

DECEMBER 2019 - FEBRUARY 2020

# *Centerville-Washington* **PARK DISTRICT** **NEWS & EVENTS**



*Explore* your community's **BIG** backyard!

Winter Woods Day Camp



## Headquarters

Activity Center Park  
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(937) 470 9246  
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www.cwpcd.org

## Office Hours

Monday Friday  
8:00 a.m. to 4:30 p.m.  
Office Closed December 24 & 25,  
January 1 & 20

## Park Addresses

For more information and each park's address, visit [www.cwpcd.org](http://www.cwpcd.org).



### Dog Park Closures

[www.cwpcd.org/parks/oak-grove/dog-park/dog-park-closure-status/](http://www.cwpcd.org/parks/oak-grove/dog-park/dog-park-closure-status/)



### Athletic Field Conditions

[www.cwpcd.org/field-status/](http://www.cwpcd.org/field-status/)

## Area Youth

### Athletic Organizations

Centerville Baseball Softball League  
[www.cbltoday.org](http://www.cbltoday.org)

Centerville Recreational Soccer  
[www.centervillesoccer.com](http://www.centervillesoccer.com)

Centerville United Soccer Association  
[www.cusasoccer.org](http://www.cusasoccer.org)

Centerville Wee Elks  
Football Association  
[www.weeelks.org](http://www.weeelks.org)

Centerville Youth Lacrosse  
[www.cvlax.org](http://www.cvlax.org)

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## Commissioners' Corner



There was an old advertising slogan, "Rust Never Sleeps."

It's true of rust and it's true of your Park District ... sort of. The people

working for you certainly sleep, but when it comes to providing the best possible park experiences, we never rest ... not even in winter!

Some terrific park improvements were completed this fall. First, the long-awaited flush toilets at **Oak Grove Park** are now up and running. Park District staff persistently pursued options to the lack of County sanitary sewers. Working with the County and Ohio EPA, a solution was applied. Not only do visitors have nice, clean restrooms with running water, the entire project saved about \$1.3 million over original projections. We hope you enjoy the improvement!

There is a newly routed trail in **Bill Yeck Park** that starts behind the Smith House. The new trail meanders in and out of woods and meadows, and avoids wet and muddy areas. It's perfect for a winter hike. While you're out there, check out the **Forest Field Park** trail's new, foot-friendly surface.



Bill Yeck Park's new purple trail.

The Centerville-Washington Park District Board of Park Commissioners holds public meetings once a month throughout the year. Visit

[www.cwpcd.org/about/public-meeting-schedule/](http://www.cwpcd.org/about/public-meeting-schedule/) to view the schedule!

Speaking of winter hikes, Luminary Walk is now offered two nights. On December 21, your family can enjoy the "Winter Solstice Sunrise Hike". Of course, we haven't forgotten kids' hikes. Check out the new "Cold Hands Warm Heart Hike" in February.

There's more coming in early 2020. Watch for an extended trail from **Bill Yeck Park** to Clio Rd. And, the new park at the old Hithergreen site will be underway!

Without proper planning, none of the continuing stream of improvements is possible. As you read, your Park Board is putting the finishing touches on its strategic plan for 2020-2024. Planning begins with resident input and we thank all of you who took time to answer our survey.

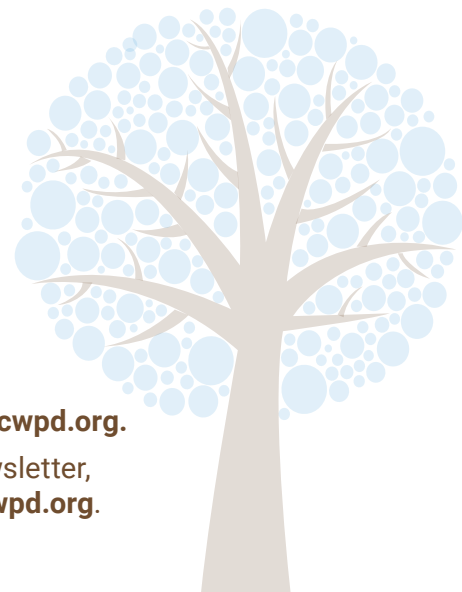
Rest assured, *we* won't rest as we continually strive to bring you the most outstanding park experiences.

Dan Monahan  
Park Board Secretary

## Save a Tree

To subscribe to the e-newsletter visit [www.cwpcd.org](http://www.cwpcd.org).

To stop home delivery of the printed newsletter, email your name and address to [mail@cwpcd.org](mailto:mail@cwpcd.org).





# Improved Efficiency in Park District Operations



This July, the Centerville-Washington Park District moved maintenance operations to 354 Congress Park Drive, alleviating cramped conditions in an outdated facility.

Originally, the Park District consulted an architect to determine how to improve and expand the existing headquarters facility to accommodate changing park operation needs. After careful consideration of the location and its close proximity to a popular play place, the suggestion to relocate became the most feasible option.

Since the initial construction of the Activity Center Park facility, the park system has doubled in size, making an increase in equipment a necessity. The outdated facility was over-crowded, requiring staff to shuffle trucks, trailers and mowers daily. An estimated 1,800 annual staff hours were spent just moving equipment. In addition, lack of space meant equipment was stored outdoors in unfavorable weather conditions. Large deliveries also had great difficulty maneuvering through the tight area to drop off supplies.

After scouting approximately two dozen facilities, the park district discovered August Manufacturing on Congress Park Drive. August Manufacturing had built furniture since 1984, but ceased operations in 2017. The 20,000 sq. foot building is centrally located within the community. Its location in an industrial park, away from a busy children's playground, also made it desirable.

The new facility provides enough space for all equipment and vehicles to be stored inside year-round, minimizing risk of equipment damage. Garage doors on both sides of the building eliminate the need to constantly rearrange vehicles. Park crews have organized equipment and supplies for easier access. Dumpsters and a fuel tank are now on site, eliminating extra trips.

As for the facility at Activity Center Park, we are currently overhauling the old garages into space for community use and it remains home to administration, planning and programming departments.

## Volunteer Spotlights



### BILL KEEGANS

At 23, Bill Keegans left his home in Scotland and emigrated to Australia. As a software developer,

Bill was working with Australia's largest company (BHP) when he applied for a position with NCR's Australian operation. Seven years later he was transferred to NCR headquarters in Dayton. As an International Marketing Director for NCR, Bill was constantly on the road and could often be found in Israel, Malaysia, South Africa, Japan, China and Thailand. He has lived in four countries and traveled to just over fifty!

"Volunteering came into my life when I met my dear wife, Miss Judith." Judith Keegans is a long-time CWPD volunteer and program coordinator. Over the years

Bill has found himself in many volunteer roles: a singing ant, a fallen tree log, the Grant Park's original Mr. Grant and Mr. Rogers ... slippers and all!

Bill is the "Around the World Chef" providing samples of the popular foods from the day's country of focus in the popular children's program. "It's amazing how much 15 ravenous kids can eat after school!"

Once retired, Bill expanded his volunteer activity beyond CWPD. For eight years Bill taught ESL to refugees and others needing help with the language. Currently Bill is a volunteer reader with the Goodwill Easter Seals Miami Valley Radio Reading Service. He is responsible for selecting and recording short stories for broadcast.

"I may have come late to volunteerism, but I couldn't imagine not being of help to the communities we serve," Bill says.



