



Central Point Parks & Recreation Fall 2015 Activity Guide

RECreate!



www.centralpointoregon.gov/parks.aspx

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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

Taneea 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

Sarah Garceau Wright

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

"You can study government and politics in school, but the best way to really understand the process is to volunteer your time." Rob McKenna

Have you ever wondered if Central Point Parks is anything like the sitcom "Parks and Recreation"? As a parks worker I get asked this question a lot. I found a quote from James Poniewozik of Time magazine who wrote that the adventures of Pawnee's civil servants are really "about the importance of community, the idea that people need each other, that when you help someone, you're also helping to make yourself better." Well if that is the case, then Central Point Parks and Recreation is just like the show, well sort of like it I guess, in the helping others part.

Really what we do have in Central Point is a community that loves to help by volunteering. We have had the good fortune this year to have the highest number of volunteers ever who helped with events and activities. The volunteer power is what makes our events special. We are so fortunate to have a city in which people like to come to events, but who also like to volunteer for those same events. Events and activities in Central Point could not take place without the dedicated volunteers that

work our fun activities and events. Thank you to each and every volunteer that helped make 2015 in Central Point Parks and Recreation fun for all. If you are interested in volunteering for our upcoming Community Christmas event in December, you can go to www.shiftboard.com to create an account and sign up for another fun volunteer experience.

Don't forget to thank those workers and volunteers that make each event fun for your family. Again, thanks to all who have helped to make 2015 a great year for Central Point Parks and Recreation.

Jennifer Boardman, Manager
Parks and Recreation Department

Parks and Recreation Commission Meetings

Location: Central Point City Hall

- Tuesday, September 22, 6:30 pm
- Tuesday, November 17, 6:30 pm

VOLUNTEER WITH CENTRAL POINT PARKS AND RECREATION!

The Parks and Recreation Department offers a wide variety of volunteer opportunities. If you are interested give us a call.

Events: We sponsor small and large events each year, including Battle of the Bones, Community Christmas Light Parade, and the Easter 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!

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

Volunteer at Shiftboard.com/centralpointoregon

Mighty Mites Basketball Coaches

Call (541) 423-1012 for more information.

Events

CITY OF CENTRAL POINT'S FALL

CITY WIDE YARD SALE!

Saturday, September 12
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
Tuesday, September 8 at 4:00 pm.
Call (541) 664-3321 ext. 130
or visit our website to sign up today!

HARVEST FESTIVAL 2015

Date: September 18 - 20
Location: Jackson County Expo
Time: Friday 5:00 - 10:00 pm
Saturday 12:00 - 8:00 pm
Sunday 10:00 am - 5:00 pm

Presented by the Cow Creek Tribe of Umpqua Band of Indians. Admission is free for all.

Celebrate abundance and reap the rewards of harvest time! See you at the 25th Annual Harvest Festival at the Jackson County Expo.

For over two decades, The Expo has proudly hosted the Harvest Festival – a celebration of the beauty and bounty of Southern Oregon and Northern California. The Harvest Festival is a great opportunity for families to enjoy the fruits of summer labor and welcome the arrival of fall.



CERTIFIED BOSTON MARATHON QUALIFIER

SEPTEMBER 20, 2015

**THE PROVIDENCE
ROGUE RUN
ISN'T JUST A RUN,
IT'S AN ADVENTURE!**

SIGN UP TODAY!
REGISTRATION CLOSES AUGUST 29TH

WWW.THEROGUERUN.COM



Cash purse, sweet swag,
fast course!



RIDE THE ROGUE!

Date: Saturday,
September 19
Location: Palmerton
Park, City of Rogue River



A Southern Oregon Cycling Adventure! The event will offer exciting new ride routes, gourmet feast, live music and lots of activities for the whole family to enjoy.

Ride Choices and Schedule

Century Ride (100 miles): 7:00 am
Metric Century (70 miles): 8:30 am
40 Mile: 9:00 am
Quarter Century (25 miles): 10:00 am
Finish Celebration Meal: 12:00 pm to 5:00 pm

All rides take you through stunning areas of natural beauty and colorful history. You won't want to miss the post race celebration at the Palmerton Park Arboretum, a beautiful park nestled along the banks of sparkling Evans Creek. For registration information visit www.ridetherogue.org.

VETERANS DAY COMMEMORATION

Date: Wednesday, November 11
Time: 9:00 – 10:00 am
Location: Fallen Heroes War Memorial
located at Don Jones Memorial Park

November 11 of each year is the day that we make sure that veterans know that we deeply appreciate the sacrifices they have made to keep our country free. Join us in honoring these brave men and women who have served their country. There will be a flag ceremony, invocation, music, and speeches.

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 are interested in donating an item(s) or service(s), or would like to attend this upcoming auction, please contact us at (541) 494-6308 or email craterfoundation@district6.org.

Crater Foundation
PO Box 5172
Central Point, OR 97502



Saturday Gardening Classes

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

- **Weekly Fall 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

Events

Community Christmas Lights Parade

Saturday, December 5th



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!



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 learn beginning 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.



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

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

YMCA Instructional Flag Football

1st-2nd grade:

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

3rd-6th grade:

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

YMCA Instructional Volleyball for 3rd-6th grade:

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

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

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



Youth Programs - Bugs R Us

FISH

Learn about our UNDERWATER friends as we DIVE into the lives of FISH! Local examples of 12 different species are discussed including how gills work, lifecycles, food and economic values. Special attention is given to the lives of Salmon. How fish are built and their roles in the food chain are also discussed. Visitors receive FISH coloring pages and the Salmon life cycle diagram. NO LIVE ANIMALS.



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

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

BATS

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

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

Day	Date	Time	Cost
Sat	Oct 17	3:00 - 4:00 pm	\$6



ROCKS, MINERALS, AND FOSSILS

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

Location: Rec A
Instructor: John Jackson, Bugs R Us Educational Services
Ages: 3+ (Children under age 8 will need parental help.)

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



BUGS AND BUGS AS FOOD

This IS NOT your regular BUG program! Special attention is paid to the world of insects, bugs in the environment, what bugs eat, insect defenses, and camouflage AND the fact that people around the world EAT BUGS AS FOOD EVERY DAY! The audience will get to touch and explore LIVE insects including 2 species of stick insects, a tarantula, 2 species of cockroaches, and GIANT millipedes. Insects as food will be put to the test as we eat REAL BUGS! Dried meal worms and crickets will be on hand for visitors to EAT....if they dare!

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



Day	Date	Time	Cost
Sat	Dec 19	3:00 - 4:00 pm	\$6

INTRODUCTIONS AND TABLE MANNERS

Nonie Couvrette will be covering basic introductions and table manners.

