

Leisure Pursuits

HICKORY PARKS AND RECREATION

WINTER/SPRING 2016

January - June



"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.



**Lunch with Santa Program
at Ridgeview Recreation Center**

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
Beard, Joyce	At Large	328-4643
Proctor, Dean	At Large	327-9520
Wood, Landen	Youth Council	267-0799
Aycock, Angie	At Large	(704) 689-6878



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HICKORY PARKS AND RECREATION DEPARTMENT

WINTER/SPRING 2016

Visit us online at hickorync.gov/recreation

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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.



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Neighborhood Partnership with Lowes Foods at Sandy Ridge



Halloween activities and food craft at Highland Recreation Center



Senior Adult Thanksgiving Luncheon at Highland Recreation Center.

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. Lighted softball field, playground, restrooms and a concession stand.

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 and a canoe launch. 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, tennis court, outdoor basketball court, lighted softball field, playground, restrooms, horseshoe pits, and a concession stand.

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 2 picnic shelters with table and grills, tennis court, outdoor basketball court, 4 lighted baseball fields, 2 batting cages, horseshoe pits, walking trail, restrooms, 2 concession stands 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 and multipurpose field.

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.

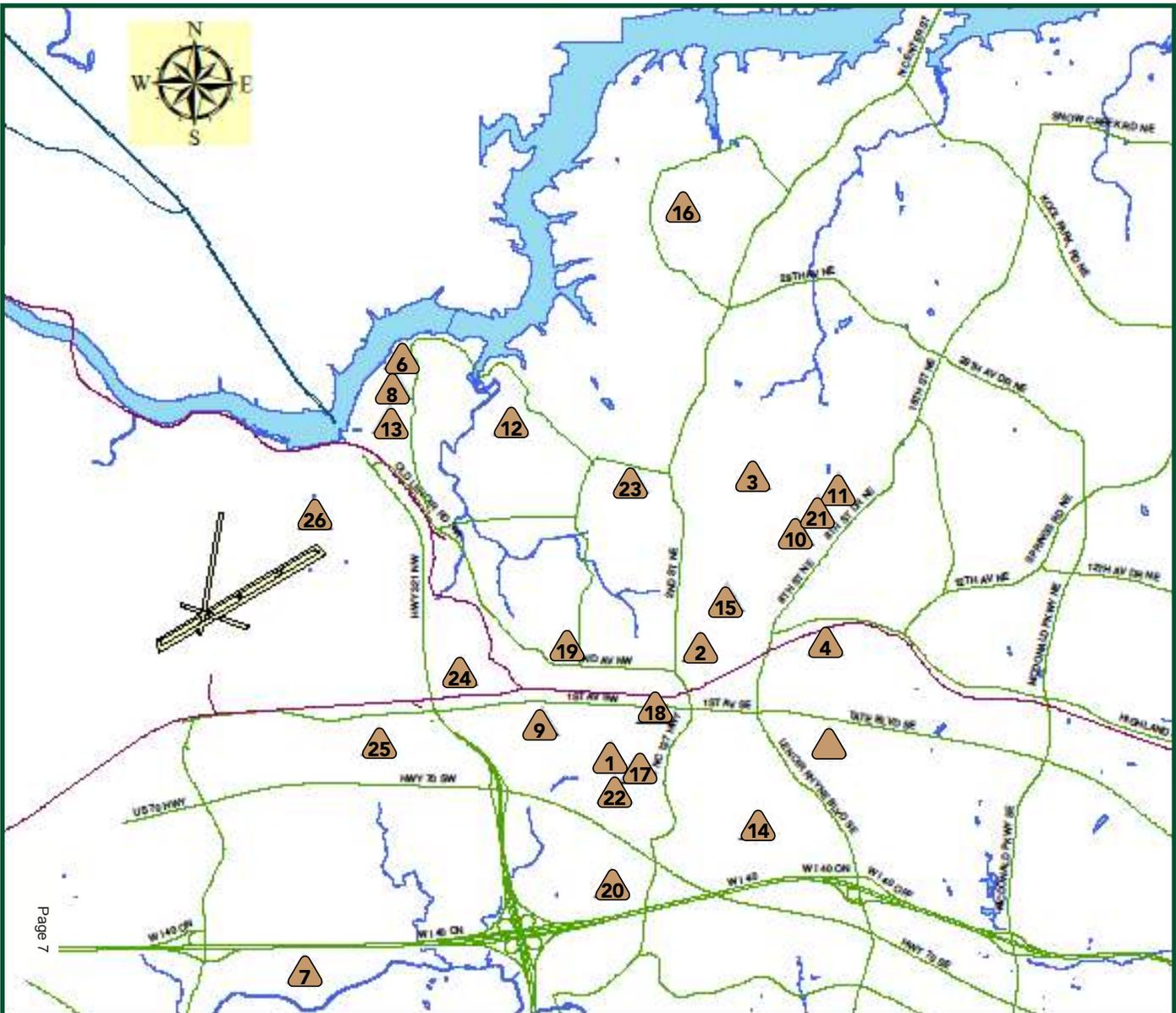
Winkler Park, 2500 Clement Blvd. NW. Featuring a picnic shelter with grills, playground, walking and nature trails, horseshoe pits, restrooms, the Winkler Activity Center, Winkler Museum, Winkler Homeplace and L.P. Frans Stadium.

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 |
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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

Kickball for Kiddies: Let's learn to play safe together. On Tuesday, January 19 at 5:00 pm we will be teaching youth ages 8 and under the fundamentals and rules of kickball to ensure they grow up with the ability and knowledge to compete in a fun team game. Materials will be provided.

Diary Writing: Keep track of all the new goals you accomplish in the New Year by creating a personalized diary on Friday, January 29 from 4:00 pm to 6:00 pm.

Beat the Clock: Can you beat the clock on Friday, February 5 at 4:00 pm? Competition is open for all youth ages 15 and under. Let's see who can make 5 shots from specific ranges in any order before the buzzer sounds.

Who Owns The Board: Bring your friends and your skills to play in a double elimination checker tournament on Thursday, February 18 at 5:30 pm. If you don't know how to play, the Brown Penn staff will be on hand to teach any beginners. Open to ages 15 and under.



Bead Your Name Necklace: On Saturday, February 27 at 2:00 pm join us at Brown Penn Recreation Center to make a necklace or bracelet with your name. This is a free event for youth 10 and under. Materials will be provided.

