



# MEADOWS PLACE

# IT STARTS IN PARKS

Coaching. Connecting. Community.

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.

**REGISTER**

HOW DO I REGISTER?

**Our programs require pre-registration.** There are two ways to register. Forms can be found on-line at [cityofmeadowsplace.org](http://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.



## SEPTEMBER 29 FROM 7-9PM

Come enjoy the sounds and taste of Germany. Food Trucks will be on site offering German Fare, desserts and beer for purchase. The Texas Legacy Czech Band will be performing throughout the night along with youth /adult games and stein holding competition. No admission fees just bring a chair or blanket and enjoy a night out in Meadows Place.

9/29, 7-9pm @ McGrath Park



## ATTENTION, INCOMING FRESHMAN AND ALL HIGH-SCHOOL STUDENTS

**2017/2018 School year will include: Camping Trip - Volunteering at City Events - Hosting a Food Drive - Glow Fun Run - Beach Cleanup - Managing a Pumpkin Patch - Building a Nature Center - Building an Inclusive Playground - Etc**

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. Serve as the voice of teens in the community, promote leadership through volunteerism, and make a positive impact while having fun with other teens. 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.

**Attend next meeting to learn more. There is no fee to join. September 15, 6-8pm @ the Community Center**

For registration or questions please contact [lylanan@cityofmeadowsplace.org](mailto:lylanan@cityofmeadowsplace.org) / 281.983.2935

This organization and its activities are not related to or sponsored by FBISD

# FALL PROGRAMS BEGINNING



## CPR CERTIFICATION

This course is taught by certified American Heart Association. 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 their certification.

**REGISTER**

**9/16, 9am - 2pm @ Community Center, \$45**

## ESSENTIALS OF KAYAKING

This eco-friendly sport is recognized as the fastest growing sport in the world! Our lessons provide an introduction for the beginner paddler, the course is led by an ACA certified instructor who will share her love and passion for the water through this interactive experience. You will be taught the basics of safety, balance, paddling and turns.

**REGISTER**

**9/23, 8AM @ McGrath Park Lake (7yr+) \$15**

**9/23, 9AM @ McGrath Park Lake – No Fee for previous class participants**

## DESTINATION PAINT PARTY

With guidance you will create your very own masterpiece. One design will be the focus for the evening and each student will paint their interpretation of the design. All supplies will be provided. Bring snacks and BYOB if you like.

**REGISTER** September Theme- Butterfly



**9/8, 6-8pm, Community Center, \$25**



Tinkergartens mission is to elevate childhood by bringing families together in local parks for classes where kids learn through play. Our classes help kids ages 18 months – 8 years develop core life skills while enjoying healthy fun, engaging experiences in the physical freedom of a park.

**REGISTER**

**Free Trial Class (Must register)  
9/7 @ McGrath Park, 10-11:15am**

**9/14-11/2, TH @ McGrath Park, 10-11:15am, \$160**

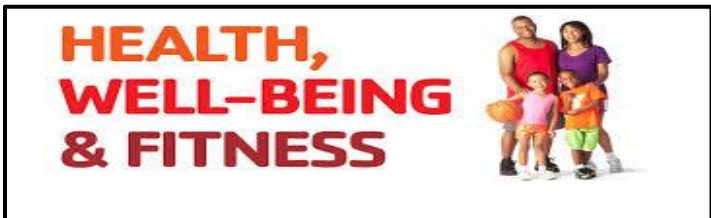
## ACTIVE ADULT 50+ PROGRAM

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, September 11** – Destination Painting will provide an art project to paint. (\$7) You can also visit and meet new friends while playing cards, dominos or sipping coffee.

**MONDAY, September 18** – Field trip to Niagara Water Bottling Plant

**MONDAY, September 25** - Come and play BINGO. Bring your quarters! You may bring in your own food and beverages for the party.



**KENDO Starting Soon!**



**Kendo** is a modern Japanese martial art, which descended from swordsmanship (kenjutsu) and uses bamboo swords (shinai) and protective armour (bōgu). Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity. Classes will start in October. Visit <http://www.houstonkendokyokai.com/> to learn more about Kendo.

**TENNIS COURT / PICKLEBALL ACCESS**



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

**BOWLING**

Meadows Place Ladies Bowling Team bowls every Wednesday morning, 9am @ Emerald Bowl; Come join the team, meet new friends and get active!  
**Call: 281.495.8330**

**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**

9/6 – 10/30, M/W  
 5:00 – 6:00 pm (4 – 11 yr)  
 6:00 – 7:00 pm (12 yr – Adult)  
 8 classes \$44 (1 x week)  
 16 classes \$85 (2 x week) Free Uniform 1<sup>st</sup> 10 reg  
 Uniform fee paid to instructor, Jenny Pless: \$30

**KARATE (No Class Nov. 23<sup>rd</sup>)**

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: 4<sup>th</sup> Degree Black Belt, Steve Puma and 3<sup>rd</sup> Degree Black Belt, Michael Puma. New full session to begin in April. **\$30 uniform Fee**

**REGISTER**

8/14 - 12/7, Community Center  
 Thursday 6:30- 7:30pm (5-12yr) \$45  
 Thursday 7:30- 8:30pm (13-70yr) \$45

**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.



**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**

9/5 – 9/28 1:30 –2:30pm, T/TH, Community Center, \$50 fee

**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**

9/9 – 9/30, Saturdays, 8:15am – 9:00am \$55  
 Private lessons for youth / adults upon request.





**REGISTER**

9/6 – 11/1 , Mon & Wed. @ Community Center  
7:30 – 8:30pm, \$65 includes  
2 days per week/Walk ins \$6

**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**

9/5–9/26 Tues. 7 pm @ Community Center, \$25

**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.

**REGISTER**

Tues, 6pm @ Community Center, \$25

**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**

9/5 – 9/28 T/TH 10:30 AM @ Community Center,  
\$18 Join anytime, price will be pro-rated.

**BRIDGE**

Do you play Bridge? The Bridge Group meets the 1<sup>st</sup> Tuesday of each month, September – May. If you are interested in socializing and playing cards, come join the fun!

9/5, 9am-2pm @ Community Center

**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.

2<sup>nd</sup> & 4<sup>th</sup> Sat., 9am @ Community Garden

**NATURE DISCOVERY CENTER**

Meadows Place is building a Nature Discovery Center. It will feature hands on activities for all ages. Animal, plant, and habitat education will be the primary focus. We hope to open December '17.

**NAMING CONTEST**

While we wait for the completion of the Nature Center, we have begun to adopt a few friends. For a description of each animal please visit the city website. Please help us name these little cuties.



Male Corn Snakes

1 Bright Orange on top and black and white underneath, very active

1 Pale Orange on top and yellow and white underneath, shy



Male Sugar Gliders

1 Medium, black and white and very curious

1 Small, black and white, very timid. They love apples and spinach



Australian Whites Frogs

1 Very pudgy and hides all day

1 Thin and loves to climb

They change colors from blue, turquoise pink and green

Email your ideas to

[parksdirector@cityofmeadowsplace.org](mailto:parksdirector@cityofmeadowsplace.org)

Deadline for entry is September 28.