

Leisure Pursuits

HICKORY PARKS AND RECREATION

SUMMER/FALL 2016

July - December

"We work so others can play"

HICKORY PARKS AND RECREATION DEPARTMENT

MISSION STATEMENT

To provide the highest quality in leisure services, parks and recreational facilities while encouraging and enhancing healthy lifestyles for all citizens of Hickory.



Message from the Director...

Welcome to the latest edition of "Leisure Pursuits". We have improved and expanded the publication to provide you more information as to the recreation programs, services, and facilities available to you, your family and your friends. I hope you will take the opportunity to visit one of our parks, experience one of our special events, visit one of our recreation centers, and participate in an instructional class or sports program. The mission of the Parks and Recreation Department is, and will continue to be, to provide the highest quality in leisure services, parks and recreational facilities while encouraging and enhancing healthy lifestyles for all citizens of Hickory.

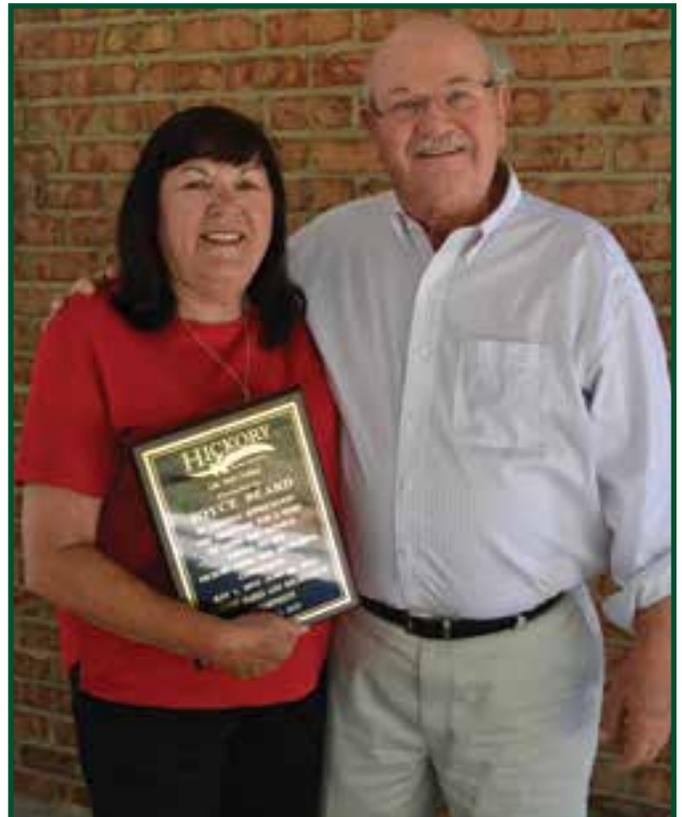
Sincerely,
Mack McLeod

HICKORY PARKS AND RECREATION COMMISSION AND MEMBERS

The Commission advises the Hickory Parks and Recreation Department in the operation of recreation facilities and activities for all age groups and strives to enhance the quality of life at a cost that is most economical for the City of Hickory. The Commission provides input on a wide range of community recreation needs including programming, facilities and maintenance. The 12 member commission meets for lunch on the second Tuesday of each month at 12:00 pm at Highland Recreation Center at Stanford Park. The Parks and Recreation Director serves as the staff liaison to the Commission. If you have any comments or concerns about the recreation programs, facilities or parks in your ward, contact the Parks and Recreation Commission members listed.

Commission Members

Wood, Lanie	Ward 1	267-0799
Sigler, Susan	Ward 2	327-2025
Hedrick, Junior	Ward 3	256-8404
Mitchell, Allen Jr.	Ward 4	612-6532
Crosby, David	Ward 5	326-8998
Powers, Jim	Ward 6 V. Chair	324-1556
Coley, Lloyd Jr.	At Large Chair	238-1158
Proctor, Dean	At Large	327-9520
Williams, David	At Large	238-7039



Joyce Beard and Chair Lloyd Coley

Retiring Commission Member Joyce Beard served six years on the Parks and Recreation Commission. Thank You Joyce For Your Service!

Leisure Pursuits

HICKORY PARKS AND RECREATION DEPARTMENT

SUMMER/FALL 2016

Visit us online at hickorync.gov/recreation

Published by Deluxe Printing Group
Hickory, North Carolina 28601

PARKS AND PLAY RADIO SHOW

The Hickory Parks and Recreation Department's Parks and Play segment with local radio station WHKY has moved from Tuesday mornings to Thursday mornings at 7:45 am. Tune in every other week and catch the latest on parks, programs and upcoming special events. Also visit our website, www.hickorync.gov/recreation for more information on future activities and events.



CONTENTS

Message from the Director	2
Park Listing	4
Park Location Map.....	5
Annual Park Operating Hours Schedule	6
Tobacco-Free City Parks.....	6
Catawba County Sports Hall of Fame.....	7
Youth and Adult Sports Programs	8
Recreation Centers Activities	9-19
Brown Penn.....	9
Ridgeview	10-12
Highland	12-15
Neill Clark Main and Gym.....	15-17
Westmont	17-18
Westmont Senior and Adult Programs at Ridgeview	18-19
Bill McDonald Scholarship Fund.....	19
City-Wide Special Events	19-20

CONTENTS

UNDER CONSTRUCTION



Many improvements are being made to Hickory Optimist Park. Construction of a new community building is underway along with four outdoor pickle ball courts, outdoor fitness equipment and a new paved walking trail.

PARK LISTING

Civitan Park, 460 17th Avenue NE. Featuring a picnic shelter with tables and grill, 2 tennis courts, an outdoor basketball court, lighted softball field, playground, restroom, community garden and a concession stand.

Cliff Teague Park, 1125 C Avenue SE. Featuring a tennis court, playground equipment, outdoor basketball court, horseshoe pits and restrooms.

Fairbrook Optimist Park, 1560 4th Avenue SE. Dog park and restrooms.

Geitner-Rotary Park, 2035 12th Street Drive NW. Features an activity building, picnic shelter with tables and grills, gazebo, paved bikeway, walking and nature trails, boat dock and ramp, fishing pier and restrooms.

Glenn C. Hilton, Jr. Memorial Park, 2000 6th Street NW. Featuring 5 picnic shelters with tables and grills, 2 playgrounds, restrooms, gazebo, lighted and paved walking trail, nature boardwalk, 24 hole disc golf course, canoe launch, horseshoe pits and a memorial garden.



Henry Fork River Regional Recreation Park, 5655 Sweet Bay Lane. Featuring an 8000 square foot picnic shelter with a catering kitchen, restrooms and table and grills, 8 soccer fields, Alpine Tower ropes course, 2 playgrounds, concession stand, paved walking trail, a canoe launch and horseshoe pits. Park office 322-2671.

Hickory City Park, 1515 12th Street Drive NW. Featuring a picnic shelter with tables and grills, 8 lighted tennis courts, walking, fitness and nature trails, bikeway and restrooms.

Hickory Optimist Park, 751 2nd Avenue SW. Featuring a picnic shelter with tables and grills, community room building with restrooms and catering kitchen, outdoor basketball court, four outdoor pickleball courts, playground, outdoor fitness equipment zone, paved walking trail, restrooms, youth softball field.

Jaycee Park, 1515 12th Street Drive NW. Features an outdoor basketball court, lighted baseball field, batting cage, playground, restrooms and a concession stand.

Kiwanis Park, 805 6th Street SE. Features 3 picnic shelters with table and grills, tennis court, outdoor basketball court, 4 lighted baseball fields, 2 batting cages, walking trail, restrooms, 2 concession stands, splash pad and 2 playgrounds which includes the Zahra Baker All Children's Playground and treehouse.

McComb Park/Beaver Memorial Garden, 421 5th Avenue Place NE. Features a water fountain, seating area, gazebo and a beautiful memorial garden.

Neill W. Clark, Jr. Recreation Park, 3404 6th Street Drive NW. Featuring outdoor basketball courts, 4 lighted soccer fields, playground, horseshoe pits, restrooms, Neill W. Clark, Jr., Gymnasium (828) 322-2188 and Neill W. Clark, Jr., Main Building (828) 324-6990.

Southside Heights Park, 1400 2nd Street SW. Featuring a picnic shelter with tables and grills, outdoor basketball court, playground, multipurpose field and restrooms.

Stanford Park, 1451 8th Street Drive NE. Featuring 3 softball/baseball fields, restrooms, concession stand, outdoor basketball court, picnic shelter, 2 playgrounds, paved walking trail, skate park, Highland Recreation Center (828) 328-3997 and the Parks and Recreation Department Administrative Office (828) 322-7046.



Children's treehouse at Kiwanis Park

Taft Broome Park, 115 7th Avenue SW. Featuring 2 picnic shelters with tables and grills, 2 tennis courts, 2 outdoor basketball courts, lighted multipurpose field, 2 playgrounds, horseshoe pits, putting green, restrooms and community garden. Brown Penn Recreation Center (828) 328-4890, Brown Penn Senior Center (828) 328-5789, and Ridgeview Recreation Center (828) 324-8007.

West Hickory Park, 830 16th Street SW. Featuring an outdoor 1/2 basketball court, lighted softball field, playground and restrooms.

Westmont Recreation Center, 1316 Main Avenue Drive NW. Featuring 2 tennis courts, an outdoor basketball court, playground, horseshoe pits, restrooms, and outdoor shuffleboard courts (828) 328-9804, Westmont Senior Center (828) 324-1200.