Softball Challenge: Have you been doing wrist curls? Well this softball challenge is just for you! Brown Penn Recreation Center is looking for all power hitters to display their strength on Friday, March 4 at 4:00 pm. This free homerun derby will be held at the Samuel William Davis, Sr. Multipurpose Field. The field will be open to all participants ages 8 to 15.

Make It & Take It: On Tuesday, March 15 at 5:00 pm join us for "Make It and Take It" craft day. There will be a variety of art projects that participants' age 5 to 10 years old can indulge in but the catch is... whatever masterpiece you create it has to leave the building with you.

Minute to Win It: On Friday, April 1 at 4:00 pm, youth ages 10 to 15 may compete in several 1 minute challenges to see if they can complete them in the allotted time. Free event.

S.W.A.G: Students with Attainable Goals – learn how to build your brand and create your own business plan during this 5 week program. Participants will learn leadership skills, goal setting, and compete in a SWAG Tank competition. The sessions will be held on Tuesday and Thursday from 5:30 pm to 7:00 pm beginning Tuesday, April 12 to Thursday, May 12. Teens ages 12 to 17 grab a seat for this free event at Ridgeview Recreation Center.

Volunteers Are The Best: Youth ages 15 and under join us

for Volunteer Recognition Day! Let's share kind words and thank our volunteers who help us every day by creating unique thank you cards! Participants can thank volunteers from school, church or civic organizations or anyone they choose. This event will be held Wednesday, April 20 at Brown Penn Recreation Center. Free program!

Cool Sunglasses Saturday: The sun is shining again... protect those pretty eyes by wearing a cool pair of shades. While you have your shades on stop by Brown Penn Recreation Center and take a picture on Saturday, April 30 from 11:00 am to 5:00 pm. There will be small prizes given away for the top 3 coolest pair of shades. We encourage all youth ages 15 and under to swing by for this free event.



May Flowers: "April showers bring May flowers"... come create a beautiful flower or a bouquet of flowers for your mother on Friday, May 6 at 4:00 pm. This is a free event and all materials will be provided. All participants must be ages 5-10 years old.

Mothers vs Daughters Volleyball: On Saturday, May 7 at 11:00 am we are serving mothers and daughters of all ages at Ridgeview Recreation Center. Allow us to serve you the volleyball and you can volley it back to get the game started. Free 7 on 7 volleyball game for mothers and daughters.

Mismatching in May: No need to pick out an outfit today. Ramble through your closet and whatever you like at the moment put it on and strut your stuff at Brown Penn Recreation Center on Saturday, May 21 from 12:00 pm-4:00 pm. Competition for the most creative and original outfit. This free event is for youth ages 15 and under.

Olympic Week: Three day event consisting of flag making, Olympic style activities and snack Tuesday, May 24 through Thursday, May 26 starting at 5:00 pm. Tuesday we will make flags to represent a specific country, Wednesday will consist of games and activities and Thursday will be the crowning of winners and light refreshments will be served. Ages 5 to 15 are invited to join a team.

Four To Score: Come play this competitive game of flag football where your team only gets 4 plays to score a touchdown or it's the other teams' ball. Offered on Tuesday, June 7 at 6:30 pm. Free event for participants ages 7-15 years old.

Walk It Out: Take a break from your regular workout routine and walk with us at Samuel William Davis, Sr. Multipurpose Field on Saturday, June 11 at 1:00 pm. Participants ages 5 to 15 will be walking, skipping and jogging a 1 mile course during this free event.

2nd Annual Fathers vs Youth Basketball Game: Saturday, June 18 from 11:00 am-1:00 pm. Join us at Brown Penn Recreation Center for a fun and competitive basketball game as the young grasshoppers try to beat the wise men at their own game. The court is open to fathers and youth of all ages.

Healthy Habits: We all plan to stay in shape during the summer months but do you have a plan? On Tuesday, June 28 at 5:00 pm there will be free information and activities to assist you on your journey. Get a certified fitness game plan that will prepare you for a great summer at Brown Penn Recreation Center. Information available for youth ages 10 to 15 years old.

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

Free Tea and Coffee Exchange: Drop in to Ridgeview Recreation Center and bring some tea or coffee to exchange. Pick up a new flavor or something you may have tried before but haven't had in a while. This event is free for ages 16 years and older. The initial tea and coffee will be provided. If you pick out something, please exchange it with a tea or coffee you have provided. This event takes place the week of Monday, January 11 through Saturday, January 16.

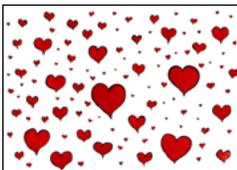


Pickleball 4 Kidz: Youth ages 8 to 15 join us in learning the game of Pickleball! Participants will learn basic scoring and techniques of the game! This event will be held at Brown Penn Recreation Center on Wednesday, January 20 starting at 4:00 pm. Free program!

Belting Out The Oldies: Ring in the New Year by going retro. Join us and sing your favorite oldies tunes from the 50's, 60's and 70's. Feel free to wear any retro gear you might have too. Join a group on stage and harmonize for a great sound at Ridgeview Recreation Center on Friday, January 29 at 6:30 pm. Free for participants ages 16 and older.

Hey, Tell Us A Joke: Joke Collection: Hey funny guy... or gal bring us your funniest joke, PG rated of course. We'll be compiling some great material and posting it at Ridgeview Recreation Center so you too can get a laugh and brighten your day. All material will be screened for content and appropriate language. Knock, knock. Who's there? Nagana. Nagana who? Nagana post your joke if it ain't funny. This activity will start Monday, February 1 through Saturday, February 20.

Taking Hearts For Your Sweetheart: Beginning Monday, February 1 you can stop by Ridgeview Recreation Center and pick a heart you can customize just for your sweetheart. This program runs from Monday, February 1 through Saturday, February 13 for ages 16 and older.



Mother & Son Rockin' Fun: Here's a chance for moms to have a night out with their "little man." This zany date will be fun for both. There will be games, dancing, a project the two of you can work on together and of course snacks and refreshments. Mom unable to attend? No worries! Your young man can still feel like a prince, simply invite a

grandma, an aunt or a sister (18+) to enjoy the evening. Free for participants ages 16 and older on Friday, February 12, 6:00 pm. to 8:30 pm.

