



IN THIS ISSUE

2

**Park District
Information**

4

**Preschool
Programs**

5

**Children's
Programs**

6

**Children's
Programs**

8

**Fitness
Programs**

9

**Special
Events**

10

**Registration
Information**

11

**Adult
Programs**

Headquarters Address

Activity Center Park
221 North Main Street
Centerville, Ohio
45459-4617
Email: mail@cwpd.org
Website: www.cwpd.org

Fall Office Hours

Monday through Friday
8:00 a.m. to 4:30 p.m.
Office Closed November 24 & 25

Phone Numbers

Park District Headquarters:
(937) 433-5155
Fax: (937) 433-6564
Park District Rainout Line:
(937) 433-2524
Second Shift and Weekends:
(937) 470-9246

Park Addresses

For a complete list of park addresses, visit our website, www.cwpd.org.
Note: Nutt Road is closed west of Schoolhouse Park during construction.

Athletic Field Conditions

www.cwpd.org/field_status.shtml

Youth League Contacts

Centerville United Soccer Association (CUSA)

www.CUSASoccer.com
Hotline: 864-4440

Centerville Noon Optimist Sof-T-Ball Association

www.centervillenoonoptimist.com
Charlie Pool: 371-7612
Bill Williams: 224-1931
Email: Cvilleball@aol.com

Centerville Wee Elk Football Association
www.weeelks.org

Centerville Baseball League

www.cbltoday.org
Email: cblstaff@woh.rr.com

ISC Storm Soccer
iscstormsoccer.com
Hotline: 286-8104

Online Newsletter

The Park District News and Events is available in pdf format on the Park District’s website, www.cwpd.org. By registering for online notification you will be able to discover the newest program offerings for the upcoming season as soon as the information is published. You have the option of providing your mailing address and your household will no longer receive a printed copy in the mail.

You can also follow us on:



Park District Video Storytelling

We continue to share information about the Park District offerings through our online video stories. Check our website www.cwpd.org or YouTube channel CentWashParkDistrict for the latest releases this quarter:

- Commissioner Responsibilities
- Athletic Partners
- School Partners
- Nature Programs
- Volunteer Naturalists

Commissioners Corner



“Volunteers aren’t paid, not because they are worthless, but because they are priceless.” – Anonymous

As we start the fall season at the Park District I would like to take this opportunity to highlight two upcoming programs that are highly successful because of the hard work and dedication by hundreds of community volunteers. The Haunted Trail, held October 26 and 27 at Grant Park, is made possible by the financial support and countless volunteers from the Noon Optimist Club of Centerville, the University of Dayton Optimist Club, Centerville High School Octagon Club, and the middle school clubs at Incarnation, Watts, and Tower Heights. Thanks to these volunteers 1,200 “brave” people enjoyed the Haunted Trail last year. The award-winning Mini-Trail Program, Saturday, October 15, also at Grant Park, is geared towards our younger children with a different theme each year. It has utilized volunteers in character costumes to enhance the experience for the children and their parents.

For more information about volunteering at the Park District, please call (937) 433-5155.

Yours in Open Space,

Bill Williams

New Commissioner Appointed

David R. Lee, Ph.D. was recently appointed by the Court of Common Pleas to the Board of Park Commissioners to serve a three-year term through May 2014. Mr. Lee is the 15th individual to serve as a park commissioner since the district's formation in 1959. He replaces Kim Birdseye who retired from the board after serving the maximum allowable nine years.

Mr. Lee holds a B.S. from the United States Air Force Academy and an M.S. and Ph.D. in Industrial Engineering from Purdue University. He is a retired Lieutenant Colonel in the United States Air Force, where he served mainly in the civil engineering career field within the United States, North Africa, and Korea. After retirement, Mr. Lee served as a professor and chairperson in the school of Business Administration, Department of Management and Marketing at the University of Dayton. He has also served as a Volunteer Naturalist for the Centerville-Washington Park District and Five Rivers Metroparks.

"I enjoy being out in nature and sharing the outdoors with children and adults," said Mr. Lee. "I look forward to working with this exceptional organization to improve the quality of life for the residents of Centerville and Washington Township through its parks and open space."

Please join us in welcoming David Lee to the Board of Park Commissioners.



David Lee

*"The clearest way into the universe is through a forest wilderness."
John Muir*

Park District Staffing Updates



Dawn Osif, Erin Morley, Scott Lucas

Dawn Osif joined the Park District staff in May as the Full Charge Bookkeeper after the retirement of Nancy Howitt. Dawn is a graduate of the Ohio State University and a resident of Washington Township. Her family has been involved in Park District programs over the years

and participated in the Wee Elks Football program.

