

Central Point Parks & Recreation
Winter - Spring 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 Rooms 1 & 2**
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
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/CentralPointOregon

"Take time to be kind and to say 'thank you.'" Zig Ziglar

As residents of the City of Central Point, we all enjoy the many parks and recreation opportunities that exist in our community, but most of us rarely stop to think about the people who maintain our parks and keep them in such great condition. We also don't always consider who organizes and runs the many recreation programs or events in our city.

The employees in the Parks and Recreation Department as well as other city departments all help with the important daily tasks. The events involve just about every department of the city starting with Parks and Recreation, Police, Public Works and Administrative Staff. These important tasks usually happen in such a way that you are not even aware who is helping make things happen.

Many of the staff in the Central Point have been working in the department for years. Their expertise in their jobs and the pride they take in their jobs make our city something special. The longevity and the ability of staff to come together in a common goal is an

asset to our city. It is also one of the factors that make Central Point a great community and a place that many of our staff call home.

If you get a chance, be sure to thank those hard working Central Point workers that keep the city running. All I can say is that I am fortunate enough to work with a great bunch of individuals. Thank you to all you residents that support Parks and Recreation in Central Point. We are all looking forward to what 2016 has in store.

Jennifer Boardman
Parks and Recreation Manager

Parks and Recreation Commission Meetings Winter - Spring 2016

- Thursday, January 21, 6:30 pm
- Thursday, May 19, 6:30 pm

Location: Central Point City Council Chambers

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 Battle of the Bones, Community Christmas Light Parade, and the Eggstravaganza, 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 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!

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

Community Christmas
Light Parade - Dec. 5

Eggstravaganza,
March 26

Volunteer at
Shiftboard.com/centralpointoregon

Mighty Mites
Basketball Coaches Needed.
Call (541) 423-1012 for
more information.

Events

Events

Community Christmas Lights Parade

Saturday, December 5th, 2015



Parade starts at 5:15 pm • Downtown Central Point
Join us at City Hall after the parade for fun activities!



Hay Rides
Games & Crafts
Visit with Santa Claus
Kiwanis Book Giveaway
Tree Lighting (6:00 pm)
View the floats up close after the parade!

Phone: (541) 664-3321 x130 • www.centralpointoregon.gov

Join Us for the 21st Annual Crater Foundation Community Scholarship Dessert Auction!

Date: December 5, 2015
Time: Doors Open at 6:00 pm
Location: Crater High School Gymnasium

The atmosphere of the auction is filled with excitement and optimism as a community comes together to invest in the lives of its youth. Enjoy a night packed with dessert and great auction items where the proceeds from all purchases directly support Crater graduates' college aspirations. The message they receive is clear: "Someone believes in me!"

If you would like to attend this upcoming auction, please contact us at (541) 494-6308

Crater Foundation
PO Box 5172
Central Point, OR
97502



CITY OF CENTRAL POINT'S SPRING

CITY WIDE YARD SALE!

Saturday, May 7
from 8:00 am to 3:00 pm

Whether you want to find new treasures or sell your used ones, you won't want to miss this City Wide Sale in and around Central Point. If you're planning on having a sale don't forget to place your address on our official list. The list will be posted on our website and copies will be available at City Hall.

The deadline for listing your address is Monday, May 2 at 4:00 pm.
Call (541) 664-3321 ext. 130 or visit our website to sign up today!



fourth annual
5K RUN WALK
12/12/2015
REGISTER TODAY

EVENT DETAILS

Date:.....Saturday, 12/12/2015
Location:.....Twin Creeks Park, Central Point, OR
Time:.....5pm
Facebook:.....Holiday Hustle 5K
Pre-Register:...<http://getmeregistered.com/HolidayHustle5K>

Presented By...



CREATE Fun Arts!
Weekly Arts & Crafts Classes
4 Kids & Adults!
63 S. 4th St. - Downtown Central Point!!!
www.art4joycp.com
541-951-9026
\$5.00 OFF
Your First Class
Expires 5/31/16
Follow us on FB for the latest activities!
www.facebook.com/art4joycp

Events

Central Point Eggstravaganza!

Saturday, March 26, 2016

**Twin Creeks Park
Central Point**

10:00 am Games & Activities

11:00 am Egg Hunt

Don't forget your basket or bag!

Egg Hunt Groups:

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

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



**Volunteers Needed. If you would like to help call
(541) 664-3321 Ext. 30**



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, 2015 and completely potty trained) and in need of some beginning enrichment then this is the place for you!



KidVenture offers two class sessions:

- Mornings 8:30 - 11:30 am
- Afternoons 12:00 - 3:00 pm

Cost:

- \$140 Per Month
- \$30 Registration Fee (Waived if signed up for autopay)

Dates:

- Weekly: Tuesday, Wednesday, Thursday
- September 9 to June 9 (Follows Schools District 6 calendar)

KidVenture will be in session 106 days for the 2015/2016 school year. School building is not open to the public to ensure safety, so please call Parks and Recreation for an appointment to visit the school at (541) 664-3321 ext. 263.

Application materials are available at www.centralpointoregon.gov.

Call for information on morning and afternoon openings.

Youth Programs



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

YMCA AFTERSCHOOL PROGRAM

The YMCA offers a family-centered program for kids on-site at local elementary schools. Youth learn the values of caring, honesty, respect and responsibility from positive role models. The YMCA Afterschool Program includes homework assistance, snacks, organized gym games, art, science and outdoor group activities. The maximum ratio is 1 staff to 15 kids. Program runs Monday thru Friday from school dismissal until 6:00 pm. Monthly fee depends on number of days you attend. Financial Assistance is available. To learn more visit www.rvymca.org or call (541) 772-6295 ext. 114.