Week 1 Introductions: Parent to parent/teacher, parent to another child; and child to child.

Week 2 Table Manners: When to be seated; napkin use; fork, knife, and spoon; please and thank yous.

Week 3 Practice, Practice, Practice: A lovely tea party practicing what was learned!

Snacks will be provided each week so please contact Nonie with any food allergies. Please bring a sunny disposition and excitement to learn!

Location: Fairy Godmother's Teeny Tiny Tea Cottage, 427 E. Pine Street, Central Point
Instructor: Nonie Couvrette

Day	Date	Time	Cost
Tu	Sept 15 - 29	3:00 - 4:00 pm	\$35
Tu	Oct 6 - 20	3:00 - 4:00 pm	\$35
Tu	Nov 10 - 24	3:00 - 4:00 pm	\$35
Tu	Dec 1 - 15	3:00 - 4:00 pm	\$35

Day	Date	Time	Cost
Tu	Sept 15 - 29	4:30 - 5:30 pm	\$35
Tu	Oct 6 - 20	4:30 - 5:30 pm	\$35
Tu	Nov 10 - 24	4:30 - 5:30 pm	\$35
Tu	Dec 1 - 15	4:30 - 5:30 pm	\$35

HAPPY, SCRAPPY

Let the Fairy Godmother's Teeny Tiny Tea Cottage help you save your fun memories by scrapbooking them. You will receive a 4x4 scrapbook. Bring 20 photographs and Princess Rhonda will provide all the paper, embellishments, punches, and a cricut. Snack will be provided.

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

Day	Date	Time	Cost
W	Sept 23	1:15 - 3:15 pm	\$15

Youth Programs

SPOOKY MONSTERS!

Spooky monsters have landed at the Fairy Godmother's Teeny Tiny Tea Cottage! Stop by to make one of your own. We will be making a spooky monster out of jars and a surprise craft. Princess Rhonda will supply all materials. Snack will be provided.

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



Day	Date	Time	Cost
W	Oct 28	1:15 - 3:15 pm	\$10

GIVING BACK

Stop by the Fairy Godmother's Teeny Tiny Tea Cottage to get ready for Thanksgiving by constructing a festive banner. It will be a decorative way to welcome all your guests on the big day. Plus we will be making thank you cards for the veterans currently living at the Southern Oregon Rehabilitation Center & Clinics. Snacks will be provided.

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

Day	Date	Time	Cost
W	Nov 18	1:15 - 3:15 pm	\$5

HOLIDAY HAPPENINGS

'Tis the season for giving at the Fairy Godmother's Teeny Tiny Tea Cottage. Come make gifts for the family by decorating a glass ornament that will sparkle on the tree. Also, give a piece of yourself as a gift in a jar. Wonder what that means? Come join us to find out. Princess Rhonda will provide all materials. Please bring a 4 x 6 portrait style photograph of yourself. Snacks will be provided.

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

Day	Date	Time	Cost
W	Dec 16	1:15 - 3:15 pm	\$15

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.

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



BABYSITTING ESSENTIALS BOOT CAMP

During this three day boot camp, we will combine the Basics of Babysitting with HeartSaver CPR for Infants, Children, and Adults. These classes will provide you with 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 gained will 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.
- How to put together a “fun bag” for different ages.
- Games, snacks you and the children can make or play together.



This is not an American Red Cross class. Successful participants will earn a CPR/First Aid/AED certification card issued by the American Heart Association, (AHA). The AHA does not issue Babysitter cards; however, each participant will receive a certificate acknowledging that they have taken the course through the City of Central Point.

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 - Th	Dec 29 - 31	Tu-W 9:00 am - 1:30 pm Th 9:00 am - 1:00 pm	\$110

INTRODUCTION TO WATERCOLOR

This class will introduce color theory and various methods and techniques specific to watercolor painting. Instructor will use demonstrations and examples to teach each technique. This instructor can easily adapt instruction to a variety of skill levels. Cost includes all supplies needed. Kids and adults welcome.

Location: Rec A
Instructor: Jessica Rollins
Ages: 9+

Day	Date	Time	Cost
M, W	Sept 14 - 30	6:00 - 7:30 pm	\$54



INTRODUCTION TO OIL PAINTING

This class will introduce color theory and various methods and techniques specific to Oil Painting. Students will create a painting from a photo of choice. Instructor will use demonstrations and examples to teach each technique. This instructor can easily adapt instruction to a variety of skill levels. Cost includes all supplies needed. Kids and adults welcome.

Location: Rec A
Instructor: Jessica Rollins
Ages: 9+

Day	Date	Time	Cost
M, W	Oct 5 - 28	6:00 - 7:30 pm	\$77



INTRODUCTION TO SCREEN PRINTING ON A BUDGET

This class will introduce inexpensive techniques to create your own personalized screen prints on any fabric surface. Instructor will use demonstrations and examples to teach each technique. This instructor can easily adapt instruction to a variety of skill levels. Cost includes all supplies needed but students will need to bring a t-shirt and/or fabric item to print on. Kids and adults welcome.

Location: Rec A
Instructor: Jessica Rollins
Ages: 9+

Day	Date	Time	Cost
M, W	Nov 2 - 23 No class Nov 11	6:00 - 7:30 pm	\$54



INTRODUCTION TO ACRYLIC PAINTING

This class will introduce color theory and various methods and techniques specific to acrylic painting. Students will create a pacific northwest landscape painting. Instructor will use demonstrations and examples to teach each technique. This instructor can easily adapt instruction to a variety of skill levels. Cost includes all supplies needed. Kids and adults welcome.

Location: Rec A
Instructor: Jessica Rollins
Ages: 9+

Day	Date	Time	Cost
M, W	Nov 30 - Dec 16	6:00 - 7:30 pm	\$57



Youth Programs

SCOTTISH HIGHLAND DANCE

In this beginners' class in Scottish Highland dance, dancers will learn basic positions and movements. Highland dancing is a style of competitive solo dancing, which combines steps and arm movements requiring technique, strength, and stamina. Highland Dance is influenced by ballet as well as the culture and stories of Scotland. Dancers wear traditional dress and special shoes called ghillies; dances are done to the sound of bagpipes, usually played by a live piper.



Wear dance attire and ballet slippers (socks are acceptable).

Location: City Hall Room 1 (December classes in Rec A)
Instructor: Lynda Groth
Ages: 5 to 15

Day	Date	Time	Cost
F	Sept 11 - 25	6:00 - 7:00 pm	\$10
F	Oct 2 - 23 No class Oct 9	6:00 - 7:00 pm	\$10
F	Nov 6 - 20	6:00 - 7:00 pm	\$10
F	Dec 4 - 18	6:00 - 7:00 pm	\$10

INSTRUCTORS WANTED!

