

SEPTEMBER - NOVEMBER 2020

Centerville-Washington **PARK DISTRICT** **NEW & EVENTS**

**Fall program
registration
begins online
Monday,
August 10.**



Explore your community's BIG backyard!

Bill Yeck Park



Headquarters

Activity Center Park
221 North Main Street
Centerville, Ohio 45459-4617
(937) 433-5155
Fax: (937) 433-6564
Second Shift/Weekends:
(937) 470-9246
mail@cwpc.org
www.cwpc.org

Office Hours

Monday – Friday
8:00 a.m. to 4:30 p.m.
Office Closed September 7,
November 26 & 27, 2020

Park Addresses

For more information and each park's
address, visit www.cwpc.org.



Dog Park Closures

www.cwpc.org/parks/oak-grove/dog-park/dog-park-closure-status/



Athletic Field Conditions

www.cwpc.org/field_status/

Area Youth

Athletic Organizations

Centerville Baseball Softball League
www.cbltoday.org

Centerville Recreational Soccer
www.centervillesoccer.com

Centerville United Soccer Association
www.cusasoccer.org

Centerville Wee Elks
Football Association
www.weeelks.org

Centerville Youth Lacrosse
www.cvlax.org

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Commissioners' Corner

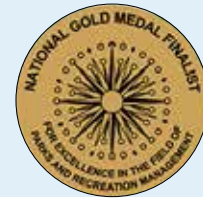


It has been a very unusual year so far, but the Park Board is happy to know your parks have been a consistent community service.

In Centerville and Washington Township, as with most of the nation, parks have been a safe haven and a refuge during the pandemic. While not all park amenities could remain open, by State directive, the parks in general were open for your use. In addition, while most planned spring and summer programs had to be canceled, we are happy that our staff came up with so many modified and self-directed activities for your enjoyment. On behalf of the Park Board, we are glad we could help.

This fall, we can't be sure what will be possible and what may yet again need to be modified. For starters, your quarterly newsletter is coming to you in electronic format. This is in anticipation that pandemic rules may yet again require modification between the program planning stage and the starting dates. Please visit our website and social media accounts regularly for any changes.

The pandemic won't stop everything! This fall, you'll find new paved paths to some playgrounds. The development of the 51st park, **Hithergreen**, will get underway. A new community playground is coming to **Schoolhouse Park** thanks to a \$120,000 grant! The **Grant Park** yellow trail is reopened from the Kennard Nature Nook entrance, along with a newly planted prairie at the trail head. Finally, thanks to the Penbrooke Garden Club, you'll find some new trees at **Yankee Park** and some new flowers at **Activity Center Park**.



If you have not heard yet, CWPB has again been named as one of the four best park and recreation agencies, population category

30,000 – 70,000, in the United States! This fall, we will learn if we are the grand award winner. Cross your fingers! This is the highest recognition in our industry. But, it is only possible because of the tremendous value that you place on parks in our community. The Board and staff are here to deliver what you want. Turns out that what you want is the best in the nation!

Have a healthy and active fall in your parks!

Dan Monahan
Park Board Vice President

P.S. The Centerville-Washington Park District Board of Park Commissioners holds public meetings once a month throughout the year. View the schedule on the Park District website:

www.cwpc.org/about/public-meeting-schedule/

Save a Tree

To subscribe to the e-newsletter visit www.cwpc.org.

To stop home delivery of the printed newsletter, email your name and address to mail@cwpc.org.



New Park Commissioner Appointed



Alex Pearl has been appointed to serve a three-year term on the Board of Park Commissioners of the Centerville-Washington Park District. He begins his first year of appointment as the Secretary of the Board. Mr. Pearl is the 17th individual to serve as a park commissioner since the district's formation in 1959. He replaces Dr. David Lee, who retired from the board after his third three-year term, the current term limit.

Pearl holds a B.S. in Horticulture from New Mexico State University and an M.S. in Botanical Garden Management from the University of Delaware. He is currently an Event Staff Supervisor at the University of Dayton and has held various positions in higher education, public horticulture and private industry.