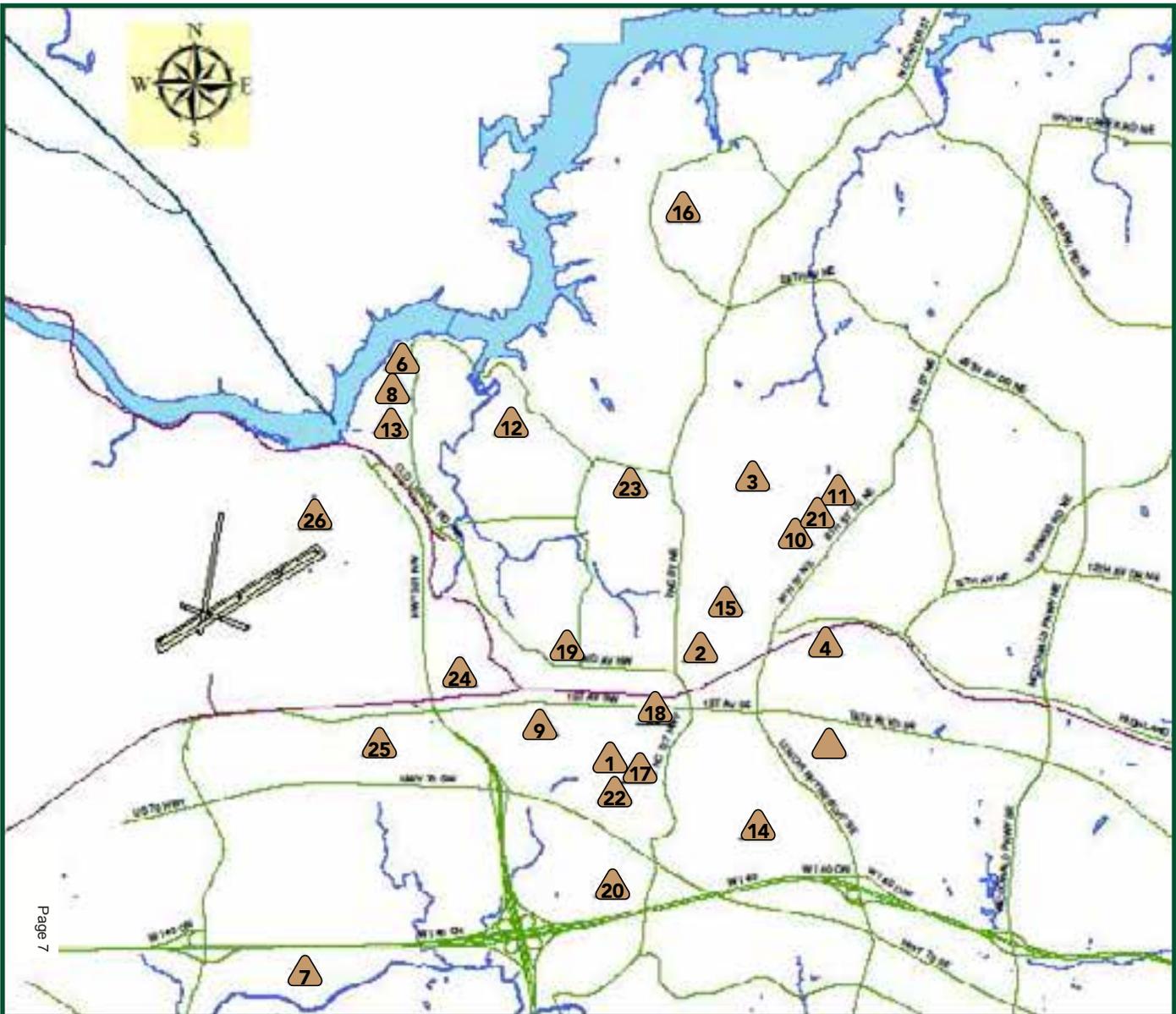
Winkler Park, 2500 Clement Blvd. NW. Featuring a picnic shelter with grills, playground, walking and nature trails, horseshoe pits, restrooms, the Winkler Activity Center, Winkler Museum, Winkler Homeplace and L.P. Frans Stadium.

Life. Well Crafted.

www.hickorync.gov

PARKS AND RECREATION

- | | | | |
|----------------------------------|--------------------------------|---------------------------------|---|
| 1 BROWN PENN REC. CENTER | 6 GEITNER/ROTARY PARK | 13 JAYCEE PARK | 20 SOUTHSIDE HEIGHTS PARK |
| 2 CAROLINA PARK | 7 HENRY FORK REC. PARK | 14 KIWANIS PARK | 21 STANFORD PARK |
| 3 CIVITAN PARK | 8 HICKORY CITY PARK | 15 MCCOMB PARK | 22 TAFT BROOME PARK |
| 4 CLIFF TEAGUE PARK | 9 HICKORY OPTIMIST PARK | 16 NEILL CLARK REC. PARK | 23 VIEWMONT PARK |
| 5 FAIRBROOK OPTIMIST PARK | 10 HIGHLAND PARK | 17 RIDGEVIEW REC. CENTER | 24 WESTMONT REC. CENTER |
| | 11 HIGHLAND REC. CENTER | 18 ROBINSON PARK | 25 WEST HICKORY PARK |
| | 12 HILTON PARK | 19 SHUFORD GARDENS | 26 WINKLER PARK (LP FRANS STADIUM) |



Page 7

ANNUAL PARK OPERATING HOURS SCHEDULE:

The Hickory Parks and Recreation Department’s parks are open and operate 365 day a year. Park closing hours vary depending on the time of year. Park users are asked to start making their way out of the parks at least 30 minutes prior to the posted closing time. Parks Maintenance staff will make every attempt to notify patrons the parks are closing. In the event park users are locked in the park, they should call the Hickory Police Department at 828-328-5551.

All parks open at 7:00 am and close on the following schedule:

January	6:00 pm close
February	6:00 pm close
March	7:00 pm close
April	8:00 pm close
May	9:00 pm close
June	9:00 pm close
July	9:00 pm close
August	9:00 pm close
September	8:00 pm close
October	7:00 pm close
November	6:00 pm close
December	6:00 pm close



TOBACCO-FREE CITY PARKS



An initiative between the Catawba County Public Health Department and the North Carolina Community Transformation Grant Project is presenting a unified effort that would establish tobacco-free parks in all local governments within Catawba County. A presentation was made by both organizations to Parks and Recreation Commission at their August 12, 2013 meeting. The Hickory City Council voted to pass the policy, banning all tobacco products in all City parks, beginning January 1, 2014.

Municipalities in the county, currently, have smoke-free policies in place for buildings. All City of Hickory buildings have been smoke-free since 1993. Discussions have been underway for several years to establish tobacco-free grounds policies across the county, as well.

The policy defines tobacco products as any product containing, made or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed or ingested by any other means or any component part or accessory of a tobacco product.

The prohibited areas include any recreation facility owned, leased, or occupied as defined by the City of Hickory and on recreation facility grounds that are owned, leased, or occupied by the City of Hickory. This applies to all 23 City of Hickory parks and covers visitors and employees.



“The City is making efforts to encourage healthy lifestyles,” said Mack McLeod, City of Hickory Parks and Recreation Director. “For that reason the City has implemented the Tobacco-Free Policy at all the City-owned parks.”

Signage, stating that the park is a tobacco-free and a smoke-free campus, will be at all of the park entrances and also at strategic locations within the parks.

NEW HOME FOR THE CATAWBA COUNTY SPORTS HALL OF FAME

Catawba Valley Community College originally housed the Hall of Fame. It was moved to the Hickory Metro Convention Center, in which it stayed at that location until it outgrew the space. At that time, the Hickory Metro Sports Commission approached the City of Hickory about moving the Hall of Fame to the Highland Recreation Center, which was approved.

Tara Hicks with the Convention and Visitors Bureau and Phil DiCasolo, who are both with the Hickory Metro Sports Commission, went through the photos and boxes of information to compile a beautiful plaque, honoring each recipient in the Hall of Fame, which includes 57 plaques. The Hall of Fame is located inside the Highland Recreation Center at 1451 8th Street Drive NE, Hickory.

On Friday, August 9, 2013 a few members from the Catawba County Sports Hall of Fame, the Hickory Metro Sports Commission, and City staff were present to introduce the new Hall of Fame location and take photos of some of the members with their plaque. JuJu Phillips, Chairman of the Catawba County Sports Hall of Fame Committee, led the introductions and thank yous, including a thank you to the City of Hickory Parks and Recreation Department. "The wall is very impressive," said JuJu Phillips. "It recognizes the pioneers, athletes, coaches, and contributors, showing the memories of Catawba County's rich sports heritage."

In addition, Mark Seaman, the Chairman of the Hickory Metro Sports Commission, said that on behalf of that Commission, that they appreciate the Hall of Fame being located at Highland Recreation Center.

Phillips took time to introduce each member of the Hall of Fame, including Jim Correll, David Elder, Tisha England, Ned Jarrett, who was part of the first Hall of Fame class in 2001, and Mike McRee. Each one took some time to say a few words of appreciation and they recognized the accomplishments of all who are a part of the Catawba County Hall of Fame.

"It is a huge honor that there was a Hall of Fame to be inducted into here," said Ned Jarrett. "I have been recognized in other areas, as well, and this ranks up there. I grew up here. This allows everyone to see the various, rich history where athletes are concerned. I am very, very proud to be a part of it and it being here in this fine facility."

"The City of Hickory and the Parks and Recreation Department are honored that the Catawba County Sports Hall of Fame is housed at our facility," said Mack McLeod, Director of the City's Parks and Recreation Department. "The Hickory Metro Sports Commission did a fabulous job compiling the details and photographs for the plaques that now line our hall way. We encourage the community to stop by and take some time to look through the Hall of Fame honorees."

For more information on the Catawba County Sports Hall of Fame, contact JuJu Phillips at jujuphillips19@gmail.com.