### SIMRAN SURANA

Simran is a senior at Centerville High School. At school she participates in Science Olympiad — growing her love of science

with her friends. She is also involved in Student Council and has had the opportunity to raise thousands of dollars for charities in our community.

Simran loves being out in nature and hiking, especially with her dog. To her, reading a good book or painting on a rainy day is heaven.

Simran says, "I love volunteering for CWPD because I get to know so many people and my community so much better. Hidden Meadows Day Camp is one of the best things I've had the opportunity to be in, and I love playing with the kids. Volunteering has allowed me to create great memories ... and I can't wait to make more!"

## SPECIAL EVENTS

### The Winter **PopUP** Park Challenge



All ages

**Begins Monday, December 2**

Are you up to the challenge?

The Pop-Up Park Challenge is back for more winter-themed fun! Throughout the winter months we'll be posting challenges on our Facebook and Twitter accounts. Complete ten out of 15 posted pop-up park challenges on your own, or with family and friends, and win a \$20 gift card to Bill's Donuts! In addition, each winner will be entered into a grand prize drawing for a family membership to Boonshoft Museum of Discovery!

Most challenges will involve visiting a specific park location to fulfill a task or to find a landmark. Other challenges will involve attending one of our winter events! You won't know the challenge until the challenge time clock begins, and then you'll have a deadline to complete it! Post a photo proving challenge completion with the tag **#itsacwPWDwinter**.

Like us on Facebook and follow us on Twitter to get more updates about this winter's Pop-Up Park Challenge!

Registration is not required. One prize per household. (GC)



Now two  
nights!

### Luminary Walks

All ages

**Thursday, December 5 AND**

**Friday, December 6**

6:30 – 8:30 p.m.

*Bill Yeck and Forest Field Parks*

*Parking at 2100 E. Centerville Station Rd.  
(Forest Field Park)*

Enjoy a one-mile candlelit stroll through Bill Yeck Park. Warm up by the fire outside with free hot chocolate!

There is a shorter path to the bonfire if you prefer to skip the one-mile walk.

Registration is requested. (AD)

**Participants are encouraged to bring art supplies and everyday household items for We Care Arts. Most needed items are paper towels, toilet paper, coffee and coffee creamer. Items such as card stock, paint (watercolor or acrylic), all types of paper (tracing, graphite, palette or watercolor), colored pencils (regular or watercolor) and canvases of any size are also needed.**

**We Care Arts believes in the healing power of creating and producing art that transforms physical, developmental and mental health challenges into a future rich with possibilities.**



#itsacwPWDwinter



### Solstice Poetry Walk

All ages

**Saturday, December 21**

7:45 – 9:00 a.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

Take advantage of every ray of sunlight as the northern hemisphere prepares for the fewest hours of daylight and the first day of winter! Meet staff from Centerville-Washington Park District and the Washington-Centerville Public Library at daybreak to experience the beauty of the first day of winter. Be there as the sun welcomes the new season over the prairies. Guides will take you on a walk along paved trails to hear short poems and folklore surrounding the winter solstice and new season. Warm drinks and treats will be available! (AP)



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www.wclibrary.info



Online resident registration begins Monday,  
November 11, 10:00 a.m.



## WINTER DAY CAMPS

### Arctic Explorations Camp

Ages 6 – 12

**Monday, December 30 – Friday, January 3**

*(no camp Wednesday, January 1)*

9:00 a.m. – 4:00 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Camp Fee:** \$88 residents, \$136 nonresidents

**Before/After Care Fee:** \$22

**Registration deadline:** Monday, December 23

A winter break camp experience to keep your children active while school is out! Much like our summer day camp, campers will explore the park, but this time for all things winter! Children will warm up in the Smith House with games, crafts and nature programs. All campers will receive a camp-themed winter hat. Bring a nut-free packed lunch that does not require refrigeration. Snack provided. Bring a sled on snowy days! (AP)

**Before care is available 8:00 – 9:00 a.m.**

**After care is available 4:00 – 5:00 p.m.**



**“Nature is a tool to get children to experience not just the wider world, but themselves.”**

Stephen Moss, naturalist, broadcaster and author



### Winter Woods Day Camp

**Saturdays, February 1 – 22**

*Grant Park*

*501 Normandy Ridge Rd.*

**Registration deadline:** Friday, January 24

#### Winter Woods for ages 3 – 4

10:00 a.m. – noon **OR** 12:30 – 2:30 p.m.

**Fee:** \$40 residents, \$68 nonresidents

#### Winter Woods for ages 5 – 12

10:00 a.m. – 2:30 p.m.

**Fee:** \$65 residents, \$93 nonresidents

Give your children fond winter memories and keep them active this February! Campers will hike, participate in games and activities, make crafts and, of course, go sledding! No snow? No problem! There are many other adventures to be found at Grant Park. Activities will be conducted indoors and out.

Camp will be held unless the weather causes roadways to become treacherous. Parents will be alerted of cancellations by phone and on the website no later than one hour before the start of camp. Children are required to wear boots, hats and gloves each day.

Campers will be placed in groups based on age. You may request one camper friend of a similar age to be in your child's group. Requests will be honored when possible, but are not guaranteed.

Please have full-day campers pack a lunch and bring a water bottle (no peanut products). Snack provided. (AP)

Registration closes 48 hours prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

## PRESCHOOL PROGRAMS (AGES 6 AND UNDER)



### Early Adventures

Ages 0 – 4 years with adult companion  
10:00 – 11:00 a.m.

**Fee/session:** \$4 nonresidents

### December Adventures

**Tuesday, December 3 OR  
Thursday, December 5**

*Robert F. Mays Park  
10553 Paragon Rd.*

### January Adventures

**Tuesday, January 7 OR  
Thursday, January 9**

*Iron Horse Park  
6161 Millshire Dr.*

### February Adventures

**Tuesday, February 4 OR  
Thursday, February 6**

*Holes Creek Park  
8575 Yankee St.*

Taking your little ones outdoors provides them with an experience that will benefit them forever. There are unique sounds, colors, lights, sensations and textures to process each time they go outdoors.

These leisurely hikes provide quality family time in nature!

Backpacks and front carriers are appropriate if your child is not walking. All hikes are on paved trails. Siblings are welcome to attend. (JK)

### W.I.L.D. Tots and Trees

Ages 1 – 3 years with adult companion  
**Wednesdays, January 8, January 22 &  
February 12**

5:30 – 6:30 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee/session:** \$45 residents, \$54 nonresidents

Join the teachers of W.I.L.D. Child Nature Preschool Program for a beautiful play-based program connecting your tot to the natural winter world. They will enjoy nature play with friends, hiking for little legs, and activities such as sensory play and process art. We will end the evening with a nature-themed 'wind down' to help prepare your littles for a good night of rest. Winter appropriate clothing is required. (KL)

### Storytime Strolls

Ages 18 months – 4 years with adult companion

**Fridays, December 13, January 10  
AND/OR February 14**

10:30 – 11:30 a.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee/session:** \$4 nonresidents

Storytime with the Washington-Centerville Public Library! After the story, the group will take a stroll in the park to search for sights, sounds, smells and textures that tie to our story's theme.