Erin Morley had been working seasonally at the Park District since 2006. Erin joined the program department as the Recreation Coordinator in June when Jen Brandt transitioned

to a new part-time Fitness Coordinator position. Erin is a graduate of Centerville High School and Bowling Green State University. She was teaching fourth grade in Bowling Green when she accepted the position.

Scott Lucas had also been working seasonally in the Park District's operations department for several years. In March he joined our full-time staff. Scott is a graduate of Bellbrook High School and Hocking Technical College.

Please join us in welcoming these new employees to the Park District.

Playdate Cafe

Ages 18 months - 2 years
Wednesdays,
10:00-11:00 a.m.

September 7, October 5, and November 2

Grant Nature Nook,
6588 McEwen Road

Registration is required for this FREE program

Just for toddlers and their caregivers, **The Playdate Café** offers a chance for caregivers to participate in nature themed activities with their little one and enjoy some free time to socialize with a friend, spouse, or others you meet at this fun program! Caregivers and children will participate in a 30 minute nature program facilitated by Park District staff and volunteers. Then caregivers can enjoy social time with others while playing with their children. We will have puppets, story books, puzzles, and other fun learning stations available! Enjoy a cup of coffee and light snack as you learn with your children and socialize with others! Build sensory awareness and motor skills, and encourage social interaction.



Owlexander's Hoot Route

Thanks to the generosity of the Yeck Family Foundation, the Centerville-Washington Park District and the Washington Centerville Public Library have created and installed Owlexander's Hoot Route in Grant Park. This permanent adventure trail promotes nature exploration and education, early literacy skills, family bonding, and fun. Bring your preschooler to Grant Park and join Owlexander on his adventure through the park.



Preschool Series

Ages 3-PreK with adult companion
Thursdays - 9:30 a.m. or 1:00 p.m.
Registration is required for this FREE hour-long program

Cricket Song

September 15

Grant Park, 6588 McEwen Road

Learn about crickets, grasshoppers and other singing insects. Listen for their songs and try to catch them for closer inspection.

Texture Trek

October 20

Rosewood Park, 475 Roselake Drive

This hike is all about the sense of touch. Take part in a scavenger hunt to find natural objects that are bumpy, smooth, rough, or soft. Then make a craft with textured paints.

Terrific Turkeys

November 17 at Bill Yeck Park,
7893 Wilmington-Dayton Road

Read the book, *Little Tom Turkey*, by Frances Bloxam, and discover the real lives of wild turkeys. Learn about hens, toms, poults, caruncles, wattles, and snoods. Each child will make a terrific turkey to take home.



Pumpkinpalooza

Ages 3-6 with grandparent(s)
Thursday, October 6
9:30 - 10:30 a.m. or 1:00-2:00 p.m.
Grant Nature Nook,
6588 McEwen Road
Registration is required for this FREE program

Fall is in the air and pumpkins are all around at this fun-filled intergenerational program! Grandkids will get to decorate a small pumpkin, go on a pumpkin hunt, and make a pumpkin craft with grandma or grandpa.





Kiddie Krafts

Ages 3-5 with adult companion
 Tuesdays, 1:15-2:00 p.m. or
 Fridays, 9:30-10:15 a.m.
 September 6 - November 18
 Grant Nature Nook,
 6588 McEwen Road
 Registration is required for this
 FREE program

Join us to make crafts and listen to stories in this popular preschool program. Children can let their creativity flow making crafts and coloring pictures of things such as trucks, animals, pumpkins, turkeys, footballs, and more. Markers, glue, paint, tissue paper, and no mess to clean up at home! Children are encouraged to wear old clothes.

Mini Movers

Ages 4-5
 Mondays, September 12 - October 17, 1:00-1:45 p.m.
 Tuesdays, September 13 - October 18, 10:45-11:30 a.m.
 Schoolhouse Park, 1875 Nutt Road
 Registration is required for this FREE program

Participants will enjoy activities with an alphabet theme, age-appropriate equipment, and fun music. The “mini-movers” will learn movements that assist in motor development and rhythmic skills and will have an opportunity to interact with other children their own age. Both group and individual activities will be included for the children to expand their social skills and be creative. All children must wear comfortable clothing and tennis shoes. Parent participation is not required.