Catawba County Sports Hall of Fame Members

Inductees – 2015

Tommy Houston
Tyrone McDaniel
Hank Parker
Linda Richards
Gary Yount

Inductees – 2014

Jeff Barkley
John Lentz
Odell Moose
Beth Laney Queen

Inductees – 2013

Tommy Edwards
Tisha S. England
Joe H. Rhyne
Bobby Warlick
Lisa Witherspoon

Inductees – 2012

David W. Abernethy, Sr.
William N. Bass
James L. Correll
Marion L. Kirby
Thomas L. Swatzel

Inductees – 2011

William Beatty
Cathy B. Hitchcock
Dale Arnold Jarrett
Charles Allen Young
Richard Howard

Inductees – 2010

Leonard "Flash" Arndt
William (Bill) Barkley
Jamie Coulter
William (Billy) Wells

Inductees – 2009

Sally Reid Bradshaw
David Warren Craft
George D. Murphy
Michael E. McRee
Mike Matheson

Inductees – 2008

Richard Foster
D.C. Miller
Don Patrick
Albert Spurlock

Inductees – 2007

Rick Barnes
David Elder
Bryan Harvey
Bobby Isaac

Inductees – 2006

Donald C. Beaver
James G. Newsome, Sr.
Danny Thompson
Larry Wittenberg

Inductees – 2005

Donald A. Arndt
Thomas E. Brown
Walter C. Cornwell
Robert M. Shores

Inductees – 2004

Burrell P. Brown, Jr.
Kathleen C. Kim
B.E. "Gene" Miller
Troy L. Washam

Inductees – 2003

Bill E. Bost
Norman "Pinkie" James
Bobby V. Rowe
Don L. Stafford

Inductees – 2002

Frank R. Barger, Sr.
Jerry R. Copas
Harry Frye
C.O. Miller, Jr.

Inductees – 2001

Samuel Davis, Sr.
Ned Jarrett
Hanley Painter
Clarence Stasavich



YOUTH SPORTS

SPRING/SUMMER PROGRAMS

Girls Volleyball: Registration January.

Season begins in March.

Pee Wee 9-11 year olds

Midget 12-15 year olds

Age determined as of April 1st.

Lacrosse: Registration January.

Season begins in March.

Boys and girls ages 5-15 years old. Age determined as of

August 31st.

Baseball: Registration February.

Season begins in April for most leagues.

T-Ball 4-5 year olds

Mighty Mites 6,7,8 year olds

Midget 9-10 year olds

Little 11-12 year olds

Junior 13-14 year olds

Age determined as of May 1st.

Softball (Girls): Registration February.

Season begins in April.

Pee Wee 6-9 year olds

Midget 10-12 year olds

Age determined as of January 1st.

FALL PROGRAMS

Soccer: Registration July.

Bumble Bee 5-6 year olds

Pee Wee 7-8 year olds

Midget 9-10 year olds

Little 11-13 year olds

Soccer (Girls Only):

Season begins September.

Pee Wee 7-9 year olds

Midget 10-12 year olds

Age determined as of August 31st.

Tackle Football: Registration July.

Season begins September.

Boys and Girls.

Junior Varsity 9-10 year olds

Varsity 11-12 year olds

Age determined as of August 31st.

Baseball: Registration July.

Season begins September.

Fall Instructional League 8 & 9 year olds

Age determined as of May 1st.

WINTER PROGRAMS

Basketball: Registration October.

Season begins December.

Mite 5-6 year old boys and 5 year old girls

Bantam (boys) 7-8 year olds

Bantam (girls) 6-8 year olds

Pee Wee 9-10 year olds

Midget 11-12 year olds

Junior 13-15 year olds

Age determined as of August 31st.

Wrestling: Registration October.

Season begins December.

Ages 5-13 years. Age determined as of August 31st.

Indoor Soccer: Registration October.

Season begins December.

Pee Wee 7-8 year olds

Midget 9-10 year olds

Little 11-12 year olds

Junior League 13-14 year olds

Age determined as of August 31st.

ADULT SPORTS

SPRING/SUMMER PROGRAMS

Adult Softball: Women's & Men's Open Divisions, Women's & Men's Industrial, Church Divisions. Registration begins in January. Season begins in April.

FALL PROGRAMS

Men's and Women's Volleyball, Softball, Dodge Ball, Soccer and Co-ed Kickball Leagues. Registration begins July. Season begins in September.

WINTER PROGRAMS

Coed Volleyball and Basketball. Registration begins in October. Season begins in December for basketball and season begins in January for volleyball.

Adult leagues are open to participants 18 years of age or better. For more information on adult opportunities call 322-7046.



TENNIS LESSONS: YOUTH & ADULTS

Hickory Parks and Recreation Department is offering tennis lessons for youth ages 5-18 at Hickory City Park located at 1515 12th St Drive NW. A card for eight clinics is \$48.00 for City of Hickory residents and \$53.00 for non residents. All new players will receive two complimentary lessons. Lessons are scheduled Monday through Friday between 3:30 pm and 5:15 pm. You may choose your days of instruction. Tennis balls and rackets are provided. Kathy Kim is the lead instructor for the lessons along with other volunteers. For more information and to register, contact Kathy at 828-322-4643.

BROWN PENN RECREATION CENTER

735 3rd Street SW
828-328-4890

Reggie Cummings, Recreation Programmer
rcummings@hickorync.gov

Hours of Operation:
Tuesday-Friday 1:00 pm-9:00 pm
Saturday 10:00 am-6:00 pm

Paper Plate Butterflies: No two things are the same...not even a butterfly's wings. Flap your wings and fly to Brown Penn Recreation Center on Thursday, July 21 at 2:00 pm to create your personalized paper plate butterfly. Free program for youth ages 10 and under. All materials will be provided.

In The Zone: Blue 42, OMAHA, OMAHA...Brown Penn Recreation Center is signaling all youth to line up for a free game of flag football. Join us on Saturday, August 6 at 12:00 pm at the Samuel William Davis, Sr. Multipurpose Field.

You've Been Served: Is "love" always a good thing, not in this game...Crash the court at Taft Broome Park for a single elimination tennis tournament on Saturday, August 20 at 11:00 am. There is no cost for this event. Youth ages 5 to 15 are encouraged to compete.



Run To Live: We all need to get some fresh air before the weather changes. Jog with us around a one mile course at the Samuel William Davis, Sr. Multipurpose Field on Thursday, August 25 at 5:00 pm. This program is totally free for youth ages 5 to 15.

Dance Competition: Slide to the left, slide to the right, two hops this time. Cha-Cha over to Brown Penn Recreation Center on Friday, September 2 at 5:00 pm for a group dance competition. Each group will get to perform two dance routines and be judged by a panel. The winning group will receive a small prize. Ages 15 and under will have the spotlight.

4 vs 4 Soccer Tournament: Single elimination coed soccer tournament on Saturday, September 17 at Samuel William Davis, Sr. Multipurpose Field. Free event for youth ages 5 to 15 will start at 1:00 pm and all materials will be provided.

Frisbee Baseball: What are they playing? If you are curious to learn how to play a game that youth of all ages can play, take your place in the dugout at Samuel William Davis, Sr. Multipurpose Field on Thursday, September 22 at 5:00 pm. Open to youth ages 15 and under.

Youth Financial Fitness: How fit are your finances? Learn how to build your savings muscle and trim your debt. This free program will be held at Brown Penn Recreation Center Friday, September 30 at 5:00 pm.

Pink Games: Saturday, October 8 starting at 1:00 pm put on your favorite pink shirt and come compete for a purpose in the pink games. We invite all youth ages 5

to 15 to play in a one day single elimination basketball tournament. Bring your team and compete!

Trick Or Treat (Trick Shot Basketball): Can you make the play of the day? This free event will consist of players creating and attempting various trick shots. The players will have three attempts to make their trick shot. The best trick shot will win on Tuesday, October 11 at 5:30 pm. Absolutely free, No trick!!!

Haunted House: Did you hear that? What are those sounds coming from Brown Penn? Let your curiosity get the best of you on Friday, October 14 from 6:30 pm to 8:30 pm and see what you can find at Brown Penn Recreation Center. There will be a free Haunted House and a variety of games for the community. Ages 5 to 18 welcome.



What's Your Name? Ages 15 and under, on Thursday, October 27 at 5:30 pm prepare to be pushed to your limits. This is a free workout that consists of using the letters of your name to design your personal workout for the day. Each letter in your first name will decide your fate.

Mindful Meditation: Month long essay competition for youth ages 10 to 15 to express how they feel towards family and friends during this season of "Thanks". Essays may be turned in from Tuesday, November 1 to Tuesday, November 29 at Brown Penn Recreation Center.

Can Food Drive: Donate can goods in November starting on Tuesday, November 1 through Saturday, November 19 at Brown Penn Recreation Center. This event is open to youth ages 15 and under.

Stay Out of the Kitchen: We're playing pickle ball! Join us on Saturday, November 12 from 2:00 pm – 3:00 pm at Brown Penn Recreation Center. Youth ages 5 to 15 are welcome to play but remember to stay out of the kitchen.

Thanksgiving Animals: What Are Those??? It's a wild animal party going on at Brown Penn Recreation Center. On Wednesday, November 16 at 5:00 pm we will be creating "Animal Art" that will make you think of Thanksgiving.

Core Training: Santa has a jolly belly filled with joy but you should want to have nice toned abs for the holidays. Tighten that stomach and lunge over to Brown Penn Recreation Center for a simple core workout on Friday, December 2. This free event will begin at 5:00 pm and is open to ages 10 to 15.



Lunch With Santa: Santa will be at Ridgeview Recreation Center on Wednesday, December 7, from 11:00 am to 12:30 pm. We invite youth ages 3 to 5 years old to eat lunch, listen to a story and create a Christmas craft with Santa.

Poem Contest: (The Year Through My Eyes): On Thursday, December 29 Brown Penn Recreation Center will be hosting a written or spoken word competition at 5:00 pm for ages 5 to 15.

