



# 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.



Come swim at least one length of the pool (25yds) on the first day of the New Year. This is a great event to create memories. 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 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**

**1/1/19, 10am @ MP Pool,  
All Ages Welcome, No Fee**



### LIFEGUARDS, CAMP COUNSELORS, & SWIM INSTRUCTORS WANTED

The City of Meadows Place is accepting applications starting **January 1 through March 17, 2019** for Summer 2019. 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 the water without using steps or a ladder.



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

**MEADOWS PLACE DISCOVERY & NATURE CENTER PRESENTS**

**"ARTIC ANIMALS"**



All month long youth can learn fun facts, make reindeer food, and other fun activities about artic animals.

**Tues. – Sat., 9:30am – 2:30pm, \$2 child / \$5 adult or buy an annual pass for \$10 child / \$15 Adult**

**Other Weekly Activities Include:**

- Tues. @ 2:30** – Animal Parade - Dress Up & Learn
- Wed. @ 2:30** – Tot Time- Stories and Puppets
- Thurs. @ 2:30** –Meet the Animals or Make a Craft

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



**NATURE CENTER KID WORKSHOP**

The Nature Center will offer DIY workshops for kids to build their own masterpiece! *Parents must accompany kids ages 5-10 years old.*

**REGISTER**

**12/8, Sat., 1pm (10yr+) \$5**  
DIY Snow Globes-make your own snow globe.

**REGISTER**

**12/15, Sat., 1pm (5yr+) \$5**  
Learn how to make a sugar igloo.

**BUNNY FERTILIZER**



Did you know that rabbit manure is a great organic fertilizer that will help improve your soil and it doesn't need any composting before using it? The bunnies at the Nature Center are here to help your plants and garden thrive! "All natural Bunny Balls" are available for purchase during business hours at the Nature Center. Tues-Sat / 12-5pm

**1 gallon bag of "All Natural Bunny Balls" \$5**

**Babysitting**



**BABYSITTER SAFETY TRAINING**

The training program is designed to focus on supervising, caring for and keeping children and infants safe in babysitting settings. The program provides fundamental information in the business of babysitting, proper supervision, basic caregiving skills and responding properly to ill or injured children or infants.

**REGISTER**

**3/16, Sat., @ Discovery Center**  
**11am – 5:30pm, \$80**



Registration is now open for Meadows Place Pony Baseball Spring Season for boys and girls age 4-12yr.

Practices will begin early February and games will be played on Saturdays through late May. Go to [www.mppony.org](http://www.mppony.org) for more information and to register.



## ALL HIGH-SCHOOL STUDENTS

Would you like to be a part of a national organization while making a difference in your own community? Do you need or want volunteer hours for school or college applications?

**Attend next meeting to learn more. There is no fee to join. BRING A FRIEND!**

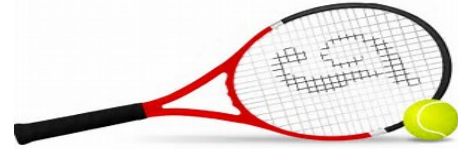
1/11 – Mtg and social @ Nature Center-6:30pm  
1/18 – Mtg and social @ Nature Center -6:30pm  
**TEXT 281-642-7696 w/ questions**

about their services. They will provide a free blood pressure test afterwards.

**MONDAY, January 21-** Continuing our monthly crock pot recipe journey. Also game play.

**MONDAY, January 28-** Come and play BINGO. Bring your quarters.

## 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.

## TAI CHI CHIH

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 our joint flexibility;
- Promoting spiritual serenity;
- Focusing our mind and awareness

### REGISTER

1/7 – 1/28, Mon., @ Discovery Center  
6pm-7pm, \$20

1/9 – 1/30, Wed., @ Community Center  
10am-11am, \$20



## 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**



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

**MONDAY, January 7-** Game play and book club will meet to discuss *Small Great Things* by Jodi Picoult and *The Little Paris Bookshop* by Nina George

**MONDAY, January 14-** Representative from Atrium Medical Center will be stopping by to talk



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

1/7 – 1/30 Mon / Wed., Community Center  
7:30 – 8:30pm, Walk In **ONLY \$6**



# 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**

1/3/ - 1/31, T/TH, 10AM Community Center \$20



## TAEKWONDO

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.

No class 1/21, 2/18, 3/11, 3/13

**REGISTER**

1/7 – 3/27

5-6pm (4-11 yrs.)

6-7pm (12 years and adult)

10 classes for \$59 (\$30 uniform fee)

20 classes for \$99 (Free uniform)



## 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: 4<sup>th</sup> Degree Black Belt, Steve Puma and 3<sup>rd</sup> Degree Black Belt, Michael Puma.

Students may try the first class for free before registering.

**REGISTER**

No class week of spring break.

1/10 – 3/28 @ Community Center

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

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

\$30 Uniform Fee to Instructor.



\*HOW DO I REGISTER?

**REGISTER**

Our programs require pre-registration. There are three 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. \*\*

### \*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.

Call for pricing and availability. 281-983-2935.