Junior Nature Club

Grades K-2
 Tuesdays or Wednesdays, 3:30-4:30 p.m.
 Registration is required for this FREE program

The Great Migration

September 13 & 14
 Woodbourne Springs Park, 220 West Whipp Road

The temperatures are cooling and food is becoming scarce. Many animals are left with little option but to fly great distances in search of a better place to survive the winter. Explore the hardships and fascinating facts about animal migration.

Down in the Paw Paw Patch

October 11 & 12
 Forest Walk Park, 7570 Forest Brook Boulevard

Pawpaws are an Ohio Native fruit known for their banana-like texture and intriguing flavors. Come explore the pawpaw patch and see what you can find.

Flit, Float, Fly

November 8 & 9
 Bill Yeck Park, 7893 Wilmington-Dayton Road

Seeds are on the move so we will search for seeds exploding from shells, flying on the wind, or floating down the creek. Bring an old sock with you to collect seeds as we explore the woods and meadow.

NATURE DISCOVERY ZONE GUIDED HIKES



Register your preschool, homeschool, or scout group for a FREE educational and fun-filled hike conducted by Park District Volunteer Naturalists. We can customize hikes to meet your scout group's badge requirements or your school's curriculum goals. Morning, noon, and afternoon times are available on Mondays and Tuesdays from September 12 through October 18. Hikes are conducted at Grant Park on Mondays and Bill Yeck Park on Tuesdays. These guided hikes are FREE, however, phone-in registration is required.



Homeschool Nature Academy II

Ages 13-18
 Tuesday
 September 20
 1:00-3:00 p.m.
 Grant Park,
 501 Normandy Ridge
 Road
 Registration is
 required for this
 FREE program

Stream Study

Benthic macroinvertebrates are small bottom dwelling aquatic insects and other creatures that help scientists determine the health of a stream. Continue your upper-class homeschooler's nature education with the Park District during a hands-on assessment of Hole's Creek through visual, chemical, and biological surveys. Wear closed-toed shoes that can get wet.

Homeschool Nature Academy

Ages 5-12
 Thursdays, 1:00-2:30 p.m.
 Registration is required for this FREE program

Tree Scavenger Hunt

September 8
 Grant Park, 501 Normandy Ridge Road
 Which tree looks like a ghost? Which tree has smooth bark like a muscle? Go in search of these answers and more as we explore the world of trees through a scavenger hunt.

Be a Friend to Bats

October 6
 Black Oak Park, 1552 Ambridge Road
 There are many myths about bats that give them a bad rap. Dispel the myths and learn bat biology, how bats use echolocation, and all the benefits bats provide.

It's Time to Fly

November 3
 Bill Yeck Park, 7893 Wilmington Dayton Road
 Many birds have spent the summer in Ohio building nests and raising families. The sight of soaring vultures and the calls of red-winged blackbirds will soon be in the past. Where do these birds go and why? Explore the secrets of bird migration through games and activities.

Around the World in 9 Days

Grades 3-5
 Third Thursday of each month, September 2011-May 2012
 3:30-4:30 p.m.
 Grant Nature Nook, 6588 McEwen Road
 Registration is required for this FREE program

Join Park District staff on a whirlwind trip around the world. During this 9-month program, participants will visit a new country each month. On each visit, you will collect new passport stamps, learn about different cultures and customs, taste exotic foods, play unique games, and make new friends! Please plan on attending all 9 months.

Schedule:	
September 15	Morocco
October 20	Canada
November 17	Scotland
December 15	Colombia
January 19	Australia
February 16	Japan
March 15	Ireland
April 19	Russia
May 17	Venezuela

Homeschool Fitness Academy

Ages 5-12
 Thursdays, 1:00-2:00 p.m.
 Registration is required for this FREE program

Time for Tennis

September 15
 Activity Center Park,
 221 North Main Street
 Kettering Tennis Center/Quail Run Racquet Club tennis pros will be on hand to teach beginner tennis strokes to participants. Racquets and tennis balls are provided.

Large Group Games

October 13
 Schoolhouse Park,
 1875 Nutt Road
 Join Fitness Coordinator Jen Brandt for fun in the park while playing large group games. These games are guaranteed to be fun, get your heart rate up, and also make you laugh!

Homeschool Hike & Bike

November 10
 Iron Horse Park,
 6161 Millshire Drive
 Let's go to the Iron Horse Trail! We will get our heart rates up on the paved trail and then end with a cool down stretch. Participants may walk, run, or bike (must bring own bike and helmet). **Parent participation is required for Hike & Bike.**

Eco-Explorers

Grades 3-5

Wednesdays

3:30-4:30 p.m.