YMCA SWIM LESSONS

The YMCA offers swimming lessons that follow both YMCA and American Red Cross standards designed to make adjustments to the water easy and fun for all ages. All second graders learn to swim for free at the YMCA. \$70 for 7 week session. To learn more visit www.rvymca.org or call (541) 772-6295 ext. 111.

YMCA BASKETBALL

Begins in January and runs through March. Kindergarten Basketball – Coed 1 hour clinic style practice on Saturdays. 1st and 2nd Grade Basketball - Boys & Girls 1 hour practice followed by a 1 hour game on Saturdays. 3rd to 6th Grade Basketball - Boys & Girls 2 one hour practices each week then games on Saturdays. \$70 includes reversible jersey. Food Assistance Pre-Qualified scholarships \$35, just present a Food Stamp Award Letter or School Free Lunch Letter. Many scholarships available please ask. To learn more visit www.rvymca.org or call (541) 772-6295 ext. 111.

YMCA DAY CAMP

All the fun and excitement of summer day camp. Each day will be filled with experiences in: nature, arts & crafts, skits, songs, scavenger hunts, outdoor living skills, weekly based field trips, cooking, sports and swimming. To learn more visit www.rvymca.org or call (541) 772-6295 ext. 107.
Grades: Kindergarten - 6th Grade
Dates: March 14 - 25, Monday - Friday
Time: 7:30 am - 6:00 pm Cost: \$25/day

Youth Programs - Bugs R Us

SPIDERS AND SCORPIONS

Those things of NIGHTMARES are explained in a POSITIVE way! We explain the differences between insects and arachnids and why the spiders and scorpions are so important for humans and the environment. Body structures, venoms and different species are discussed. Includes HANDS-ON time with LIVE arachnids including a tarantula, whip-scorpion and NON-PETTABLE local Wood Scorpion as well as various PRESERVED examples from all over the WORLD. Visitors receive a SPIDER ring and ID sheets for different species of spiders at the conclusion of the program.

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

Day	Date	Time	Cost
Sat	Jan 23	3:00 - 4:00 pm	\$6



OWLS AND OWL PELLETS

Participants get "hands-on" with real owl pellets...we get to play DETECTIVE with latex gloves, tweezers and magnifying glasses to find out what the owls have eaten. We discuss owls in the environment and the part they play in the food-web cycle. Includes HANDS-ON time with a taxidermied barn-owl and owl calls. Visitors get to KEEP whatever or WHOMEVER they find inside the pellets.

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



Day	Date	Time	Cost
Sat	Feb 20	3:00 - 4:00 pm	\$6

NATURAL HISTORY OF THE OREGON TRAIL

We cover the basics of the Applegate and Oregon Trails combined with the animals, plants and geology that the settlers encountered. We discuss the game animals... bison, elk, deer, quail... as well as the predators such as coyotes. And the best part is the PETTING...hides and horns from ALL of the mammals and birds that we discuss.



We also play the OREGON TRAIL FOOD SUPPLY GAME to see what the audience thinks would be the animals with the biggest benefits. Includes information about the landmark rocks and rivers as well as the importance of the bison to the Native Americans as well as the pioneers.

Most public school students learn about this in 4th grade. As it is HISTORY with LOTS of dates, please NO KIDS under 8 years. Each student receives a detailed OREGON TRAIL historical map and a coloring page at the end of the program.

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

Day	Date	Time	Cost
Sat	March 12	3:00 - 4:00 pm	\$6

REPTILES AND AMPHIBIANS

This program showcases LIVE animals including a box turtle, bearded dragon lizard, various frogs and a few models. NO LIVE SNAKES. We discuss the differences between Reptiles and Amphibians, life cycles and the important role they all play in the environment. Also includes handouts for identification of local species.

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



Day	Date	Time	Cost
Sat	April 16	3:00 - 4:00 pm	\$6

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 Seth Phillips (KDRV Meteorologist).
Ages: 8 - 15

Day	Date	Time	Cost
M	March 21 (Weather Station)	2:30 - 4:10 pm	Free
Tu	March 22 (KDRV)	10:00 am - 12:00 pm	Free



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	April 16	10:00 am - 12:00 pm	\$14

INTRODUCTION TO ARTS & CRAFTS- AN AFTERNOON ART PROGRAM FOR KIDS

This is a fun and exciting Introduction to Arts and Crafts with experienced Art teacher Sarah Hart. Sarah has experience teaching art to elementary and middle school students in public schools. She is also a watercolor artist and nature photographer. Each week the class will focus on a different media: drawing, watercolor painting, pastel, collage, mosaic design, and masks making. Supplies provided.

Location: Rec B
Instructor: Sarah Hart
Ages: 7 to 14

Day	Date	Time	Cost
Tu & Th	Feb 2 - March 10	3:30 - 5:30 pm	\$93
Tu & Th	April 5 - May 12	3:30 - 5:30 pm	\$93

VALENTINE'S DAY CRAFTS AT THE FAIRY GODMOTHER'S TEA COTTAGE

Come by the Fairy Godmother's Tea Cottage to get ready for Valentine's Day. We will be making a candle holder, a bracelet, and a yarn heart. These crafts will be fun to decorate your house with or give as a gift. All supplies will be provided. Snack will be provided. Hope to see you soon!

Location: Fairy Godmother's Tea Cottage
 427 E. Pine Street, Central Point
Instructor: Princess Rhonda Smerdon
Ages: 5 to 7

Day	Date	Time	Cost
M	Feb 1	9:00 - 11:00 am	\$5

Youth Programs

MIGHTY MITES BASKETBALL

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

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 23 - Feb 27	1:30 - 5:00 pm	\$40



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	March 21 - 25	10:00 - 11:00 am	\$5
M - F	March 21 - 25	11:00 am - 12:00 pm	\$5

BRITISH SOCCER CAMP 2016!