(AP)



washingtoncenterville  
PUBLIC LIBRARY  
www.wclibrary.info



### Preschool Nature Series

Ages 3 – 5 with adult companion

**Fee/session:** \$4 nonresidents

#### *Sleeping Insects*

**Thursday, December 19**

9:30 – 10:30 a.m. **OR**

**Saturday, December 21**

1:00 – 2:00 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

Did you know that decaying logs are warm, safe havens for insects and other mini-beasts? We will investigate these little habitats and count how many hibernators we see! (KL)

#### *Winter Night Hike*

**Thursday, January 16**

6:00 – 7:00 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

Celebrate the winter season by venturing into the forest at Grant Park. Will we see some sleepy animals? (KL)

#### *Soil Chefs*

**Thursday, February 20**

9:30 – 10:30 a.m. **OR**

**Saturday, February 22**

1:00 – 2:00 p.m.

*Forest Field Park*

*2100 E. Centerville Station Rd.*

What is soil made of? We will pretend to be chefs and cook up the perfect soil recipe while we learn about the importance of soil in nature. (KL)



Online resident registration begins Monday,  
November 11, 10:00 a.m.





## W.I.L.D. Child Winter

Ages 3 – 6

**Tuesdays, January 7 – 28**

9:00 a.m. – noon

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee:** \$120

**Registration deadline:** Friday,  
December 27

A time to explore the season of winter with Mother Nature as your child's classroom! Much like the traditional Nature Preschool Program, this four-week session will include unstructured nature play, hiking, exploration of science and sensory stations, process art opportunities and child-led discovery. A healthy snack is provided.

Rain or shine, during the course of this program your child will be exposed to a wide variety of natural experiences — nature walks, sensory-play, creating process art, science investigations and truly letting imaginations run wild! Winter appropriate clothing is required. (KL)

To learn more about W.I.L.D. Child, contact Nicole Lanich at [wildchild.naturepreschool@gmail.com](mailto:wildchild.naturepreschool@gmail.com).

**All participants must be independent in the six activities of daily living: using the restroom, eating, bathing, dressing, transferring (i.e. walking) and continence. If your child requires an accommodation to participate, please let us know when you register.**



## Intergenerational Series

Ages 3 – 6 with grandparent(s)

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee/session:** \$4 nonresidents

**The Intergenerational Series is only for grandparents and their grandchildren. Parents and other caregivers may attend any of our other programs.**

## Grand Gifts

**Friday, December 20**

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

**OR** 6:00 – 7:00 p.m.

**Registration deadline:** Friday,  
December 13

Grandchildren will enjoy stories and will make holiday crafts to take home and give to parents, teachers or friends — all with help from grandma and/or grandpa! (AD)

## Very Special Valentine

**Friday, February 7**

10:00 – 11:00 a.m. **OR** 1:30 – 2:30 p.m.

**OR** 6:00 – 7:00 p.m.

**Registration deadline:** Friday,  
January 31

Grandparents will help their grandchildren make valentine cards to take home or mail to loved ones. Participants will also play games and listen to a Valentine's Day story. (AD)

**Registration closes 48 hours prior to all programs unless otherwise indicated.**

## Creative Kids Corner

Ages 4 – 5

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$9 residents, \$12 nonresidents

**Registration deadline:** Sunday,  
December 8

**Sign up for one session only, Thursdays or Fridays each month. Pick the session with the day and time that works best for you!**

## Session A

**Thursdays, December 12, January 9 & February 13, 2:00 – 3:00 p.m.**

## Session B

**Fridays, December 13, January 10 & February 14, 10:00 – 11:00 a.m.**

This drop-off program features games, a story and a craft all revolving around a fun seasonal theme. Children are encouraged to wear old clothes. (AD)





## Creature ComMOTION

Ages 4 – 5

1:00 – 1:45 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$5 residents, \$9 nonresidents

### Session A

**Mondays, January 6 – 27**

**Registration deadline:** Friday, January 3

### Session B

**Mondays, February 3 – 24**

**Registration deadline:** Wednesday,  
January 29

Little ones will learn animal sounds and movements that assist in motor development and rhythmic skills. They will have an opportunity to interact with other children their age. They will enjoy activities with an animal theme, age-appropriate equipment and fun music. Participants will learn fascinating facts about animals from A to Z, found in our parks and around the world! Group and individual activities will be included for them to expand their social skills and be creative.

All children must wear comfortable clothing and gym shoes. This is a drop-off program; parent participation is not required. (AP)

## CHILDREN'S PROGRAMS

(AGES 4 – 17)

### Winter Warm-Up Tea Party

**Sunday, January 12**

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$12 residents, \$15 nonresidents  
**Registration deadline:** Monday,  
January 6

### Ages 4 – 10

with grandparent(s)  
4:00 – 5:00 p.m.

### Ages 11 – 16

with grandparent(s)  
2:00 – 3:00 p.m.

Looking for a little fancy fun? Tea time is a great way to spend an afternoon together! Enjoy the view of the park while warming up inside. We will have tea and treats sure to please all ages. This intergenerational program will feature light refreshments, snacks, a craft and a story. (AP)

### Cold Hands Warm Heart Hike

Ages 4 – 12

**Wednesday, February 12**

4:00 – 5:00 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee:** \$5 residents, \$7 nonresidents

We might have to wear gloves, but we can definitely keep our hearts warm by enjoying a short hike on the paved trail and creating a very special valentine for a sweet loved one! (AP)



## Clay Ornament Workshops with Decoy Art Studio

Friday, December 13

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Registration deadline:** Friday,  
December 6

### Ages 5 – 7

3:00 – 4:00 p.m.

**Fee:** \$24 residents, \$31 nonresidents

Little artists will decorate their own wrapping paper and create a clay holiday ornament using a cookie cutter and designs in their clay! Artists will choose from a variety of glaze colors to paint their ornament, which will be taken back to Decoy Art Center to be fired. Parents will be texted when their child's ornament is ready for pick up. (AD)

### Ages 7 – 10

6:00 – 7:30 p.m.

**Fee:** \$30 residents, \$38 nonresidents

Little artists will decorate their own wrapping paper, and create two 3D clay holiday ornaments! Artists will choose from a variety of glaze colors to paint their ornaments, which will be taken back to Decoy Art Center to be fired. Parents will be texted when their child's ornaments are ready for pick up. (AD)

## All Around the Garden

**Ages 5 – 8**

**Thursdays, December 12, January 9 & February 13**

4:00 – 5:00 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee:** \$9 residents, \$12 nonresidents

Children will learn all about the animals and habitats in your gardens, backyards and parks! They will get to explore the great outdoors through a nature hike, games, art and music. Children should dress for outdoor play. (AD)

**Online resident registration begins Monday,  
November 11, 10:00 a.m.**



## Children's Yoga Series

Ages 5 – 8

**Saturdays, January 4 – 25**

Noon – 1:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$18 residents, \$25 nonresidents

Strike a pose! Your child will stretch, balance and strengthen the body while learning yoga poses from certified Color Me Yoga Instructor, Megan Pooler. A blend of nature and exercise, children will learn about winter nature topics during the first 15 minutes of each class and finish with a quieter yoga session. All equipment is provided. (JK)

## Winter-Style Campfire Sing-Along

Ages 5 – 8

**Friday, January 10**

6:00 – 7:30 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$4 residents, \$6 nonresidents

Registration deadline: Friday,  
January 3

Join us for a cozy evening singing fun songs around the fireplace! We will also make a campfire craft! This is a drop-off program — parents can enjoy an evening out! (AD)

## Art & Imagination

Ages 6 – 8

**Tuesdays, December 10, January 7 & February 11**

4:30 – 5:30 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$9 residents, \$12 nonresidents

**Registration deadline:** Friday,  
December 6

Does your child love art time? This drop-off program is designed to give your child an opportunity to get creative! They will try new techniques and design unique projects based on a monthly theme. Participants should wear old clothes — things could get messy! (AD)

Registration closes 48 hours prior to all programs unless otherwise indicated.