Have a hobby or a skill you'd like 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. These are paid positions but volunteers are always welcome!

Contact Dave Jacob at (541) 423-1012 to discuss the possibilities and to get class proposal forms for the 2016 Winter/Spring Recreation Guide.

HI YAH! TAE KWON DO Karate (Ren Waza Do)

Come find out how to focus your mind through self-defense training. We instill discipline and respect into every student through positive reinforcement. Our system of study is built around goal setting to achieve every student's full potential. Plus it's a blast! Here are a some words our current students/parents have chosen to describe their experience at Hi Yah! TKD over the years.

Kids: Fun, Focus, Discipline, Personal Responsibility.
Teens: Cool, Growth, Self Control, Confidence Building.
Adults: Sense of Pride, Challenging, Exercise, Encouraging.

Saturday Introduction Classes:
• September 26th: 12:00-12:45 pm, Ages 5+
• October 31st: 12:00-12:45 pm, Ages 5+
• November 21st: 12:00-12:45 pm, Ages 5+

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 offered on Saturdays.



Flanagan Park

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 strength and flexibility. We use props to explore the practice making it accessible to all. **Please bring a yoga mat.** (Substitute instructor Oct 15 - Nov 5)

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

Day	Date	Time	Cost
M	Sept 14 - Oct 19 Six sessions	4:00 - 5:00 pm	\$43
Th	Sept 10 - Oct 22	4:00 - 5:00 pm	\$50
M	Oct 26 - Dec 14 No class Nov 23	4:00 - 5:00 pm	\$50
Th	Oct 29 - Dec 17 No class Nov 26	4:00 - 5:00 pm	\$50



RESTORATIVE YOGA WORKSHOP

Feeling stressed and burnt out? Recharge and rejuvenate your system with Restorative Yoga: you will be introduced to simple relaxation postures and 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. Props will be provided. Bring a yoga mat, Mexican blanket, and any personal props (i.e. blocks, straps, bolster, eye pillow).

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	Oct 9	5:30 - 7:30 pm	\$30
F	Dec 4	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. **Please bring a yoga mat and Mexican blanket.** (Substitute instructor Oct 15 - Nov 5)

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

Day	Date	Time	Cost
M	Sept 14 - Oct 19 Six sessions	5:30 - 6:30 pm	\$43
Th	Sept 10 - Oct 22	5:30 - 6:30 pm	\$50
M	Oct 26 - Dec 14 No class Nov 23	5:30 - 6:30 pm	\$50
Th	Oct 29 - Dec 17 No class Nov 26	5:30 - 6:30 pm	\$50

BEGINNING TAI CHI

An entry level class provides both an introduction to Tai Chi and experience in several forms, including 18 form QiGong and 8 and 24 forms of Tai Chi. The class is progressive with each class building upon the previous class to some degree. Experience the health and fitness benefits of this ancient Chinese form of exercise as well as the fun of the group experience. Wear flat bottomed shoes and comfortable clothes which provide ease of movement. Bring water.

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

Day	Date	Time	Cost
M	Sept 14 - 28 Three sessions	10:00 - 11:30 am	\$50
M	Oct 5 - 26	10:00 - 11:30 am	\$65
M	Nov 2 - 23	10:00 - 11:30 am	\$65
M	Nov 30 - Dec 21	10:00 - 11:30 am	\$65

Fitness & Health

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
W	Sept 2 - 23	10:00 - 11:30 am	\$34
W	Oct 7 - 28	10:00 - 11:30 am	\$34



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
Tu	Sept 8 - Oct 27	4:00 - 5:00 pm	\$72
W	Sept 9 - Oct 28	5:00 - 6:00 pm	\$72
Tu	Nov 3 - Dec 15 Seven sessions	4:00 - 5:00 pm	\$65
W	Nov 4 - Dec 16 Seven sessions	5:00 - 6:00 pm	\$65

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
W	Sept 2 - 23	9:00 - 10:00 am	\$23
W	Oct 7 - 28	9:00 - 10:00 am	\$23

PICKLEBALL IN CENTRAL POINT

We have 4 pickelball courts available for use and have designated specific hours and days for use. 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:

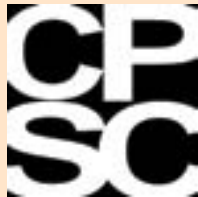
- Tuesdays & Thursdays: 6:00 - 8:00 pm
- Wednesdays & Fridays: 9:00 am - 12:00 pm
- Saturdays: 10:30 am - 12:30 pm
- Sundays: 12:00 - 2:00 pm

HULA HOOPING FOR BEGINNERS

Come learn to hula hoop! This is a series of 6 classes designed for beginners. You will learn the momentum and motion of the hoop, proper feet position and motion of your hips. By the end of this series you will be able to do at least three tricks, including the lasso, front isolation and the escalator along with hooping on the hips! You will leave this class having a new confidence in movement ranging from the dance floor to the office. All shapes and sizes welcome! Wear comfortable clothes and bring water.

Location: City Hall Room 1
Instructor: Angela Rose
Ages: 18+

Day	Date	Time	Cost
Sat	Sept 5 - Oct 10	7:00 - 8:30 pm	\$35
Sat	Nov 7 - Dec 12	7:00 - 8:30 pm	\$35



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!

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.

Location: Central Point Senior Center

Date	Time	Cost
Every Wednesday	9:30 - 10:30 am	Free

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: Chuck & Carol, 11:00 am
3rd Friday: Sing Along with Lori, 11:00 am

Enrichment

HEARTSAVER CPR AND FIRST AID*

This is a classroom, video-based, instructor-led course that 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.

Bring food/snack, pen and notepaper, and knee support if desired. **\$68 for CPR (afternoon) or First Aid (morning). \$75 for both classes. Registration fee includes cost of \$10 First Air/CPR text book. (Class may end early depending on number of participants.)

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

Day	Date	Time	Cost
Sat	Oct 3	9:00 am - 4:00 pm	\$68/\$75**
Sat	Nov 7	9:00 am - 4:00 pm	\$68/\$75**
Sat	Dec 12	9:00 am - 4:00 pm	\$68/\$75**

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.

Bring food/snack, pen and notepaper. Registration fee includes cost of \$10 text book. (Class may end early depending on number of participants.)

Location: Sept 10, Rec B; Nov
Instructor: Christie Hackett
Ages: 11+

Day	Date	Time	Cost
Th	Sept 10	4:30 - 8:30 pm	\$80
Sat	Nov 14	9:00 am - 1:30 pm	\$80

*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.

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 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	Sept 23	5:30 - 6:30 pm	\$5
W	Nov 18	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. Must pre-register to attend.