3rd Annual Creative Xpressions Showcase:

Join Ridgeview Recreation Center in celebration of Black History Month through our 3rd Annual Creative Xpressions Showcase! This event will be held on Friday, February 19 starting at 6:00 pm. Reaching out to all individuals who perform poetry and spoken word! Contestants will be judged by a panel critiquing performance, stage presence and material. The winner will receive the grand prize and a free recording session with Hickory Music Factory. We welcome other entertainers such as singers, dancers, comedians or musicians to perform during the program. All participants and entertainers must sign up no later than Wednesday, February 10.



Geocache History, Martin Luther King, Jr.: If you know of Martin Luther King, Jr. then you will find this program very interesting. Search for little known information regarding the great civil rights leader. Learn how to navigate while learning important historical information about a great man and the changes for equal rights made because of his efforts. Offered on Tuesday, February 23 at 5:30 p.m.

Monday Leap Day: Celebrate all day long on Monday, February 29 for Leap Day! Come to Ridgeview Recreation Center to learn about Leap year, create a craft and celebrate any birthdays. We won't see this day until another four years, so celebrate with us!

The B's: Blood Pressure, Body Mass Index (BMI) and Body Weight. Come get your B's at Ridgeview Recreation Center for the entire month of March! Certified Personal Fitness Trainer, Andrea Nixon, will be glad to get your numbers and help get your B's where they need to be! Free for ages 13 and up!

Perform Your Favorite Tunes: If you like to perform or if you have a group that likes to get on stage or you just want to get up and sing, bring your talents over to Ridgeview Recreation Center on Tuesday, March 15 at 6:00 p.m. for an evening of memories and fun.

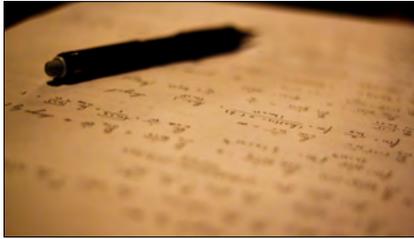
How Many Ways Can You Score?: Think you have skills? Well show us how many ways you can score. The baskets you make will tell the tale. So bring your "A" game to Ridgeview Recreation Center for this fun challenging shootout and be crowned Ridgeview Scoring Champ. Free for participants ages 16 and older. Get involved, on Thursday, March 24 at 5:30 p.m.

Chasing The Cue Tournament:

Who's got the hot stick? Join us for this fun new billiards tournament game. Chasing the Cue is a point based game playing against yourself and an opponent at the same time all based in a tournament setting. All equipment will be supplied. Free for participants ages 16 and older. This program takes place on Tuesday, April 5 at 3:00 pm.



Spring is a Beautiful Thing, Write About It: A peacock's tail feathers serve no survival benefit. They do not help him find food or escape predators. Instead, they serve as a fitness sign to female pea hens. Similarly, humans perceive beauty not just in that which is good for our survival but in displays of skill and strength. We find beauty in something done well. Write



beautifully. Describe a landscape or show off your virtuoso style by telling us about something you feel is so lovely you have to put it to words. Please keep your writing to a single page (8.5 inches x 11 inch page). No profanity. This activity is free for participants ages 16 and older. Submissions are due to Ridgeview Recreation Center Monday, April 11 through Saturday, April 23.

Dust Off That Bicycle: Pedal Hickory City Park: We look to ride the paved loop at Hickory City Park. We will travel to the park via City van then ride a group ride. Or, you can meet us there. 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 depart from Ridgeview Recreation Center on Saturday, April 16 at 10:30 am.

H₂O Bottle Workout: Looking for a workout you can do at home without spending lots of money on equipment? Well join Personal Fitness Trainer, Andrea Nixon, all month long in May for different exercises you can do with two 16 oz water bottles. Free exercise printouts will be available all month long. Bottled water will be provided to get you started while supplies last. This event will take place at Ridgeview Recreation Center and free for ages 13 and better!



Derby Days Hat Week: Let's have some fun during Kentucky Derby week. Wear your favorite hat or most outlandish creation of a hat to celebrate "Derby" week Wednesday, May 4 to Saturday, May 7. Pick your favorite horse for the race and win a fabulous prize. Listings of the horses running will be available at Ridgeview Recreation Center. Free for participants ages 16 and older.



Soul Trivia, James Brown: Soul Brother Number One, The Creator, The Godfather of Soul among many more nicknames given to James Brown is just one question to know during our James Brown trivia day. Join us as we play "Soul Trivia." All materials will be provided. This event will take place Tuesday, May 10 at 6:00 pm at Ridgeview Recreation Center.

Bike Check and Ride at Henry Fork Park: Meet us at Henry Fork Park and ride the paved trail. Take time to enjoy the warm spring breeze flowing over you and through your helmet. Bring a bag lunch and some refreshments. We will bring some additional games to play while we are there so make it an afternoon of fun and games. Make sure to wear a helmet. All games materials will be provided. Free for participants ages 16 and older. This event will take place on Saturday, May 21 at 11:00 am.

Playin' in the Pits...Horseshoe Style: Make your way to Taft Broome Park for some casual horseshoe play. Once we're warmed up we'll play a round robin style program for those who like to get a little more competitive. Free for participants ages 16 and older. This program will be held Wednesday, June 8 at 6:00 pm.



Community Blood Center of the Carolinas: The need for blood is great in our area! Donate at Ridgeview Recreation Center on Tuesday, June 14 from 4:00 pm to 7:00 pm. Donors must bring a government issued photo identification card. Must be at least 16 years old. Thank you in advance. You are a life saver!

Cornhole Crunch: You know how when you play cornhole sometimes it takes forever for someone to score enough points to pay attention to the game? Well, this tournament is a little different. We will be putting a time clock on each game to keep things interesting and fast paced. Those who score the most before the time is up wins. However, if you score in the hole you get to add 10 seconds on your teams' clock which will make things very interesting if the game is close. This event will take place Thursday, June 16 at 6:00 pm.

Senior Adult Programs at Ridgeview: Ages 50 and older

Super Bowl 50 & Fun: Touchdown at Ridgeview Recreation Center to celebrate Super Bowl 50! Wear your favorite team's colors and join us for a showdown! Participants please bring a sideline dish or desert! Kickoff will be on Thursday, February 4 starting at 12:00 noon. All other materials will be provided. Free for all fans ages 50 and a quarterback!