Pearl has been an active community volunteer since his family arrived in Dayton more than 30 years ago. He became a volunteer with the Centerville-Washington Park District in 2011, after retirement from the Ohio Department of Rehabilitation and Corrections as a Career Technical Horticulture Instructor. Prior to taking a more active role in the Park District's volunteer program, he provided advice and guidance to the educational programs. An active member of various trade and amateur horticultural organizations, Alex's motto is "plants change lives." He has had a long association with guiding cities to make them vibrant places to live and work through association with America in Bloom and Communities in Bloom. "I am honored to contribute to and be a part of the Centerville-Washington Park District!" Pearl says.

"We are pleased Alex Pearl is making the transition from a Park District volunteer to the Board of Park Commissioners. We look forward to serving with him and are thankful for his commitment to the community," remarked Arnie Biondo, Director of the Centerville-Washington Park District. "We would also like to thank David Lee for nine years of leadership. Under his leadership, the Park District has earned over \$3M in grants, added three new parks and many park amenities, expanded programming and was twice named one of the four best park agencies of similarly-sized communities in the nation!"

Commercial Photography Permits



Your parks are a wonderful place to have family photos taken! However, please keep in mind that commercial activity, including commercial photography, is not permitted on public land. Photography is considered a commercial activity if the photographer receives any payment in exchange for their photos or the images are used to sell a product or service.

With a special permit, photographers are permitted to hold photo shoots in CWPDP parks. Photographers may receive a permit by submitting a request form and a one-time \$50 permit fee. Permits are valid for all future park visits and must be displayed at all times during the photo shoot. To request a permit, visit www.cwpd.org/forms.

We ask photographers to respect park programs and not hold photo shoots while programs are in progress. Photographers should check the park calendar prior to scheduling any sessions: www.cwpd.org/calendar.

Volunteer Spotlight

LINDSAY PERRY



Lindsay, a 15-year-old homeschool sophomore, loves to spend time outdoors — doing just about anything! Some of her favorite hobbies include hammocking,

hiking, bike riding, tree climbing, frog catching and reading. When not outdoors, you will find Lindsay refining her skills in the gym. She is in her fifth year as a competitive gymnast.

Lindsay thoroughly enjoys volunteering with CWPDP because she loves kids and she loves spending time in nature. Her favorite park activities are creek walks, camps, meeting new friends and learning interesting things along the way from staff!

The Centerville-Washington Park District would like to thank Lindsay, and all volunteers for giving their time and talents to our community! If you are interested in becoming a volunteer, please contact Community Engagement Coordinator Ginger Clark at 937-433-5155 x234 or gclark@cwpd.org.

Grant Trail Reopened



The Grant Park yellow trail, a one-mile natural path, was closed in 2018 after stream bank erosion made conditions unsafe for park visitors. Reconstruction began in fall 2019. We re-graded the hillside, constructed a gabion rock wall to control erosion and repositioned the trail.

Nine hundred new trees were planted and the prairie behind the Kennard Nature Nook was re-seeded with native wildflowers and grasses. Enjoy!

SPECIAL EVENTS

Fairy and Gnome-O-Rama

All ages

Saturday, September 12 – Sunday, September 13

Bill Yeck Park, Smith House Entrance

2230 E. Centerville Station Rd.

Kit Pick-up: Activity Center Park, Headquarters, 221 N. Main St.

The fairies and gnomes need someone to build their homes!

Families will pick up a kit filled with natural items to build a home, a build your own fairy or gnome craft and more! Over the weekend, head to the purple trail at Bill Yeck Park to create a fairy or gnome home. Build your house along the trail to entice potential customers! After completing your home, continue along the trail for a story from Mother Nature. Children are encouraged to dress as a fairy, gnome or elf!

Houses will remain in place as long as possible ... until they begin to fall down! Return to your spot throughout the week for a chance to view all the new homes!

Registration is by family. Please register only one family member. (KL)



COVID-19 NOTICE

Many of our large-scale fall special events are on hold due to the COVID-19 global health pandemic. As the situation changes, if we can host special events safely, we will make every effort to do so. Please watch the Centerville-Washington Park District website and social media accounts for announcements regarding special events and programs in your parks!

PRESCHOOL PROGRAMS (AGES 6 AND UNDER)

Early Adventures

Ages 0 – 4 years with adult companion

Fee/session: \$2 nonresidents

September Adventure

Tuesday, September 1

6:30 – 7:30 p.m.