Location: Computer Classroom
Instructor: Linda Clarkson & Melissa Mlasko
Ages: 50+

Day	Date	Time	Cost
Tu	Sept 22	5:30 - 6:30 pm	Free
Tu	Nov 3	5:30 - 6:30 pm	Free
Tu	Nov 17	10:00 - 11:00 am	Free

CRITICAL CONVERSATIONS ABOUT FINANCING LONG-TERM CARE

This one-hour workshop will cover the following:

- The myths and facts about long-term care and its risks.
- Why long-term care is an issue facing all age groups.
- The benefits of taking action now, before a crisis occurs.
- The cost of home health services compared to assisted living and nursing homes.
- Private and public financing alternatives, and other resources.

Location: Computer Classroom
Instructor: Linda Clarkson & Melissa Mlasko
Ages: 50+

Day	Date	Time	Cost
Tu	Oct 13	5:30 - 6:30 pm	Free
Tu	Dec 8	5:30 - 6:30 pm	Free

BASIC MOUSE AND KEYBOARD FOR SENIORS

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
W	Sept 30	1:00 - 3:30 pm	\$13

BEGINNING SQUARE DANCING

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

Classes will start on Thursday, September 10 from 7:00 – 9:00 pm at the Rogue Valley Square Dance Center at 3377 Table Rock Road in Medford. The first five (5) lessons will be free. For more information you can call (541) 855-7884 or (541) 592-2745.

A photograph showing a group of people, mostly seniors, participating in a square dance. They are arranged in a circle in a large, well-lit hall with a polished wooden floor. Some people are wearing red shirts, while others are in casual attire. The atmosphere appears to be social and active.

Enrichment

BASIC INTERNET FOR 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: 50+

Day	Date	Time	Cost
W	Oct 7	1:00 - 3:30 pm	\$13



BASIC E-MAIL FOR SENIORS

Learn hands-on how to create a Gmail 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 how to avoid spam and malware.

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

Day	Date	Time	Cost
W	Oct 14	1:00 - 3:30 pm	\$13

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

UNDERSTANDING THE INTERNET AND INTERNET SAFETY TIPS

This program will help you understand what a computer is and how it works so you can make intelligent decisions for safety and prevention. Here's what we'll discuss:

- What is Spam?
- Email safety tips
- How the internet works
- What is the World Wid Web?
- Internet surfing safety tips
- Safety while shopping online
- How do I know if I am on a secure web site?
- What is a fire wall and how does it work?

Location: Rec A
Instructor: Ron Kohl
Ages: 18+

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

IDENTITY THEFT SAFETY TIPS

This program is aimed at reducing the risk of theft of your personal information. Class will include a review of frauds, scams, and cons. You will gain an understanding of the following:

- Identity protection
- How a criminal accesses your information
- Prevention against telemarketers
- How to get free credit reports
- Government websites to assist with information issues
- What is the RFID and how it works
- Internet scams
- What are Skimmers?

Location: Rec A
Instructor: Ron Kohl
Ages: 18+

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



RESIDENTIAL HOME SECURITY

This class will increase your awareness of potential avenues of residential vulnerability. From this presentation you will gain an understanding of the following:

- How to protect your home
- The present trends in today's burglaries
- How does the lock on my door really work?
- Where should I put my lights?
- How can I secure my sliding glass door, garage, windows, etc.

And much, much more....

Location: Rec A
Instructor: Ron Kohl
Ages: 18+

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



HOLIDAY SAFETY TIPS FOR YOURSELF, HOME, & VEHICLE

You will gain an enhanced awareness of what criminals look for in your actions that could potentially make you a victim during the holiday season. You will learn the following:

- Safety tips while shopping
- Safety tips while at the ATM
- How to protect your credit cards with an RFID chip
- How to protect your purse, wallet and fits while shopping; and
- What to do if I am a victim?

Along with many other ideas for protecting your self, vehicle, and home.

Location: Rec A
Instructor: Ron Kohl
Ages: 18+

Day	Date	Time	Cost
Tu	Dec 1	6:00 - 8:00 pm	\$10

FOUNDATIONS OF INVESTING

This two-week 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: Council Chambers
Instructor: Deven Howard
Ages: 16+

Day	Date	Time	Cost
W	Sept 23 & 30	6:30 - 7:45 pm	\$10

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. Please call to save your place in this informative class. Materials included. **Consumer Credit Counseling Service of Southern Oregon Class.**

Location: Computer Classroom
Instructor: Lynn Mihalyo, Certified Credit Counselor
Ages: 18+

Day	Date	Time	Cost
Th	Sept 10	4:00 - 5:00 pm	\$10



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: Computer Classroom
Instructor: Heather Hicks, Education Specialist
Ages: 13+

Day	Date	Time	Cost
W	Oct 7	6:00 - 7:30 pm	\$10



SURVIVING THE HOLIDAYS

It can be tempting to go above and beyond your budget during the Holidays! **Consumer Credit Counseling Services of Southern Oregon (CCCS)** is offering an hour and a half class, with a survival packet that includes tips on how to make a budget, lists, and to be an efficient shopper during what can be an overwhelming time of year. Do not let your money slip through your fingers! Each person attending will receive a workbook.

Each student will receive a coupon to redeem one free credit report (with score) and a 30 minute one-on-one review at CCCS. An appointment is required. Registration: \$10 per family

Location: Computer Classroom
Instructor: Heather Hicks, Education Specialist
Ages: 18+

Day	Date	Time	Cost
W	Dec 2	3:00 - 4:30 pm	\$10

Enrichment

BEGINNING GUITAR

Summer’s over, but the fun doesn’t have to be! You can learn to play guitar! This beginning class covers guitar basics, chords, strumming, finger picking, and reading guitar tablature. We will begin building a repertoire of participant chosen songs to play with friends and family!



What to bring: guitar, pencil, music stand (optional: audio or video recording device). Please trim the nail of your left hand for ease in fingering chords.

Instructor: 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: City Hall Room 1
Instructor: Mich Lewis
Ages:12+

Day	Date	Time	Cost
Tu	Oct 6 - Nov 10	7:00 - 8:00 pm	\$52

STAGE 2 (GUITAR, UKULELE, OR?)

So you know some chords but aren’t sure what to do with them? This class will explore how to make a song sound like a song, and how to play it with other people. We’ll be looking at and listening to songs selected by class participants and learn how to make them sound great on just one instrument. Then we will learn how to “play well with others”! This class is mainly for guitar and ukulele players who know how to play at least some open chords on their ax. Most other instruments welcome. Contact class instructor if you’re wondering if this class is right for you.