Land of the Rising Sun: Explore Japan as often called "Land of the Rising Sun" at Ridgeview Recreation Center on Tuesday, March 1 starting at 12:00 noon. Participants will learn interesting facts, create a craft and discuss similarities and differences between cultures. The following Thursday, March 3 at 11:30 am participants will take a trip to a local Japanese restaurant to sample a taste of Japan! Free program however participants must cover the cost of their own meals. Seniors ages 50 and better are welcome to celebrate one of the many colors of the world!

N.C.A.A. North Carolina's Awesome Athletes: It's March Madness! Athletes ages 50 and over, bring your competitive spirit and compete in various basketball contests! Meet at Ridgeview Recreation Center's basketball court on Tuesday, March 8 starting at 11:30 am. The winners will receive a prize! Free event!

Senior Easter Egg Hunt and Picnic: It's Easter so get egg-cited!!! Calling all our egg-straspecial folks ages 50 and better to meet at Geitner Rotary Park on Thursday, March 24 starting at 12:00 noon. Come enjoy games, face painting, contests and more! Plus take a picture with the Hippity-Hoppity Easter Bunny! Please bring a covered dish or dessert to share and all other materials will be provided. Senior Games participants can practice



cornhole, spin casting, football throw and softball throw. Grandchildren are welcome to join in all the egg-citement too!

Your Health, Your Greatest Wealth: Join Hickory Parks and Recreation Department for “Your Health, Your Greatest Wealth” a fun, free educational program for older adults and caregivers! This event will be held at Ridgeview Recreation Center on Thursday, April 28 starting at 11:00 am. There will be a light lunch provided and door prizes! This event is in collaboration with Western Piedmont Council of Governments, NC A&T State University Center for Outreach in Alzheimer’s, Aging, and Community Health, Alzheimer’s Association, Catawba Regional Hospice, Pace at Home, Catawba Valley Medical Center and Bayada Home Health Care. For more information on this program please contact Andrea Nixon, Senior Recreation Programmer, at (828) 324-8007 or via email anixon@hickorync.gov.



Push Pin Decorative Canvas: We will use every day push pins to create sophisticated canvases on Thursday, May 5 starting at 12:00 noon at Ridgeview Recreation Center. Participants can create pictures or words on this original

masterpiece. All materials will be provided. Free for ages 50 and up!

Summer BBQ: It’s summertime and we are inviting all golden agers to bring your sunscreen, hats and lawn chair for an old fashioned barbeque in the park. Please join us at Taft Broome Park on Thursday, June 9 starting at 11:00 am. We will have outdoor games, activities and more.

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

Calorie Balance: Did you know that the calories needed to gain, lose, or maintain your weight are different for every person? On Tuesday, January 12 at 5:00 pm, come to Highland Recreation Center Fitness Center and learn how many calories your body needs and discuss healthy options to meet your goals. This program is open to adults ages 18 and over.

Fitbit Challenge: On Thursday, January 21 from 10:30 am to 5:45 pm, Highland Recreation Center Fitness Center will introduce a Fitbit challenge, asking every Fitbit user to wear their Fitbit and beat their best step day. Highland wants to see all fitness center Fitbit users go the distance and make this year the highest average step day in Fitbit history.

Lose the Love Handles: Your love handles are located right on top of your obliques, many think these muscles respond to normal abs exercises, but they don’t. That’s why it is important to just focus on the obliques alone. Tuesday, February 2 from 6:30 pm to 7:00 pm, Alisha will be instructing a 30 minute love handle eliminator routine in the Highland Recreation Center Fitness Center. Open to all fitness center users 13 and up.

Shoulder Health: Your shoulders have more joint movements than any other joint in the body. Therefore, injuries are very common. On Thursday, February 4 at 4:00 pm in the Highland Recreation Center Fitness Center, join Kyle as we go over different exercises to keep your shoulders strong and healthy. Open to all Highland Recreation Center Fitness Center users.

National Heart Awareness Month:

In partnership with Frye Hospital, Highland Recreation Center Fitness Center will offer heart screenings. On Tuesday, February 9 from 7:00 am until 11:00 am, the Frye Mobile Health Unit will be on site to check cholesterol, glucose, height, weight, BMI, blood pressure, with same day results and education.



Train Your Heart Out: Heart rate training provides more focus, structure, guidance and potentially more motivation for your cardiovascular workouts. Join Alisha in the Highland Recreation Center Aerobic Studio on Tuesday, February 9 from 6:15 pm to 7:00 pm, for a 45 minute seminar on five smarter ways to train your heart and lose weight. Open to all Highland Recreation Center Fitness Center users 13 and up.

Fitness Anywhere: Can’t make it to the gym for a while? That’s no problem! There are many different exercises you can do with no equipment needed. On Monday, February 15 at 5:00 pm, join us as we discuss exercises you can do to get a full body workout no matter where you are! Open to all Highland Recreation Center Fitness Center users ages 13 and above.



Heartless Bootcamp: At bootcamp fitness, you will find an open space to run, jump, squat, and lift! This heartless drill will take place in the Highland Recreation Center Gymnasium on Thursday, February 18 from 3:45 pm to 4:30 pm. Open to all Highland Recreation Center users 18 and up. Bring mental toughness and leave your excuses behind.

4 Fat Burning: Your dream physique is the result of resistance training and cardio. Highland Recreation Center Fitness Center during the month of March will be posting four weeks’ worth of cardio fitness challenges. Throw one of these fat-burning workouts into your routine to kick your training into high gear!

Workout To Win: For the month of March, Highland Recreation Center Fitness Center users are encouraged

to participate in the Workout to Win program. Each day you workout will be checked off by a fitness center staff member and whoever has the most time at the end of the month will win a prize. Workouts can consist of strength, cardio, or group exercise classes.

Fitness Scavenger Hunt: Attention all youth! Highland Recreation Center Fitness Center would like to invite you to a fitness scavenger hunt on Friday, March 4 from 4:00 pm to 5:00 pm. Clues will be provided, so bring a friend and be ready to have fun while exercising!

Rope 4 Life: The battle rope is very popular in the fitness world. For those of you who haven't experienced battle rope training, please join Alisha on Wednesday, March 9 from 4:00 pm to 5:00 pm in the Highland Recreation Center Aerobic Studio. Open to all fitness center users 13 and up.

National Nutrition Month: Join us on Monday, March 14 at 6:00 pm in the Highland Recreation Center Community Room for a special presentation on nutrition. Tracey Paul with the Catawba County Public Health Department will discuss healthy food choices, and other health and wellness topics. This program is open to anyone ages 16 and over.