Bill Yeck Park, Rooks Mill Entrance

8798 Rooks Mill Ln.

(natural path)

October Adventure

Tuesday, October 6

6:00 – 7:00 p.m.

Bill Yeck Park, Smith House Entrance

2230 E. Centerville Station Rd.

(paved/limestone path)

November Adventure

Tuesday, November 3

5:00 – 6:00 p.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

(natural path)

Parents and little ones will experience the autumn season in their parks. These leisurely hikes provide great family time in nature. This program is limited to one adult companion per registrant.

Backpacks and front carriers are appropriate if your child is not walking. Strollers are not recommended at parks with natural terrain. (KL)

To limit numbers and prevent the spread of COVID-19, please register all family members that fall within the age group.



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

Reading in the Wild

Ages 18 months – 4 years with adult companion

10:30 – 11:30 a.m.

Fee/session: \$2 nonresidents

September Storytime

Friday, September 11

Big Bend Park

1328 Spring Ash Dr.

Registration deadline: Monday, September 7

October Storytime

Friday, October 9

Beechwood Springs Park

1141 Quiet Brook Tr.

Registration deadline: Monday, October 5

November Storytime

Friday, November 6

Forest Walk Park

7570 Forest Brook Blvd.

Registration deadline: Monday, November 2

Let's get together to read a story! We will act out the plot with active games, sing songs with sensory themes and take short hikes in the park — sparking a love of nature in our youngest community members! This program is limited to one adult companion per registrant. (AP)

To limit numbers and prevent the spread of COVID-19, please register all family members that fall within the age group.

Creative Kids Corner:

Take Home Kits

Recommended for ages 3 – 5

Thursdays, September 10, October 8 & November 12

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Thursday, September 3

This take-home kit features crafts and activities revolving around a fun seasonal theme! There will be three different kits — one for each month! (AD)



Preschool Nature Series

Ages 3 – 6 with adult companion

9:30 a.m.

Fee/session: \$4 nonresidents

Activities will be provided in kits. Online videos will be provided at the program time to assist with activities.

Caterpillar Parade Kit

Thursday, September 17

Caterpillars are really special creatures! They are a step in the life cycle of our local butterflies and moths. We will feature the survival strategies of our caterpillars and then design our own caterpillar to parade outside! What features will your child's caterpillar have? (KL)

Plant Biology Kit

Thursday, October 15

We will explore the world of plants and how they work! We will research how they make food, grow and produce seeds. (KL)

Worm-ology Kit

Thursday, November 19

Worms are fascinating animals! We will meet some worms, learn how they live in the wild and learn how they can help us recycle. (KL)

Creature ComMOTION

Ages 4 – 6

Fee/series: \$9 nonresidents

Video Series A

Wednesdays, September 2 – 30

Registration deadline: Wednesday, August 26

Video Series B

Wednesdays, October 7 – 28

Registration deadline: Wednesday, September 30

Video Series C

Wednesdays, November 4 – 25

Registration deadline: Wednesday, October 28

Little ones will grow in their large and fine motor development by moving like the animals during this virtual program. Participants will receive a kit that contains animal-themed activities to use with each week's engaging video full of songs and movement. (AP)



Registration closes 48 hours prior to program unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.

CHILDREN'S PROGRAMS (AGES 5 – 17)

Creeks, Rivers, Oceans, Action: At Home Kit!

Recommended for ages 5 – 8

Friday, September 25

Fee: \$6 residents, \$8 nonresidents

Registration deadline: Monday, September 21

Children will learn about the wildlife that lives in our creeks and rivers, as well as some creatures in the oceans, through games and activities! Children will also get to create artwork of their favorite river or ocean creature using recycled materials. (AD)

All Around the Garden: To Go!

Recommended for ages 5 – 9

Thursdays, September 10, October 8 & November 12

Fee: \$15 residents, \$19 nonresidents

Registration deadline: Sunday, September 6

With this take-home kit, children will learn all about the plants, animals and habitats in their gardens, backyards and parks! There will be one kit per month focusing on a different topic. Each month's kit will feature a nature-inspired craft project as well as an outdoor activity! (AD)

Reckits

Popular this summer, we are continuing to offer Reckits this fall! We prepare the activities and gather the materials and you can just pick up and enjoy! Full descriptions, including appropriate age ranges and fees, are listed on www.cwpd.org.

