp”.

Location: Rec A
Instructor: Jenny Borchard
Ages: 9 to 13

Day	Date	Time	Cost
M	Aug 8	9:00 - 11:00 am	\$30

Ages: 5 to 8

Day	Date	Time	Cost
M	Aug 8	1:30 - 3:30 pm	\$30

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.**

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

Day	Date	Time	Cost
M	May 2 - June 27 No class May 30	4:00 - 5:00 pm	\$57
Th	May 5 - June 30 No class June 2	4:00 - 5:00 pm	\$57
M	July 11 - Aug 29	4:00 - 5:00 pm	\$57
Th	July 14 - Sept 1	4:00 - 5:00 pm	\$57



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	June 17	5:30 - 7:30 pm	\$30
F	Aug 19	5:30 - 7:30 pm	\$30

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.**

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

Day	Date	Time	Cost
M	May 2 - June 27 No class May 30	5:30 - 6:30 pm	\$57
Th	May 5 - June 30 No class June 2	5:30 - 6:30 pm	\$57
M	July 11 - Aug 29	5:30 - 6:30 pm	\$57
Th	July 14 - Sept 1	5:30 - 6:30 pm	\$57

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



Fitness & Health

Central Point Senior Center

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. 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	May 5 - 26	10:00 - 11:00 am	\$23
Th	June 9 - 30	10:00 - 11:00 am	\$23
Th	Aug 4 - 25	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	May 5 - 26	9:00 - 10:00 am	\$23
Th	June 9 - 30	9:00 - 10:00 am	\$23
Th	Aug 4 - 25	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	May 3 - 24	6:00 - 7:15 pm	\$29
Tu	June 7 - 28	6:00 - 7:15 pm	\$29
Tu	Aug 2 - 23	6:00 - 7:15 pm	\$29

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

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.




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

Central Point Senior Center Open House

Sunday, May 22, 2016
2:00 – 4:00 pm

Enjoy a light snack and see what the Senior Center has to offer. Discover one of Central Point's "best kept secrets"!

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



Enrichment

The first aid/CPR classes below are video-based, instructor led courses. All those attending classes below will be certified by the American Heart Association. Certificates will be mailed to participants approximately three weeks after completion of the class. Bring food and/or snack, writing materials, and knee support. Registration fee includes cost of textbook. Classes may end earlier than scheduled depending on class size.



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: Rec A - May 7, May 21, June 4, Aug 13
Rec B - July 9, July 30

Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Sat	May 7	9:00 am - 5:00 pm	\$67
Sat	May 21	9:00 am - 5:00 pm	\$67
Sat	June 4	9:00 am - 5:00 pm	\$67
Sat	July 9	9:00 am - 5:00 pm	\$67
Sat	July 30	9:00 am - 5:00 pm	\$67
Sat	Aug 13	9:00 am - 5:00 pm	\$67

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: Rec B
Instructor: Christie Hackett
Ages: 16+

Day	Date	Time	Cost
Th	May 19	3:00 - 7:00 pm	\$65

MEDICINAL AND EDIBLE PLANT WALK

In this class, we will take a leisurely walk down the trail at Flanagan Park to learn more about common edible and medicinal plants and "weeds" found in Southern Oregon. We will first discuss basic botany skills to aid in plant identification. We will then explore traditional ethnobotanical lore, as well as explore current trends and medical research about common plants found in the park.



Location: Flanagan Park
Instructor: Erin Krenzer
Ages: 12+

Day	Date	Time	Cost
Sat	Aug 6	3:00 - 4:15 pm	\$5

The Storytelling Guild presents

The 50th Children's Festival 1967 - 2016

Saturday, July 9 4:30 to 8:30 PM
Sunday, July 10 4:30 to 8:30 PM
Monday, July 11 9:30 AM to 1 PM

At Jacksonville's Britt Gardens. Admission \$3

A fun-filled family affair with over 30 craft booths

Proceeds benefit the Storytelling Guild, a non-profit organization

storytellingguild.org

BASIC E-MAIL FOR BEGINNERS AND SENIORS

Learn hands-on how to create a Gmail e-mail account by choosing a user name and strong password. We will focus on how to send and receive mail, reply and delete email messages, attach images, open mail, make a contact list, and learn how to avoid spam and malware.



Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 12+

Day	Date	Time	Cost
W	May 4	1:00 - 3:30 pm	\$13

BASIC FILE MANAGEMENT FOR BEGINNERS AND SENIORS

Learn how to easily manage files and folders using time-saving techniques for Windows. Emphasis will be on managing pictures, files and folders, and using Windows Explorer and the Save As box to move files and manage your computer.

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 12+

Day	Date	Time	Cost
W	May 11	1:00 - 3:30 pm	\$13

TWIN CREEKS
An Active Adult Community

PRESENTS - FIT TO RETIRE

Please join Twin Creeks Retirement for our free fitness lecture series.

Time: 10:00 to 11:00 am
Location: 888 Twin Creeks Crossing, Central Point
RSVP at (541) 664-8880.

June 6 – Best Exercises for Seniors
June 13 – Nutrition for Seniors
June 20 – Building Better Balance
June 27 – Benefits of Stretching

Enrichment

BASIC INTERNET FOR BEGINNERS AND SENIORS

Learn how to surf the web safely and look for websites, photos, and articles. Emphasis will be learning how to enter the URL for websites, including search engines like Google; also, how to print articles while monitoring the amount of pages and how to avoid unsafe sites.

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 12+

Day	Date	Time	Cost
W	May 18	1:00 - 3:30 pm	\$13

BASIC FACEBOOK FOR BEGINNERS AND SENIORS

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



Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 12+

Day	Date	Time	Cost
W	May 25	1:00 - 3:30 pm	\$13

LEARN MICROSOFT EXCEL

This beginners course will provide an introduction to the Microsoft Excel spreadsheet application. We will explore how to create and format Excel spreadsheets, manage basic row and column data, use number formats, create basic formulas, and use functions. Please bring paper and pen.

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 12+

Day	Date	Time	Cost
Tu & Th	May 3 - 12	6:00 - 8:00 pm	\$45

Enrichment

Ron Kohl, the instructor, has 30 years law enforcement experience. Positions held include SWAT Team, Tactical Operations, Director of Crime Prevention, Detective, Armed Assault Team Leader and Academy Instructor. Mr. Kohl currently volunteers as the Ashland Police Department Crime Prevention Specialist.

IDENTITY THEFT SAFETY TIPS

This program is aimed at reducing the risk of identity theft of your personal information by increasing your awareness through knowledge of how ID theft works. You will gain an understanding of the following:



- How to protect your identify
- How to avoid ID theft by improving awareness
- How a criminal can get your identity
- How to prevent telemarketing access
- How to get a free credit report from all agencies
- How to access government websites
- What to do if you are a victim
- How to report ID theft

Location: Computer Classroom
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	May 19	6:00 - 8:00 pm	\$10

WHAT IS A NEIGHBORHOOD WATCH AND HOW TO START ONE

This program will explain what a neighborhood watch is and how it functions. You will gain an understanding of the following:

- How to organize a Neighborhood Watch and generate interest
- What to safely do in a variety of situations
- What is a Block Captain?
- What is suspicious activity or behavior?
- You will learn how to report what you see
- What is a 911 Center and how a Neighborhood Watch fits in

The instructor will provide handouts as reference materials and much more information.

Location: Computer Classroom
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	July 7	6:00 - 8:00 pm	\$10

FRAUDS, SCAMS, & CONS

There are a vast number of existing frauds, scams and cons and new ones are developed every day. This program is designed to assist you with understanding where and how these come about. From this presentation you will gain an understanding of the following:

- How scammers reach out and lure you in
- How mail, internet, and telephone are used and preventive tips
- How NOT to be a victim
- What to do if you become a victim and how to report it
- How to listen for key words that should alert you
- Directions on how not to be afraid and how to be aware
- How to handle scammers if you encounter them

Location: Computer Classroom
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	June 9	6:00 - 8:00 pm	\$10

PERSONAL SAFETY AND AWARENESS AT HOME, SHOPPING, WALKING AND IN YOUR VEHICLE

This program will raise your safety awareness and reducing your vulnerability as a victim. You will learn the following: Safety at home; when using an ATM machine; in your vehicle and while traveling and walking and/or shopping. Presentation include prevention methods, handouts and tips.