Can You Keep Up?: Cardiovascular and muscular endurance are very important to your overall health. Monday, March 21 at 5:00 pm, see if you can keep up with this high intensity strength and cardio workout. Open to anyone ages 18 and up. Meet in the aerobic studio.

Jump Start: Can you really lose weight in 48 hours? No, it's unlikely you will lose any real weight in 48 hours. However, you can start to develop healthy eating and exercise habits in just two days. Friday, April 1 from 4:00 pm to 5:00 pm in the Highland Recreation Center Fitness Center, Alisha will distribute a 2 day weight loss packet to get you jump started. This packet will help you drop pounds and increase energy. Open to all fitness center users 18 and up.

Spring Fitness Challenge: Warm weather is coming! Let's get ready for it with this fun fitness challenge! On Tuesday, April 5 at 5:00 pm, participants will complete three different exercises with a 1 minute time limit for each. Each person will try to complete as many reps as possible on ball slams, laps in the gym, and long jumps. Open to all Highland Recreation Center Fitness Center Users.

Warrior Dash: Starting Tuesday, April 12 from 3:00 pm to 4:00 pm, Highland Recreation Center will host its largest obstacle training course competition. A sign-up sheet will be posted and the winner will receive a prize. The course will condition your legs and test upper body, strength, balance and core!



Every Kid Healthy Week: The week of April 25, 2016 is National "Every Kid Healthy" week. Help us do our part and bring your child on Tuesday and Wednesday evening from 5:30 pm to 6:30 pm as they participate in different activities to keep them active and healthy. This program is open to youth ages 7-13 and will meet on court 2 of

the Highland Recreation Center Gymnasium. Parents are encouraged to assist with the 5:30 pm group exercise class.

MaxOut May: May is here, the flowers are blooming and people are planning vacations. As you plan yours, also plan for gym time. Highland Recreation Center Fitness Center will host a one day squatathon challenge, Tuesday, May 3 from 11:00 am to 5:00 pm. Each patron will get a 30 minute block to max out their best weight. There will be a signup sheet with times posted two weeks before. Open to all fitness center users 18 and up.

Running 101: Most people can run but learning to smart run can take practice. On Tuesday, May 10 beginning at 6:30 pm, Highland Recreation Center Community Room will host a 15 minute running seminar along with a 15 minute outside practice run.

Senior Stretch: Stretching is so important for your body, especially as you get older! Stretching has been shown to decrease risk of injury, improve flexibility and increase blood flow. On Wednesday, May 11 at 9:00 am, participate with Kyle as we discuss and demonstrate different stretches to keep us feeling young! Open to all Highland Recreation Center Fitness Center users ages 50 and over.

Outdoor Functional Fitness: It's getting warm! With that said, exercising outdoors is a great change of pace from your normal workout. Join Kyle on Monday, May 16 at 5:30 pm for a fun outdoor workout. This program is free and open to anyone ages 13 and better.

National Bike To Work Day: Even if you don't have a bike, you can still take part in the fun! Join us on Friday, May 20 at 7:00 am for a special thirty minute cycle class before you go to work. This class will be free and open to anyone ages 18 and above. This class will be held in the Highland Recreation Center aerobic studio.



Summer Body Workout: With summer approaching fast, now's the time to get that summer body ready. One of the best ways to do this is to incorporate HIIT training into your workout routine. Wednesday, June 8 at 4:00 pm, Kyle will be demonstrating different exercises you can do to get your heart rate up in a hurry! Open to all Highland Recreation Center Fitness Center users ages 18 and over.



Jumpin' June: Highland Recreation Center Fitness Center would like to invite everyone to a full hour jumpathon. This event will consist of jump rope, frog jumps, burpee hops and much more. It will take place outside the Highland Recreation Center on Friday, June 10 from 4:00 pm to 5:00 pm.

Deadlifting 101: The deadlift is one of the simplest exercises when you examine the movement. Even though all you are doing is lifting the weight off the floor, it requires many body parts to be in the right position. On Tuesday, June 21 at 5:00 pm, join Kyle as we go over form and alignment for the deadlift and how it works your entire posterior chain.

Cycle & Burn: For those of you who haven't participated in Highland Recreation Center cycle class, this program is for you! Come to the Highland Recreation Center Fitness

Center on Wednesday, June 22 from 6:30 pm to 7:15 pm. You will learn how to set your bike up correctly, the benefits of cycling and why you should be participating in our cycle classes! Open to all fitness center users 13 and up.

HIGHLAND RECREATION CENTER

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

Von Curry, Senior Recreation Programmer
vcurry@hickorync.gov

Robin Dillingham, Recreation Programmer
rdillingham@hickorync.gov

Hours of Operation:

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

Soup Spin Off: With the cold weather on the outside, warm up inside at Highland Recreation Center on Tuesday, January 12 beginning at 12:00 noon for our "Soup Spin Off". Each participant should bring their favorite bowl of soup to share as a panel of judges' rate the soups based on taste, texture, flavor and overall impression. This event is available for all savory soup lovers. Grand prize winner will receive a trophy!

It's On and Poppin: It is National Popcorn Day! Join us for a free "poppin" family event on Tuesday, January 19 as we create tasty homemade popcorn balls. This event will be held in the Highland Recreation Center community room starting at 4:00 pm. All ingredients will be included!



Fat Tuesday: We are celebrating Mardi Gras style! Meet us on Tuesday, February 9 beginning at 4:00 pm for mask making, games, treats, activities and more. Learn the background of Mardi Gras; When did it start? Why is it celebrated?

Bottle Cap Locket: This is the month for love! Youth will have the opportunity to make lockets with bottle caps to keep or to give to that special someone. Bring a picture of yourself or someone that you love to personalize your locket. Join us on Wednesday, February 10 at 4:30 pm and make a gift for someone special. All materials will be provided. Ages 8 to 15 are encouraged to participate.



Sweetheart Bracelet: Love is in the air! Here at Highland Recreation Center we want to help you make a special gift for the one you love. The most treasured gifts are often times the ones you create yourself. Design your very own "Sweetheart Bracelet" on Thursday, February 11 beginning

at 4:00 pm. All ages are welcome to participate in this free event and all materials will be provided.

The Phenomenal Woman in You: Highland Recreation Center is celebrating Women's History Month the entire month of March. Beginning Tuesday, March 1, visit our table of notable and inspirational women, tackle the daily trivia or dive into the weekly challenges and then on Thursday, March 31, join us for "Her...Story, Phenomenal Luncheon" as we honor and salute three amazing women from three categories based on your votes, such as: "Leadership" award, "Still I Rise" award and the "Phenomenal Woman in You" award.