Challenger Sports British Soccer Camp is the most popular soccer camp in the country. Hundreds of Challenger coaches each year have helped the company develop one of the most innovative approaches to coaching youth soccer in the US. Our

experienced staff study the game at all levels and we have identified the key techniques and skills that your players need to work on and master to reach their true potential.

Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily World Cup tournament. Summer 2016 schedule will be held on **June 20 to 24 at Community Park** and **July 25 to 29 at Twin Creeks Park**.

Fees and daily schedule to be determined. For more information or to register, call (866) 528-688 or visit www.challengersports.com.

YOUTH HIP HOP DANCING - BEGINNER LEVEL

This is a beginners level class. You will learn a number of Hip Hop routines as well as a polishing your technique along the way. Dress in proper workout attire and bring a water bottle. Dancer's bag and T-shirt available for purchase from instructor.

Location: City Hall Room 1
Instructor: Joanne Toner
Ages: 10 to 14

Day	Date	Time	Cost
F	Jan 8 - Feb 12	5:00 - 6:00 pm	\$24
F	Feb 26 - April 8 No class March 25	5:00 - 6:00 pm	\$24

YOUTH HIP HOP DANCING - INTERMEDIATE LEVEL

This is an intermediate level class that is designed for students who have some experience with Hip Hop Dancing and want to improve their skill level. Dress in proper workout attire and bring a water bottle. Dancer's bag available for purchase from instructor.

Location: City Hall Room 1
Instructor: Joanne Toner
Ages: 10 to 14

Day	Date	Time	Cost
Sat	Jan 9 - Feb 13	2:00 - 3:00 pm	\$24
Sat	Feb 20 - April 9 No class March 26	2:00 - 3:00 pm	\$24

HI YAH! TAE KWON DO Korean Karate Classes for 2016

Are you looking for something new and fun to try for 2016? Hi Yah! Tae Kwon Do is the answer! Check out our 4 special seminars we host for the community in a safe and family friendly environment. If you ever thought about taking some type of Karate now is the time. All classes are on Saturdays from 12:00 to 12:45 pm.

Instructor: Renshi Brandon Bennett,
Hi Yah! Tae Kwon Do: "Teaching more than Martial arts."
Call (541) 621-8960 or visit <http://hiyahtaekwondo.com> to sign-up for your first introductory class.

Youth Programs

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

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

Day	Date	Time	Cost
Tu, W, Th	March 22 - 24	Tu-W 9:00 am - 1:30 pm Th 9:00 am - 1:00 pm	\$110



Fitness & Health

YOGA BASIC

Designed for beginners who want clear instruction on basic yoga postures, proper breathing and improving balance. Perfect for those in chronic pain who want to develop 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	Jan 4 - Feb 22	4:00 - 5:00 pm	\$57
Th	Jan 7 - Feb 25	4:00 - 5:00 pm	\$57
M	Feb 29 - April 25 No class March 21	4:00 - 5:00 pm	\$57
Th	March 3 - April 28 No class March 24	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 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	Feb 19	5:30 - 7:30 pm	\$30
F	April 22	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	Jan 4 - Feb 22	5:30 - 6:30 pm	\$57
Th	Jan 7 - Feb 25	5:30 - 6:30 pm	\$57
M	Feb 29 - April 25 No class March 21	5:30 - 6:30 pm	\$57
Th	March 3 - April 28 No class March 24	5:30 - 6:30 pm	\$57

PILATES PLUS

A one-hour exercise class which focuses on the core, flexibility and strength building components of both Pilates and Yoga in a relaxed and fun environment. Utilizing yoga mats and props students will experience a mix of movements to build a stronger core and greater flexibility. Students should wear comfortable clothes which allow for easy movement and bring a yoga mat and water. Other props will be provided.

Location: City Hall Room 1
Instructor: Kaethe Fulton
Ages: 16+

Day	Date	Time	Cost
W	Jan 6 - 27	5:00 - 6:00 pm	\$44
W	March 2 - 30 No class March 23	5:00 - 6:00 pm	\$44
W	April 6 - 27	5:00 - 6:00 pm	\$44

ONE DAY YOGA GETAWAY - APRIL 2ND

Our 4th annual One Day Yoga Getaway will be held at "The Riverhouse" which is nestled in a lush wooded landscape on the Upper Rogue River. We'll begin with an all levels yoga practice, followed by a delicious catered lunch, inspired talk and restorative practice. Nourish yourself, retreat into beautiful secluded spaces, or enjoy gathering with friends.



9:00 - 11:00	Traditional Yoga Practice (includes Pranayama and Meditation)
11:00- 12:30	Lunch Included. Choose from the following (includes dessert): <ul style="list-style-type: none"> • Smoked Salmon Salad with Hazelnuts & Balsamic Vinaigrette • Teriyaki Chicken on a Ciabatta Roll • Mediterranean Salad with Feta Balsamic Dressing
12:30- 1:45	Living an ideal Lifestyle through an understanding of Yoga Philosophy
2:00- 3:00	Restorative Yoga



Pamper yourself with Massage & reflexology (Cost: \$15 for 15 min.). Pay massage therapists directly as these services are not included in the Getaway. Confirm lunch selections and massage appointments at time of registration. Register with Sandy Dennis at (541) 324-0844.

