

MEADOWS PLACE



Meadows Place Parks and Recreation has many ways for you to get out, get active, and get involved. Stay current with the latest program and event information by checking the city website, Facebook and monthly newsletter.

HOW DO I REGISTER?

REGISTER

Our programs require pre-registration. There are two ways to register. Forms can be found on-line at **cityofmeadowsplace.org** under the department tab / parks and recreation / programs. Make checks payable to City of Meadows Place then mail to, 1 Troyan Dr. You may also register in person at City Hall, Monday thru Friday between 9am–4pm. If after hours place form & payment in the night drop box in the City Hall parking lot.

****If a class has not met the minimum number of enrollment five (5) days prior to the start date, the class may be cancelled. Most classes have a maximum enrollment and are open on a first come, first serve basis. There will be no refund unless the class does not fill. Classes are NOT pro-rated unless stated. ****

RENTALS

If you're looking for a location to host a celebration or family gathering, the Community Center and Garden is a great local option. We also offer rentals of Covered Park Pavilions, Community Pool, Large BBQ Pit, Kayaks and Overnight Lock- Ins.

Call for pricing and availability. 281-983-2935



JANUARY 1

Come swim at least one length of the pool (25yds) on the first day of the New Year. This is an excellent event to enjoy as a whole family. Even if you do not swim, please stop by and have some hot chocolate with your friends and neighbors. This is purely for fun. Donations accepted, but fundraising is not the focus of this event.

(All participants are required to sign a release of liability, before entering the water Minors must have an adult present to be able to swim.)



**Hosted by Meadows
Marlins Swim Team**

**1/1/18, 10am @ MP Pool,
All Ages Welcome, No Fee**

.... possibly the loss of a little bit of your dignity.



RC REGATTA

Meadows Place will hold its first RC Regatta. We will have races for novices to advanced racers! There will be separate categories for children and adult. You can practice anytime at the lake in preparation for the race.

REGISTER

2/10, McGrath Park @ 10am, \$10 entry fee



LIFEGUARDS WANTED

The City of Meadows Place is accepting lifeguard applications now through February 28, 2018 for Summer 2018. Applications can be picked up and turned in at City of Meadows Place City Hall. You must be 15 years of age to apply, pass the prerequisite requirements, and available for **ALL** training dates TBD in April.

Prerequisites: Minimum age: 15 years; Swim 300 yards continuously; Tread water for 2 minutes using only the legs; Complete a timed event within 1 minute, 40 seconds by starting in the water, swimming 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object, return to the surface and swim 20 yards on the back to return to the starting point, exit the water without using steps or a ladder. Participants who successfully complete the Lifeguarding course receive an American Red Cross certificate for Lifeguarding / First Aid / CPR / AED, valid for 2 years.



RAINBOW TROUT HAVE ARRIVED

Meadows Lake has been stocked with Rainbow Trout. We encourage residents to catch and take the trout as they do not live past March in the warm waters of Texas. DO NOT take anything other than the trout as it is against city ordinance. Anyone

LIMIT 5 TROUT PER PERSON PER DAY



Recycle your Christmas tree at the power easement on Monticeto between Amblerwood and Meadow Trail in front of the Waste Water Treatment Plant in the fenced area. Trees **must** be cleared of all decorations, nails, or other material which may have been used for stands.

12/27-1/10, Meadows Place Residents ONLY



The course will cover A.E.D., infants, child, and adult CPR. This class is suitable for all ages. Once the course is successfully completed, each participant will receive a certification through NSA.

REGISTER

1/19, 9am – 1:30pm @ Community Center, \$45



Parks and Recreation is looking for instructors to teach new programs. Contact us for more details. lylanan@cityofmeadowsplace.org

Scuba
Insects

Archery
Crochet

Birding
Cooking

Plants
Etc.

ACTIVE ADULT 50+ PROGRAM

Active Adults meet Monday's at the Community Center for fellowship and fun. Come and join our Active Adult Community from **10:00am – 1:00pm**.

MONDAY, January 8

Visit and meet friends while playing cards, dominos or sipping coffee.

Book Club Meadows Place Book Club will have its next meeting on January 8, 2018! We are reading the classic novel, *War of the Worlds* by H. G. Wells.

MONDAY, January 15

Social media tutorial – If you need help setting up your Facebook, Instagram, or any other social media accounts or if you have questions about social media, bring your smartphones and notepad and Leigh will help you be on your way on becoming a social media expert! **Starts at 10am.**

Arts & Crafts-Norma will be teaching how to make your own year round wreath. \$15. Craft will **start at 11:30am.**

MONDAY, January 22

Field trip to the Chung Mei Buddhist Temple and lunch at Café Goo Goo Yen.



Email lylanan@cityofmeadowspplace.org for more information or to sign up.

MONDAY, January 29

Come and play BINGO. Bring your quarters.