Popcorn Lover's Day: Who doesn't love popcorn? On Thursday, March 10, let's sample different flavors of popcorn. Join us at 1:00 pm for different variations of this delicious treat. This is a free event for popcorn lovers of all ages.

Memory Game: On Thursday, March 17 at 4:00 pm, there will be a gathering in the game room at Highland Recreation Center to play the memory game as well as make a memory game of our own. The object is to make cards that match and when turned over, the player has to remember where they are and match them. The person who has the most matched cards wins. Youth ages 5 to 12 are invited to play and design their own cards to take home.

Blind Ball Retrieval: How well do you think you can score blindfolded? Test your ability on Tuesday, April 5 beginning at 4:30 pm as we play Blind Ball Retrieval. Youth will be separated into two teams, and each team will be given a container of balls. Each player will attempt to retrieve three balls and place them back into the container while blindfolded. This is a free event that is available for 12 and under.

Bubbles, Bubbles and More Bubbles: Youth of all ages love bubbles, but why buy them when you can make your own. Join us on Tuesday, April 19 starting at 4:30 pm. You will be amazed at how simple and easy crafting your own bubbles can be. Free event for youth 10 and under. All materials will be provided!

Wicked Dodgeball: On Thursday, April 21 at 4:00 pm, Highland Recreation Center will host the game of dodgeball with a twist! Meet us in the gymnasium as we play with more than one ball and balls of various sizes. This is a free program for youth ages 10 to 17 years of age.

Sponge Bullseye: Can you hit the bullseye? Test your skills on Tuesday, May 3 starting at 4:30 pm at Highland Recreation Center. Youth will rotate to the various shaped starting lines and toss their wet sponge at the target, while trying to accumulate the most points. Points will be added and the youth with the highest score will receive a small prize. This free event is available for youth ages 10 and under.

Chili Pepper Relay: Cinco de Mayo is the most important national holiday in Mexico. It is celebrated with fireworks and dancing. We will meet in the game room on Wednesday, May 4, at 4:00 pm to play this fun game. There will



be two teams that will pass the 'chili pepper' down the line as quickly as possible by alternately passing it over their head or between their legs until the first player from one team reaches the back of his/her team's line. Open to youth ages 5 to 14 years of age.

Make Your Own Dog Tag: Several nations of the world hold a yearly Armed Forces Day to celebrate their military forces. Come to the Highland Recreation Center game room and make a dog tag for yourself or that special hero who fights for the freedom of this country. Join us on Thursday, May 19 at 4:30 pm for this free patriotic craft. Youth ages 5 to 12 are invited to participate

Krazy Classic Carnival: What do you think of when you hear words like: ring toss, cake walk, duck pond, cotton candy and more? Why yes! It is time for a krazy, classic carnival at Highland Recreation Center. Looking for some fabulous summer fun? Meet us on Saturday, June 11 starting at 11:00 am for our mini carnival that will include free popcorn and other activities. Family fun for the entire family.



Father's Day Necktie: He's called "Pop", "Dad" and "Daddy". This is his day to be honored for all that he does. You can create a poem for dad or write a special note just for him and place it on a necktie that you design. Adding a picture of yourself or drawing a design would give it that personal touch. On Thursday, June 16 at 4:30 pm, let's have fun personalizing a necktie just for Dad. This event is offered for youth ages 5 to 12 years of age.

NEILL CLARK RECREATION CENTER (Main Building)

3404 6th Street Drive NW
828-324-6990

Angela Smith, Senior Recreation Programmer
asmith@hickorync.gov

Ongoing Programs:

Abs & 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 Mondays from 5:30-6:05 at Highland Recreation Center Located at 1451 8th Street Drive NE.



Iron Spirit Martial Arts Institute: A student-first school with highly experienced instructors. Teaching a blended style of traditional Karate, Judo, self-defense and ground fighting. Our low tuition is matched by top notch training. Join us for self-discipline, confidence building,

exercise or just plain fun! Classes are held at Neill Clark Recreation Center on Monday and Tuesday evenings and Saturday mornings. Please call 828-446-0204 or e-mail ironspiritdojo@gmail.com for more information.



30 Day Fit Challenge: For the month of January, participants will meet at Neill Clark Recreation Center, Fitness Center to gear up for the New Year. Participants will be given the information needed to become more fit and healthy in 30 days. Whether you want to lose weight or build muscle, this combination program will help

you reach your goals. Make 2016 your best year yet. A Certified Personal Trainer will be available for consultation and motivation. Contact Angela at 828-324-6990 ext. 3 to get started!

Girls on the Go

Program: This program is geared toward young ladies ages 9-15. This program will meet the second Tuesday of each month beginning January 5 from 3:00 pm-4:15 pm at Neill Clark Recreation Center Main Building. This program will focus on leading an active and healthy lifestyle. Space is limited. Participants will need to register with Angela by calling 324-6990 ext. 3.



Valentine's Day Social and Craft: Neill Clark Main will offer a Valentine's Social and Craft on Thursday, February 11 from 4:00 pm-6:00 pm. Participants are asked to bring a finger food of choice. Free for youth and adults.

Nature Rocks: Saturday, March 12 at 10:00 am at Geitner-Rotary Park. Participants will learn how to build a campfire and take a hike to the 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, March 10. Geitner-Rotary Park is located at 2035 12th Street Drive NW.



Alpine Tower Climb: Calling all climbers! Friday, March 18 and April 8 join us as we climb the Alpine Tower from 3:00 pm-5:00 pm. Cost to climb the Alpine Tower is \$5.00 per person! The Alpine Tower is located at Henry Fork River Regional Recreation Park, located at 5655 Sweet Bay Lane. Participants will be asked to sign waiver forms prior to climbing the tower. Trained and knowledgeable staff will be operating the tower.



Easter Family Fun Event: On Tuesday, March 22 from 4:15 pm-5:30 pm, bring the whole family out for a fun evening! There will be a craft, Easter egg hunt and a visit from the Easter Bunny, so don't miss out! Cost is free and will take place rain or shine.

SOAP: Hickory Parks and Recreation Department will hold its first week of our SOAP, Summer Outdoor Adventure Program, the week of June 13-17. Participants will experience a different outdoor adventure every day. The first session is for youth ages 9-12 years old. Cost has yet to be determined at time of printing. Space is limited! Please contact Angela at 828-324-6990 or at asmith@hickorync.gov for more information and details on this program. Also stay tuned for additional weeks being offered throughout the summer of 2016!