Location: City Hall Room 1
Instructor: Mich Lewis
Ages:12+

Day	Date	Time	Cost
Tu	Nov 17 - Dec 15 No class on Nov 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
Tu & Sat	Sept 29 - Oct 10	Tu: 6:00 - 8:00 pm Sat: 4:00 - 6:00 pm	\$45



FUN PICTURE PROJECTS WITH POWERPOINT

This course provides an introduction to PowerPoint by creating digital scrapbooks, family albums / vacations, genealogies, and a fun pet project. You will learn how to create a designed background and insert photos and music into PowerPoint to share with friends and family through a digital slideshow. We’ll make various edits and enhancements to each picture and PowerPoint slide, add animations and transitions, text, audio, and video. The course also covers related activities such as organizing your projects and related photos into an appropriate file format and folder, and attaching them to emails. Please bring a USB flash drive to save your project on.

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

Day	Date	Time	Cost
Th	Oct 1 - 22	6:00 - 8:00 pm	\$45

RESUMES

Create a successful skills resume to generate more interviews. This course will help you design a resume that effectively matches your top skills with key words to match the job you want. You will learn how to match skills to employer needs, elevating your professional image with an eye-catching resume and cover letter design. ***Please bring all information needed to put together a resume. We will work in class on your actual resume.***

Location: Computer Classroom
Instructor: Nancy Calcagno
Ages: 16+

Day	Date	Time	Cost
M & Th	Nov 9 - 19	6:00 - 8:00 pm	\$45

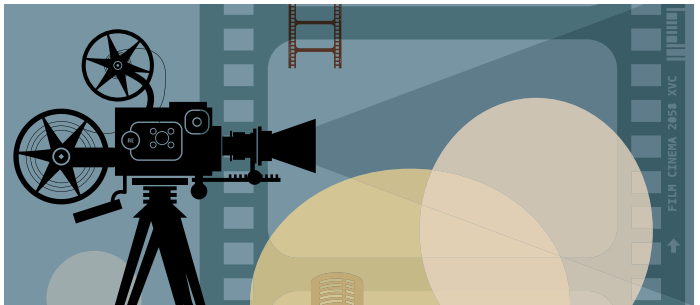
HOW TO MAKE GREAT VIDEOS

All the basics of filming indoors and outside (in the uncontrolled environment known as the real world) will be taught hands on. You will learn how a video camera works, best inexpensive HD cameras, use of accessories, composition, lighting, color, sound, scripting, editing, tricks of the trade, legal rights and distribution. Plus, how to get started in your own video production business.

Video workshops are taught by David Bruce, former NBC-TV camera operator, independent filmmaker and RVTV/ SOU instructor and the Rogue Valley’s most prolific field producer, responsible for several ongoing TV series on Community Access Channel 15/182 covering music, arts and culture in our area and beyond.

Location: Computer Classroom
Instructor: David Bruce
Ages: 13+

Day	Date	Time	Cost
Sat	Oct 17	9:00 am - 3:30 pm	\$20
Sat	Nov 14	9:00 am - 3:30 pm	\$20
Sat	Dec 19	9:00 am - 3:30 pm	\$20



HOLIDAY TAKE & BAKE PIE MAKING BASICS

Pumpkin, apple, peach, and berry pies any way you slice it, fresh pies are a treat! During this pie making workshop, you will learn how to make a fresh, flaky pie crust from scratch in about the same amount of time it takes to read the ingredients on the package of a frozen pie shell!

You will also learn how to create delicious pies using fresh and frozen ingredients. Plus, you will even take home your own ready to bake mouth-watering creation.

Location: Rec A
Instructor: Jennifer Boardman
Ages: 7+ (Children under age 10 must be accompanied by a parent.)

Day	Date	Time	Cost
Sat	Nov 14	10:00 am - 12:00 pm	\$15



HOLIDAY SUGAR COOKIES

The sugar cookie is a sweet treat we make and eat around any holiday. This versatile cookie provides the perfect pallet in which to stamp out our favorite shapes for Christmas, Easter, Valentine’s and Saint Patrick’s Day. The sugar cookie is the perfect complement to any holiday dessert menu. In this class you will learn how to make a basic cookie dough, learn the fine art of rolling out the dough as well as cutting out cookies you can bake at home.

Location: Rec A
Instructor: Jennifer Boardman
Ages: 7+ (Children under age 10 must be accompanied by a parent.)

Day	Date	Time	Cost
Sat	Nov 21	10:00 am - 12:00 pm	\$15

Enrichment Classes

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 the basics of reading patterns and make a project to take home. Students who have a basic knowledge of crochet will learn broomstick, lace crochet and afghan stitch. You will learn the skills necessary to complete a baby blanket, scarf or other project of your choice.



Beginning students need to bring: “Peaches & Cream” 100% crochet cotton, 2 oz. - 4 ply yarn; hook size H or I. Advanced students need to bring “Red Heart” 4 ply - 100% acrylic yarn (6 or 7 oz.) and a tapestry needle size 13 or 16. Also bring scissors and a note pad.

Location: Rec B
Instructor: Sheryl Branscum
Ages: 14+

Day	Date	Time	Cost
Tu	Sept 8 - 29	6:30 - 8:00 pm	\$18
Tu	Oct 6 - 27	6:30 - 8:00 pm	\$18
Tu	Nov 3 - 24	6:30 - 8:00 pm	\$18
Tu	Dec 1 - 22	6:30 - 8:00 pm	\$18

BEGINNING PENCIL DRAWING

This class will acquaint students with the basic elements of drawing: shape, form, line and space. The principles of contrast, rhythm, and texture will also be addressed. Various methods and techniques of drawing will be taught.

Students will need to bring the following supplies to class: Pencils 4B, 2B, HB, 2H; one kneaded eraser and one pink eraser; 1 roll blue masking tape (1 inch); 1 pad of newsprint paper (12"x14"); wooden drawing board slightly larger than the drawing pad.

Location: Rec B
Instructor: Tony Antonides
Ages: 20+

Day	Date	Time	Cost
W	Sept 2 - Oct 21	1:00 - 2:30 pm	\$78

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	Sept 4 - 25	6:30 - 8:00 pm	\$18
F	Oct 9 - 30	6:30 - 8:00 pm	\$18
F	Nov 6 - Dec 4 No class Nov 27	6:30 - 8:00 pm	\$18

CRAFTS AND GIFTS - TWO PROJECTS

Fleece Tie-Blanket: During our first class, we will learn how to make a no-sew fleece blanket. They are so soft and cuddly. You can use it to watch a movie on a cold night or to give as a gift. You will need to provide your own fleece (print and solid) along with some scissors, a ruler or yardstick, and a box of safety pins. We will finish the blanket during the first half of the next class. For an adult size blanket, bring 2 yards each print & solid fleece, total 4 yards. For a toddler (or dog bed) blanket, bring 1.5 yards each print & solid fleece, total 3 yards. For a baby blanket, bring 1 yard each print & solid fleece, total 2 yards.