RIDGEVIEW RECREATION CENTER

Ridgeview Recreation Center
115 7th Avenue SW
828-324-8007

Andrea Nixon, Senior Recreation Programmer
anixon@hickorync.gov

Lance Riddile, Recreation Programmer
lriddile@hickorync.gov

Hours of Operation:
Monday-Friday 1:00 pm-9:00 pm
Saturday 10:00 am-6:00 pm

Jigsaw Puzzle-Off: Help us put together our new jigsaw puzzles. Sign up to work on one of two puzzles and see which one gets completed first. Enjoy the comradery or sit down, relax and enjoy a few quiet moments piecing it all together. Do a little or do a lot but join the fun. Free for participants ages 16 and older. Starts at Ridgeview Recreation Center Friday, July 1 and ends Friday, July 29.

Good More-ning Weights: Wake up and come on over to Ridgeview Recreation Center for simple weight training. This will help to increase strength, regain loss muscle mass, increase bone density and improve quality of life. This program will be held Thursdays in July (14, 21 and 28) starting at 10:30 am. Free for older adults ages 50 and over.



Fall Gardening-Taft Broome Gardens: This season we look to plant our community gardens into the fall months with the help of the Catawba County Cooperative Extension. Join us in learning how we can adapt to planting for fall harvest. Planting a fall garden will extend the gardening season so you can continue to harvest fresh produce. Learn more when we meet at Taft Broome Community Gardens Thursday, July 28 at 5:30 pm

Friendship Week, August 2-5: Celebrate you and your friends...week! It's time we recognize small accomplishments about one another. During this week spend a few moments time with friends and express love for them. Exchange a gift, a small token of appreciation, kind word or a card. It all starts at Ridgeview Recreation Center Tuesday, August 2 and finishes up on Friday, August 5.



All Hands On Deck: We want to keep our community and our parks clean! Meet us at Taft Broome Park on Wednesday, August 3 starting at 2:00 pm to clean up any trash and debris! We will cool down from hard work with a scrub down of the City of Hickory van. Participants of all ages are welcome to join in! Shoes are required and be prepared to get dirty and wet. All we need is your lending hand and all other materials will be provided. Free program!

GameStop At Ridgeview: Join Ridgeview Recreation Center in collaboration with GameStop and All Gamers Club, Inc. on Wednesday, August 10 from 2:00 pm to 6:00 pm for non-stop entertainment! There will be video games on the Xbox 360 and PlayStation 3, plus an exclusive NBA

2K16 Tournament with prizes for the winners! Registration for the tournament will be between 1:30 pm and 2:00 pm. We are accepting the first 16 participants to sign up. Tournament Kick-off will start at 2:30 pm! All games will be rated E for Everyone. All video games and consoles will be provided.

Kick Out The Jams, Karaoke: If singing is something you like to do and you enjoy being around others who do too "Kick Out The Jams" with us. Bring your favorite songs or look some up with us at Ridgeview Recreation Center on Tuesday, August 16 at 6:30 pm.



Guess The Facts Of August: As we travel through time learn a little about what has been in August's past. Certain days in history may be more significant than others but there's always something interesting to learn or find out about. Can you guess some of the historic days in August? Find out the answers on those days. This program will start on Tuesday, August 16 and will end Tuesday, August 30.

Make It Rain, Shooting Contest: It's been a hot summer and it's time to make it rain!!! Show everyone how you can bring it down from the skies. Meet us in the gym of Ridgeview Recreation Center for this challenging shootout and become the Rain King/Queen. Get involved, Tuesday, August 23 at 5:30 pm.

Red, White & Blues: Show your patriotism! Wear your red, white and blue Thursday, September 1 through Saturday, September 10. Every time you come to Ridgeview Recreation Center in all those colors sign off a ticket with your contact information. The more tickets the better your chance to win. A winner will be announced on Tuesday, September 13 for a nice prize! All other materials will be provided. Free for all ages!

Constitution Day: Let's see you put your "John Hancock" (signature) on the Constitution of the United States of America. Show your support as a patriot on the same day in history as the 1787 delegates to the Constitutional Convention signed in Philadelphia. At the end of a long hot summer of discussion, debate and deliberation, the delegates to the Constitutional Convention signed America's most important document. Get involved all day, on Friday, September 16.

Billiards Golf: Just like golf who can post the lowest score? You need to have a dead eye aim and consistently good skills to win at this game. Rules will be provided the day of the games. Join us for this fun new style of billiards. All equipment will be supplied. Free for participants ages 16 and older on Wednesday, September 14 at 3:00 pm.

Pictures With Your Pets: Who doesn't love their pets and taking pictures with them? We would like to put together a picture collage of people with their pets. Show how happy they make you feel or how funny you can be with them. Enjoy the moment, capture it in a picture and let us share those moments. All materials will be supplied. This program takes place at Ridgeview Recreation Center Tuesday, September 6 to Thursday, September 22.



Geo-Bicycle Fun: There's new caches to find and enjoy at Heritage Greenway Trail, Newton. We can ride the trail and find some great new caches too. You can meet us there or catch a ride with us from Ridgeview Recreation Center (leaving at 10:30 a.m.). Bring a bag lunch and water. This experience is open to the public and free for all 16 and older. Bring your own bike and you must wear a helmet.

We will meet and load up at Ridgeview Recreation Center. This fun ride will take place Saturday, October 1 at 11:00 am.

A Pinch Of Spinach: Did you know spinach is an excellent source of Vitamins A, C, E and K? Learn more about this cool season crop the week of Monday, October 3 through Friday, October 7 at Ridgeview Recreation Center. Informational handouts of benefits and recipes will be provided. Free program for ages 16 and up.

Darkness To Light Training: Adults ages 18 and over come to Ridgeview Recreation Center on Tuesday, October 11 from 10:30 am to 12:30 pm to learn about child sexual abuse. We may not want to hear or talk about it, but let's face the facts. This training will cover five steps to protecting our children. For more information please check out www.D2L.org. All participants who complete the training will receive a Certificate of Attendance for two contact hours of continuing education. Free program for all who want to join the movement to end child sexual abuse!



Pickle Ball Days: 4 Days, 5 Reasons: Here's five good reasons to pick up a paddle and just play. One, bantering with fellow players endlessly. Two, developing hand/eye coordination. Three, something to look forward to. Four, keeping the ol' joints flexible. Five, the ability to laugh at yourself. Get involved. Get something started. Get your body moving! Tuesday and Thursday, November 1, 3, 8 and 10 from 3:30 pm to 6:00 pm.

Run To The Polls, You Decide

2016: The next President of the United States is important but you are more important! Ridgeview Recreation Center challenges you to run or walk a minimum of 20 minutes, three days out of the week. Personal Fitness Trainer, Andrea Nixon, will be available all month to encourage you to meet that goal and keep record of your workouts. This program will run Tuesday, November 1 through Wednesday, November 30.



National Diabetes Awareness Month: Wear a simple blue circle to help unite against diabetes. Why a blue circle? The circle's frequent occurrence in nature and because myriad cultures over time have used the circle to symbolize life, mother earth and health. Pick up a free blue circle pin at Ridgeview Recreation Center. Free for participants ages 16 and older. This event will take place Tuesday, November 1 through Tuesday, November 29.

World Smile & Say Hello Day, Tuesday, November

22: This secular holiday observed is annually to express that conflicts should be resolved through communication rather than the use of force. Participants verbally greet ten people or more on that day as an expression of the importance of personal communication in preserving peace. The objective is to say hello to at least ten people on the day. If you've said hello to ten or more people sign our "Hello" board and be part of this special day. This event will take place at Ridgeview Recreation Center all day Tuesday, November 22.

Beat The Grinch!: It's a proven fact that if you exercise at least 30 minutes a day you release endorphins that helps your body cope with stress, relieve anxiety, stimulates mental health and reduces all kinds of risks an unhealthy lifestyle can bring. "Beat the Grinch" by working out at Ridgeview Recreation Center where we will track your progress and you can save Whoville between Tuesday, December 6 and Friday, December 30.

Twelve Days Of Christmas Questionnaire: Let's have a little fun with the holiday season. We've got twelve questions pertaining to the holiday season we can have a good time answering. Join us at Ridgeview Recreation Center on Thursday, December 8 starting at 3:30 pm.

Wacky Tacky Christmas Tees: Ridgeview Recreation Center wants to see the wackiest, tackiest, ugliest tee that exists! Help us accomplish this on Monday, December 12 starting at 4:00 pm. There is no right or wrong way to do this art project. All shirts and tacky materials will be provided but feel free to bring some of your own.



Christmas Snowflakes: It's that time of year to make something special for someone you love. Join us to create a personalized snowflake. This event will take place at Ridgeview Recreation Center on Tuesday, December 13 at 5:30 pm.

Wreath Puzzle: Here is an easy family fun craft for all ages and all seasons. Participants will take some old puzzles and recycle them into a wreath which can be used as an ornament for the holiday season. Join us on Thursday, December 15 starting at 5:30 pm.

Senior Adult Programs at Ridgeview: Ages 50 and older

Prime Of Life Senior Expo 2016: One stop, shop for lots of valuable information. Join Ridgeview Recreation Center for a trip to Hickory Metro Convention Center on Tuesday, August 30 from 9:00 am to 2:00 pm. Transportation will be provided for adults ages 50 and up. Vans will depart Ridgeview Recreation Center at 8:30 am. Please sign up by Wednesday, August 24 by calling Ridgeview Recreation Center (828) 324-8007 or via email anixon@hickorync.gov. Vendors include local hospitals and area businesses including health & beauty, medical offices and care, housing, financial planning, resource agencies and more! Food and beverages will be available for purchase. Admission is free!

Interstate 40 West: We are back at it again! Join us for a trip to a Farmers Market or Flea Market located just off of Interstate 40 West. This day trip will take place on Saturday, September 10 with departure at 7:00 am from Ridgeview Recreation Center. Shop a variety of farm fresh produce, canned goods, honey, nursery items and hand crafted goods.