BRIDGE

Do you play Bridge? The Bridge Group meets the 1st Tuesday of each month, September – May. If you are interested in socializing and playing cards, **contact Delores to reserve a spot, 281-814-8844.**

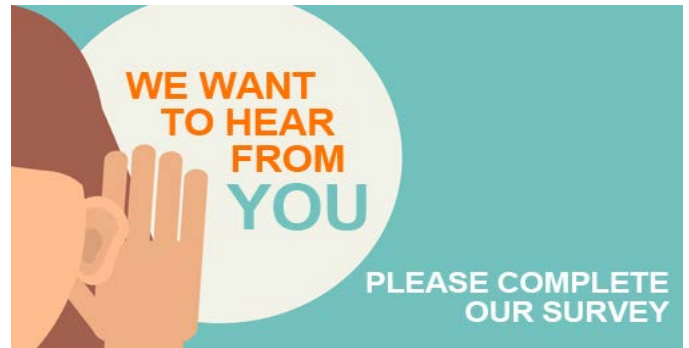
1/2, 9am-2pm @ Community Center, No fee



COMMUNITY GARDEN

The Community Garden meets twice a month to plant, till and weed the beds on the second & fourth Saturday of the month at 9am. If you are interested in learning how to grow and tend a garden, just show up and you will be taught. **BE A PART OF A HEALTHY WAY OF LIFE.....**

2nd & 4th Sat., 9am @ Community Garden



YOUR INPUT IS IMPORTANT

Meadows Place Parks and Recreation department is conducting a survey about current and future programs and events. We would like your input about additional programs, events and amenities you would like to see in Meadows Place.

Please visit the Parks and Recreation page on the city website, www.cityofmeadowspplace.org to take the survey!

You can also contact us with questions or additional information @ 281-983-2935 or lylanan@cityofmeadowspplace.org



RESTORATIVE FLOOR YOGA

Center your mind and body in this calming, breath-focused class. Build your endurance with standing postures that transition into floor work and an extended time of silent meditation. No previous yoga experience necessary. (All Ages)

REGISTER No class Jan. 9th

1 / 2 - 1/30 Tues. 7 pm @ Community Center, \$25

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CHAIR YOGA

Soothe achy joints and Increase your range of motion with this gentle seated yoga class, adaptable to your comfort level. Specifically designed for the 55+ crowd, but all ages are welcome! Chairs will be provided. No class Jan. 9th

REGISTER

1 / 2 - 1/30 Tues, 6pm @ Community Center, \$25

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BODY SCULPT

New year, new you! This class will help you burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout! The instructor, Dani Reed, is a certified personal trainer who specializes in a unique form of exercising that focuses on the integration of anatomical movement. Utilizing her vast knowledge of human anatomy, she customizes individual fitness plans to meet her client's goals. **Must provide your own mat and towel.**

REGISTER

FREE TRIAL CLASS

1/7 & 1/21, 9:00 – 9:45am @ City Hall or McGrath Park if weather permits. **MUST REGISTER.**

2/4 – 2/25, Sunday, 9:00 – 9:45am @ City Hall or McGrath Park if weather permits, **\$50 (All Ages)**

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OVER 50 & FIT

Strengthen your core muscles as well as improve stability and range of motion. Most exercises are done while sitting in a chair. All genders and ages are welcome.

REGISTER Class will be held at 2pm on 1/2 only

1 / 2 - 1/25, T/TH 10AM @ Community Center, \$20 Join anytime, price will be pro-rated.

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ZUMBA

Come shake, shimmy, and dance those calories away!!!! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

REGISTER

1/10 – 2/28, Mon & Wed. @ Community Center
7:30 – 8:30pm, \$65 includes
2 days per week/Walk ins \$6



JIU-JITSU

Learn the most effective martial art known to mankind, all while getting in seriously good shape. Grappling Zone's Brazilian Jiu-Jitsu Program will improve your life in many ways including fitness level, confidence, goal setting, focus, discipline and better grades for children. **Call now 832-995-0548 or visit our website @ www.GrapplingZone.com for more info.**

REGISTER



1/5 – 1/26, Fri. 7:30pm @ Community Center
\$65 All Ages / Fee covers use at all
Grappling Zone Facilities multiple days of the week.

TAEKWONDO

Register now for Fall! Sharpen your mind, strengthen your body with Master Jenny Pless. She has been teaching in Meadows Place Community Center since 2005 and teaches all skill levels from basic to advanced. Ongoing classes.

REGISTER

No class 1/15, 2/19 3/12, 3/14

1/8 – 3/28 ongoing classes

M/W 5-6pm (4-11 yrs)

M/W 6-7pm (12 year old and adult)

Fee: 10 classes for 55.00

Fee: 20 classes for 99.00 (FREE uniform for 1st 10 signed up)

KARATE

American Society of Karate teaches American Karate to ages 5 – 70yr in a positive ever-changing system. Its goal is to not be the largest, but to be the best. Instructors: 4th Degree Black Belt, Steve Puma and 3rd Degree Black Belt, Michael Puma. New full session to begin in April. **\$30 uniform Fee**

REGISTER

No class 3/15

1/11 – 3/29, Community Center

Thursday 6:30- 7:30pm (5-12yr) \$45

Thursday 7:30- 8:30pm (13-70yr) \$45

TAI CHI CHIH

It is a moving meditation originated by Justin Stone in 1974. The 19 movements and one pose are easy to learn and have profound effects. With regular practice benefits may include:

- Balanced physical energy and stamina;
- Building a healthy posture;
- Improving our joint flexibility;
- Promoting spiritual serenity;
- Focusing our mind and awareness

REGISTER

1/ 2 – 1/25, T/TH 1:30 –2:30pm, Community Center, \$50 fee



TENNIS COURT ACCESS

Resident Access Cards are available for purchase at City Hall Monday – Friday 9am-4pm. Cards are \$50. Pickleball access cards are \$25. Cards are valid through May of each year.