Aromatherapy Bath Salts with Essential Oils: We will finish the second class by making aromatherapy bath salts with essential oils. These are great for a relaxing bath, foot soak, and make great gifts. Supplies provided and each participant will leave with a small jar of bath salts.

Location: Rec B
Instructor: Nancy Calcagno
Ages: 8+

Day	Date	Time	Cost
Sat	Nov 14 & 21	1:00 - 3:30 pm	\$38

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. Class location: Rec A.

EMERGENCY PREPAREDNESS WORKSHOPS

CREATING A FAMILY EMERGENCY PLAN, OCT 8

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, OCT 15

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, OCT 22

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, OCT 29

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.

Day	Date	Time	Cost
Th	Oct 8 - 29	7:00 - 8:00 pm	Free

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
Central Point Library	(541) 664-3228
Central Point Justice Court	(541) 774-1286
Central Point School District #6	(541) 494-6200
Oregon Dept. of Motor Vehicles	(541) 776-6025
Jackson County Expo	(541) 774-8270
Jackson County Circuit Court	(541) 776-7171
Jackson County Parks	(541) 774-8183



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 bridge damage inspection, radiation hazards and so forth. Topics may also include flooding, wildfire, evacuation, earthquake, emergency shelters, and other local disaster activities.



City Parks

City Parks

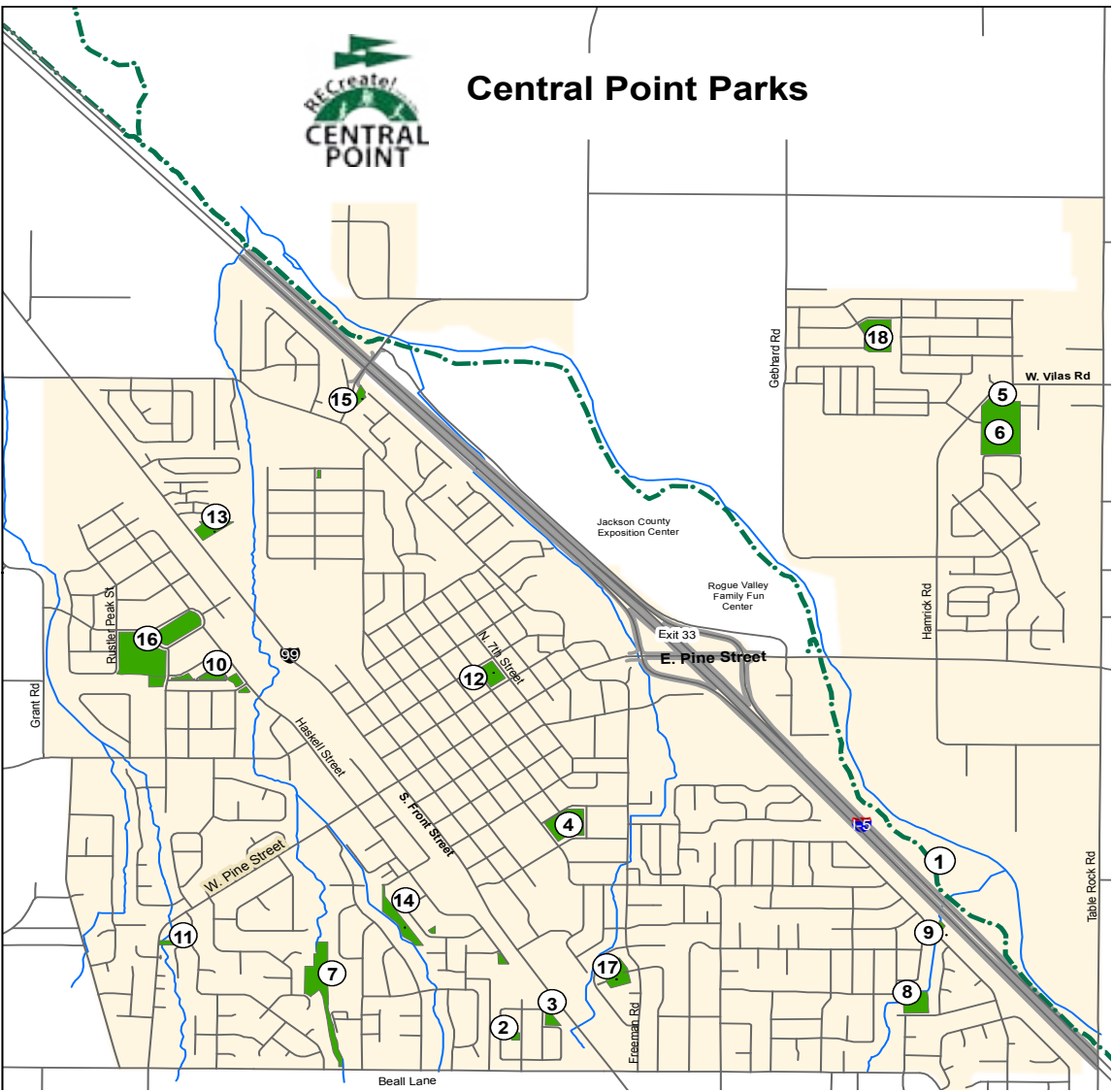
PARK GAZEBO RESERVATIONS AND SPECIAL EVENTS



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 fundraisers, 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 hold. Please call (541) 664-3321 ext. 265 to discuss your event.



Your City Parks

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

THE COST OF PARK VANDALISM

This has been a busy summer for the park department. On top of their regular mowing and all activities associated with taking care of over 140 acres of parks, we have experienced some vandalism to our irrigation systems. Over 50 sprinkler heads have been broken in three of our parks since June. The cost associated with this type of vandalism includes purchase of replacement parts, staff time for repairs, and the need for increased police presence to prevent further damage.

Most often the causes of this type of vandalism stems from boredom, anger, revenge or defiance. The people that participate in this type of activity do not realize or care that the cost of this damage takes money away from other projects and fun equipment that might have been purchased. They also don’t realize that as a tax payer each of us help pay to make the parks fun, clean and safe. Damage to equipment and play structures can take these pieces out of commission and make the park less enjoyable.

- Things to remember about vandalism:
- Destroying someone else’s property isn’t funny. It’s

- vandalism and it is a crime.
- When someone damages public property they are taking money away from property and programs each of us want to have and share.
 - Fixing broken windows costs more than \$300. Fixing a basketball standard costs more than \$500. Cleaning up graffiti by having to repaint walls can cost hundreds of dollars. All of this is money that could have been used to buy new equipment, institute new programs or even hire more employees.
 - In private property damage it costs property owners time and money to repair the damage caused by vandalism. The monetary costs are only a small part of the price—people feel less secure after their property is damaged and feelings of anger toward the community are also caused from property damage.