## Explorers!

Ages 6 – 12

4:00 – 5:00 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee:** \$9 residents, \$12 nonresidents

### Junior Explorers

Ages 6 – 8

**Wednesdays, January 8 – February 12**

### Outdoor Explorers

Ages 9 – 12

**Mondays, January 6 – February 10**

Outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors in this program designed to allow children to interact with nature in unique ways. Activities include discovery, challenges and games. Make sure to send them dressed for outdoor play! (KL)



## Kid's Glass Fusing: Penguin Ornaments

Ages 6 – 10 with adult companion

**Saturday, November 30**

9:30 – 11:00 a.m. **OR**

11:30 a.m. – 1:00 p.m.

*Activity Center Park, Headquarters  
221 N. Main St.*

**Fee:** \$26 residents, \$39 nonresidents

**Registration deadline:** Friday,  
November 22

Children will use their creativity to make two penguin ornaments! Kathy Woodruff will assist the children and parents, guardians or grandparents as they work together on this special project. Ornaments will be available for pick up from Park District headquarters during office hours approximately one week after class. (AD)

## MusicMania

Ages 6 – 10

**Saturdays, January 4 – 25**

10:00 – 11:00 a.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$20 residents, \$30 nonresidents

We are teaming up with McCutcheon Music to bring your children an energetic musical experience! Children will learn, play and engage with a wide variety of instruments. At the end of the series, each child will take home an instrument of their own! (AP)



## What Track Is That?

Ages 6 – 10

**Wednesday, December 4 OR**

**Wednesday, January 8**

4:00 – 5:00 p.m.

*Bill Yeck Park, Smith House*

*2230 E. Centerville Station Rd.*

**Fee:** \$4 nonresidents

Winter is a great time to track mammals and birds. Join us for these after school nature sessions to see who is active in the park! (KM)

## Winter Forts and Fires

Ages 6 – 10

**Friday, January 17**

6:00 – 7:30 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$4 residents, \$6 nonresidents

**Registration deadline:** Friday, January 10

Do your children miss fort building and the campfires from their summer adventures? We will build an awesome blanket fort and learn about how Ohio's wildlife stays warm or hibernates during winter.

(AD)

## After School Yoga

Ages 7 – 10

**Tuesday, February 4 AND/OR**

**Tuesday, February 25**

5:00 – 6:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$10 residents, \$13 nonresidents

Come wind down after school with certified Color Me Yoga Instructor, Megan Pooler. Kids will enjoy a relaxing hour of breathing techniques, games, yoga poses and meditation. Yoga mats will be provided.

Sign up for one or both sessions. (JH)



## Nature Design Challenges

Ages 7 – 13

**Mondays, December 2, January 6 & February 3**

4:00 – 5:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$9 residents, \$12 nonresidents

**Registration deadline:** Tuesday, November 26

All engineers on deck! Meet us at the park for a fun-filled afternoon of science and engineering using materials from nature! Participants will get to plan, build and test their designs for the surprise STEM challenge of the day! (AD)

## Crafting Club

Ages 9 – 13

**Thursdays, December 5, January 2 & February 6**

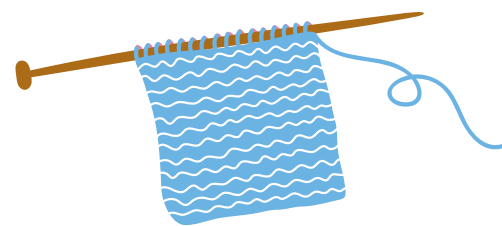
4:30 – 5:30 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$9 residents, \$12 nonresidents

**Registration deadline:** Sunday, December 1

This fun after-school program covers basic crafting skills and techniques used to create handmade decorations and keepsakes — all while making friends. We provide everything needed with no mess, prep or fuss at home! Crafters are encouraged to wear old clothes or bring an apron or smock. (AD)



## Knitting in Nature Jr.

Ages 9 – 17

**Wednesday, December 18**

3:30 – 5:00 p.m.

*Activity Center Park,  
Headquarters*

*221 N. Main St.*

**Fee:** \$35 residents, \$45 nonresidents

Knitting is a great activity to calm the mind and relax — whether you are outside on a park bench or relaxing by the fire during winter break. We will use natural fibers to learn the basics of knitting. Begin a scarf to wear all winter long! All supplies for the project are included. (AP)

## Recycle and Re-purpose Club

Ages 10 – 15

**Thursdays, December 12, January 9 & February 13**

6:00 – 7:30 p.m.

*Activity Center Park, Headquarters  
221 N. Main St.*

**Fee:** \$15 residents, \$20 nonresidents

Take some time to be creative while helping the Earth. We will use materials destined for the trash to make useful and beautiful treasures. (KL)

New!

New!



## FAMILY PROGRAMS

### W.I.L.D. About Stories

All ages

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee/family/session:** \$12 residents,  
\$16 nonresidents

**Saturday, December 7**

10:30 a.m. – noon

**Saturday, January 4**

2:30 – 4:00 p.m.

**Saturday, February 1**

10:30 a.m. – noon

Join the teachers of W.I.L.D. Child Nature Preschool for adventure storytelling paired with a hike, activity and snack to match the theme of the story. Children will use their five senses to explore and investigate through sensory play and process art opportunities. Each month will be a different adventure storybook and is fun for the whole family! (KL)



### Winter Hiking Club

All ages

10:00 – 11:00 a.m.

**Fee/family:** \$4 residents, \$6  
nonresidents (includes all 6 hikes)

**Saturday, December 14**

*Forest Field Park  
2100 E. Centerville Station Rd.*

**Saturday, December 21**

*Big Bend Park  
1328 Spring Ash Dr.*

**Saturday, January 11**

*Donnybrook Park  
6161 Donnybrook Dr. OR  
6161 Millbrook Dr.*

**Saturday, January 18**

*Grant Park  
501 Normandy Ridge Rd.*

**Saturday, February 8**

*Oak Creek South Park  
790 Miamisburg-Centerville Rd.*

**Saturday, February 15**

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*



Join us for winter nature hikes! Getting outdoors makes us happy and healthy, especially in the wintertime! Get motivated to interact with nature on these guided hikes around CWPD! Different topics will be addressed each week. Individuals attending three or more hikes will receive a Winter Hiking Club patch. This is a “Tools to Trek” program.

Please only register one member of the family. (KL)

*New!*

### The Rock Cycle

All ages

**Saturday, December 14**

1:00 – 2:30 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee:** \$4 residents, \$6 nonresidents



Begin your rock collection by learning about igneous, sedimentary, and metamorphic rocks. Registered family members will receive a collection box for their rocks; other family members are welcome to attend. After learning how the three rock types are formed, we will take a hike so you can collect some rocking treasures! This is a “Tools to Trek” program. (KL)

### Homeschool Nature Club: Frozen Science

All ages

**Wednesday, January 8**

10:00 – 11:30 a.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

**Fee/family:** \$4 nonresidents

How do different animals survive the winter? Some avoid freezing and others can freeze without any trouble! We will discuss these fascinating creatures on a nature hike through the forest. (KL)

### Nocturnal Nature Series: S'mores Hike

All ages

**Wednesday, January 8**

6:00 – 7:30 p.m.