Early Bird Rate: \$100 paid before February 15; \$125 if paid by March 7 deadline. Space is limited to 20 students. Cash or check accepted. Mail checks to Sandy Dennis, P.O. Box 1121, Shady Cove, OR 97539. The Riverhouse is located at 7710 Rogue River Drive, Shady Cove, OR.

The Edgewater Inn, located near the Riverhouse, is offering special riverview rooms for \$65 a night for those extending their stay following the Yoga Getaway.

FITNESS, HEALTH AND WELLNESS LECTURE SERIES

This is a three session series of informal lectures and answers to your fitness, health and wellness questions with Patrick A. Frey, CSCS. Patrick has been teaching, guiding and training clients in the Rogue Valley for over 18 years, helping them to achieve a wide range of fitness, health and wellness related goals. Series will include the following three, 1 hour sessions:

1. Nutrition: Making sense of all the claims
2. Exercise: How much and how often are right for your goals?
3. Shinrin -Yoku: Learn how the forest can improve your health

Location: Computer Classroom
Instructor: Patrick Frey
Ages: 12+

Day	Date	Time	Cost
Tu	Jan 5 - 19	1:00 - 2:00 pm	\$25
W	Jan 6 - 20	6:00 - 7:00 pm	\$25
Tu	March 1 - 15	1:00 - 2:00 pm	\$25
W	March 2 - 16	6:00 - 7:00 pm	\$25



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	March 3 - 31 No class March 24	10:00 - 11:00 am	\$23
Th	April 7 - 28	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	March 3 - 31 No class March 24	9:00 - 10:00 am	\$23
Th	April 7 - 28	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	April 5 - 26	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

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. Contact the Senior Center for more information. Join us and share in all the fun.

LUNCH FOR ONLY \$4.00 MONDAY THROUGH FRIDAY!

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

THRIFT STORE HOURS

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

BINGO!

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

SENIOR CENTER MONTHLY MUSIC CALENDAR

Mondays: Senior 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
1st & 3rd Thursdays: Chuck & Carol, 11:00 am

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

Enrichment

Enrichment

The 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.

While most of the computer classes below are oriented towards older people, anyone looking to gain basic computer skills is welcome!



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	Jan 16	9:00 am - 5:00 pm	\$67
Sat	Feb 20	9:00 am - 5:00 pm	\$67
Sat	March 19	9:00 am - 5:00 pm	\$67
Sat	April 16	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: Computer Classroom
Instructor: Christie Hackett
Ages: 16+

Day	Date	Time	Cost
Sat	Jan 9	9:00 am - 1:30 pm	\$65
Sat	Feb 6	10:00 am - 2:30 pm	\$65
F	April 29	9:00 - 1:30 pm	\$65

HEARTSAVER ADULT CPR

For those who need Adult CPR without First Aid. HeartSaver CPR 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.

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

Day	Date	Time	Cost
Sat	March 12	9:00 am - 1:30 pm	\$65

HEARTSAVER ADULT BASIC FIRST AID

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

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

Day	Date	Time	Cost
Sat	Jan 30	9:00 am - 1:30 pm	\$65
Sat	April 30	9:00 am - 1:30 pm	\$65

INFANT AND CHILD CPR

This course is designed to teach CPR performed on infants and children up to approximately 8 years of age. This is perfect for new and expectant parents, care providers, grandparents.

Location:
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Sat	April 2	9:00 am - 1:30 pm	\$65

BASIC MOUSE AND KEYBOARD

If you struggle with using the mouse and your keyboard, this is the class for you! As well as learning how to navigate with a mouse using the Left and Right click command, the student will also become familiar with keyboard strokes, including important computer shortcuts and functions.



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

Day	Date	Time	Cost
Tu	Jan 26	1:00 - 3:30 pm	\$13

BASIC INTERNET

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: 50+

Day	Date	Time	Cost
Tu	Feb 2	1:00 - 3:30 pm	\$13

BASIC E-MAIL

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: 50+

Day	Date	Time	Cost
Tu	Feb 9	1:00 - 3:30 pm	\$13

BASIC FILE MANAGEMENT

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: 50+

Day	Date	Time	Cost
Tu	Feb 16	1:00 - 3:30 pm	\$13

BASIC FACEBOOK

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 email account and know the account password.**



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

Day	Date	Time	Cost
Tu	Feb 23	1:00 - 3:30 pm	\$13

BEGINNING MICROSOFT WORD

This beginners course covers preparing and managing documents, while also learning how to format, enhance, and customize documents by adding visual appeal. We'll explore file management, writing tools, creating headers and footers, and inserting tables and pictures. Please bring paper and pen.

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

Day	Date	Time	Cost
Tu & Th	March 29 - April 7	6:00 - 8:00 pm	\$45

Enrichment



The classes below are sponsored by the Central Point Police Department to provide citizens with information on personal and home safety issues. 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. Classes will be held in the Police Department Training Room located at 155 S. Second Street in Central Point. Pre-register for classes through Central Point Parks and Recreation.