Location: Computer Classroom
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	Aug 11	6:00 - 8:00 pm	\$10



SAVVY SOCIAL SECURITY PLANNING FOR BABY BOOMERS

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

This informative workshop covers the basics of Social Security and reveals strategies for maximizing your benefits. Please 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	May 25	5:30 - 6:30 pm	\$5
W	July 27	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	May 24	5:30 - 6:30 pm	Free
Tu	June 28	10:00 - 11:00 am	Free
Tu	Aug 23	10:00 - 11:00 am	Free

READY OR NOT? PREPARING FOR THE UNEXPECTED

This educational class shares tips on how to develop a proactive strategy for protection and preparing for the unexpected. We'll discuss how to prepare for an unexpected death or disability, loss of income or employment, and unexpected long-term medical expenses.

Location: Council Chambers
Instructor: Deven Howard
Ages: 18+

Day	Date	Time	Cost
W	May 11	6:00 - 7:00 pm	Free



WHAT HAPPENS AFTER THE PAYCHECKS STOP?

We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify some of the potential risks to your retirement income and ways to address them.

Location: Council Chambers
Instructor: Deven Howard
Ages: 18+

Day	Date	Time	Cost
Tu	July 12	6:00 - 7:00 pm	Free

Victorian Promenade Fashion Show
Belles & Beaus Society
Brought to you by the Central Point Friends of the Library
Friday, May 20th @ 1:30
Library Community Room, 140 S. Third St.
Reservations please! 541-664-3228
Join us for sweet treats from Fairy Godmother's Teeny Tiny Tea Cottage

Enrichment

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	May 6 - 27	6:30 - 8:00 pm	\$18
F	June 3 - 24	6:30 - 8:00 pm	\$18
F	July 8 - 29	6:30 - 8:00 pm	\$18
F	Aug 5 - 26	6:30 - 8:00 pm	\$18

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	May 10 - 31	6:30 - 8:00 pm	\$18

UKULELE U

Want to play music around the campfire, but can't fit the guitar in with all the camping stuff? Then the uke is for you! Fun to play and easy to learn, the ukulele is the good time, go anywhere stringed instrument. Students will learn all the basics – tuning, chords, reading tab to play the melody of a tune, and cool strumming and finger picking techniques for any music style.

Bring along your soprano, concert or tenor ukulele (no baritone ukes, please!), a music stand if you have one, and get ready to rock!

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

Day	Date	Time	Cost
W	June 8 - 29	7:00 - 8:00 pm	\$42
W	Aug 3 - 24	7:00 - 8:00 pm	\$42



BASIC OUTDOOR PHOTOGRAPHY

This course is an introduction for beginning photographers and nature lovers. You will be introduced to composition guidelines with scenery, people, and pets in a natural setting. We will explore natural lighting, depth of field, apertures, and shutter speeds. Be prepared to use your camera during the course and bring your camera's instruction manual. **There will be two Saturday field trips, and you will need to provide your own transportation.**

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

Day	Date	Time	Cost
Th & Sat	June 16 - 25	Th: 6:00 - 8:00 pm Sat: 3:00 - 5:00 pm	\$45

MAKE A DECORATIVE A FELTED SUMMER SILK SCARF

This beginning class will teach you how to make a nuno felted scarf. This is a process of adding fiber to silk to create a beautiful scarf. Scarf will be completed during the four hour class. Bring a bath towel, rubber gloves, 1 1/2" x 12" dowel, and 3 yards of 12 inch wide bubble wrap. Other supplies will be provided.



Location: Rec A
Instructor: Sharon Jackson
Ages: 15+

Day	Date	Time	Cost
Sat	May 28	9:00 am - 1:00 pm	\$50
Sat	June 25	9:00 am - 1:00 pm	\$50
Sat	July 30	9:00 am - 1:00 pm	\$50
Sat	Aug 27	9:00 am - 1:00 pm	\$50

LEARN SPANISH DANCES!