Hickory Music Factory Programs

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 Ridgeview Recreation Center Saturday, February 27 from 1:00 pm-2:00 pm.

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 Saturday, March 5 and June 4. Participants must pre-register for classes the Wednesday prior to lessons being offered. Residency verification is required. Please call Angela to pre-register at 324-6990, Ext 3.



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, May 21 at 1:00 pm and will last approximately an hour. Call Angela at 324-6990 for more information on this program.

Summer Music Scholarships: Two scholarships will be available for Private Music Lessons and one scholarship for summer Recording Camp. Please contact Angela at 324-6990 for more information on either one of these wonderful opportunities.

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

8-Ball Tournament: This program is offered to youth ages 15 and up, this is a double elimination tournament. The event will be held on Wednesday, January 13 at 6:00 pm

and cost is free. The winner will receive a trophy.

Survival Cooking For The Single Person: Tired of pizza, burgers and fast food? This program will introduce you to simple dishes and new ideas to eat healthier and more efficient. Our program is free and begins at 6:30 pm on Wednesday, February 3. Ages 18 and up are welcome to attend at no charge.



Valentine's Crafts: Make a personal Valentine's gift for that special person. Materials will be provided at no charge for ages 4-10. This program will take place on Saturday, February 13 at 12:00 pm.

Chess Tournament: Checkmate! It's time to see who has mastered their chess skills the best. Enjoy an afternoon of chess competition Saturday, February 20 at 12:00 pm. Cost is free and open to ages 10 and up.

Two Ball Madness: Get a partner and compete in one of our most popular basketball shooting skills contest. This event is double elimination and open to ages 15 and up. Cost is free and begins Saturday, March 5 at 4:30 pm.

Arts, Crafts and Beads: This is a chance for kids to make a special craft or create a piece of art work or bead work to enjoy. We will supply the arts, crafts and beads. This program begins on Saturday, March 12 at 12:00 pm. Youth ages 4-7 are welcome to attend at no charge.



Easter Egg Hunt: Bring the children out and enjoy our Easter egg hunt. This is for children ages 4 to 9 and will begin at 4:15 pm on Tuesday, March 22.

NBA 2K16: Let's show your video skills in a popular basketball game. Ages 16 and up are welcome to attend at no charge. This will be double elimination tournament and begins on Saturday April 2 at 12:00 pm.

Field Game Fun: Let's enjoy the spring with the kids and play sack races, egg and spoon race, relay races and more. This program is for ages 4-10 and will begin at noon Saturday, April 9. This is a free event and should be a blast.



Billiards Anyone? We invite you to play free pool and sharpen up on your game. We will give you tips to improve your shot and answer any questions about the rules. Ages 16 and up are welcome to participate at no charge. This program begins

Wednesday, April 20 at 6:30 pm.

Make a Gift For Mom: This is your opportunity to make Mom a special gift. We will have plenty of supplies and ideas for the kids to enjoy this activity. It is a free program and will begin at 12:00 pm Saturday, May 7.

Co-ed Volleyball: Enjoy an evening of co-ed volleyball with each other. Let's pick up teams and play volleyball throughout the evening. Starts at 6:30 pm on Friday, May 13 and cost is free.

Water Balloon Fun: This is a chance for the kids to have fun in the sun. We are going to fill up water balloons and have a blast. Ages 4 to 10 are invited, cost is free and begins Saturday, May 21 at 12:00 pm.

Dodge Ball Fun: Enjoy an opportunity to play dodge ball with your friends. The fun begins at 12:00 pm on Saturday, June 4. We will divide teams up into different age brackets. This is a free event for ages 8-15.

Wiffle Ball Fun: It is baseball season and what a better way to enjoy the summer than to play wiffle ball. Ages 4 to 10 are invited to play for free. This program will be held Saturday, June 11 at 12:00 pm. Let's play ball!

Make a Father's Day Card:

The kids will have a chance to make a Father's Day Card. Arts and crafts will be provided. This program is for ages 4 to 8 and will begin on Saturday, June 18 at 12:00 pm.



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



Lip Sync Contest: We will have a lip sync contest on Friday, January 15 at 7:00 pm and small prizes will be awarded to the winners. Participants are asked to bring their own music on a cd, no explicit lyrics will be allowed. This is a free program offered to the whole family. A cd player will be provided.

Blood Pressure Checks at Westmont: Stop by Westmont on Tuesday, January 19 between 4:00 pm-7:00 pm and get your blood pressure checked. This program is free and offered to teens and adults 13 years old and better. An abnormal blood pressure may lead to many serious illnesses so stay in the know!

Dancing for Your Health: If you enjoy listening to music and need to exercise, then this is the program for you. Bring your favorite cd with no explicit lyrics and we will dance until our hearts are content while burning some calories. This program is free and offered to the whole family on Friday, February 5 at 7:00 pm.



Love Is... Essay Contest: Tell us what love is to you by participating in our essay contest. The essay must be at least 50 words and the handwriting must be legible. The deadline for the essay to be turned in to Westmont Recreation Center is Friday, February 12 at 8:00 pm. A winner will be announced Saturday, February 13 and you do not have to be present to win. This is a free program offered to teens and adults 13 years and better. A prize will be given to the winner.

March Madness Dips and Push-ups Workout: Join us in our fitness center for a dip and push-up workout on Tuesday, March 1 at 5:00 pm. This is a great workout for

the arms and it is free! This program is offered to adults 18 years old and better.

Basketball Mania: It is March Madness time so come and run a few games of full court basketball at Westmont gym on Tuesday, March 8 from 5:30-7:30 pm. This is a free program offered to ballers 15 years old and better.



Easter Basket Arts and Crafts Activity: On Friday, March 18 at 6:30 pm, we will make Easter baskets for the upcoming Easter holiday. This is a free program offered to youth 5-12 years old. Supplies will be provided while they last.

No April Fool Friday: Come to Westmont on Friday, April 1 at 7:00 pm for an evening filled with fun. Participants will be playing games and listening to music. We will enjoy the company of family and friends and that's no April Fool's joke!

Co-ed Badminton: On Saturday, April 9 at 3:00 pm, we are inviting all youth ages 13 and better to come and play badminton.