Meet at Ridgeview Recreation Center no later than 6:45 am and we will return no later than 4:00 pm. Cost is \$4.00 to ride the van and others are welcome to follow. Space is limited. Registration starts Thursday, September 1 and fees are due no later than Wednesday, September 7. Adults ages 50 and better are welcome. For more information, please contact Andrea Nixon, Senior Recreation Programmer at (828) 324-8007 or anixon@hickorync.gov.

Last Minute: Still haven't finished your Christmas shopping yet? Let us help you with the holiday madness! Join us for a trip to Walmart to shop for some last minute items for that friend or family member. Meet at Ridgeview Recreation Center on Thursday, December 8 at 8:00 am. Register by calling (828) 324-8007. Space is limited. Free for ages 50 and up!

HIGHLAND RECREATION CENTER

Health, Fitness and Wellness Programs

Highland Recreation Center

Kyle Mishler, Recreation Programmer
828-261-2258

kmishler@hickorync.gov

Alisha Deal, Recreation Programmer
828-261-2259

adeal@hickorync.gov

Fitness Center Hours of Operation:

Monday-Friday 5:30 am-9:00 pm

Saturday 10:00 am-6:00 pm

Crazy Cycle: Attention all Highland Recreation Center users, come ride with us! On Monday, July 11 at 2:00 pm, experience the thrill of cycling outside the center. This is a great way to introduce cycling and invite you to our cycle classes. Open to all users 13 and up.



Skin Safety: People who are exposed to a lot of UV rays are at a greater risk for skin cancer. Protect yourself from this dangerous condition by just a few simple tips. On Tuesday, July 12 at 4:00 pm in the Highland Recreation Center Fitness Center, come learn how to keep your skin safe and healthy. Open to all adults ages 18 and over.

Stroller Strides: Calling all moms with little ones! Come to Highland Recreation Center on Tuesday, July 19 from 1:00 pm to 2:00 pm for a 60 minute total body workout, which incorporates power walking, strength, toning, songs and activities. Stroller strides is a great way to meet other moms and organize playdates. Make sure you bring your strollers. Available for mothers and children ages four and under.

Foam Roller Pro: Wouldn't it be nice to end every active week with an intense deep-tissue massage to help ease your muscles? But since we can't always spring for a trip to the spa, foam rolling is plan B. Foam rolling in the Highland Recreation Center Fitness Center will take place on Thursday, July 21 starting at 3:00 pm. Open to fitness center users 13 and up.



Walking and Talking: Highland Recreation Center invites all patrons to join a walking adventure group on Friday, August 5 from 11:30 am to 2:00 pm. We will explore downtown Hickory by walking and stopping for a social healthy lunch. See Alisha to sign up

and to pick up your packet which includes, walking map, food menu/prices and healthy tips!

Protein Power: Protein has many benefits such as muscle growth and repair and is the building block for bones, skin, and blood. Join Kyle on Tuesday, August 9 at 2:00 pm in the Highland Recreation Center community room to learn more about proteins and make a healthy protein shake! Open to anyone ages 18 and up!



Weee Fit: Calling all video game fanatics! Wii Fit is a great way to engage the player in physical exercise, which consist of yoga poses, strength training, aerobics and balance games. Highland Recreation Center Fitness Center will host Wii Fit on Thursday, August 11 from 1:00 pm to 2:00 pm. Come join the fun and experience a unique way to work out.

Old School Field Day: Tuesday, August 16 from 11:00 am to 2:00 pm Highland Recreation Center will host a field day. Field day will include events such as straightforward sprints, longer races for all age groups as well as egg and spoon races, three legged races, sack races, football throw, parent and child races, etc. Open to all City of Hickory Parks and Recreation users.



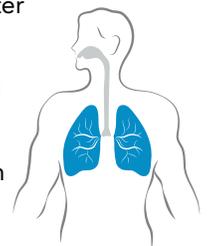
Back To School, Back To Strength: School has started back, the kids are out of the house, now is a great time to start working out again. On Tuesday, September 6 at 2:00 pm come get your strength back. This workout will cover the basics of strength training and a complete full body workout. Open to adults ages

18 and above. Meet in the Highland Recreation Center Fitness Center.

Soccer Fitness Play Day: Playing soccer is a great way to increase aerobic capacity, gain cardiovascular health, lower body fat, improve muscle tone and build flexibility. Highland Recreation Center along with Neill Clark Recreation Center will host a soccer fitness play day on Saturday, September 10 from 10:00 am to 12:00 pm. The play day will consist of soccer strength and conditioning drills, scrimmages and soccer tips from soccer collegiate athletes.

STEPtember: The step is a great tool to use for exercise. Its works your leg muscles as well as your cardiovascular system. On Tuesday, September 13 at 3:00 pm be prepared to sweat and join us for a fun 15 minute step workout! Open to anyone ages 13 and over!

Frye Mobile Lung Health: The mobile health unit provided by Frye Regional Medical Center brings healthcare to you in a way that is unique to the greater Hickory area. In partnership with Frye Hospital, Highland Recreation Center Fitness Center will offer on Thursday, September 15 from 9:30 am to 1:00 pm, Pulmonary Function Tests and Pulmonary Rehabilitation Education. Each appointment will be 15 minutes long. Participants can sign-up for one or both and they do not have to be performed in a certain order.



Chin-Up Hold Challenge: "Nothing is too high for a man to reach, but he must climb with care and confidence." Highland Recreation Center Fitness Center will host a chin-up hold challenge on Wednesday, September 14 from 5:00 pm to 7:00 pm. The winner will receive a prize and have

their picture posted on the bulletin board. Open to all fitness center users 18 and up.

Fall Into Fitness: On Thursday, September 22 at 4:00 pm, come work out with us on the first day of fall. This cardio workout will be sure to get your heart rate up and burn off some of those summer calories. This free program is open to anyone ages 13 and up and will be held in the Highland Recreation Center Fitness Center.

Row To The Mountains: The leaves are changing colors and there's no better place to see them than the mountains! This fun rowing challenge will see who can row 47 miles to the mountains the fastest. This challenge will start on Monday, October 3 and end on Friday, October 28. Open to all fitness center users ages 13 and above.

Workout In The Park: Think your neighborhood playground is just for kids? Think again! Monkey bars, swings and a park bench can easily become all you need for an effective total-body workout.



Monday, October 3 from 1:00 pm to 2:00 pm Alisha will host a full-body workout using the Highland Recreation Center outside playground. Mats will be provided. Open to all patrons 18 and up.

Back To It!: Lower back pain affects almost 80% of adults at some point in their life. On Tuesday, October 4 at 4:00 pm in the Highland Recreation Center Fitness Center, come learn various exercises and stretches you can do to help strengthen your lower back, prevent injuries and get back to it! This free program is open to anyone ages 18 and above.

Protein Fuel Time: A protein shake after a workout can help kick-start your body's recovery process. On Monday, October 17 starting at 2:00 pm Highland Recreation Center will have a table set up with protein shake samples. This is a great reason to come workout and then down a recover shake, that's FREE! Open to all patrons.



Healthy Holiday Eating: With the holidays fast approaching, don't let those days mess up your healthy eating habits. On Monday, November 7 in the Highland Recreation Center lobby, from 5:30 pm-7:30 pm, come sample and learn about some of the healthy options that Hickory offer! Program is open to anyone ages 8 and above.

Youth Fitness Craft: Children crafts such as coloring, drawing, cutting, all require your child to be creative. This skill is important in other areas of their lives as they continue to grow. On Wednesday, November 9 at 4:00 pm come to Highland Recreation Center game room for youth fitness craft day. You will learn about healthy snacks by drawing them and gluing them to the food pyramid. Open to all patrons.

Beginners Cycle: Cycling is a great cardiovascular exercise. If you are new to the sport and want to learn the basics, join us on Thursday, November 10 at 4:00 pm. This class will go over how to set up the bike with the proper seat and handlebar position, basic riding stances, bike functions and beginner's level sprints and hills. Open to anyone ages 16 and above.



1:2:1 Punch: Tuesday, November 15 from 6:30 pm to 8:00 pm Highland Recreation Center Fitness Center will host a tabata boxing workout. Tabata boxing training is a specific form of high-intensity interval training using the boxing gloves. Open to fitness center users 13 and up.



Gliders for Survivors: Highland Recreation Center aerobic studio would like to invite everyone to a glideathon. This event will consist of using the gliders for each exercise. It will take place on Thursday, December 8 starting at 1:30 pm.

Fitness Tree: Highland Recreation Center would like to invite you to a Christmas Tree décor on Friday, December 9 at 2:00 pm. Participants will assist with making fitness themed ornaments as well as decorate the tree!. No worries it will be fitness fun and full of jolly!

Light Up The SKY: Christmas lights are beautiful and bring joy to so many. On Monday, December 12 at 5:00 pm Highland Recreation Center will shuttle a group over to view the beautiful Christmas lights through Hutton Estate. Pre-registration is required by Thursday, December 8. We will grab dinner so come join the ride and bring a friend. Total cost of this event is \$15.00 which includes the cost of your dinner. Open to the community.

Christmas Boxing: While you spend the holidays boxing and wrapping gifts, come try another type of boxing! On Tuesday, December 20 at 5:00 pm come try this fun boxing workout. Open to anyone ages 18 and above. The class will go over basic punches and kicks. Meet in the Highland Recreation Center Aerobics Studio

Christmas Calisthenics For Youth: While school is out for break, get those youth up and moving! On Wednesday, December 21 at 2:00 pm, all youth ages 13 and under are invited to participate in this fun bodyweight only workout. Meet on Court 2 of the Highland Recreation Center Gymnasium.

HIGHLAND RECREATION CENTER

Highland Recreation Center
1451 8th Street Drive NE
828-328-3997

Von Curry, Senior Recreation Programmer
vcurry@hickorync.gov

Jennifer Games, Recreation Programmer
jgames@hickorync.gov

Hours of Operation:
Monday-Friday 5:30 am-9:00 pm
Saturday 10:00 am-6:00 pm

Builder's Bash: Take your imagination on a wild ride with Lego's! Meet us at Highland Recreation Center at 3:00 pm on Thursday, July 14 for an explosive event! This is a free event and all Lego's will be supplied. Three winners will be selected and their creative build will be displayed in our monthly newsletter and posted to our Facebook page.