This is a beginning class. You will learn basic foot work, hand clapping, body technique, and spins and turns. We will use body movement to learn Flamenco. Please wear a wide skirt, leotards, and shoes with wide heels.



Join Gloria for a free workshop on Saturday, May 21 from 10:00 am to 12:00 pm at the Robert Pfaff Park Band Shell. She will introduce you to the basics of Spanish Dance. Please register for the workshop and then sign up for the monthly classes beginning later in May!

Location: Pfaff Park Bandshell, 635 Manzanita Street, Central Point (Behind the Central Point Post Office)
Instructor: Gloria Westfall
Ages: 8+

Day	Date	Time	Cost
Sat	May 21	10:00 am - 12:00 pm	Free
Sat	June 18 - July 2	10:00 am - 12:00 pm	\$32
Sat	July 16 - 30	10:00 am - 12:00 pm	\$32
Sat	Aug 20 - Sept 3	10:00 am - 12:00 pm	\$32

Enrichment

CENTRAL POINT COMMUNITY GARDENS

Do you want to grow your own vegetables, flowers and other plants but you don't have the room? Now you can! All of our garden plots have their own water hook ups so you can use a water timer for a low maintenance garden.



Save money at the grocery store by growing your own food. We have garden plots at two locations: Hanley Farms and Don Jones Memorial Park. All plots have been taken at Hanley Farm but plots are still available at Don Jones. The garden plots at Don Jones Memorial Park are located directly across from the tennis courts. 10' x 10' plots are still available at a cost of \$25.

Plot reservations for garden spaces begins on February 1 for those with existing plots. Plot reservations for new gardeners begins March 1.



TRY OUT THE OLYMPIC SPORT OF BMX!

Race Schedule

Rogue Valley BMX is located within Bear Creek Park in Medford Oregon. The race track is sanctioned by USA BMX.

Wednesday- Register 5-6pm
Sunday- Register 1-2pm
Race to follow.

USABMX Membership required to race.

Track is open to the public for practice, with the exception of sanctioned events.



Follow us on Facebook for all current info and updates.

FUN FOR ALL AGES!