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: Police Department Training Room
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	Jan 14	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: Police Department Training Room
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	Feb 11	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: Police Department Training Room
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	March 10	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: Police Department Training Room
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Th	April 7	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+

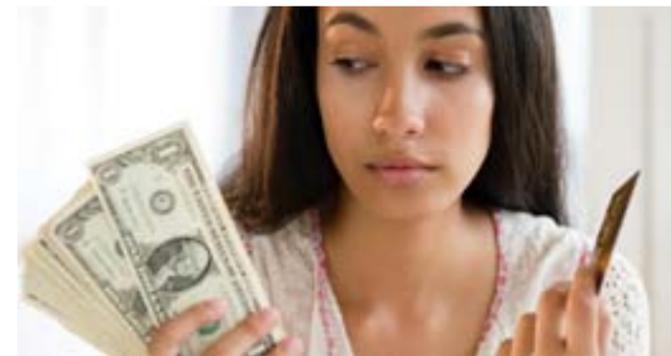
Day	Date	Time	Cost
W	Jan 27	5:30 - 6:30 pm	\$5
W	March 30	5:30 - 6:30 pm	\$5

TALKING TO TEENS ABOUT MONEY

Did you know 75% of what teens know about money management comes from their parents? This class covers setting financial priorities, the realities of a paycheck, the basics of budgeting and banking, and how to talk to your teen about wise money management. Bring your teen(s) and enjoy learning as a family! Each person attending will receive a workbook. **Consumer Credit Counseling Service of Southern Oregon Class.**

Location: Council Chambers, Jan. 26 & April 26
 Computer Classroom, March 23
Instructor: Heather Hicks, Education Specialist
Ages: 13+

Day	Date	Time	Cost
Tu	Jan 26	6:00 - 7:30 pm	\$10
Tu	March 22	6:00 - 7:30 pm	\$10
Tu	April 26	6:00 - 7:30 pm	\$10



FOUNDATIONS OF INVESTING & RETIREMENT BY DESIGN

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

Location: Feb 16 & 23, Computer Classroom
 March 8 & 15, Council Chambers
Instructor: Deven Howard
Ages: 16+

Day	Date	Time	Cost
Tu	Feb 16 & 23	6:00 - 7:15 pm	Free
Tu	March 8 & 15	6:00 - 7:15 pm	Free



STUDENT LOANS

Do you need guidance on how to fit student loans in your budget? This class gives you information about how to find out who your loan servicer is, how much you owe, the status of your loan(s), options for repayment, what to do if your servicer will not work with you, and how to work student loans into your budget. Materials included. **Consumer Credit Counseling Service of Southern Oregon Class.**

Location: Feb 11 & March 10, Computer Classroom
 April 7, Council Chambers
Instructor: Lynn Mihalyo, Certified Credit Counselor
Ages: 18+

Day	Date	Time	Cost
Th	Feb 11	4:00 - 5:00 pm	\$10
Th	March 10	4:00 - 5:00 pm	\$10
Th	April 7	4:00 - 5:00 pm	\$10

Enrichment

BEGINNING 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 (optional: audio or video recording device). Please trim the nail of your left hand for ease in fingering chords. Mich Lewis is 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
Tu	Jan 12 - Feb 16	7:30 - 8:30 pm	\$52

RAISING URBAN CHICKENS

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

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

Day	Date	Time	Cost
Tu & Th	March 1 & 3	6:00 - 8:00 pm	\$26



INTENTIONAL PARENTING

Parenting is not a responsibility to take lightly. It is a wonderful opportunity to guide, nurture, and teach other human beings how to be in our society. There are joys, sorrows, frustrations, and trying times. Preparation, continuity, and a bucket load of love can get you through. Come, learn what has worked from other parents as well as the "experts in the field". What to bring? A desire to learn and share experiences.

Location: Rec A
Instructor: Lynn Whitaker
Ages: 18+

Day	Date	Time	Cost
W	Jan 13 - March 16	6:00 - 7:30 pm	Free
W	March 30 - June 1	6:00 - 7:30 pm	Free

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
Tu & Sat	April 19 - 30	Tu: 6:00 - 8:00 pm Sat: 3:00 - 5:00 pm	\$45

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	April 23	3:00 - 4:15 pm	\$5

NATURAL HEALTH - ESSENTIAL OILS

This is a beginning level class for people learning to manage their health naturally. The focus will be on what essential oils are, how they can be used, and the health benefits of the top ten most used oils.

Location: Computer Classroom
Instructor: Natalie Schroeder
Ages: 18+

Day	Date	Time	Cost
Th	Jan 21	6:00 - 7:00 pm	\$5
Th	April 21	6:00 - 7:00 pm	\$5

MANAGING PAIN NATURALLY WITH ESSENTIAL OILS

This is a beginners class that will introduce you to the essential oils that are most beneficial for pain. Class will also cover protocols for several ailments.

Location: Computer Classroom
Instructor: Natalie Schroeder
Ages: 18+

Day	Date	Time	Cost
Th	Feb 11	6:00 - 7:00 pm	\$5

TREATING BABIES AND KIDS NATURALLY WITH ESSENTIAL OILS

This is a beginners class for those that want to learn to care for their children naturally. Class will cover what essential oils are and which to use for specific childhood health issues.

Location: Computer Classroom
Instructor: Natalie Schroeder
Ages: 18+

Day	Date	Time	Cost
Th	March 10	6:00 - 7:00 pm	\$5



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 up so you can use a water timer for a low maintenance garden. Save money at the grocery store by growing your own food. Plots are available at two locations: Hanley Farms and Don Jones Memorial Park.

At Hanley Farm, we have plots that are 10' x 20' for \$30 each. The garden plots at Don Jones Memorial Park are located directly across from the tennis courts. The plots are either 10' x 10' or 10' x 20' size. The smaller size plots are \$25 and the larger are \$50.

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



CENTRAL POINT WOODCARVERS

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



Enrichment

BEGINNING & INTERMEDIATE CROCHET

Crochet class for beginners & advanced students. Beginning students will learn the basics of crochet including: chain, single crochet, half double, double crochet and treble crochet stitches. You will learn 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	Jan 5 - 26	6:30 - 8:00 pm	\$18
Tu	Feb 2 - 23	6:30 - 8:00 pm	\$18
Tu	March 1 - 29 No class March 22	6:30 - 8:00 pm	\$18
Tu	April 5 - 26	6:30 - 8:00 pm	\$18

ART HISTORY: THE HISTORY OF DUTCH GOLDEN AGE PAINTING

This course will cover the Golden Age of Dutch Painting and the life and times of some of the artist and their work. This is a history of the 17th Century and some of the more famous artist and their work. The class will cover seven better know artist and provide an examination and explanation of their paintings.