- Grandparent's Day Fun!
- Fall is Here!
- Halloween Fun!
- Thanksgiving Centerpiece
- It's Turkey Time!

What's in Your BIG Backyard?

New!

Recommended for ages 5 – 10

Fridays, September 18, October 16 & November 20

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Monday, September 14

Learn all about the unique plants and creatures that share our BIG Backyard with these take-home kits! Activities will focus on a featured plant and animal each month. We will include ideas on where to hike to look for signs of each of these plants and animals. These kits are activities-based, but may include craft ideas as well. (AD)



Let
Nature be
your teacher.
—William Wordsworth, poet



Art & Imagination: DIY!

Recommended for ages 6 – 8

Tuesdays, September 8, October 13 & November 10

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Tuesday, September 1

Does your child love art time? This take-home kit 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. There will be three different kits — one for each month! (AD)

Explorers!

Ages 6 – 12

Grant Park

501 Normandy Ridge Rd.

Fee: \$9 residents, \$12 nonresidents

Junior Explorers

Ages 6 – 8

Wednesdays, September 16 – October 21

4:30 – 6:00 p.m.

Outdoor Explorers

Ages 9 – 12

Mondays, September 14 – October 19

4:30 – 6:00 p.m.

Studies continue to show outdoor play is vital to child development and well-being. Children will learn about nature and the outdoors through play, discovery and challenges. Send them prepared for outdoor play! (KL)

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

Registration is required for all programs unless otherwise indicated.

Nature Design Challenges: DIY!

Recommended for ages 7 – 13

Tuesdays, September 1, October 6 & November 3

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Tuesday, August 25

All engineers on deck! These kits are 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 included in the kit! There will be one kit per month that will feature a new challenge. (AD)



Slackline & S'mores

Ages 12 – 17

Wednesday, September 2

7:00 – 8:30 p.m.

Wagon Trail Park

8450 Washington Village Dr.

Fee: \$5 residents, \$7 nonresidents

Registration deadline: Wednesday, August 19

A new way to get active outdoors with friends! Find success in one or more of the fundamental slackline skills including kneeling, sitting, standing and perhaps even walking on the line. Challenge your balance and build technique with controlled exits. Slacklining adds diversity to your workout, while giving you more confidence — and it's really fun! (AP)

Capture the Flag & Bonfire

Ages 12 – 17

Friday, November 6

5:00 – 7:00 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$5 residents, \$7 nonresidents

The ultimate game of capture the flag! Participants will be broken into two teams. Each team will have to make it back to their side of the field with the other team's flag while protecting their own. After the winning team is determined, we will enjoy s'mores and music by the fire. (AP)



Crafting Club

Ages 9 – 13

Thursdays, September 3, October 1 & November 5

4:30 – 5:30 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$9 residents, \$12 nonresidents

Registration deadline: Friday, August 28

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)

Crafting Club 2.0

Ages 14 – 17

Thursdays, September 3, October 1 & November 5

6:15 – 7:15 p.m.

Grant Park, Kennard Nature Nook
6588 McEwen Rd.

Fee: \$12 residents, \$15 nonresidents

Registration deadline: Friday, August 28

2.0 takes Crafting Club crafts to the next level! These nature-themed crafts will take concentration and skill, but the effort will be worth it! Crafters are encouraged to wear old clothes or bring an apron or smock. (AD)

Mad Science University

Ages 8 – 12

Wednesdays, November 4 – 25

6:30 – 7:30 p.m.

Activity Center Park, Community Room
221 N. Main St.

Fee: \$20 residents, \$26 nonresidents

Registration deadline: Wednesday, October 21

Science is all around us! Children will experience science firsthand through hands-on, and sometimes messy, activities! We will explore fascinating science concepts with a new theme each week. We are putting science to the test as your child learns about chemistry and physics. (KL)

Registration closes 48 hours prior to program unless otherwise indicated.

FAMILY PROGRAMS

The Great Geocaching Adventure

All ages

**Monday, July 20 –
Sunday, October 4**

New!