Color Creations: According to certified therapist Marygrace Berberian, "Coloring definitely has therapeutic potential to reduce anxiety and create focus. Join this adult craze at Highland Recreation Center on Wednesday, August 3 starting at 9:30 am and discover your talent and the many benefits of adult coloring. This free event is available for adults, age 30 and above.



Bodacious Back To School Fun: Summer is almost over and time to head back to school, but before you do, join Highland Recreation Center on Wednesday, August 10 for some bodacious fun at Bo's Family Entertainment, Lenoir NC. Youth, ages 9-15 must pre-register by Friday, August 5. Come experience the excitement of laser tag, bowling, miniature golf and more. Cost is \$20.00 per participant, permission slips are required and van will depart the Highland Recreation Center at 11:00 am and will return around 5:00 pm.

Back To School Bash: Saturday, August 20 is the place need you be as we team up with our collaborative partners, Modern Nissan, Lowes Foods at Sandy Ridge and the Carswell Realty Team to host our second annual Back to School Bash. Get excited about the upcoming school year as you enjoy loads of fun such as: inflatables, face painting, balloon artist, train rides, games and activities. But best of all, free back to school supplies. Wait! Did I say free school supplies? Yes, come while supplies last! This Back to



School Bash is a free community event that will take place at Stanford Park (Highland Recreation Center) from 11:00 am till 2:00 pm.

Kool Aid Dough: Every child loves to create with play dough, but what is kool, is when you can make your own flavored play dough. Meet us at Highland Recreation Center on Tuesday, September 13 and join in the fun of making play dough using packets of Kool Aid. This craft is available for youth 10 and under.

Fire Away: October is National Fire Prevention Month and Highland Recreation Center is firing away with a wealth of fire prevention tips and information that will allow families to explore and learn about fire safety. Beginning Monday, October 3 – Friday, October 28 visit our Fire Prevention Safety display full of brochures, coloring books, trivia/activities and even sign-up sheets for free in home smoke detectors. For more information, contact vcurry@hickorync.gov

Great Pumpkin Charlie Brown! Highland Recreation Center will offer bowling with a twist. If you like bowling, then you are surely going to love this game. Instead of using a regular bowling ball, we will use a pumpkin. Roll a perfect strike and win a small prizes. This free family event is on Tuesday, October 18 starting at 4:30 pm.



Fall Button Bracelet: For those that enjoy collecting and crafting with buttons, meet us on Wednesday, November 16 at 4:30 pm at Highland Recreation Center in celebration of National Button Day! Craft your fall button bracelet from the variety of fall colors from our button collection. Free event, available to all ages of button crafters.

Christmas Snow Globes: Everyone love those beautiful snow globes! You will be amazed at how simple and easy they are to create. On Tuesday, December 6, beginning at 4:30 pm, join us to design your own Christmas snow globe with favorite Christmas figures.

Christmas Candles: Let your home decor sparkle with these hand-crafted Christmas candles that bring some ambience to the atmosphere. Use the candles as a Christmas centerpiece or to give away as gifts. This program will take place on Thursday, December 8 starting at 10:30 am. Available for candle lovers, ages 50 and better.

Mommy And Me Christmas Tree: Christmas time is in full swing here at Highland Recreation Center. Moms, bring your little ones, ages 7 and under to enjoy some milk and cookies as we design Christmas trees using pom poms. Meet us Wednesday, December 14 beginning at 12:00 noon for this free holiday event.

NEILL CLARK RECREATION CENTER (Main Building)

3404 6th Street Drive NW
828-324-6990

Angela Smith, Senior Recreation Programmer
asmith@hickorync.gov

Abs & Body Tone: This intense sculpting class will target all the major muscle groups which most forget to work, all while keeping your heart rate up to get your cardio work in. This class will be offered on Monday from 5:30 pm-6:15 pm at Highland Recreation Center.



Alpine Tower Climb: Calling all people that love to climb! On Friday, August 12 join us as we climb the Alpine Tower from 3:00 pm-5:00 pm! This free event is open to the public. The Alpine Tower is located at Henry Fork River Regional Recreation Park, 5655 Sweet Bay Lane. Participants must sign waiver forms prior to climbing the tower. Trained and knowledgeable staff will be operating the tower.

Canoe Days On Lake Hickory: Hickory Parks and Recreation Department will offer canoeing on Lake Hickory. On Thursday, July 7 and Thursday, August 11 at 3:00 pm, come to Geitner-Rotary Park to canoe and plan to be out on the water for approximately one (1) hour. Registration is required to participate and all participants will be required to fill out a liability release form and parental consent if under the age of 18. There is a fee of \$5.00 for all City of Hickory residents and \$10.00 for all non-City of Hickory residents



Hiking at Shortoff Mountain: Join us Friday, October 28 to hike Shortoff Mountain. Shortoff Mountain is located in the Linville Gorge near Lake James, this is a beautiful 4 mile moderate-strenuous hike. We will leave from Neill Clark Recreation Center at 9:00 am and will stop for lunch on our return to Hickory. Please contact Angela to register and for more information on this half day trip.

Nature Rocks: Saturday, November 5 at 10:00 am at Geitner-Rotary Park. Participants will learn how to build a campfire and take a hike to our Boy Scout cabin where we will explore and learn about the history of the cabin. Participants interested in attending will need to contact Angela by Thursday, November 3. Geitner-Rotary Park is located at 2035 12th Street Drive NW.

Hickory Music Factory Programs

Hickory Music Factory Scholarships: Scholarships are available for Summer Music Camps, and private music lessons, please contact Angela for more information at asmith@hickorync.gov or 324-6990 ext. 3.

Community Music Lessons: Offered to ages 5 and up regardless of experience and will be held on Saturdays in half hour sessions. Music lessons are free for all City of Hickory residents and \$5.00 for all non-City of Hickory residents. Lessons will be offered on September 10 and December 3. Participants must pre-register for classes the Wednesday prior to lessons being offered. Residency verification is required. Please call to pre-register at 324-6990.

Music Showcase At Hickory's Oktoberfest: Selected participants will have the ability to show off their musical talents at Hickory's Oktoberfest Saturday, October 8, 3:30 pm-5:30 pm. Interested participants will need to audition, by sending their audition tape to Angela Smith at 1451 8th Street Drive NE Hickory, NC 28601 or by contacting Hickory Music Factory 828-308-5659 to set up an audition time. All acts have to be pre-approved.

Musical Petting Zoo: Hickory Music Factory will bring an assortment of instruments to learn about and also play! Ages 5 and up are welcome to attend. The Musical Petting Zoo will be held at Westmont Gymnasium on Saturday, October 15 at 1:00 pm and will last approximately an hour.

Drum Circle: We will use a djembe to create a mix of rhythms, free and open to all ages. Space is limited. Call Angela in advance to register. The drum circle will be held at Highland Recreation Center Saturday, November 12 from 1:00 pm-2:00 pm.



NEILL CLARK RECREATION CENTER GYMNASIUM

3404 6th Street Drive NW
828-322-2188

Greg Lewis, Recreation Programmer
glewis@hickorync.gov

Hours of Operation:

Tuesday-Friday 1:00 pm-9:00 pm

Saturday 10:00 am-6:00 pm



Kick Ball Fun: Enjoy an afternoon playing kick ball at Neill Clark Recreation Center Gymnasium. This program offers different age groups from 4-7, 8-12 and 13-15 and begins at 2:00 pm Wednesday, July 13.

Paint Your Pet: Take and choose photos of your pet and turn it into a beautiful painting. The supplies will be provided and the painting should be unique. It's free and will be for ages 4 to 12. This program begins at 12:00 noon on Saturday, July 16.

Ping Pong Tournament: It's time to test your ping pong skills in a friendly tournament. It's free and begins at 4:30 pm on Saturday, August 5 and will be double elimination for ages 16 and up.

Nature Collage: Let's explore nature together and go outside and find the beautiful items nature creates. Trees, bark, leaves, stones and sticks will make a unique collage. Open to ages 4 to 10. The program will be held on Saturday, August 13 at 12:00 noon.

Home Run Derby: For you home run hitters this is your chance to see how many home runs you can hit with a wiffle ball on Saturday, August 20 at 12:00 noon. Open to ages 8 to 12.

9-Ball Tournament: Rack-em up and try your skills in the classic billiards game, 9-ball. It's double elimination and a trophy will be award to the winner. Begins at 6:30 pm Friday, September 9. Free to anyone ages 16 and up.

Football Skills: This is your chance to measure your football throwing, kicking and catching skills against each other. It's a competition to see who has the sharpest skills in football. Open to ages 10-15 and will start at 12:00 noon on Saturday, September 17.

Tissue Paper Art: Join in the fun by making flowers and pom poms and different types of art with an assortment of colored tissue paper. Open to ages 4 to 10 beginning at 4:30 pm on Friday, October 7.

Musical Chairs And Hot Potato: Don't get caught without a chair or holding the potato last. Bring the kids and enjoy the fun. This event is open to ages 4 to 7 and begins Saturday, October 8 at 12:00 noon.

Paint A Pumpkin: Come join in the fun and paint your very own pumpkin. We supply the pumpkins while the children enjoy creating their own Halloween pumpkin. This event is open to ages 4 to 10 and will be held on Friday, October 28 at 4:30 pm.



King Of The Court: Who will be left standing on the basketball court? This contest is a challenge of one on one basketball is open to ages 16 and older on Friday, November 4 at 6:30 pm.

Trivial Pursuit: Show off your skills in answering some very challenging questions. There will be a point system on correct answers in determining the winner. This contest begins Friday, November 11 at 6:30 pm and is open to ages 16 and up.