Location: Computer Classroom
Instructor: Tony Antonides
Ages: 18+

Day	Date	Time	Cost
W	Jan 13 - Feb 17	1:00 - 2:30 pm	\$58

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. A kit is available with needed supplies for your first two class projects. The cost is \$18.00 (a retail value of \$30.00). If you would like to purchase a kit, please reserve one at the time you sign up for class and you will pick up and purchase it at your first class.



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

Day	Date	Time	Cost
F	Jan 8 - 29	6:30 - 8:00 pm	\$18
F	Feb 5 - 26	6:30 - 8:00 pm	\$18
F	March 4 - 25	6:30 - 8:00 pm	\$18
F	April 8 - 29	6:30 - 8:00 pm	\$18

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	Jan 26	5:30 - 6:30 pm	Free
Tu	March 15	5:30 - 6:30 pm	Free
Tu	April 26	10:00 - 11:00 am	Free

Emergency Preparedness Workshops

This is a series of four, one-hour workshops on self-reliance and family emergency preparedness. This series is brought to you by the Central Point Emergency Response Team (CERT). Please preregister for the series with Central Point Parks and Recreation to attend. No individual class registration.

EMERGENCY PREP WORKSHOPS

CREATING A FAMILY EMERGENCY PLAN, APRIL 7

In the first class, we will discuss how to create a family emergency plan. One of the most effective ways to prepare your family for a disaster is to create a family emergency plan.

FAMILY EMERGENCY SUPPLY KITS, APRIL 14

This session will discuss essentials for an emergency kit for the home and car. An emergency is simply a collection of basic items your household may need in the event of an emergency.

DISASTERS AND COMMUNICATION, APRIL 21

Communication during a disaster will likely be compromised. In this workshop you'll be given some tips on tools and ways to share information during a crisis.

MENTAL HEALTH FIRST AID FOR FAMILIES, APRIL 28

This session will focus on mental health concerns during and after a disaster. We will discuss how you can prepare your family before a crisis occurs.

Location: TBA

Day	Date	Time	Cost
Th	April 7 - 28	7:00 - 8:00 pm	Free



About CERT: Central Point CERT is an integral part of the local response and recovery plan for community-wide emergencies and disasters. We work at being prepared to help ourselves, our neighbors, and then our community. CERT trains also in defensible space fire protection, structural triage, emergency damage inspection, radiation hazards and others.

IMPORTANT PHONE NUMBERS

Police/Fire Emergency	911
Central Point Police Non-emergency	(541) 664-5578
Fire District #3 Business Office	(541) 664-1234
Jackson Co. Emergency Management	(541) 774-6790
Jackson Co. Sheriff's Department	(541) 774-6800
Central Point Library	(541) 664-3228
Central Point Justice Court	(541) 774-1286
Central Point School District #6	(541) 494-6200
Oregon State Police - Central Point	(541) 776-6236
Oregon Dept. of Motor Vehicles	(541) 776-6025

SPECIAL OLYMPICS OREGON + OREGON LAW ENFORCEMENT

POLAR PLUNGE

MEDFORD 2/20

PLUNGEOREGON.COM

City Parks

City 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.

PARKS AND RECREATION MASTER PLAN – A BLUE PRINT FOR THE FUTURE

In 2016, Central Point Parks and Recreation will be undertaking a Master Planning process. The Master Plan will provide guidance and policy direction for Central Point Parks and Recreation Department's role in the community. The Master Plan will shape the delivery of department provided parks and recreation services in a manner that is consistent with other city planning goals and meet the community's level of service standards. The Master Plan is a key implementation strategy within the City's primary planning document and is intended to be strategic in focus to help the department respond to three important questions:

- What do we do?
- For whom do we do it?
- How do we excel?

The primary focus is on the short-term strategies that will build success over the long-term. The Master Plan also focuses on high-level initiatives rather than more specific and detailed actions. The specific actions will be identified and assigned during Parks Commission meetings.



The Master Plan includes the department's mission and vision; an analysis of the parks and recreation system's current condition and challenges; and key themes that emerged from research and community engagement. It also includes policies, long-range goals, initiatives and a system plan that will allow the department to serve the community's highest priorities and be responsible stewards of public assets and dollars. The master plan is designed to be flexible, providing a high-level framework that will help the department build the systems and processes that will lead to success over time.

Public involvement is a critical element in developing the Master Plan. Please visit the Central Point Parks and Recreation Master Plan website, which will be available after January 1, for updates on the planning process, public meeting schedule, surveys, etc. For more information call (541) 664-3321 ext. 130.

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

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	-

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/>

INSECT CYCLE & DISEASE

Get ahead of emerging insect and diseases this season by learning prevention strategies to grow successfully.

Location: OSU Extension Auditorium
Instructor: Marsha Waite, Master Gardener

Day	Date	Time	Cost
Th	Jan 14	3:00 - 5:00 pm	\$10

ORCHARD CARE

Learn how to successfully grow fruit trees in your home garden.

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

Day	Date	Time	Cost
Sat	Jan 23	12:30 - 3:00 pm	\$15

RAISE BEDS

Raised bed gardening is a great way to grow veggies and ornamentals despite soil and pest challenges.