Horseshoes: Close counts sometimes! Come pitch horseshoes with us on Thursday, April 14 at 6:00 pm. This is a free program offered to the whole family.



May Flowers Arts and Crafts:

People say April showers bring May flowers and we will make some of our very own on Saturday, May 7 at 2:00 pm. Offered to youth 3-12 years old. Supplies will be provided.

Beach Volleyball: On Wednesday, May 11 at 6:00 pm patrons will play beach volleyball outside at Westmont. Wear your comfortable clothing and shoes and join the fun! This is a free program offered to the whole family.

Board Games and Cards:

No need to be bored when the entire family can join us at Westmont and play board games and cards. On Friday, May 20 at 6:30 pm, we will have a variety of games for your entertainment, so don't miss out.



Hot Shot: On Thursday, June 2 we are offering our Hot Shot special event to youth ages 12-15. Participants will shoot from designated spots on the floor to see who has the hot shot. This is a free program and a small prize will be given to the person who hits the most shots.

Build a Sandcastle:

On Wednesday, June 8 at 6:00 pm, we will build a sand castle on the playground. This is a free program offered to the whole family. Please feel free to bring sand pails and accessories!



3-on-3 Basketball Games: On Saturday, June 25 at 12:00 pm we are offering 3-on-3 basketball games at Westmont. Players will see what team wins the most games as well as bragging rights. This is offered to teens 15-18 years old.

WESTMONT SENIOR CENTER

1316 Main Avenue Drive NW
828-324-1200

Lauren Townson, Senior Recreation Programmer
ltownson@hickorync.gov

Ongoing Westmont Programs:

Bridge: Monday and Wednesday. Contact Eldon Clayman at 828-439-1283 for class details.

Kings and Queens Bridge, Monday at 12:00 noon

Fun Bridge for beginners, Wednesday at 9:00 am

Westmont Players, Wednesday at 12:00 noon

Canasta/Cards- All are welcome to this open card game! Join us on Tuesdays for Canasta and Thursdays for Canasta and other card games at 1:00pm at Westmont Senior Center.

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 Wednesdays at 1:00 pm at Westmont Senior Center.

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 fees. 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.

Monday, Wednesday and Friday 9:00 am

Monday and Wednesday 10:00 am

SPECIAL ACTIVITIES WESTMONT SENIOR CENTER:

Tea and Pastries: Craving something warm this winter month? Come by the center on Tuesday, January 12 from 1:00 pm to 4:30 pm for tea and pastries! Those who wish to join the canasta card players during this time are more than welcome to.



Breakfast and Billiards: Join us Wednesday, February 3 at 9:00 am for breakfast and billiards! A light breakfast will be served followed by a few non-competitive games of billiards.

Wear Red: We encourage you to wear red on Thursday, February 18 for our Wear Red Day event in honor of American Heart month. Free informational materials on blood pressure will be given!

Beginner's Pickleball: Pickleball is the fastest-growing sport in America! On Monday, June 13 at 10:00 am at Westmont Gym we will have a free lessons for new players. We will cover rules and movement. All equipment is provided.

Get Organized: Do you lose paperwork, resist filing, miss appointments, pay bills late or have files and piles all over your desk? Start now on Thursday, June 16 at 1:00 pm to get on the way to living a more organized and productive life. Bring in those loose papers and we will have the binders to help you get organized.

SENIOR ADULT PROGRAMS AT RIDGEVIEW RECREATION CENTER

Beginner Pickleball: Come out and play Pickleball on Tuesdays 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 takes place at Ridgeview Recreation Center starting 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 fitter can walk on Saturday mornings 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 more 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. Free!

Co-worker Corner Parks Maintenance Staff

Parks Maintenance Division Responsibilities: Staff is responsible for mowing, cleaning parks and facilities, construction projects, inspecting, installing and repairing playground equipment, turf maintenance, irrigation installation, repair, install and maintain landscaped areas, game day field preparation, LP Frans Stadium maintenance, opening and closing park facilities, picnic shelter and building reservations, Adopt-A-Park/Adopt-A-Trail programs and Eagle Scout projects. The department currently has 2 certified CPSI playground inspectors.



Mowing Crew:

Trish Passman, Ben Whitesides, Justin Brittain



Maintenance Crew: Ricky Pope, Mike Fulbright



Cleaning Crew: Dalton Cook, John Black, Maria Huitron



Ballfield Crew: Brandon Harris, Chris Kanipe



Henry Fork River Regional Recreation Park Crew: Carlos Huitron, Tim Bumgarner, Dave Meriwether



Glenn C. Hilton, Jr., Park Crew: Marty Cook, Greg D'Amico, Chris Mullins



Landscaping Crew: Jackson Schonewolf, Kyle Wilson, Donald Taylor, Brantley Hicks



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

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CITY-WIDE SPECIAL EVENTS

Unifour Senior Games: The Unifour Senior Games encompasses both the arts and athletics for adults 50 years and better. With over 60 different athletic events, the Games has something for everyone from cornhole, basketball, football or badminton to pickleball, tennis, swimming and track/field! The Games 32nd year will take place between April and May, with registration beginning in February for participants. All forms must be postmarked by Monday, March 21 in order to meet the deadline. Once registration begins, all registration forms can be picked up or dropped off at any recreation center or by calling the Coordinator for the Games, Lauren Townson, at 324-1200.

Valentine's Social: Our annual Valentine's Social for adults ages 50 and better will be held Thursday, February 11 at 12:00 noon, Westmont Senior Center. Please bring your favorite side item or dessert as we play games and enjoy the company of others.

Children's Easter Egg Hunt: The Children's Easter Egg Hunt will be held Saturday, March 19 at Henry Fork River Regional Recreation Park located at 5655 Sweet Bay Lane. The hunt will be divided into separate age groups with 2 year olds starting at 10:00 am, 3-4 year olds starting at 10:15 am and 5-6 year olds starting at 10:30 am. There will be over 25,000 stuffed eggs, entertainment for all ages, special prizes and the Easter Bunny! The night hunt for ages 7-12 year olds will begin at 8:15 pm. Our rain date is scheduled for Sunday, March 20. Please call Senior Recreation Programmer, Lauren Townson, for more information.



Senior Easter Egg Hunt: The hunt will be at Geitner-Rotary Park on Thursday, March 24 at 12:00 noon. We ask that you please bring your favorite side item or dessert. Prizes will be given and the Easter bunny will be there, so grandchildren are welcome to join!

WINTER/SPRING 2016