Thanksgiving Basket: Join the fun and get in the spirit of giving, by making a Thanksgiving basket to show what we are thankful for in our lives. Ages 4 to 10 can participate free of charge. Begins Saturday, November 19 at 12:00 noon.

Make A Christmas Wreath: We invite children from everywhere to have the opportunity to make a Christmas Wreath. All supplies will be provided and let's enjoy the Christmas together. This event will be held on Friday, December 9 at 4:30 pm for ages 4 to 10.



Christmas List To Santa: Here is an opportunity for the children to make and decorate their own Christmas list to Santa. Open to ages 4 to 7. Begins on Wednesday, December 14 at 4:30 pm. It's free and all supplies will be provided.

WESTMONT RECREATION CENTER

1316 Main Avenue Drive NW
828-328-9804

Amanda Forney, Recreation Programmer
afreeman@hickorync.gov

Hours of Operation:

Tuesday-Friday 1:00 pm-9:00 pm
Saturday 10:00 am-6:00 pm

Frisbee Friday: Join us for a fun evening of throwing frisbees on Friday, July 15 at 7:00 pm. Frisbees will be provided but you are welcome to bring your own.

Water Paint Art Activity: Please join us for a fun art activity on Wednesday, July 27 at 4:00 pm. Painters will show their creativity using water paints. This program is offered to youth 2-14 years old.

Back To School Physical Fitness Challenge: During the month of August we challenge you to come exercise and become physically fit before school starts back. We encourage everyone to live a healthy lifestyle and include some type of physical activity into their daily routine, so join us at Westmont! Take advantage of not just this month but every day! We have a gym and a fantastic fitness center for adults.



Volleyball For Beginners: This program is for people who have never played volleyball before or people who just want to practice the basic skills. Beginners will be taught the rules of the game and the basic skills required to play the game. This is a free program offered to youth ages 11-15 years old and will be held Wednesday, August 10 at 6:30 pm.



Shuffle Board: If you enjoy playing shuffle board, come to Westmont on Thursday, August 18 at 7:00 pm. This is offered to teens and adults 13 years old and better.

Build A Sand Castle: You don't have to go to the beach to build sand castles! Join us in the park at Westmont on Saturday, September 3 at 3:00 pm and we will have a great time building sand castles. Offered to the whole family.

3 Ball Shooting Competition: Instead of playing 2 ball we are going to add a twist by adding a third person for a 3 ball competition. Teenagers 13-16, go get your team and come compete on Friday, September 9 at 6:00 pm.

The Importance of Healthy Snacks: Eating healthy between meals is very important. Come to Westmont and we will give you literature and a few tips on healthy snacks on Wednesday, September 21 at 6:30 pm.

Ball Handling Clinic: This program will help you develop and enhance your ball handling skills. We will set up stations and do ball handling drills to help your game. This clinic is open for youth ages 9-14 on Saturday, October 1 at 2:00 pm.

Old School Dancercise: We will have fun exercising to some old school music on Wednesday, October 12 at 5:30 pm. Ages 18 and better may bring their favorite old school cd and enjoy the beats while working out or dancing!



Happy Halloween Art Activity: It's time to decorate for Halloween, so join us on Saturday, October 29 at 4:00 pm for our Halloween art activity. This is a free program offered to youth 3-14 years old.

Indoor Soccer Fun: Come inside and play soccer with us! This program is offered to the whole family on Friday, November 4 at 6:30 pm.

Turkey Trot For Tots: Bring your little ones to trot around the neighborhood for physical activity on Saturday, November 12 at 4:00 pm. Open for little joggers' ages 3-12 years old.

Chinese Checkers And Marbles: Join us for a few games of Chinese checkers and marbles on Thursday, November 17 at 6:00 pm. This is a free program offered to family members 8 years old and better.

Winter Wonderland Arts And Crafts Activity: You may show your creative side participating in our arts and crafts activity on Saturday, December 10 at 3:30 pm. This is a free program offered to youth ages 3-12 years old. Supplies will be provided for this winter wonderland activity.



Christmas 3-on-3 Basketball Tournament: Bring your team and enter our basketball tournament on Saturday, December 17 at 2:00 pm. Trophies will be awarded to the winning team. The cost to play is \$1.00 per player and is offered to youth ages 13-15 years old.

Christmas Storytime: Bring the family and come enjoy a great Christmas story and snacks on Wednesday, December 21 at 4:00 pm. This will be a great way to get into the Christmas spirit and begin the final countdown to Christmas Day!

WESTMONT SENIOR CENTER

1316 Main Avenue Drive NW
828-324-1200

Lauren Townson, Senior Recreation Programmer
ltownson@hickorync.gov

Bridge: Open to all seniors 50 years of age and better on Monday and Wednesday. Contact Eldon Clayman at 828-439-1283 for class details.

Kings & Queens Bridge:
Monday at 12:30 pm

Fun Bridge For Beginners:
Wednesday at 9:00 am

Westmont Players:
Wednesday at 12:30 pm

Canasta/Cards: All are welcome to this open card game! Join us on Tuesday for canasta and Thursday for canasta and other card games at 1:00 pm.

Fitness Center: Treadmills, exercise bike and multi-station gym. All participants must attend an orientation before using equipment. Please call Lauren Townson at 828-324-1200 to schedule an orientation.

Hours Of Operation:

Monday 9:00 am – 4:00 pm
Tuesday 1:00 pm – 4:00 pm
Wednesday 9:00 am – 4:00 pm
Thursday 1:00 pm – 4:00 pm
Friday 9:00 am – 12:00 pm
Other times by appointment.

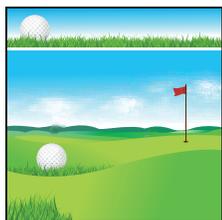
Hand And Foot: All are welcome to this open card game. Join us on Wednesday at 1:00 pm.

Karate: Open to children and adults. Monday and Wednesday evenings. For more information contact 2001 World Karate Hall of Fame Inductee Master Johnny Stinson at 828-215-0775.

Billiards: Come shoot a game of pool on Monday, Wednesday and Friday mornings from 9:00 am to 12:00 noon at Westmont Senior Center.

Senior Golf Outing: Weekly outing at an area course. Golfers pay green/cart fees and \$4.00 transportation fee. For this week's course contact Danny Thompson at 828-324-6829.

Senior Water Exercise: This senior exercise class meets at Lenoir-Rhyne University Pool Monday, Wednesday and Friday mornings. There is a \$1.25 per day fee. Classes held Monday, Wednesday and Friday 9:00 am and Monday and Wednesday 10:00 am.



Line Dance: Seniors who can dance or who want to learn how are invited to come try line dancing Tuesday and Thursday at 6:30 pm. For more information contact Joyce Beard at 828-328-4643.

SPECIAL ACTIVITIES WESTMONT SENIOR CENTER:

Kite Day: Let's hope for a little wind to fly a kite! Join us on Tuesday, August 9 at 1:00 pm to fly a kite. Please bring your own kite or we will have one for you to fly.

Back To School Encouragement: Do you know someone who is going back to school or would you like to wish someone well as they return to school? Now is your chance! On Thursday, August 11 from 8:30 am to 5:00 pm we invite you to come by the center to write a quick note to a student returning back to school! We will partner with a local school to ensure the words of encouragement are passed on to those who may need it.

Horseshoes: Ringer! Come play the classic game of horseshoes at the center on Wednesday, September 7 at 10:00 am. This event is free and equipment is provided.... Bring your friends!

Grandparent's Day: Are you or is someone you know a grandparent? We'd like to celebrate you on Friday, September 9 all day (8:30 am to 5:00 pm)! Stop by the center for a treat and pick up a fun activity for you to do with your grandchild(ren).

National Popcorn Popping Month: Put a little pop in your step as we enjoy the deliciousness that is popcorn! We will start playing games and popping popcorn at 10:00 am on Monday, October 10.



Country Music Appreciation Month:

Join us Thursday, October 20 at 1:00 pm to appreciate the popular genre of country music. Music and trivia will be played with the opportunity to win prizes!



Game and Puzzle Day: Everyone needs to have a little fun! Stop by the center to help us put the puzzle together and play games on Monday, November 7 starting at 10:00 am.

Artwork Showroom: Have an art piece you would like displayed for an entire week for folks to see? Drop off the piece on Monday, November 14 for it to be displayed. Pick up the piece by 5:00 pm Friday November 18.

Sock Snowman: Feeling crafty? Join us on Tuesday, December 6 at 1:00 pm as we use socks to create a masterpiece! All equipment is provided and you can take what you make home!

Warm Up With Us: December is a colder month, so why not warm up with us? There will be blankets, hot chocolate and tea provided on Monday, December 12 at 9:00 am.



SENIOR ADULT PROGRAMS AT RIDGEVIEW RECREATION CENTER

Beginner Pickle Ball: Come out and play Pickle ball on Tuesday starting at 11:00 am. Free program! Don't worry we are beginners just looking for some fun and exercise!



BookFlix: Let's take a walk to Ridgeview Branch Library to check out books, movies or read a magazine or newspaper! This will be held the first Thursday of every month at 12:30 pm. Feel free to get your own library card and enjoy all the free perks!

Beginner Badminton: Want to learn how to play badminton? Join us at Ridgeview Recreation Center for beginners to learn the rules and technique of badminton on Thursdays starting at 11:00 am.

Amped: It's game time! Do you like a good challenge? Invite your friends to meet you at Ridgeview Recreation Center for "Amped", where you can compete in several board game activities such as Connect 4, UNO, Monopoly and more. Every Friday from 1:00 pm to 3:00 pm.

B-I-N-G-O: Shout it out loud! Join us every fourth Tuesday of the month from 12:30 pm to 1:30 pm. Win or lose, go home happy!