Each week of the adventure, a new set of geocaches will be hidden in your 51 parks! Hone your skills as an adventurer, treasure hunter and nature enthusiast! If you successfully find 20 geocaches, you'll earn a free t-shirt! Visit www.cwpd.org for more details. Join the adventure at any time.

Registration is not required. (KM)



Slackline 101

Ages 8 and up (*ages 8 – 15 must be accompanied by an adult*)

Wednesday, September 2

5:30 – 7:00 p.m.

Wagon Trail Park

8450 Washington Village Dr.

Fee: \$25 residents, \$35 nonresidents

Registration deadline: Wednesday, August 19

A new way to get the whole family active outdoors and meet new friends. Challenge your balance and build technique with controlled exits. Participants will find success in one or more of the fundamental slackline skills including kneeling, sitting, standing and perhaps even walking on the line. The combination of yoga and slackline creates another level of body awareness that teaches greater balance and connection. It adds diversity to your workout while giving you more confidence — and it's really fun! (AP)

Last Chance Creek Fun!

All ages

Friday, September 4

6:00 – 7:30 p.m.

Grant Park

501 Normandy Ridge Rd.

Fee: \$2 nonresidents



Creeking season is coming to a close. We will investigate fossils and search for creatures. Close-toed shoes required. This is a "Tools to Trek" program. (KL)



An Introduction to Falconry

Ages 12 and up (*ages 12 – 15 require paid parent/guardian participant or observer*)

Sunday, September 13

9:00 – 11:00 a.m.

Schoolhouse Park

1875 Nutt Rd.

Fee: \$75 residents, \$95 nonresidents, \$25 observer

Registration deadline: Sunday, August 30

Join Master Class falconer Joe Dorrian of the Ohio School of Falconry to learn about the ancient sport of falconry. Handle and fly one of the school's trained Harris's Hawks in this exciting program!

Get a general overview of the sport and a strong focus in raptor ecology/conservation, predator/prey relationships and all the basics of handling a trained falconry raptor. (AP)



Homeschool Nature Club: Creek Study

All ages

Monday, September 14

10:30 a.m. – noon

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

Fee: \$2 nonresidents

We will use what we find in the creek to determine water quality! Please wear clothing that can get wet. Close-toed shoes are required. Parents must accompany children in the creek. (KL)

Butterfly Survey

Recommended for ages 8 and up

Saturday, September 19

10:00 a.m. – noon

Grant Park

501 Normandy Ridge Rd.



Help contribute to citizen science by joining the naturalist on our Butterfly Surveys. Identify and count butterflies while observing other seasonal wildlife as we stroll. No experience necessary. Trail is approximately one mile in length on uneven terrain. All children must be accompanied by an adult. This is a "Tools to Trek" program. (KL)

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



Earn Tools to Trek!

Get ready to explore! Attend Tools to Trek programs to **earn a FREE Trek Pack!** Print a Tools to Trek tracking sheet from www.cwpd.org. Bring your tracking sheet to Tools to Trek programs to collect stamps. Once your sheet is full of stamps, turn it in to collect your prize!

Squirrel Science

All ages

Thursday, September 24

6:00 – 7:30 p.m.

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

New!



Learn about Project Squirrel, a citizen science program. We will learn how to identify squirrels, how to contribute the data to Project Squirrel, and then we will go search for them! Families are asked to report squirrels at their own homes over the weekend to help the project grow. This is a “Tools to Trek” program. (KL)



*"Autumn ...
the year's last,
loveliest smile."*

– William Cullen Bryant

Nocturnal Nature Series



Explore nature at night with this series! We will focus on different topics each month and observe seasonal changes. Please dress for a hike on a natural path. Flashlights are optional.

Ohio Moths

Recommended for ages 8 and up

Tuesday, September 29

7:00 – 8:30 p.m.

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

Fee: \$2 nonresidents

Moths are often overlooked when we think of beautiful and fascinating insects. We will learn what makes moths special, learn about common moth families of Ohio and learn how we can help them. This is a “Tools to Trek” program. (KL)

Blacklight Hike

All ages

Friday, November 13

6:00 – 7:30 p.m.