www.USABMX.com

www.RogueValleyBMX.com

Enrichment

Parks

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

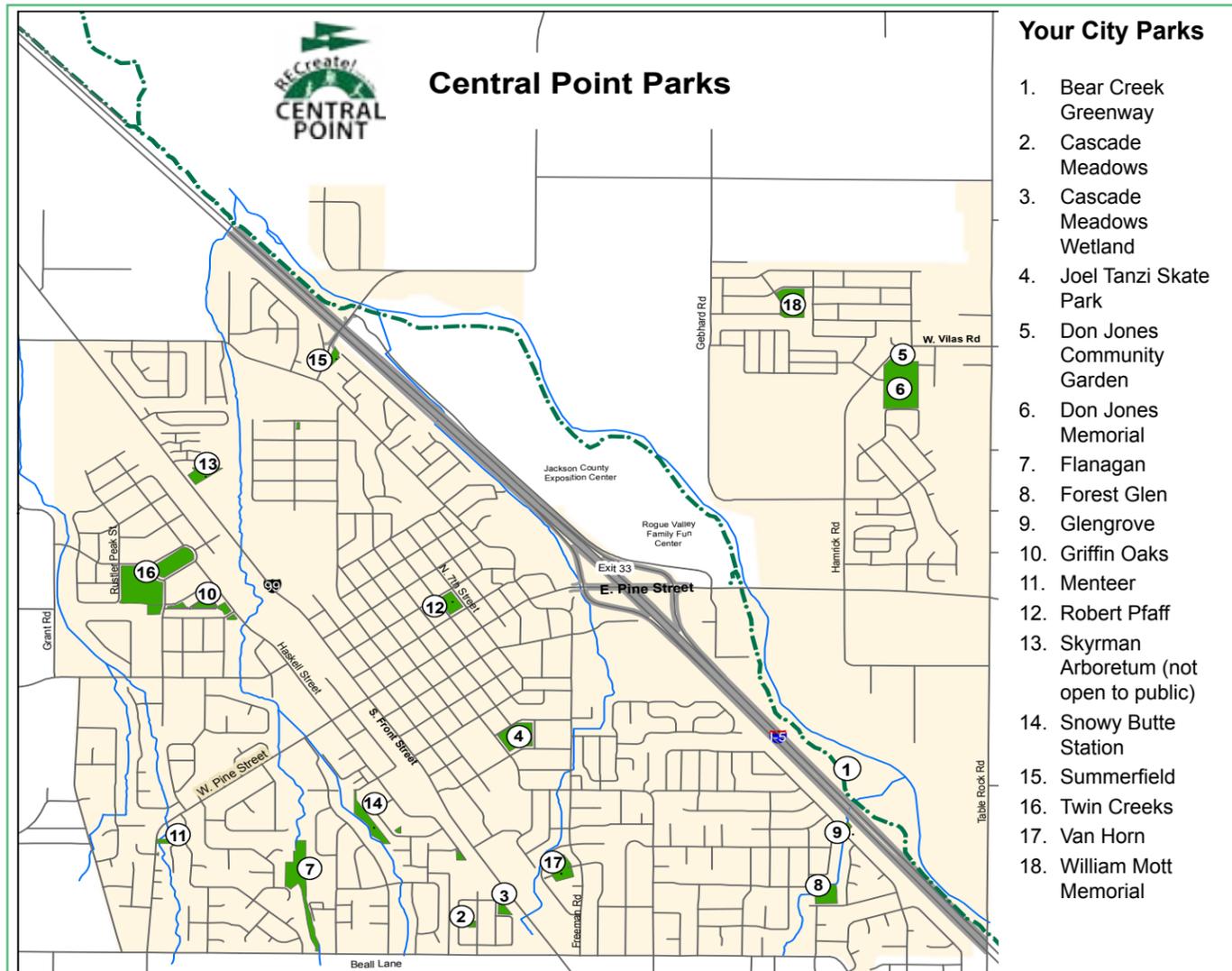
Special Event Permits are needed for events ranging from fund raisers, organized runs, music or movies in the parks, class reunions and more. In general, a permit is required for any organized activity involving the use of, or having impact upon, public property or public facilities, including, but not 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.

You are Invited to assist with the update of the
**Central Point Parks and Recreation
 Master Plan**

The first Open House will be held on
Tuesday, May 10, 6:00 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 this meeting and share your vision for the 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



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	-

Event Sponsors

Event Sponsors

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105.1 the WOLF

OSU Extension Service Classes



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/>

These are only a few of the offerings available. Visit the website for more information on classes.

OUTFITTING THE GREENHOUSE

Design and fully equip your home greenhouse for maximum productivity and success.

Location: OSU Extension Auditorium
Instructor: Kelly Brainard, Ashland Greenhouses

Day	Date	Time	Cost
M	July 25	6:00 - 8:00 pm	\$10

COMPOST TROUBLE

Already have a compost system, but still have questions or need help? Get your questions answered in this fun class.

Location: OSU Extension Auditorium
Instructor: Chris Hjerrild, Master Gardener

Day	Date	Time	Cost
Sat	Aug 6	12:30 - 3:30 pm	\$10

SUMMER GRAPE CARE

Grapes are low maintenance, but need some summer care for health and production – learn what to do and when.

Location: OSU Extension Auditorium
Instructor: Chris Hubert, Results Partners

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

GROWING CITRUS IN THE ROGUE VALLEY

Citrus are very rewarding to grow in containers. Learn how to care for your citrus, make it thrive, and produce wonderful winter fruit.



Location: OSU Extension Auditorium
Instructor: Joel Heller, Backyard Citrus Grower

Day	Date	Time	Cost
Tu	May 17	6:00 - 8:00 pm	\$10

WEEDS: CAN'T BEAT 'EM - EAT 'EM

Need a strategy for dealing with all those weeds? Some weeds are edible, and could become part of your next salad or stir fry.