*Grant Park*

*501 Normandy Ridge Rd.*

**Fee/family:** \$4 residents, \$6 nonresidents



A winter family favorite is back! Enjoy a hike through the forest and the prairie before settling in around the campfire for some s'mores! This is a “Tools to Trek” program. (KL)



### Tools to Trek

Attend Tools to Trek programs to earn a free Trek Pack! Print your Tools to Trek tracking sheet on [www.cwpd.org](http://www.cwpd.org). Bring your tracking sheet to Tools to Trek programs to collect stamps. Once your sheet is full, turn it in to collect your prize!

## AccessAbility



A new collaboration between the Centerville-Washington Park District, Washington-Centerville Public Library and the Washington Township Recreation Center! AccessAbility rotates locations based on the monthly host. Activities will be adapted to give participants of all ages and abilities an enriching sensory, social and physical experience.

### Mammal Mania

All ages

**Sunday, December 15**

1:00 – 2:15 p.m.

*Bill Yeck Park, Smith House*  
2230 E. Centerville Station Rd.

**Fee/family:** \$4 nonresidents



What are the furry animals doing now that the weather has turned colder and the days shorter? Come learn about Ohio's active and "sleeping" mammals during this interactive program. We will start indoors and learn about mammals through show & tell and sensory experiences. Then, we will hit the paved path to look for signs of winter wildlife. This is a "Tools to Trek" program. Please dress for the weather. (KM)

### Tail Waggin' Tutors

**Thursday, February 13**

6:30 – 7:30 p.m.

*Centerville Library*  
111 W. Spring Valley Pike

Read to a therapy dog to improve reading skills and spend quality time with a furry friend! Schedule a 15-minute slot today with a librarian at the Children's Desk or call (937) 433-8091 opt. 3.

## Feeding Backyard Birds

All ages

**Thursday, January 30**

5:30 – 6:30 p.m.

*Activity Center Park, Headquarters*  
221 N. Main St.

**Fee/family:** \$4 residents, \$6 nonresidents

The expression "eat like a bird" generally refers to someone that eats small amounts of food, but birds need a lot of food to survive our cold Ohio winters! Learn about the birds that live in our backyards and how to keep them happy and healthy all winter long! Each family will make three suet cake feeders to take home. (AP)

### Fitness Fest

Ages 16 and up

**Saturday, January 11**

9:00 – 11:00 a.m.

*Rec West*  
965 Miamisburg-Centerville Rd.

**Fee/one adult + caregiver:** \$5 residents, \$6 nonresidents

A morning of fitness demos to include the formats of cardio, strength and stretch all offered in short 20 minute segments. Participants should dress in workout attire and bring a towel and water bottle. Class demos are intended for ages 16 and older.

For more information and to register visit [www.washingtontwp.org/recreation](http://www.washingtontwp.org/recreation)

## Choose Your Adventure Hike: Groundhog Day

All ages

**Saturday, February 1**

2:00 – 3:30 p.m.

*Grant Park*  
501 Normandy Ridge Rd.

**Fee/family:** \$4 nonresidents



Your family will work together as a groundhog to navigate the year. The choices you make determine your hike directions and outcomes. Will you survive the year? Each family will get a groundhog fact sheet to help them make decisions. This is a "Tools to Trek" program. (KL)

## Fire Building Workshop

Ages 8 and up (children must be accompanied by an adult)

**Saturday, February 15**

3:00 – 4:30 p.m.

*Grant Park*  
501 Normandy Ridge Rd.

**Fee/family:** \$4 nonresidents

Learn the basics of fire safety and building. At the end of the program, we will enjoy a fire and s'mores. (KL)

## Worm Composting 101

All ages

**Wednesday, February 26**

6:00 – 7:30 p.m.

*Activity Center Park, Headquarters*  
221 N. Main St.

**Fee/family:** \$6 residents, \$9 nonresidents

**Registration deadline:** Friday, February 21



Recycle your kitchen scraps and replenish your plants! Learn all about maintaining a composter and construct a mini composter to get your family started! This is a "Tools to Trek" program. (KL)



Online resident registration begins Monday, November 11, 10:00 a.m.



## ADULT PROGRAMS

### Glass Fusing: Holiday Ornaments

Ages 16 and up

**Monday, December 2 AND/OR  
Thursday, December 5**

6:00 – 8:00 p.m.

*Activity Center Park, Headquarters  
221 N. Main St.*

**Fee:** \$35 residents, \$50 nonresidents

**Registration deadline:** Tuesday,  
November 26

Get a head start on decorating or making your own holiday gifts! Instructor Kathy Woodruff will lead the class in creating a variety of fused glass ornaments. You can make 4 – 6 ornaments per class depending on the level of detail you choose. Kathy will have a variety of options. Ornaments will be available for pick up from Park District headquarters during office hours approximately one week after class. (AD)



### Booked for Lunch

Ages 18 and up

**Wednesdays, December 4, January 8  
& February 5**

11:30 a.m. – 12:30 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*



A collaborative program with Centerville-Washington History and the Washington-Centerville Public

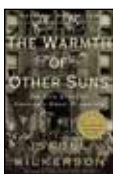
Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. Bring your lunch and we'll provide dessert!

Participants must supply their own books. The library will advance order copies for participants to borrow while supplies last. (AP)

**Due to space limitations, pre-registration is required for all Booked for Lunch meetings at the Smith House. A monthly drop-in discussion of the same book is also offered on the same day of each month at the Woodbourne Library from 1:30 – 2:30 p.m.**

#### December's Discussion

End of the year book review. We will discuss everything we read in 2019!



#### January's Discussion

*The Warmth of Other Suns:  
The Epic Story of America's  
Great Migration*, by Isabel  
Wilkerson



#### February's Discussion

*Lab Girl*, by Hope Jahren



### Adult Crafting Club

Ages 18 and up

**Wednesdays, December 11, January 15  
AND/OR February 12**

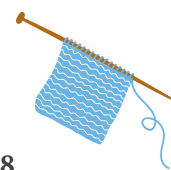
6:30 – 8:00 p.m.

*Activity Center Park, Headquarters  
221 N. Main St.*

**Fee/session:** \$10 residents, \$15  
nonresidents

**Registration deadline:** The Thursday  
before each session

This group is all about creating something fun and unique for your home, office or as a gift for someone special. We will create one to two projects each month. All materials provided. (AP)



### Knitting in Nature

Ages 18 and up

**Wednesday, December 18**

5:30 – 7:00 p.m.

*Activity Center Park, Headquarters  
221 N. Main St.*

**Fee:** \$35 residents, \$45 nonresidents

Knitting is a great activity to calm the mind and relax — especially outside on a nice day. You can take a knitting project practically anywhere! We will use natural fibers to learn the basics of knitting. Begin a scarf to wear all winter long! All supplies for the project are included. (AP)

*New!*

### Bare Tree ID Workshop

Ages 14 and up

**Saturday, January 11**

1:00 – 2:30 p.m.

*Bill Yeck Park, Rooks Mill Entrance  
8798 Rooks Mill Ln.*

**Fee:** \$6 residents, \$9 nonresidents

Join volunteer naturalist Joe DiMisa as he points out tips and tricks for identifying trees in winter!