Registration is required for this FREE program

Prairie Play

September 21

Grant Park, 501 Normandy Ridge Road

Visit the unique tallgrass prairie and learn about these amazing plants that are drought and fire tolerant. What wildlife calls the prairie home? The tall grasses keep them hidden from view! Try your hand at camouflage, too!

An Autumn Day

October 19

Rosewood Park, 475 Roselake Drive

Join us on this autumn day to explore and enjoy the changes this season brings. We will hike, play games, and do activities to help us all appreciate the season!

Everybody Eats

November 16

Woodbourne Springs Park, 220 West Whipp Road

Who is a predator and who is prey? Learn about these important animal relationships that keep our food web intact! Search for signs of various predator and prey species from the tiniest spider to large white-tailed deer. Discover how Ohio wildlife interacts with one another through a fun nature hike and active games.

Teen Outdoor Skills Club - Fishing and Fish Management

Ages 11-18

Tuesdays, 4:00-5:30 p.m.

September 6 - 27

Various Locations (schedule will be sent)

FEE: Resident-\$24.00/Nonresident-\$33.00

Make time to get outside with friends this fall. This 4-week course is perfect for any new or intermediate fisherman/woman who has an interest in fishing and fish management. Each session will focus on improving your skills while presenting information that will help you become an ethical and knowledgeable fisher. Casting, knot tying, bait, lures, and fish ID will all be part of the class. All equipment is provided but feel free to bring your own pole.

Outdoor Adventure Crew

Ages 8-12

Mondays

4:00-5:30 p.m.

October 10 - November 14

Grant Park Nature Nook,
6588 McEwen Road

Registration is required for this FREE program

Skip rocks. Climb trees. Build forts. Explore the creek. Studies show that children are smarter, more cooperative, happier, and healthier when they have frequent opportunities for free and unstructured play in nature. Give your child the chance to explore, dream, pretend, experiment, and come to their own conclusions. During this six week FREE naturalist-guided program, your child will have a chance to make mud pies, look for insects, and discover nature at his or her own pace with other children outdoors. This program will be held each Monday rain or shine. Please come dressed for the weather.



Check out the Park District's expanded program offerings.

Most programs are offered FREE or for a nominal charge. Get to know your Park District and see what we have to offer.

FITNESS PROGRAMS

HIKE FOR YOUR HEALTH SCHEDULE & LOCATIONS

August 31 –
Iron Horse Park,
6161 Millshire Drive

September 7 –
Forest Field Park,
2100 E. Centerville
Station Road

September 14 –
Bill Yeck Park,
McGuffey Meadow,
7893 Wilmington
Dayton Road

September 21 –
Grant Park,
501 Normandy Ridge
Road

September 28 –
Oak Grove Park,
1790 E. Social Row
Road

October 5 –
Bill Yeck Park,
8798 Rooks Mill Lane

October 12 –
Schoolhouse Park,
1875 Nutt Road

October 19 –
Grant Park,
6588 McEwen Road

October 26 –
Iron Horse Park,
6161 Millshire Drive

November 2 –
Forest Field Park,
2100 E. Centerville
Station Road

November 9 –
Bill Yeck Park,
McGuffey Meadow,
7893 Wilmington
Dayton Road

November 16 –
Grant Park,
501 Normandy Ridge
Road

November 30 –
Oak Grove Park,
1790 E. Social Row
Road

Hike For Your Health

Adults

Wednesdays

9:30-10:30 a.m.

(See sidebar for locations.)

Registration is required for this FREE program

This popular program is designed to get your heart rate up and get you moving while enjoying the beautiful fall colors in the parks. Park District staff will lead you on these guided, self-paced hikes. Enjoy the company of others while improving your health!



Fall into Fitness

Adults

Tuesdays

9:30-10:30 a.m.

August 30 - October 25

Schoolhouse Park, 1875 Nutt Road

Registration is required for this FREE program

Fall is a great time to get outside, enjoy fresh air, and exercise! Fall Into Fitness will include a mix of cardiovascular and strength training exercises to condition the heart and strengthen the muscles. We will provide resistance tubing for all participants. A nationally certified exercise instructor leads this program.



Stroller Strength

Adult caregivers with child in stroller (6 weeks - Pre K)

Mondays and Thursdays

9:30-10:30 a.m.