Location: OSU Extension Auditorium
Instructor: Erin Krenzer, Master Gardener

Day	Date	Time	Cost
Sat	July 9	12:30 - 3:00 pm	\$15

MASTER FOOD PRESERVERS ASSOCIATION 2016 MINI-SERIES

Canning and preserving used to be something only our grandmothers did; now it is one of the hottest culinary trends around. Our 2016 Mini-Series will cover all facets of preserving: fermenting, water bath canning, pressure canning, freezing and dehydrating. Come see what all the fuss is about and learn the basics of safely preserving your food. These classes can be taken as a series or as an individual class. Each class costs \$30.

Day 1 – The Wonders of Pickling and Fermenting
May 21, 2016 – Saturday - 9:00 am – 4:00 pm

Day 2 – Preserving Fruit – Jams, Preserves, Freezing and Dehydrating. June 11, 2016 – Saturday - 9:00 am – 4:00 pm

Day 3 – Tomatoes, Tomatoes, Tomatoes!. July 16, 2016 – Saturday - 9:00 am – 4:00 pm

Day 4 – Pressure Canning: Meat, Broths, Soup Bases, Low Acid Vegetables. August 13, 2016 – Saturday - 9:00 am – 4:00 pm

Location: OSU Extension Auditorium
Cost: \$30 per class. Register online at: <https://secure.oregonstate.edu/osuext/register/998>

Dare Show & Shine & Cruise

August 6th 2016



Come join us again this year at Twin Creek Crossing Park in Central Point, August 6th 2016. Show and Shine is from 10:00 A.M. to 2:00 P.M at Twin Creek Crossing Park and the Cruise is from 6:00 P.M. to 9:00 P.M. on East Pine Street. **Additions to the event will be an award for People's Choice and Central Point Police Chief's Choice Award.**



Come One, Come All!

All Vehicles Are Welcome to this EVENT!

All Proceeds from this event help support the

Central Point Police Department D.A.R.E. Program

TRAFFIC RULES WILL BE ENFORCED.

BURN-OUTS WILL NOT BE TOLERATED.

All Pop Up's or Canopy's have to be staked to the ground!

Local Communities



APRC (at The Grove)
1195 E Main St
Ashland, OR 97520
(541) 488-5340
www.AshlandParks&Rec.org

SUMMER 2016 EVENTS WITH ASHLAND PARKS & RECREATION COMMISSION (APRC)

APRC's Annual 4th of July Run

The annual 4th of July Run will take place on Monday, July 4, 2016 in downtown Ashland near the Ashland Public Library. This annual run is steeped in tradition dating back



to 1976! Two runs are offered, a 2-mile fun run and a 10K that attracts local competitors as well as running talent from other regions in the U.S. – Race time is 7:45 am Register online (and buy a T-shirt) at ashland.or.us/JulyRun. Or, for more info

call APRC at (541) 488-5340. If you want a T-shirt for only \$10, you will need to order by June 10! This event helps fund the Ashland and Phoenix High School Cross Country teams.

APRC's Annual Island Night at the Pool

Join APRC on Saturday, July 23, 5 to 8 p.m. for the annual Island Night: An Aloha State of Mind. Hawaiian music and hula dance will fill the atmosphere at Ashland's outdoor Daniel Meyer Pool. Celebrate the seasonal opening of the pool... Hawaiian Style! The pool is located in Hunter Park at 1705 Homes Ave in Ashland. Please visit ashland.or.us/Swim to view the summer schedule and learn more about this event. Or, for more info call APRC at (541) 488-5340.

Be sure to watch for other APRC annual events:

- Ashland Community Bike Swap at The Grove, RVTD. org/bikeswap; (April)
- Rogue Valley Bird Day at North Mountain Park, RogueValleyBirdDay.net (May)
- Siskiyou de Mayo: A World Music Festival in Lithia Park, ashland.or.us/SiskiyoudeMayo (May)
- Bear Creek Salmon Festival at North Mountain Park, BearCreekSalmonFestival.net (October)
- First Frost at the Ashland Rotary Centennial Ice Rink in Lithia Park, ashland.or.us/IceRink (November)

Learn more about APRC by visiting AshlandParksandRec.org. Like us on Facebook at [Facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec).