Participants will receive an information packet on bare tree identification to assist them beyond the workshop. This program takes place outdoors on a natural path. (KL)

Registration closes 48 hours prior to all programs unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

## Women's Self Defense Part I

Ages 16 and up

**Saturday, January 11**

2:00 – 4:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$25 residents, \$38 nonresidents

Whether you're running the trails by yourself or walking to the car from the mall, knowing how to properly defend yourself is vital to your safety. Valor Martial Arts will equip women with the knowledge, skills and confidence to avoid or respond to violent encounters. This workshop is designed specifically for women and taught by a woman. Learn simple and effective techniques through presentation and hands-on drills based on real-world scenarios. (AP)

## Women's Self Defense Part II

Ages 16 and up

**Saturday, January 25**

2:00 – 4:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$25 residents, \$38 nonresidents

A continuation of the Women's Self Defense Part I class, we will go in-depth with defense tactics to equip women with the knowledge, skills and confidence to avoid or respond to violent encounters. This workshop is designed specifically for women and taught by a woman. Learn simple and effective techniques through presentation and hands-on drills based on real-world scenarios. (AP)

## Chat With a Naturalist:

### Bobcats

Ages 18 and up

**Monday, January 27**

10:00 – 11:00 a.m.

*Rec West Enrichment Center  
965 Miamisburg-Centerville Rd.*

Bobcats are back in Ohio! Learn all about these shy cats and their history with humans in Ohio.

Do you want to learn more about local wildlife? Chat with a Naturalist presentations are offered at the Enrichment Center five times a year to connect you with local flora and fauna.

Registration is not required. (KL)

## Hike With a Naturalist:

### Sunset Hike

Ages 14 and up

**Thursday, January 30**

5:30 – 7:00 p.m.

*Grant Park  
501 Normandy Ridge Rd.*

**Fee:** \$4 nonresidents

Take a hike on the trails of Grant Park. We will stop at the prairie to observe the sunset before continuing into the forest to listen for owls. (KL)

## All About Coyotes

Ages 16 and up

**Tuesday, February 11**

6:00 – 7:30 p.m.

*Woodbourne Library  
6060 Far Hills Ave.*

Join Ohio Division of Wildlife experts for a presentation on coyote life history. The lecture will include information about coyote behavior and resources for those concerned about their local coyote populations. (KL)

Register for this program online at  
<https://www.wclibrary.info/>

## ADULT WELLNESS

## Winter Wonderland with Pure Barre

Ages 18 and up

**Sunday, December 1**

5:00 p.m.

*Bill Yeck Park, Smith House  
2230 E. Centerville Station Rd.*

In celebration of the holiday season, we are partnering with Pure Barre to bring you a winter wonderland in Bill Yeck Park. Enjoy an evening of twinkle lights at the historic Smith House as we lift, tone and burn.

This Pure Barre classic class provides a low impact, high intensity, total body workout in just 50 minutes! You'll leave the workout feeling refreshed and stress-free! Plan to dress appropriately for the weather, wear sneakers and bring a yoga mat and towel. (JH)

According to a 2014 study performed by the National Institute of Health, the simple act of walking led to increased creativity in 81% of participants, with the best results coming from walking outdoors ... even in winter!



Online resident registration begins Monday,  
November 11, 10:00 a.m.





## Strollers in Motion

Adult caregivers with child 6 weeks – Pre K  
9:30 – 10:30 a.m.

*Rec West*

965 Miamisburg-Centerville Rd.

**Fee/session:** \$24 residents, \$32 nonresidents

### Session A

**Mondays, December 2 – January 13**  
(no class December 23 or 30)

### Session B

**Mondays, January 27 – February 24**

Strollers in Motion is a stroller-based workout for moms, dads or other caregivers. Each total body workout incorporates power walking and strolling, strength training, balance work and toning. Strollers in Motion is an awesome way to get fit, meet new people and have fun with your little ones! And, after some classes, special activities will be planned for the children! All new participants will receive a water bottle. Strollers in Motion is led by Strollercize® certified instructor, Caitlin Elliott. (JH)

## Strollers in Motion Winter/Spring Pass

Adult caregivers with child 6 weeks – Pre K  
**Fee:** \$28 residents, \$36 nonresidents

You can purchase a Strollers in Motion pass to use for four classes. The pass is good for classes held December 2019 – May 2020 at any Centerville Strollers in Motion class. If you cannot make it to an entire five-week session, this may be the solution for you! (JH)

Registration closes 48 hours prior to all programs unless otherwise indicated.

## A Walk in the Park

Ages 18 and up

**Tuesdays & Thursdays, December 3 – February 27**

(no walk December 24)

9:30 – 10:30 a.m.

Get outdoors, enjoy sunshine and fresh air while meeting other walking enthusiasts. These are self-guided walks around your community parks! Walking helps maintain a healthy weight, increases energy, lifts your spirits, strengthens memory and protects from heart disease and high blood pressure. Enjoy reduced stress, improved quality of sleep and the many benefits from an improved quality of life. It will be 'A Walk in the Park!'

Staff will join the walks from time to time.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
December 3 & 5	Oak Grove
December 10 & 12	Schoolhouse
December 17 & 19	Forest Field
December 26	Iron Horse
December 31 & January 2	Yankee
January 7 & 9	Oak Creek South
January 14 & 16	Holes Creek*
January 21 & 23	Robert F. Mays
January 28 & 30	Oak Grove
February 4 & 6	Schoolhouse
February 11 & 13	Forest Field
February 18 & 20	Iron Horse
February 25 & 27	Yankee

**\*Overflow parking at The Gathering Church at 8911 Yankee Street.**



## Hike for Your Health

Ages 18 and up

**Wednesdays, December 4 – February 26**

(no hikes December 25 or January 1)

9:30 – 10:30 a.m.

**Fee:** \$15 nonresidents

Designed to get your heart rate up and get you moving outdoors this winter! Staff and volunteers will lead you on these guided, self-paced hikes. Hike for Your Health is a wonderful opportunity to get to know your parks better.

Hike for Your Health STEPS INSIDE is back! Registered participants can take advantage of an indoor option when the weather doesn't cooperate! If we are unable to hold our hike outdoors due to weather, you can get your steps in at the Rec Center at no charge! Participants will be notified of a change in location to the Washington Township Recreation Center, 895 Miamisburg-Centerville Road.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
December 4	Bill Yeck, Smith House
December 11	Forest Field
December 18	Grant, Normandy
January 8	Bill Yeck, Rooks Mill
January 15	Forest Field
January 22	Grant, Normandy
January 29	Bill Yeck, Smith House
February 5	Grant, Watts
February 12	Bill Yeck, McGuffey Meadow
February 19	Forest Field
February 26	Grant, Normandy

## Trail Trekking

Ages 18 and up

**Fridays, December 6 – February 28**

9:30 – 10:30 a.m.

**Fee:** \$15 nonresidents

Trekking with Nordic poles is a wonderful way to cross-train or try something new. The Cooper Institute research studies showed that Nordic walking burns more calories, increases oxygen consumption and can be 46% more efficient than normal walking. It's a great workout!

Please wear shoes comfortable for paved paths and bring a bottle of water. Nordic poles provided are adjustable to your height.