Birthday Bash: Join us as we celebrate monthly birthday's old school style the last Thursday of every month while listening to the smooth sounds of yesteryear. This event starts at 12:00 noon. Feel free to bring a covered dish or side item. Please give your birthday information to Andrea Nixon at (828) 324-8007 or via email anixon@hickorync.gov.



LOL: Laugh out loud and enjoy socialization with friends every second and fourth Wednesday starting at 1:00 pm. Come and meet new people in a new environment. Ages 50 and better.

Wellness Walk: Adults ages 50 and better can walk on Saturday morning around the gymnasium starting at 10:30 am. Walk at your own comfortable pace and feel free to bring a friend too!

Moves n' Grooves: Regular exercise can boost energy as we grow older; an active lifestyle is important than ever. Mature adults ages 50 and better join Personal Fitness Trainer, Andrea Nixon every second Tuesday of the month from 12:30 pm to 1:00 pm for low impact fitness exercises. Please check with your doctor before starting any exercise regimen.



Billiards For Seniors: Pool sharks ages 50 and better are welcome to join us for different variations of pool. Bring your "A" game and your best cue stick! Meet Monday, Wednesday and Friday starting at 1:00 pm and Tuesday and Thursday at 12:00 noon.

Crafts & Beyond: Whether making a homemade gift, decorating or illustrating your creative side, creating crafts is a pleasurable and sociable way to meet old and new

friends. Adults ages 50 and older are welcome to join us every first and third Thursday from 12:30 pm to 1:30 pm

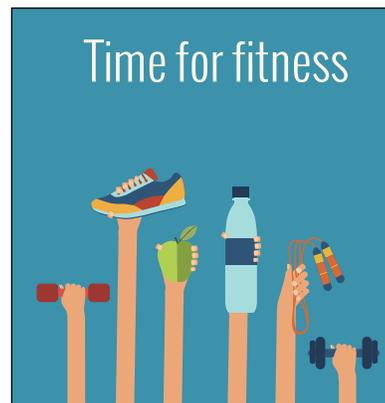
Computer 101: What is a mouse? Google who? Come on out and learn the basics of using the computer and all the other new applications! Free for ages 50 and better. Join us on every first and third Wednesday from 1:00 pm to 2:00 pm.

Crosswords, Puzzles & More: Want a mind stimulating and challenging leisure activity to help keep your mind sharp and alert? Join us every Monday from 1:00 pm to 3:00 pm. Free for ages 50 and better!

Fitness Center:

Monday, Wednesday, Friday 1:00 pm to 9:00 pm
Tuesday, Thursday 10:00 am to 9:00 pm
Saturday 10:00 am to 6:00 pm

Free personal training available for mature adults ages 50 and better. Please contact Andrea Nixon, Certified Personal Fitness Trainer at (828) 324-8007 or anixon@hickorync.gov to schedule an appointment!



All scheduled programs and events are subject to change at any given time.

PAGE 19 SENIOR ADULT PROGRAMS AT HIGHLAND RECREATION CENTER

Westmont Senior Fall Festival: Thursday, October 27 at 12:00 noon at Highland Recreation Center. FREE! Join us for fun and games! Bring your favorite snack or dessert! Drinks will be provided.

Senior Thanksgiving Luncheon: Thursday, November 17 at 12:00 noon at Highland Recreation Center. FREE! Ham, turkey and drinks will be provided. Please bring a side dish or dessert.



Senior Christmas Luncheon: Thursday, December 15. FREE! Join us at 12:00 noon at Highland Recreation Center. Ham, turkey and drinks will be provided. Please bring a side dish or dessert.



Bill McDonald Scholarship Fund

Who was William R. "Bill" McDonald, III?



Bill was the Mayor of the City of Hickory from 1981-2001 and he guided the City through one of its most notable periods of growth. He was a kind, passionate man who loved his City and loved to challenge and develop young people. Mayor McDonald always said that "challenges are just opportunities in work clothes".

Bill's Vision

"Bill believed every young person should have an opportunity to participate and develop leadership skills through recreation and learning activities".

-Susan McDonald

Who Benefits From Bill's Vision?

The purpose of the Bill McDonald Scholarship Fund is to provide or assist children, City sponsored youth programs and events, ages 15 and under, with the cost of program fees and equipment costs and to partner with other City of Hickory department sponsored programs that benefit children and youth within the city limits of Hickory. Any child that resides within the city limits of Hickory may benefit from the scholarship fund. Potential recipients must complete an application for consideration. Recipients cannot have been expelled from school or suspended from any Parks and Recreation program. To be considered for a scholarship, all deadlines associated with the application process must be met. Funds are available on a first come, first served basis as long as there are funds available. Recipients may not exceed 2 awards per calendar year. The Bill McDonald Scholarship Fund Committee will have the final decision on all awards.

Benefits of Recreational Activities:

- ◆ Improves academic performance
- ◆ Improves social skills, communication and teamwork
- ◆ Increases overall health
- ◆ Develops leadership skills
- ◆ Increases self esteem
- ◆ Creates a sense of social belonging
- ◆ Increases community pride & involvement
- ◆ Reduces crime and truancy
- ◆ Develops self-discipline and responsibility

What is an Appropriate Donation?

Any donation is appreciated and accepted. Program and equipment fees vary. The fees for programs range from \$10.00 to \$200.00 depending on the activity. The scholarship amount a child receives depends on the family's financial status and the availability of scholarship funds.

Benefits of Donating

- Enhances the quality of life for a child
- Can make a meaningful difference in our community
- Tax receipt for donation
- Feels good!

When you make a donation your generosity provides direct support to a City of Hickory child by means of covering their fees for a given activity or providing the appropriate equipment for a particular sport or activity.

CITY-WIDE SPECIAL EVENTS

DOG PARK GRAND OPENING SATURDAY, JULY 16 at FAIRBROOK OPTIMIST PARK

The City of Hickory is proud to announce the opening of the City's first dog park on Saturday July, 16 at 10:00 am. The park is located at 1560 4th Avenue SE, Hickory. Join us as we celebrate with vendors, activities and giveaways. Call the Parks & Recreation Administrative Office at 828-322-7046 for more information.



SOAP: Hickory Parks and Recreation Department will hold SOAP, Summer Outdoor Adventure Program the week of July 11-15 and August 1-5. The second session is for youth ages 12-15 years old and the third session is for youth ages 9-15. Please contact Angela at 828-324-6990 ext. 3 or for more information and details on this program. Register at Highland Recreation Center located at 1451 8th Street Drive NE.

F.I.R.E. Community Festival: Let's celebrate National Parks and Recreation Month with fun and excitement! Join us at Ridgeview Recreation Center on Friday, July 15 from 6:00 pm to 8:00 pm and Saturday, July 16 from 11:00 am to 4:00 pm. The theme for the Community Festival is F.I.R.E. (Fostering, Inspiration, Renewal and Empowerment). The event will kick off with Young People of Integrity's documentary "Calling Catawba County Home" on Friday, July 15 starting at 6:00 pm. Come back on Saturday, July 16 starting at 11:00 am for a resource fair, arts and crafts, games, inflatables, food and much more! Free fun for all! This is in collaboration with Hickory Parks and Recreation Department, Young People of Integrity, Hickory Police Department, Hickory Housing Authority, Exodus Homes/Exodus Works and Cognitive Connection. For more information and event details, please contact Andrea Nixon, Senior Recreation Programmer at (828) 324-8007.

Blood Drive: The Community Blood Center of the Carolina's are always needing people to donate blood. Here's your chance to help! Sign up to donate blood on Saturday, August 20 from 10:00 am-2:00 pm. Participants must be at least 16 years of age and weight at least 110 LB's. Contact Kyle at 828-261-2259 to register or for more information.



Life. Well Crafted.

Parks and Recreation
1451 8th Street Drive NE
Hickory, NC 28601
Phone: 828-322-7046
Fax: 828-323-1042
Email: mwilkerson@hickorync.gov
www.hickorync.gov

PRSRT STD
US POSTAGE
PAID
PERMIT # 1340
HICKORY NC

CITY-WIDE SPECIAL EVENTS continued

National Day Of Play: Join Hickory Parks and Recreation Department for National Day of Play! This event will be held on Saturday, September 17 from 11:00 am to 1:00 pm at Kiwanis Park. Kiwanis Park (Zahra Baker All Children's Playground) is located at 805 6th Street SE, Hickory, NC. There will be games, activities, arts and crafts, food and fun! Free for all! Event will take place rain or shine. For more information on this program, please contact Senior Recreation Programmer, Andrea Nixon, at (828) 324-8007 or via email anixon@hickorync.gov.

City Of Hickory Corporate Challenge: The City of Hickory Parks and Recreation Department will host the 2016 Greater Hickory Metro Corporate Challenge Tuesday, September 20-Thursday, October 6. The purpose of the challenge is to promote fitness and wellness as well as to promote team building through friendly competition. The challenge will be built around a series of events that encourage participation of local corporations, professional associations, organizations and other community groups. Please contact Angela Smith 324-6990 for more information on how to register.

Trick Or Trot 5k: On Saturday, October 29 starting at 8:00 am, join us for our first Halloween themed 5K walk/run. Participants are encouraged to wear their Halloween costumes for the race. Medals will be given to the top two male and female winners. Open to anyone ages 13 and up. All minors must have parents' consent to participate. Stay for the Halloween festivities after the race!

Community Blood Center Of The Carolinas: The need for blood is great in our area! Donate at Ridgeview Recreation Center on Tuesday, December 6 from 4:00 pm to 7:00 pm. Donors must bring a government issued photo identification card. Must be age 16 and up. Thank you in advance. You are a life saver!

Sit With Santa: Don't miss your chance! Join Highland Recreation Center and Lowes Foods at Sandy Ridge on Tuesday, December 13 from 5:30 pm to 7:30 pm. Santa and Mrs. Claus, along with their helpers, will be taking Christmas wishes along with providing a host of other activities. the race!