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

MEDFORD PARKS AND RECREATION

Medford Parks & Recreation is the primary regional service provider for year-round adult sports leagues and other affordable youth sports programs. Visit sportsmedford.com for the latest catalog, or call them at (541) 774-2400.

Adult Sports Leagues

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

Youth Sports

- Youth Indoor Soccer League (Ages 4 - 8)
- Little Hoopsters Basketball Program (K - 3)
- Coach Mac's Basketball Camp (Ages 5 - 14)
- Youth Golf Lessons (Ages 7 - 16)
- Kids Kicks Soccer Clinics (Ages 4 - 8)
- Youth Tennis Lessons (Ages 4 - 15)
- Youth Volleyball Camps

UP & DOWN
2016 | ASHLAND, OREGON

Join us for the inaugural Up & Down bike ride, highlighting the Cascade Siskiyou Scenic Bikeway!
July 23, 2016
Emigrant Lake County Park

- 51 miles, 5100' of climbing
- Water stops, rest stops & ride support included
- Post-ride barbecue lunch & beer included
- Ride proceeds will benefit improving and expanding the Bear Creek Greenway

Learn more and register at upanddownashland.com

Hanley Farm

1053 Hanley Road, Central Point
(541) 773-6536, ext. 202

May 5 – First Thursday (& EVERY Thursday through October!) – Open to the public! Self-guided farm tours, tour Hanley Gardens, bring a picnic dinner, relax & enjoy! FREE! Thursdays, May through October, 4pm-7pm.

May 7 & 8 – Heritage Plant & Garden Fair – Heirloom Tomatoes, Heritage Plants, Farmhouse Tours & MORE!
FREE! 10am-3pm. Tours/\$5; SOHS Members/\$3.

May 19 – Third Thursday – 3rd Thursday in May, & EVERY MONTH through October, extended activities include docent-led Farmhouse tours & Garden Tours & Wagon Rides & Children's Garden Activities! FREE! 4pm-7pm. Farmhouse Tours- \$5; SOHS Members and Children 6 & under/\$3.

May 28 – Children's Heritage Fair – An event the entire family will enjoy! Butter Churning, Pottery Making, Story-Telling, & more! 11am-4pm. \$8; SOHS Members and Children 6 & under/\$5; Farmhouse Tours/\$3.

June 16-Third Thursday at Hanley Farm! –FREE! 4pm-7pm. Activities include Farmhouse Tours-\$5; SOHS Members & Children 6 and under/\$3

July 11-15 – Hanley Summer Camp – Heritage Crafts, Nature Walks, Daily Farm Chores, Old-Fashioned games, etc.! Children 7-10yrs, 9am-1pm, \$195.

July 16 & 17 – Living History Days – Civil War Reenactment! Exhibits! Demonstrations! Food! & MORE! 11am-4pm. \$8; SOHS Members & Children 6 & under/\$5; Farmhouse Tours/\$3.

July 21 – Third Thursday at Hanley Farm – FREE! 4pm-7pm. Farmhouse Tours-\$5; SOHS Members & Children 6 and under/\$3

July 25-29 & August 8-12 – Hanley Summer Camp – Children 7-10yrs, 9am-1pm, \$195.

August 18-Third Thursday at Hanley Farm – FREE! 4pm-7pm. Farmhouse Tours-\$5; SOHS Members & Children 6 and under/\$3

Local Communities

SHOOTING STAR NURSERY

wholesale • retail • design & consultation

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 \$10 for all classes

May 5 – Mother's Day Floral Workshop (6:00 - 7:30 pm)

Celebrate mom by creating a truly special floral arrangement or wreath of local flowers and foliage. Join Juleianna of Petali Floral for a creative evening of homemade bouquets with friends and family. Bring your favorite vase or jar and all other supplies and tools are included as well as wine, chocolates, and treats.