There is no registration deadline for this program. Join anytime! (JH)

Date	Park
December 6	Iron Horse
December 13	Yankee
December 20	Oak Creek South
December 27	Holes Creek*
January 3	Robert F. Mays
January 10	Oak Grove
January 17	Schoolhouse
January 24	Forest Field
January 31	Iron Horse
February 7	Yankee
February 14	Oak Creek South
February 21	Holes Creek*
February 28	Robert F. Mays

**\*Overflow parking at The Gathering Church at 8911 Yankee Street.**

## Yoga in the Park

Ages 18 and up

*Grant Park, Kennard Nature Nook*

*6588 McEwen Rd.*

**Fee/session:** \$52 residents, \$67 nonresidents

### Session A

**Saturdays, December 7 – January 11**

7:45 – 8:45 a.m.

### Session B

**Saturdays, December 7 – January 11**

9:00 – 10:00 a.m.

### Session C

**Mondays, January 6 – February 17**

(no class January 20)

9:30 – 10:30 a.m.

### Session D

**Saturdays, January 18 – February 22**

7:45 – 8:45 a.m.

### Session E

**Saturdays, January 18 – February 22**

9:00 – 10:00 a.m.

Method Yoga Studio's Megan Lees leads these yoga classes for all levels. Classes include warm-up, breath work, standing poses, flowing poses and end with relaxation. Please bring a yoga mat and water. (JH)

## Outdoor Fitness Equipment

Can't make it to fitness classes? You can always visit the outdoor fitness equipment!

There are two types of outdoor exercise equipment at **Oak Grove Park**. The complete ENERGI™ system is for active individuals ages 13 and up. The LifeTrail® system is geared toward those ages 50 and over. The LifeTrail® system includes ADA accessible pieces.

Instructions are on the equipment and you can use your mobile device to watch instructional videos for each piece. Links are on the equipment!

Oak Grove Park is open daylight hours and is located at 1790 E. Social Row Rd.

## Fit Fusion

Ages 18 and up

**Thursdays, January 2 – February 27**

(no class February 6)

6:30 – 7:30 p.m.

*Grant Park, Kennard Nature Nook*

*6588 McEwen Rd.*

**Fee:** \$39 residents, \$51 nonresidents

Fit Fusion incorporates cardio, circuit training, resistance training, pilates and compound exercises. Each class will vary in the types of exercises and will help you build speed, power, strength and endurance. We will target different muscle groups using different methods of training, allowing you to experience a jump start in fat loss and muscle definition. Modifications provided. No guts, no glory! Taught by Emily Chandler, a certified group fitness instructor. Please bring a light set of weights, and a towel or yoga mat. (JH)



Online resident registration begins Monday, November 11, 10:00 a.m.

Registration is required for all programs unless otherwise indicated.



## Tai Chi for Wellness

Ages 18 and up

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

Harvard School of Integrative Medicine tells us the slow meditative movements, deep breathing and relaxation that is characteristic of Tai Chi practice creates a special biological state that activates our capacity for body/mind wellness and healing. Great for stress relief, post-illness or managing a chronic health condition. Improves coordination, balance and attention. Facilitates cardiac rehab, lowers blood pressure and helps maintain strong bones. All Tai Chi classes are taught by certified Integral Qigong and Tai Chi instructor Judy Wilson.

### Beginner Tai Chi

**Saturdays, January 11 – February 29**

10:30 – 11:30 a.m.

**Fee:** \$39 residents, \$51 nonresidents

An introduction to Tai Chi and Qigong (pronounced Chi Kung) principles and form through Tai Chi Easy™ — a form created by Roger Jahnke, O.M.D. — to make Tai Chi accessible and fun for everyone. (JH)

### Intermediate Tai Chi

**Mondays, January 6 – March 2**

*(no class January 20)*

7:00 – 8:00 p.m.

**Fee:** \$39 residents, \$51 nonresidents

Continuing to develop Tai Chi and Qigong principles moving from Tai Chi Easy™ into Dr. Roger Jahnke's Integral Tai Chi form. (JH)



Registration closes 48 hours prior to all programs unless otherwise indicated.

## HIIT Yoga

Ages 18 and up

**Wednesdays, January 8 – February 26**

6:00 – 7:15 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

**Fee:** \$48 residents, \$62 nonresidents

High-intensity interval training, Tabata, yoga and meditation all in one class! New studies show that we may only need 20 – 30 minutes per week (not day) of hi-intensity training for optimal cell function, longevity, muscle tone, muscle definition and anti-stress. Achieve greater benefits from yoga and meditation after this fun workout. This class is for all fitness levels with emphasis on the fact that no two people are alike and encourages each person to work at their own pace. Taught by certified yoga instructor Dan Loofboro.

Please bring a yoga mat and water. (JH)



Looking for more opportunities for fun recreation? Check out the many offerings

from the Washington Township Recreation Center and the Rec West Enrichment Center! Look for their fall/winter program guide, or, visit

[www.washingtontwp.org/recreation](http://www.washingtontwp.org/recreation)

## Lacrosse Ball/ Foam Rolling Clinic

Ages 16 and up

**Tuesday, January 28**

6:00 – 7:00 p.m.

*Grant Park, Kennard Nature Nook  
6588 McEwen Rd.*

Airrosti's Dr. William Wright is back to teach how to manage, reduce and eliminate musculoskeletal pain through preventative self-myofascial release techniques using a foam roller and lacrosse ball. This class will focus on both upper and lower body exercises. This is beneficial for people of all ages and activity levels.

If you have a foam roller, lacrosse ball or mat, please bring them with you. There will be a limited supply of foam rollers and lacrosse balls on hand to use. (JH)

## Hit the Paved Trails this Winter!

Don't hibernate! Instead, spend this winter exploring your parks. These parks have paved multi-use trails great for walking and running in the winter:

- **Bill Yeck/Forest Field Park:** 0.5 mile paved loop and additional limestone trails
- **Black Oak Park:** 0.2 mile (one way) up steep hill from Ambridge Rd. to Braewood Tr. *No bicycles permitted.*
- **Holes Creek/Silvercreek Parks:** 1.3 miles one way
- **Iron Horse Park:** 2 miles one way
- **Oak Creek South Park:** 0.4 mile perimeter path
- **Oak Grove Park:** 1.5 mile perimeter path (shorter loops are also available)
- **Robert F. Mays Park:** 0.75 mile perimeter path
- **Schoolhouse Park:** 0.75 mile perimeter path
- **Yankee Park:** 0.82 mile perimeter path (including sidewalk along Yankee St.), center path is 0.19 mile

The Park District is made up of 50 community, nature and neighborhood parks. Visit [www.cwpd.org](http://www.cwpd.org) for detailed information and a map to each park.