Location: OSU Extension Auditorium
Instructor: John Kobal, Master Gardener

Day	Date	Time	Cost
Tu	Feb 2	6:00 - 8:00 pm	\$10



PLANTING FOR BIRDS AND POLLINATORS TOUR

Learn about what to plant to attract birds and pollinators in your garden, will include a brief tour of demonstration gardens.



Location: OSU Extension Auditorium
Instructor: Kari Gies, Master Gardener

Day	Date	Time	Cost
Th	Feb 11	3:00 - 5:00 pm	\$10

GRAPE PRUNING

This class is in the vineyard here at the Extension and will show how to prune grapes to maximize health and harvest.

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

Day	Date	Time	Cost
Sat	Feb 20	9:00 am - 12:00 pm	\$15

DAY FOR BEGINNERS: READY, SET, GROW

This class is in the vineyard here Extension and will show how to prune grapes to maximize health and harvest.

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

Day	Date	Time	Cost
Sat	Feb 20	9:00 am - 12:00 pm	\$15

ALL ABOUT FERMENTATION

Has Lacto-Fermentation got you in a pickle? Vegetable fermentation is an ancient culinary art that is experiencing a renaissance in this country. While many people want to learn this technique they often need to see the process to feel comfortable with it. Students will learn techniques for making sauerkraut, kimchi, pickles and many other vegetables.

Location: OSU Extension Auditorium
Instructors: Master Food Preservers Jerre Petal and Special Guest Speaker Kirsten Shockey

Day	Date	Time	Cost
M	March 14	6:00 - 9:00 pm	\$10

Local Communities



Direct Involvement Recreation Teaching @
The Central Point Library
116 South Third Street

All of these programs are free of charge, open to all ages, & designed to build a strong community.

Art Sat. Jan 16th 10-11 a.m. **Bees** Sat. Feb 20th 10-11 a.m. **Origami** Sat. March 19th 10-11 a.m.

Watch for spring and summer programs in Central Point @
~The Food Forest @ Mae Richardson Elementary School &
~The School of Fish @ Jewett Elementary School

Check out our web page for our many community sponsors & partners! register at: **mydirtpark.org** 541-890-8377

Supported by  Partnering with 

Spring Book Sale

Central Point Friends of the Library
Community Room - 116 S. Third St.

Thurs., 4/7 from 11a.m. to 5p.m.
Fri., 4/8 from 10a.m. to 4p.m.

Clean books in good condition for bargain prices.
Come Thurs. for best selection.
Come Friday for Bag of Books deal.



Shamrock Run

Date: Saturday, March 12
Time: 8:00 - Registration
8:45 - Leprechaun Lap
9:00 - 5 Mile Run/Walk
Location: Crater High School, 655 N. 3rd Street, Central Point

Don't forget your green for this annual run that offers up a 5 mile run/walk and a leprechaun lap with Irish Mike! The event is held at Crater High School starting on the track heading out and back on the Bear Creek Greenway. For more information, contact Mike Barrett at (541) 778-7512.



Local Communities



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

ASHLAND PARKS AND RECREATION COMMISSION (APRC) PROGRAMS - WINTER-SPRING 2016

Ashland Rotary Centennial Ice Rink (a division of APRC): It's time to lace up your skates and hit the ice! Don't miss FIRST FROST, our seasonal grand opening on Saturday, November 21, from 6 to 10 p.m. (soft opening on November 18). The rink is located directly across from Lithia Park and around the corner from the Plaza: 95 Winburn Way, at the corner of Nutley Street and Winburn Way.

Visit www.ashland.or.us/IceRink, call the ice rink at (541) 488-9189, or call APRC at (541) 488-5340. We hope you can experience one of the most magical places in Ashland... that little outdoor rink in beautiful Lithia Park, where the air is fresh, the white lights are twinkling and the music blends with the sounds of nature and blades on the ice... "Let's skate!"

Rogue Valley Bird Day: Do you love birds? On Saturday, May 14, get up close and personal with them at Rogue Valley Bird Day. Take a guided bird walk, try out your best bird call and mingle with other birders! This free annual event will be from 8 a.m. to Noon at North Mountain Park, 620 N Mountain Avenue, Ashland. North Mountain Park is adjacent to Bear Creek and offers several acres of wildlife-friendly open space and trails. Visit www.RogueValleyBirdDay.net or call (541) 488-6606.



Ashland Community Bike Swap: Are you ready to sell your bike and buy a new one? The 26th Annual Ashland Community Bike Swap is your chance to make that happen! The swap is at The Grove, 1195 E Main St, in Ashland on Saturday, April 16, from noon to 2 p.m. Admission is \$1/person; \$3/family. Check out our website for all of the details on selling and buying – www.RVTD.org/bikeswap or call APRC at (541) 488-5340.



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
- Kickball
- Basketball

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:

- Youth Indoor Soccer League (ages 4 - 8)
- Little Hoopsters Basketball Program (grades K - 3)
- Coach Mac's Basketball Clinics (ages 4 - 8)
- Kid Kicks Soccer Clinics (ages 4 - 8)
- NFL Football League (ages 6 - 12)

Experience fresh fruit & berries from your own backyard!

Fruit Tree Pruning Classes
 Feb. 20th and 27th
Limited space, be sure to register.



SHOOTING STAR NURSERY
wholesale • retail • design & consultation

Saturday Gardening Classes

Check out our **series of Saturday Gardening classes** including fresh coffee and kids activities on our website at www.roguevalleynursery.com/class

- **Weekly Sales - see website**
- **Locally Grown Plants**
- **Drought Tolerant and Deer Resistant Plants**

Most classes kids are free and we have our ever popular sandbox to entertain while you shop.