May 7 – Mother's Day Kids Class

Bring the kids and have them decorate a pot for Mom! Then they can pick out a plant to make it even more special. Lemonade, treats, and our entertaining sandbox will add to the festivities.

May 21 – Cold Hardy Tropicals: Get that lush, tropical look with plants that will do well in our climate and survive our colder winters. There are some great options for your pool or patio or containers that will make a big splash with dramatic foliage, bright colors, and long lasting interest.

June 4– The Birds and the Bees: Attracting Pollinators to Your Garden: Flowers rich in pollen and nectar and their resulting seed-heads are important sources of food that must be present year round to sustain a healthy population of pollinators. Come learn about what specific perennials, grasses, shrubs, and even trees our flying friends adore to keep your garden buzzing with activity throughout the seasons.

June 25 – Tips for Propagating Perennials: Get a hands on lesson from our resident horticulturist, Erik, on how to create more of your favorite perennials. June and July are good months to use techniques such as cuttings, layering, and divisions. This will be a hands on class where you will come away with many new skills and some new plants to bring home!

Central Point Library Programs

Register for a Recreation Class!



**at the Central Point Branch Library's
2016 Summer Reading Program**

June 15 – August 7

Readers of all ages are invited to explore all things sports and fitness this summer as

Central Point Branch Library presents "On Your Mark, Get Set, Read"

Activities will include Minute to Win-it contests, Thursday Dance-it-Offs, group games, physical challenges, art projects, science and engineering experiments, and more...

Please join us for two special events for All Ages:

Wednesday, June 15, 4:30 pm:

Music in Action with Rich Glauber, Troubador Extraordinaire

Wednesday, July 13, 11:00 am:

Mammals of Southern Oregon with John Jackson of Bugs-R-Us

This annual Summer Reading Program is open to all ages:

babies, preschool, elementary, students, and adults

You may register for the reading programs anytime beginning June 15.

Thanks to generous donations from our local business sponsors, and to the Central Point Friends of the Library, the library will offer a variety of programs, giveaways, and contests, so pick up a list of events and drop in as often as possible.

For more information, call the Central Point Branch Library at 541-664-3228

Or visit our website at www.jcls.org



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.

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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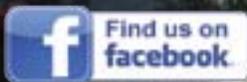
Calendar of Events - Summer 2016

Event	Date	Time	Location
Spring City Wide Yard Sale	May 7	8:00 am - 3:30 pm	Central Point Area
Parks Master Plan - First Open House	May 10	6:00 - 8:00 pm	City Council Chambers
KidVenture Preschool Open House	May 12	6:00 - 7:00 pm	405 S. 4th Street
Don Jones Spray Park Opens	May 27	10:00 am	Don Jones Memorial Park
Memorial Day	May 30	City Offices Closed	
Memorial Day Commemoration	May 30	9:00 - 10:00 am	Oregon Fallen Heroes War Memorial
Fourth of July	July 4	City Offices Closed	
Run for Freedom & Freedom Festival	July 4	Event Schedules on Page 6	E. Pine Street Robert Pfaff Park
Munch-N-Movies in the Park (Schedule on page 6)	July 15 - August 19	Music starts at 6:00 pm Movies start at dusk	Robert Pfaff Park Twin Creeks Park
DARE Cruise (Schedule on page 27)	August 6	10:00 am - 2:00 pm 6:00 - 9:00 pm	Twin Creeks Park & East Pine Street
Labor Day	September 5	City Office Closed	
KidVenture - First Day	September 7	8:30 am & 12:30 pm	405 S. 4th Street
Police Department Open House	September 10	10:00 am t 2:00 pm	155 S. 2nd Street
Community Christmas Lights Parade	December 10	5:15 - 7:00 pm	E. Pine Street & City Hall

DISCOVER A CENTRAL POINT PARK TODAY!

Visit the Central Point
 Parks & Recreation
 Website

www.centralpointoregon.gov



[www.facebook.com/
 Central-Point-Parks-
 and-Recreation](http://www.facebook.com/Central-Point-Parks-and-Recreation)

Playground at Van Horn Park