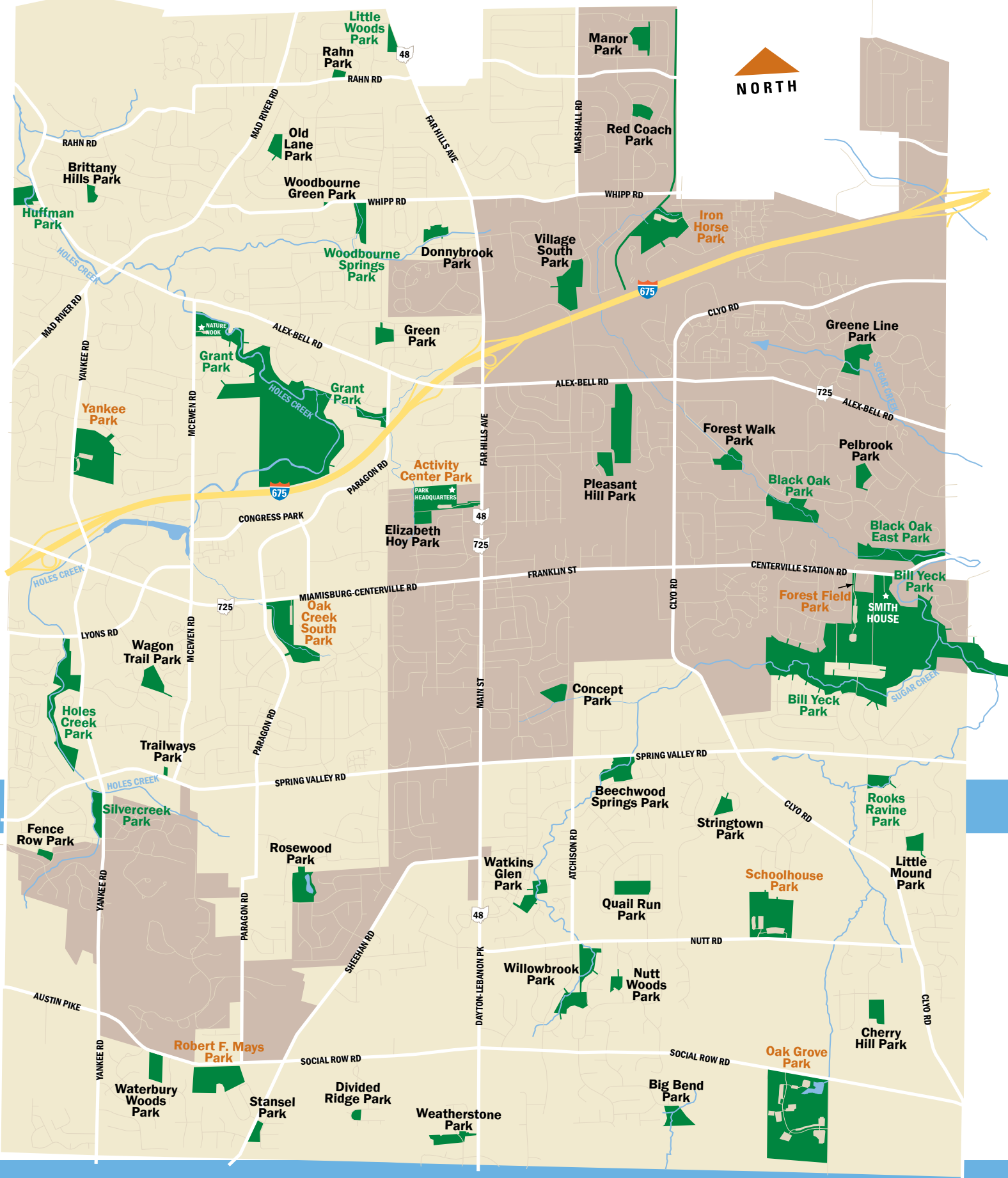
## Community Park

## Nature Park

## Neighborhood Park

## City of Centerville

## Washington Township





## HOW TO REGISTER

### WHY REGISTER ONLINE?

#1

#### You're first in line!

Online registration takes place the day before phone or walk-in registration.

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#### It's convenient

The flexibility to register and pay at your convenience, anytime, from anywhere.



#### It saves time

In less than five minutes, you can setup your account and enroll for your program.



#### It's easy

Three simple steps, and you'll be enrolled in the program of your choice.



#### It's environmentally friendly

No need to use gas driving over to register in person. And it saves paper.

**Online resident registration begins November 11.**

### Online

Visit <https://cwpd.recdesk.com> to register. To expedite your registration, create an account prior to 10:00 a.m. on November 11. Centerville and Washington Township residents, please list Dayton as the city in your address or the site will not recognize you as a resident. This website can be used for free programs and for fee-based programs with a debit or credit card.

### By Phone

Call us at (937) 433-5155 Monday – Friday between 8:00 a.m. and 4:30 p.m. Please have your credit card ready for fee-based programs. **Phone registration begins one day later than online registration.**

### In Person

Visit Park District headquarters at 221 N. Main Street Monday – Friday between 8:00 a.m. and 4:30 p.m. You may pay with cash, check or credit card. Make checks payable to CWPDP or Centerville-Washington Park District. In person registration begins one day later than online registration.

### Registration and Refund Policy

- Residents may register members of their family and one other resident family.
- Our intent is that program participants be completely satisfied with their experience! If participants are not satisfied with their program experience, or they are unable to participate in a program for any reason, they may repeat the program at no charge, receive credit toward future fees or receive a refund.

### Access for All

We are committed to providing programs, services and facilities that ensure inclusive and adapted access for all. Please contact us for a personalized approach to individual accommodations.

### Centerville-Washington Park District Program Release

When registering for or attending any Park District program, you are required to agree to the following statement:

*In consideration of your accepting my entry or my child's entry, I hereby, for myself or my child, release, indemnify, and hold harmless the Centerville-Washington Park District, its Commissioners, Agents, Employees and Assignees from any and all liability claims, actions, demands and judgments arising out of injury or loss sustained by me or my child while participating in activities or using facilities of the Centerville-Washington Park District.*

**Online Resident Registration Begins  
Monday, November 11  
at 10:00 a.m.**

**Online Nonresident Registration Begins  
Monday, November 18  
at 10:00 a.m.**



# WINTER EVENTS AT-A-GLANCE

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## JANUARY

Wed, Jan 8	Homeschool Nature Club: Frozen Science	11
Wed, Jan 8	What Track Is That?	9
Wed, Jan 8	Nocturnal Nature Series: S'mores Hike	11
Fri, Jan 10	Storytime Stroll	6
Fri, Jan 10	Winter-Style Campfire Sing-Along	9

Sat, Jan 11	Bare Tree ID Workshop	13
Sat, Jan 11	Women's Self Defense Part I	14
Sun, Jan 12	Winter Warm-Up Tea Party	8
Thurs, Jan 16	Preschool Nature Series: Winter Night Hike	6
Fri, Jan 17	Winter Forts and Fires	10
Sat, Jan 25	Women's Self Defense Part II	14
Mon, Jan 27	Chat With a Naturalist: Bobcats	14
Tues, Jan 28	Lacrosse Ball/Foam Rolling Clinic	17
Thurs, Jan 30	Feeding Backyard Birds	12
Thurs, Jan 30	Hike With a Naturalist: Sunset Hike	14

## FEBRUARY

Sat, Feb 1	Winter Woods Day Camp begins	5
Sat, Feb 1	Choose Your Adventure Hike: Groundhog Day	12
Tues, Feb 4	After School Yoga	10
Fri, Feb 7	Intergenerational Series: Very Special Valentine	7
Tues, Feb 11	All About Coyotes	14
Wed, Feb 12	Cold Hands Warm Heart Hike	8
Fri, Feb 14	Storytime Stroll	6
Sat, Feb 15	Fire Building Workshop	12
Tues, Feb 25	After School Yoga	10
Wed, Feb 26	Worm Composting 101	12

Look inside for our popular series programs such as **Early Adventures**, **Crafting Club**, **Hike for Your Health**, **Junior Explorers**, **Tai Chi**, **Yoga in the Park** and more!