August 29 - October 27

No class Monday, September 5

Schoolhouse Park, 1875 Nutt Road

Registration is required for this FREE program

Looking for a good workout, strong support group, and a way to set a positive example for your child(ren)? Stroller Strength is for you! Join other caregivers and their children in strollers for an autumn morning exercise session. Cardiovascular conditioning, upper and lower body resistance training (resistance tubing provided) and a cool-down stretch is included in each program. This program is lead by a nationally certified group exercise instructor.

Hound Hike

Adults

Fridays

8:30 a.m.

September 2 - November 25

Grant Park, 501 Normandy Ridge Road

Join our dedicated group of dogs and owners as they explore Grant Park. These self-guided hikes provide the opportunity to socialize your dog and get that much needed exercise.

Friday Night Mutt Mixer

Canines and their owners

Friday, September 30, 5:00-7:00 p.m.

Oak Grove Park Dog Park,
1790 East Social Row Road

Calling all dogs! Join us for the Friday Night Mutt Mixer. This fun event will include agility and obedience demonstrations, dog contests, and vendors. Visit the vendor tents to learn more about pet photography, animal rescue, vet information, and many other pet service providers. For more information, visit our website at www.cwpd.org.

Vendors interested in booth space may contact Erin Morley at (937) 433-5155 or emorley@cwpd.org.

Please note: Children under 8 years of age are not permitted within the fenced areas of the dog park. Children between 8 and 14 years of age must be accompanied by an adult.



Fairy and Gnome Home Festival

All ages

Saturday, September 10

10:00 a.m.-12:30 p.m.

Grant Park, 501 Normandy Ridge Road

Registration is required for this FREE program

Let your imagination run wild, as your family helps create a forest full of structures perfect for fairies, gnomes, and other wee folk. All homes will be constructed from natural materials such as sticks, bark, dry grasses, pebbles, pinecones, shells, and flowers. Children and adults are encouraged to come dressed as fairies and gnomes. Prizes will be awarded for the best fairy houses, as well as best costumes. In addition, there will be face-painting, music, and themed story time.

Haunted Trail

Ages 8 to adult

Wednesday and Thursday,

October 26 & 27, 7:30-9:00 p.m.

Grant Park, 501 Normandy Ridge Road

Ghosts, ghouls, and zombies haunt the trails at Grant Park for two nights every October. Join your family and friends on this fun-filled evening as you are guided through the scary forest of spooks and scares. **Children under 8 years of age will not be admitted as the Haunted Trail is not appropriate for younger children.**

The Haunted Trail program is co-sponsored by the Centerville Noon Optimist Club, the University of Dayton Optimist Club, the Centerville High School Octagon Club, and the Junior Optimist Clubs at Incarnation, Tower Heights, and Watts. This program is FREE to the community thanks to the support from the Centerville Noon Optimist Club.

Halloween Mini Trail 16 Nuts and Counting

Ages 3 - 8 with adult companion

Saturday, October 15

12:00-2:00 p.m.

Grant Park, 501 Normandy Ridge Road

Registration is required for this FREE program

Please call for a start time

(Groups will leave every 15 minutes)

Children will experience 16 different animal scenes as they hike through various habitats in Grant Park. As participants visit each station they will meet costumed characters and get to practice rhyme and counting skills while learning about the character's preparations for the coming winter. Children can dress in costumes appropriate for active movement. This program is provided FREE to the community thanks to donations from the Centerville Noon Optimist Club.



Campfire Sing-Along

All Ages

Friday,

September 23

7:00-8:30 p.m.

Grant Park,
501 Normandy
Ridge Road

Registration is
required for this
FREE program

Bring the family to the Chimneys at Grant Park and join Naturalist Kendra Schide from Earth Expressions as she leads you through your favorite campfire songs. Be prepared for singing, fun nature jokes, and learning about nocturnal animals. Dress for the cool night air and don't forget your lawn chairs.

REGISTRATION INFORMATION

- Registration for fall programs begins at 10:00 a.m., August 15 for residents and 10:00 a.m., August 22 for nonresidents.

- Registration is EASY-choose the method most convenient for you:

A) Register online (email address required) at <http://activenet.active.com/cwprd>. The first time you visit the site, you will need to set up an account to establish a user name and password. This site can be used for FREE programs or fee-based programs with a debit or credit card. Payee will be shown as Active.com. No convenience fee will be charged!

B) Phone (937) 433-5155 during scheduled office hours. Please have credit card ready for fee-based programs.

C) Visit the Park District Headquarters, 221 N. Main Street in Centerville during scheduled office hours if you prefer to pay with cash or check.

