



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.



Recycle your Christmas tree at the power easement on Monticeto Ln. between Amblewood 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

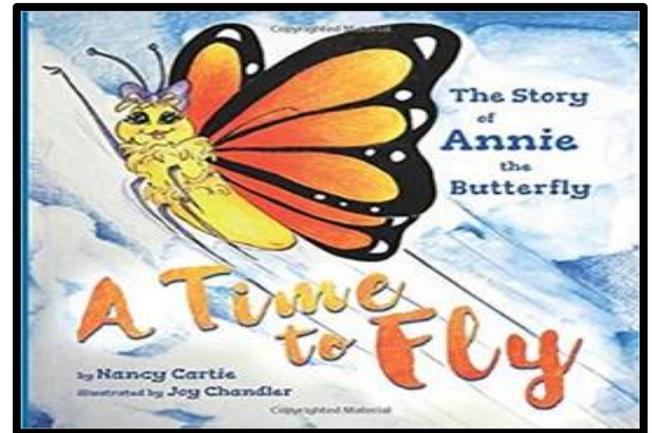


MEADOWS MARLINS 5th ANNUAL

Come swim at least one length of the pool (25yds) on the first day of the New Year. Even if you don't swim, please stop by and have some hot coco with your friends and neighbors. This is purely for fun. Donations accepted, but not required.

(Minors must have an adult present to swim.)

1/1/20, 10am @ MP Pool, All Ages, No Fee



READING & BOOK SIGNING

Join us for a reading of "A Time to Fly", written by Meadows Place resident, Nancy Cartie. This is a beautiful story about Annie the Butterfly. The characters in the story and Annie are based off of true Meadows Place residents.

Books will be available for purchase and signature by Nancy Cartie.

1/4, 2:00 @ Discovery 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 just show up and you will be taught.

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

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



LIFEGUARDS, CAMP COUNSELORS, & SWIM INSTRUCTORS WANTED

The City of Meadows Place is accepting applications **January 1 through March 21, 2020** for Summer 2020. Applications can be picked up and turned in at City of Meadows Place City Hall. You must be 15 years of age to apply. If applying for the lifeguard position, you must 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 without using steps or ladder.



BIRTHDAY PARTY RENTAL

Nature Center Party packages are available & include animal encounters, activities and decorations. 2 Party Host will be on hand to make your experience seamless.

Call for pricing and availability. 346-754-5873



Come visit the Nature Center and enjoy hands on activities and animal encounters.

Tues. – Fri., 9:30am - 2:30pm
Sat., 12pm - 5pm

\$2 child / \$5 adult / Annual \$10 child / \$15 adult
Fee includes access to facility and all activities.



Planned Weekly Activities Include:

Tues. @ 10:30 – Mom & Tot meet up- explore, play

Wed. @ 10:30 – Tot Time- Stories and Puppets

Thurs. @ 10:30 –Meet the Animals

***If you would like to feed the tortoise you may bring romaine, strawberries, apples.

Call 346-754-5897 for more information.



NEW WALKING TRAILS

Enjoy walking or jogging along City of Meadows Place Trail System. Our **NEW** trails continue along the bayou from the water treatment plant over to Kirkwood. The trail system continues to meander down Kirkwood to West Airport.



TAI CHI EXERCISES

FOR BETTER MOVEMENT AND BALANCE

It is a moving meditation with 19 movements and one pose that are easy to learn and have profound effects. Benefits may include:

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

REGISTER MUST Pre-Register

1/6 – 1/31, Mon/ Fri @ Community Center, 11975 Dorrance, 9am – 10am, \$20



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 MUST Pre-Register

1/6-2/24, Mon., 7:30pm-8:30pm

1/10-2/28, Fri., 6:00am-7:00am

Community Center

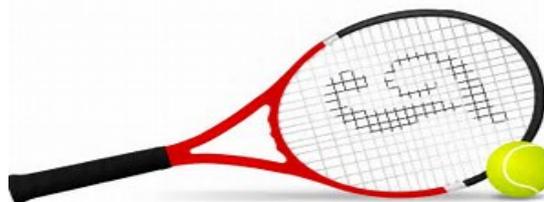
\$65 session, \$6 Walk-in

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.

1/7–1/30, T/TH, 10AM Community Center \$20

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.

How to Use Essential Oils
18+ Ways to Apply, Use
& Benefit From EOs!



HEALING WITH ESSENTIAL OIL

Come and join the free class and learn about the many benefits of essential oil. Mrs. Moa will discuss the perfect plan to meet your specific needs at any age. Samples will be provided.

1/4-1/25 Sat., @ Discovery Center, 11938 Ambledwood, 1pm-2pm , FREE



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. Students may try the first class for free.

REGISTER MUST Pre-Register.

1/9 – 3/26 @ Community Center

Thursday 6:30- 7:30pm (5-12yr) \$50

Thursday 7:30- 8:30pm (13-70yr) \$50

\$30 Uniform Fee to Instructor. No class week of Spring Break.

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TAE-KWON-DO

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.

REGISTER MUST Pre-Register

1/13 – 3/20, Mon. & Wed.

5-6pm (4-11 yrs.)

6-7pm (12 years and adult)

10 classes for \$60 (\$30 uniform fee)

20 classes for \$99 (\$30 uniform fee)

Free uniform to first 10 new students.

No class Jan. 20th, March 9th, March 11th



NEW HELFMAN PLAYGROUND 4 ALL

Come see the new equipment that has been added to the Helfman Playground. A Merry Go Round for wheelchair access was just installed. We also added a Birds Nest swing which accomodates multiple children at one time as well as it being ADA accessible.

This project has been 3 years in the making. The Meadows Place YAC and Helfman Ford began fundraising to build a special place for kids with all abilities to play. Including monetary and in-kind support YAC was able to donate \$127,000 to create the new playground.

We would like to give special recognition to Helfman Ford, YAC, Meadows PTO and H&H Landscape.

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ATTENTION ALL HIGH-SCHOOL STUDENTS

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Come and learn what YAC is all about while having fun!

2019/2020 School year event will include:

Light the Night Spring Concert / Help host a Fun Run

Beach Cleanup / National Conference in Tyler Texas

This is a youth run "National" organization. Teens set the schedule, and make the plans for service, volunteering and fun.

YAC is a great way to earn service hours and also include on your college application. There is no fee to join.

NEXT MEETING:

- Jan 10, 5:30 - 9pm @ Nature Center
- Text 281-642-7696 for more details



Active Adults meet Monday's at the Discovery Center for fellowship and fun. Come and meet our Active Adult Community.

10:00am – 1:00pm @ 11938 Amblewood

MONDAY, January 6

Game play and book club will meet.

MONDAY, January 13

Come and meet the new Recreation Coordinator. Light refreshments will be served. Starts at 10:30am



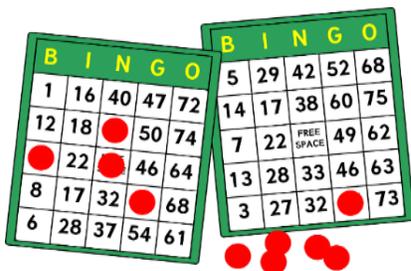
MONDAY, January 20

We will continue trying out new crockpot recipes. Demo/taste test will begin at 10:30am.



MONDAY, January 27

Come and play BINGO. Bring quarters.



*HOW DO I REGISTER?



Our programs require pre-registration.

There are three 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. **

***FACILITY RENTAL & LOCK - IN**

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.

***BIRTHDAY PARTY**

Birthday Party packages are available for the Discovery and Nature Center to include animal encounters, crafts and activities.