If you notice anyone damaging or destroying property that belongs to us all make sure to call the police or city hall right away at 541-664-3321. Having the citizens keeping a look out for damage to park features will hopefully help catch those that are destroying public property.

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/>

RAINWATER CATCHMENT SYSTEMS

Learn how to catch rain for free at your own home. This class will discuss ways to harvest rainwater simply, artistically and creatively and how to re-use it in your landscape.

Location: OSU Extension Auditorium
Instructor: Lori Tella, Jackson Soil and Water Conservation

Day	Date	Time	Cost
M	Aug 24	7:00 - 9:00 pm	\$10

GARDENING FOR AND WITH CHICKENS

Join a fun discussion on gardening and growing with and for your chickens and ducks.

Location: OSU Extension Auditorium
Instructor: Sandy Park & Logan Miller, Grange Co-op

Day	Date	Time	Cost
W	Sept 9	7:00 - 9:00 pm	\$10



DEHYDRATION: AN ANCIENT ART FOR MODERN TIMES

Humankind has dried food to preserve it since prehistoric times. Today's equipment, particularly the enclosed environment of a dehydrator, makes drying simple, safe and above all fun. And have you ever thought of drying complete meals for backpacking, travel, or just convenience? Come learn research-based, safe techniques and the best equipment for drying fruits, vegetables, and complete meals, then storing them for optimum quality.



Location: OSU Extension Auditorium
Instructors: Master Food Preservers

Day	Date	Time	Cost
Th	Sept 24	6:00 - 9:00 pm	\$10

THIS IS “NOT” THE PACIFIC NORTHWEST

Learn how to care for drought-tolerant and deer resistant plants that do well in the Rogue Valley. Fall is the best time to get them established. Samples will be on hand to touch, smell, and view!

Location: OSU Extension Auditorium
Instructor: Christie Mackison, Shooting Start Nursery

Day	Date	Time	Cost
Th	Oct 1	7:00 - 9:00 pm	\$10

COMPOSTING

Basic composting methods will be covered. Both “hot composting,” which requires maintenance, and “cold composting,” which is a hands-off method, will be included as well as Bokashi.

Location: OSU Extension Auditorium
Instructor: JCMGA Compost Head Gardeners

Day	Date	Time	Cost
Sat	Oct 10	12:00 - 3:00 pm	\$15

PROPAGATION FROM CUTTINGS

Various methods of creating new plants from cuttings taken from older plants will be demonstrated.

Location: OSU Extension Auditorium
Instructor: A Panel of Mater Gardener Mentors

Day	Date	Time	Cost
W	Oct 28	7:00 - 9:00 pm	\$10

TURKEY! TURKEY!

Do you wonder whether to stuff your turkey or to cook the stuffing separately? Is there a way to buy the turkeys at great November prices and then use them later in the year? Come to this turkey class. We will talk about cooking turkeys using a whole bird or Julia Child's deconstructed turkey method. We will talk about how to cut up a whole turkey into steaks and meal sized portions for the freezer and year round use. Special companion dishes will be shown with recipes for everything. Please note that we will not discuss smoking or deep fat frying turkeys.

Location: OSU Extension Auditorium
Instructors: Master Food Preservers

Day	Date	Time	Cost
Th	Nov 5	6:00 - 9:00 pm	\$10



MICROGREENS

Learn to grow and harvest your own fresh microgreens. Nutritious microgreens are easy and cheap to grow indoors, they require little space, and are versatile for use. A variety of microgreens will be provided to taste.

Location: OSU Extension Auditorium
Instructor: Karen Pleasant, Josephine Co. MG Coordinator

Day	Date	Time	Cost
M	Nov 16	7:00 - 9:00 pm	\$10



STRUCTURES TO EXTEND THE GROWING SEASON

Winter is coming but it doesn't have to be the end of the growing season if a greenhouse, a hoop house, and/or a cold frame is used. Construction of these season extenders will be covered.

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

Day	Date	Time	Cost
Tu	Dec 8	7:00 - 9:00 pm	\$10

FRIENDS OF CENTRAL POINT LIBRARY SEMI-ANNUAL BOOK SALE!

Thurs., 10/1, 1-6 p.m.
Fri., 10/2, 11 a.m. - 4 p.m.



Library Community Room
116 So. Third St., Central Pt.

NO PRICES!!! Take and leave a donation.
Contributions will be used for special projects in the Teen Library area.

Please come. We need your support.

Local Communities



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

ASHLAND PARKS AND RECREATION COMMISSION PROGRAMS - FALL 2015

The 11th annual Bear Creek Salmon Festival will take place on Saturday, October 3, from 11 a.m. to 4 p.m. This admission-free festival will feature all-ages interactive activities and exhibits focusing on healthy salmon and wildlife habitat in our region, and watershed stewardship in our own homes and yards. This year's theme is, **"Water – Keep it Flowing."** Participants can also enjoy a variety of fun outdoor activities such as fly and spin-casting, exploring Bear Creek and listening to Native American drumming and story-telling. Lively musical entertainment, a Salmon Spiral Labyrinth and a tasty food concession will round out the day. Join us at North Mountain Park, 620 N Mountain Avenue, Ashland. Learn more at www.BearCreekSalmonFestival.net or call (541) 488-6606.

Join us for, **"First Frost: Opening Night at the Ashland Rotary Centennial Ice Rink,"** on Saturday, November 21, 6 to 10 p.m. The outdoor, seasonal rink is located near downtown Ashland, around the corner from the Plaza and directly across from Lithia Park at 95 Winburn Way. For more information visit www.ashland.or.us/IceRink, call the ice rink at (541) 488-9189 (after November 16), or call Ashland Parks and Recreation Commission (APRC) at (541) 488-5340.

Located just minutes from downtown Ashland, **Oak Knoll Golf Course** has been a local favorite since 1926. Golfers of all abilities find our regulation, par 36, 9-hole layout fun and challenging. Visit us at www.OakKnollGolf.org or call (541) 482-4311 for tee times and information. The course is located at 3070 Hwy 66, Ashland. NEW to the course is FootGolf! A blend of soccer and golf... Great for families, soccer teams, or anybody looking for fun — book your tee time today!

APRC offers Adapted Programs that are specifically designed for people with developmental, intellectual or physical disabilities. To register for our Adapted Programs call APRC at (541) 488-5340. Learn more at www.ashland.or.us/Adapted.