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TENNIS LESSONS

This is an introductory class teaching form and the basics of the game for youths 14 years old and under. The classes taught in groups of 4 students. Racquet required.

REGISTER

1/6 – 1/27, Saturdays, 8:15am – 9:00am \$55
Private lessons for youth / adults upon request.

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BOWLING

Meadows Place Ladies Bowling Team bowls every Wednesday morning, 9am @ Emerald Bowl; Come join the team, meet new friends and get active!

Call: 281.498.8330

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HIGH-SCHOOL STUDENTS

Would you like to be a part of a national organization while making a difference in your own community? If so, now is the time to join the Meadows Place Youth Action Council. YAC is a great way to earn service hours and also include on your college application. This is a youth run organization. Teens elect officers and make the plans for service, volunteering and fun. Applications will be accepted throughout the year and can be found on the City website. Show up at one of the dates below and we will get you started. It's EASY!

1/12, 6-8pm @ City Hall- Food, Fun, Planning

1/13, 10am @ McDonald Park, Making
“Go Fund Me” Video for Inclusive Playground

1/26, 6-8pm @ City Hall – Food, Fun, Project

2/9, 6-8pm @ City Hall – Food, Fun, Project
Completion

2/16-18, YAC Summit in Cedar Hill, TX
Preregister by 1/26, \$70 includes 2 nights' hotel stay, transportation, meals, t-shirt, conference registration & socials. Leaving 2/16 at 3:30pm return 2/18 by 5pm.

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YAC IS FUNDRAISING TO BUILD AN ALL INCLUSIVE PLAYGROUND

They Have Raised **\$32K** Within 9 Months



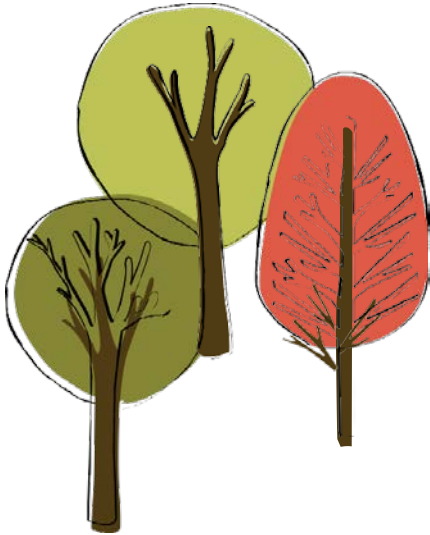
Funding Goal:

\$75 Phase 1 / \$100 Phase 2 / \$75 Phase 3

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PARKS & RECREATION 2017 RECAP

CONNECTING THE COMMUNITY THROUGH PEOPLE, PARKS & PROGRAMS



AMMENITIES ADDED

- 3 BRONZE STATUES & SPLASHPAD
- 7 MULTI GENERATIONAL FITNESS STATIONS
- 1 DOUBLE WATER SLIDE
- ¼mi HIKE & BIKE TRAIL
- 5 MARQUEE INFORMATION BOARDS
- 3 POCKET PARKS
- 8 SHADE AWNINGS
- 1K FISH IN MCGRATH LAKE
- 2 TENNIS COURT BENCHES
- 4 LIGHTS & PICNIC TABLE @ COMMUNITY GARDEN

BEAUTIFICATION COMPLETED

- NEW LANDSCAPING & FLOWERBEDS
- LIGHT POLE BANNERS MARKETING MEADOWS PLACE
- COMMUNITY CENTER FLOORING, GARDEN & PATIO REFURBISHMENT
- PAINTING & REPAIR OF IRON FENCING AT PARK
- EROSION REPAIR & MAINTENENCE OF WALKING TRAIL
- SEASONAL HOLIDAY DECORATION INSTALLATION



PARTNERSHIPS FORGED

- MONARCH GATEWAY PLANS FOR POLLINATORS
- REGAS PROVIDES LABOR & SKILL TO REMODEL NEW FACILITY
- CROCIDILE ENCOUNTERS LOANED ALLIGATORS & TORTOISES
- OPUS 4 PROVIDED CONCERTS FOR THE COMMUNITY
- HELFMAN FORD GAVE \$25K TO THE INCLUSIVE PLAYGROUND
- SUGAR GROVE CHURCH LABOR & LOCATION FOR PUMPKIN PATCH



VOLUNTEER HOURS PROVIDED

2,596 HOURS PROVIDED TO PARKS & RECREATION



"WE COULD NOT ACCOMPLISH ALL
THAT WE DO WITHOUT VOLUNTEERS.
THANK YOU FOR MAKING
MEADOWS PLACE GREAT!"