- Class space is limited and a minimum enrollment of ten participants is required. Please register early to reserve your spot and help ensure that the class will not be cancelled.

- You may register members of your family and one other family. In order to be eligible for the resident fee, proof of residency for both families must be provided.

- REFUNDS-Credit toward future fees will be issued in lieu of refunds. No refund credit will be issued after the registration deadline or if by doing so it reduces the participation level below the required minimum. A full refund will be issued for programs cancelled by the Park District.

- Make checks payable to CWPD or Centerville-Washington Park District.

Passport To Nature

All ages

Registration is required for these FREE programs

Walking the Watershed

Thursday, September 8

6:00-7:00 p.m.

Oak Creek South Park,
790 State Route 725

Join the Park District Naturalist on an interpretive walk along the recently restored stream and wetland

habitat at Oak Creek South Park. This thriving ecosystem is home to important plants, wildlife species, and migratory birds. Enjoy the late summer blooms, dragonflies, frogs, herons, and more!



Fall Color and Tree ID Hike

Saturday, October 8

1:00-2:30 p.m.

Bill Yeck Park, 8798 Rooks Mill Lane

Take in the crisp fall air and the beautiful fall foliage. Learn how trees change colors and identify a few trees too. Participants will be given special permission to collect leaves for school leaf projects during this hike.

The White-Tailed Deer

Sunday, November 20

5:00-6:30 p.m.

Grant Nature Nook,
6588 McEwen Road

Learn about the elusive and graceful Ohio State mammal.

Search for tracks and other signs they leave behind. With some luck, we may spot a deer, too.



Family Archery

Ages 8 and older

Saturdays, October 1, 8, and 15, 10:00–11:30 a.m.

Various locations, Registration deadline: September 30

Fee per person: \$15 Residents/\$20 Nonresidents

Enjoy some family time together with this cooperative effort of the Washington Township Recreation Center and the Park District. Learn the basics and compete in some target games. All equipment is provided. Parents and children register together.

Pioneer Woman

Felting

Ladies ages 13 and older

Saturday, November 19

1:00-3:00 p.m.

Grant Nature Nook,
6588 McEwen Road

Registration is required for
this FREE program.

Join Leanne Foley on a crafting adventure into the world of felting. Needle felting fuses one layer of fiber (roving, yarn, or felt) onto a base fiber or felted fabric. The result is textural, often 3-D, embellishments that can stand alone or be incorporated into card-making, knitting, jewelry, and many other creative projects. You will learn basic felting techniques and complete a project on your own. All supplies provided.

Fireside Eco-Chats

Adults

Wednesdays, 7:00-8:00 p.m.

Grant Nature Nook, 6588 McEwen Road

Registration is required for these FREE programs

Join us for this exciting monthly environmental lecture series. We have partnered with Miami Valley Hospital and welcome Donna Walls, RN, BSN to discuss three interesting topics. Donna is also a Master Herbalist and a Certified Aromatherapist.

September 14, **Healthy Planet/Healthy You:** The connection between the health of the planet and our own health is clear. Chemicals and toxins are causing harm to the environment and to our families. This class offers awareness of the chemicals that cause concern and information on safe, inexpensive alternatives for household cleaning to personal care products for the whole family.

October 19, **Green Cleaning:** Looking for a kinder, gentler way to keep your home clean and safe? This is a “kitchen cupboard” cleaning class, which talks about using vinegar, baking soda, lemon juice and other common ingredients.

November 9, **Natural Pain Relief:** Aches and pains? In need of a chemical-free pain relief rub or ache-soothing tea blend? This class teaches you how to make simple, safe pain relieving remedies from basic ingredients like rosemary olive oil rubs and rosehips tea to reduce inflammation. We will also try some massage techniques known to help reduce back pain and muscle strains.

Tuesday Trek

Adults 18 & over

Tuesdays

9:30-10:30 a.m.

September 13 & 27

Grant Park,
501 Normandy Ridge Road

October 11 & 25

Bill Yeck Park,
7893 Wilmington Dayton Road

November 8 & 22

Bill Yeck Park,
2230 E. Centerville-Station Road

Registration is required for
this FREE program

We are so fortunate to experience the four seasons, especially the beautiful colors of fall! Join us twice a month to enjoy the changes the season brings. From beautiful meadow blooms in September, the red and orange hues of October, and the unique seed pods and nuts of November, there are many noteworthy nature moments to enjoy as we leisurely stroll the parks.



*“Providing quality parks, outdoor education, and
recreation while preserving open space.”*