Your Local Nursery Resource
Open Monday-Friday 8-5 and Saturday 9-5

3223 Taylor Road • Central Point • 541.840.6453



SOUTHERN OREGON HISTORICAL SOCIETY
SINCE 1946

Tales from the Collection

Fourth Saturday every month, History Center, 10am-12pm. Library & archives open for free research, 12pm-2pm. Cost: FREE

January 23 – Chelsea Rose: *“Underground Jacksonville”*

February 27 – Steven Bacon: *“Old Timey Music & Instruments”*

March 26 – Phil VanBuskirk: *“Landscape Lost, Landscape Changed”*

April 23 – Tony Johnson & Gary Hellinga: *“Ride the Rails of Southern Oregon”*

SOHS History Luncheon

March 9 – Inn at the Commons, 200 N. Riverside Avenue, Medford, 11:30am-1pm. Join us for a unique hour of fine food and history. No cost, other than the donation you choose to make to the society! Register online, www.sohs.org, or call 541-773-6536, ext. 202.

Heritage Cemetery Days

April 10 – Historic Jacksonville Cemetery, historian-led tour. 11am-1pm. Free to all and no registration required.

Windows in Time

Lunchtime series held at the Medford Branch Library (first Wednesday every month) & the Ashland Branch Library (second Wednesday every month), 12pm-1pm. Guest speakers bring history to life! Cost: FREE

January 6 & 13 – Ron Brown: *Heroes and a Few Villains: Those Who Made History in the Rogue Valley*

February 3 & 10 – Roger Roberts: *Pioneer Surveyors in the Oregon Territory*

March 2 & 9 – Jan Wright: *Spiritualism in Southern Oregon at the Turn of the Century*

April 6 & 13 – Joe Peterson: *Strange Bedfellows: An Ashland Jewish Businessman and a KKK Governor?*

Southern Oregon Historical Society * 106 N. Central * Medford, OR * 541-773-6536, ext. 202 * www.sohs.org

Local Communities



SHOOTING STAR NURSERY
wholesale • retail • design & consultation

Saturday Mornings at Star Nursery

Winter-Spring 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

February 20 – Beginners Guide to Pruning, Planting, & Training Fruit Trees: Our experts will teach you how to prune that young tree and get it started correctly.



February 27 – Pruning Older Fruit Trees: This class will cover how to prune and restore more established, older fruit trees.

March 5 – New to Gardening Series, Soil Prep and Mulch: Happy soil = happy plants. Learn the best ways to amend your soil, from clay to gritty. Interested in a drought tolerant garden? Proper soil prep will make those plants thrive and in turn be less work for you.

March 12 – New to Gardening Series, Spring Cleanup and Pruning: What to do in the gardening come mid spring. This is our favorite time to get in there and clean up perennials, cut back lavenders and ornamental grasses, and some selective pruning.

April 2 – Mason Bee Houses: Bring the kids and make a mason bee house! Mason bees do a lot for our pollination needs because they are out earlier in the season than honey bees and they need homes with just the right size of opening.

April 9 – Perennial and Medicinal Herb Garden: Create a useful and beautiful garden bed that is all perennial. There are so many great options for cooking, tinctures, brewing, and more.

April 16 – Small Trees for Wildlife and Beauty: It can be difficult to find options on compact trees for smaller spaces. We will show you some interesting varieties as well as trees that attract pollinators, birds, and wildlife.

Central Point Library Programs

Register for a Recreation Class!



Visit the Central Point LIBRARY where we do books...and MORE!

- ONGOING PROGRAMS:
- Babies & Wobblers, Mondays 10:30
 - Preschool Storytime, Mondays 11:00
 - Toddlerobics, Tuesdays 11:00 (starting January 5)
 - We <3 Wii, Tuesdays, 3:00-5:00
 - Family Friendly Films, Wednesdays 2:00-4:00
 - Third Thursday Book Group, 1x/month, 5:30-6:30
 - Throwback Thursday Film Classics, last Thursday each month, 4:00-6:00
 - Monthly Trivia Night, First Thursday 5:30-6:30
 - Kids Crafternoons, Second Thursday, 3:00-5:00
 - Memoirs and Letters Workshops
 - Library Tours
 - Internet Access for Library Cardholders
 - Study Rooms
 - Friends of the Library Book Sales

See your library's friendly staff for more details...
...and if you find a chicken in the library you'll win a prize!

Central Point Library
116 S. Third St.
541-664-3228

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 - Winter/Spring 2015-16

Event	Date	Time	Location
Community Christmas Lights Parade	December 5	5:15 - 8:00 pm	E. Pine Street & City Hall
Crater Foundation Scholarship Dessert Auction	December 5	6:00 pm	Crater High School Gym
Christmas Holiday	December 24 & 25	City Offices Closed	
New Years Holiday	January 1	City Offices Closed	
Martin Luther King Jr. Day	January 18	City Offices Closed	
Shamrock Run	March 12	8:00 am Registration	Crater High School
Spring Break	March 21 - 25	All Public Schools Closed	
Central Point Eggstravaganza	March 26	10:00 am - 12:00 pm	Twin Creeks Park
Arbor Day	April 6	10:00 am	Snowy Butte Station
City Wide Yard Sale	May 7	8:00 am - 3:00 pm	Central Point
Memorial Day Commemoration	May 30	10:00 - 11:00 am	Don Jones Memorial Park
Battle of the Bones	June 24 & 25	TBD	Twin Creeks Park

CENTRAL POINT HAS GREAT PARKS! GET OUT AND PLAY IN ONE TODAY!

Visit the Central Point
Parks & Recreation
Website



www.centralpointoregon.gov



Find us on
facebook

[www.Facebook.com/
CentralPointOregon](http://www.Facebook.com/CentralPointOregon)