Check us out at www.AshlandParksandRec.org, call us at (541) 488-5340 or visit us in upper Lithia Park at 340 S Pioneer St. LIKE Ashland Parks & Recreation on Facebook at [Facebook.com/AshlandParksandRec](https://www.facebook.com/AshlandParksandRec). "We'll see you in the Park and on Facebook!"



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

MEDFORD PARKS AND RECREATION

Adult Sports Leagues: Medford Parks and Recreation invites you to form a team and participate in our wide selection of adult sports leagues.

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

Youth Sports: Medford Parks and Recreation youth sports leagues and programs are open to boys and girls outside the city limits. Visit sportsmedford.com for upcoming youth programs, including camps and tournaments at U.S. Cellular Community Park. Upcoming youth sports leagues:

- Indoor Soccer (ages 4-8)
- Flag Football (ages 6-14)
- Little Hoopsters Basketball (ages 4-7)

CENTRAL POINT CEMETERY GROUP CONTINUES MONTHLY CLEANUPS

The Friends and Families of the Central Point Cemetery, will be resuming their monthly community clean-up days at the Central Point Cemetery on the second Saturday of each month through October. Dates will include September 12 and October 10.

Work will start work at 8:00 a.m. and go until 12 noon. Volunteers are requested to park in the parking lot behind the cemetery grounds in Don Jones Park in order to keep the roadways open and also to protect their vehicles from any possible damage.

Volunteers should bring gloves to wear, leaf rakes, pruners, gas operated blowers, weed eaters and lawn mowers, eye and ear protection. Also, if you have a truck that can be used to haul off debris that would be a big help. Donations are being sought to purchase small American flags and for removal of ivy. Donations should be made out to Friends of the Central Point Cemetery and sent to P.O. Box 3760, Central Point, OR 97502. Questions please call: Kathy Hooper (503) 320-3800.



Hanley Farm

1053 Hanley Road, Central Point
541-773-6536, ext. 202
www.SOHS.org

September 12 – Origins Farm-to-Table Gourmet Dining! Enjoy 4-course meal prepared using farm-fresh produce from Hanley Farm. Evening includes dinner, winemaker cocktail hour, Hanley House tours and Historical Presentation. 5pm-9pm. Tickets: \$65 (SOHS Members/\$55)

September 27 – Gold Diggers Guild, valued supporters and SOHS treasures, present their Biannual Dinner & Silent Auction! The Guild is graciously donating



proceeds to the SOHS. 3pm-7pm. \$50 pre-paid reservations required. Call 541-773-6818 or 541-779-4695

October 10-11 – Scarecrow Festival! Once again, you and your family will walk down Scarecrow Lane; build your own scarecrow, and MORE! 11am-4pm. Admission: FREE! Scarecrow Kits/\$15 (SOHS Members/\$10); Hanley House Tours/\$5 (SOHS Members/\$3)



Haunted Fields – TBA/please call for dates. Tentatively scheduled for October 17-18 & October 24-25. Take a guided tour by lantern light across the fields of Historic Hanley Farm, relive the tale of the Lady in

Black and learn her deep, dark secret. What could it be? 6pm-9pm, first walk, 7pm; Admittance: Adults/\$8; Children/\$5 (SOHS Members/\$5)

November 28 – Holiday Wreath Making. What a wonderful day for you and your family - make your own holiday wreath, using materials cut fresh from the farm; PLUS, of course, more! 11am-3pm. Admission: FREE! Wreath Kits/\$15 (SOHS Members/\$10)

December 27 – Join us for Holidays at Hanley Farm! The Hanley House is open for tours; see how the Hanley Family decorated their house and celebrated the holidays. 11am-3pm. Hanley Farmhouse Tours/\$5 (SOHS Members/\$3)



Saturday Mornings at Star Nursery

Fall 2015 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

September 19 – Discover Fall Perennials Perfect for the Rogue Valley: Shooting Star Nursery specializes in drought tolerant and deer resistant plants and we would love to show you some late blooming varieties which perform beautifully in our myriad of microclimates and you may not be familiar with.

September 26 – Our Favorite Trees: Fall is the time to get those trees in the ground so you have shade for the next hot summer. Come see what some of our favorites are for fall color, drought tolerance, and overall performance in the Rogue Valley.

October 1, 7:00 pm – This is Not the Pacific Northwest! Our Rogue Valley has its own unique climate, so we cannot plant our gardens like it is the Pacific NW or southern California. If you are new to our area or just want to learn about what plants do best here come to this class to see what diverse options you have. Class held at OSU Extension Auditorium.



October 3 – Ornamental Grasses: Don't know where to start when it comes to ornamental grasses? There are so many varieties and sizes to choose from but that's what makes them so useful. Besides adding texture, movement, and color to the garden they are also usually deer resistant and many are drought tolerant.

October 10 – Hell Strips - Planting Drought Tolerant Gardens: Fall is a great time to get your drought tolerant plants in the ground and have them ready for the next summer's heat. Come get a hands on lesson on the proper way to plant, and the best plant choices for the Rogue Valley.

November 7 – Drought Tolerant and Deer Resistant Plants for the Rogue Valley: Shooting Star Nursery specializes in drought tolerant and deer resistant trees, shrubs, perennials, and grasses and will discuss some of the diverse options you have.

Police Department Open House

Register for a Recreation Class!



Central Point Police Department


Come Join Us. Be our Guest!


“Police Department Open House”

Please join us on September 12th, 2015 from 10am-2pm at
155 South 2nd Street, Central Point.

The Police Department and Jackson County Fire District #3,
welcome you to see exhibits, demonstrations and tours the whole
family can enjoy.

The public will be given a rare inside look at what goes on at the
Police Department. People of all ages can gain a better
understanding of the extensive training and readiness of our police
officers and firemen employees.





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 - Fall 2015

Event	Date	Time	Location
Labor Day	September 7	City Offices Closed	
KidVenture - First Day	September 9	8:30 am & 12:00 pm	Rec A, 405 S. 4 th Street, Central Point
Police Department Open House	September 12	10:00 am - 2:00 pm	155 S. 2nd Street
City Wide Yard Sale	September 12	8:00 am - 3:00 pm	City Wide
Harvest Festival	September 18 - 20	See page 5 for times	The Expo
Don Jones Spray Park Closing	September 28	10:00 am	Don Jones Memorial Park
Veterans Day Commemoration	November 11	9:00 - 10:00 am	Don Jones Memorial Park
Thanksgiving Holiday	November 26 & 27	City Offices Closed	
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	

**GET OUT AND VISIT ONE OF
OUR GREAT PARKS TODAY!**

Visit the Central Point
Parks & Recreation
Website



www.centralpointoregon.gov



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