*Grant Park, Kennard Nature Nook
6588 McEwen Rd*

Fee: \$2 nonresidents

During this hike, we will use blacklights to explore the park and see the world in a different light! Please bring a blacklight flashlight if you have one. A limited amount will be available to borrow. This is a “Tools to Trek” program. (KL)

Fall About Archery

Ages 8 and up (*ages 8 – 17 must be accompanied and supervised by an adult 21 years or older at all times*)

Thursday, October 1

5:30 – 7:00 p.m.

*Oak Grove Park, Archery Range
1790 E. Social Row Rd.*

Fee: \$15 residents, \$20 nonresidents

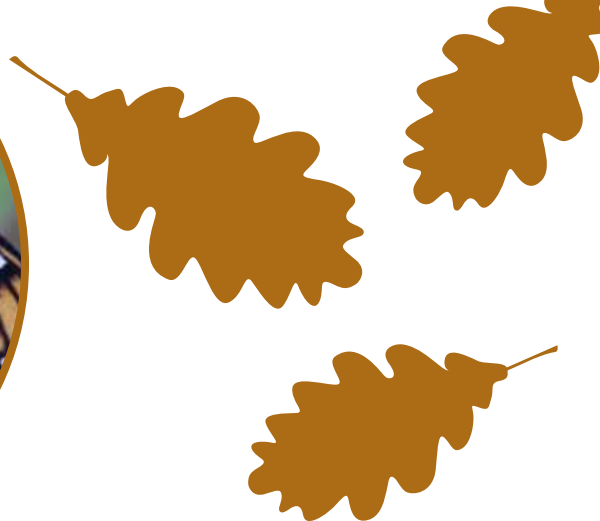
Registration deadline: Monday, September 28

We will learn the basics of NASP competition-style archery with basic instruction. Use the skills you learn in a friendly competition. All equipment is provided. (AP)



Registration closes 48 hours prior to program unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



Choose Your Adventure

Hike: *Monarchs*

All ages

Saturday, October 3

1:00 – 3:15 p.m., with staggered start times
Grant Park

501 Normandy Ridge Rd.

Fee/family: \$4 nonresidents

Registration deadline: Sunday, September 27



Discover the perils of a migrating Monarch Butterfly by participating in a Choose Your Adventure Hike! Will you make it to your overwintering ground in Mexico? Please prepare for a hike. This is a "Tools to Trek" program!

Staggered start times available. (KL)

Local Animals: *Then and Now*

All ages

Saturday, October 17

10:30 a.m. – noon

Forest Field Park

2100 E. Centerville Station Rd.



Join Centerville-Washington History and the Park District as we learn what animals roamed this area in the past. We will take a hike and search for animals that currently live in our parks. This is a "Tools to Trek" program. (KL)

Falling Leaves & Cider Hike

All ages

Monday, November 2

5:00 – 6:30 p.m.

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

Fee/family: \$5 nonresidents

Registration deadline: Friday, October 30

New!

Falling leaves and falling temperatures, what a perfect time to get outside and enjoy the brisk fall air with family and friends! Come to the fire circle for information on completing a self-guided hike to enjoy seasonal changes along the trail. Choose between a one-mile or two-mile hike. When you are finished, meet back at the fire circle to enjoy cider and watch the sunset while you warm up around the campfire. (AP)

Gratitude Scavenger Hunt

All ages

Saturday, November 21

4:00 – 5:30 p.m.

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

Registration deadline: Wednesday, November 18

Gratitude is the best attitude! Spend a self-guided one-mile hike seeking life's little treasures. We will finish up in time to appreciate the sunset! (AP)

Backpack Adventures



Our mission is to deliver fun, healthy and outstanding park experiences. We recognize

that does not always come in the form of a traditional park program. We'd like to help you create your own unique park experiences with CWPDP Adventure Packs! Visit park headquarters at Activity Center Park to borrow a backpack that includes everything you need to explore the many natural habitats of your 51 parks — including creeks, forests and meadows. Backpack supplies vary by age and by season.

There is a \$20 refundable deposit for the 7-day loan.

Family Pack (ages 0 – 8)

Family Pack (ages 9 and up)

Teen Pack (ages 13 – 17)

Adult Pack (ages 18 and up)

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

ADULT PROGRAMS

Booked for Lunch

Ages 18 and up

Wednesdays, September 2, October 7 & November 4

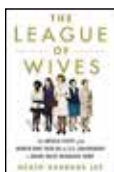
11:30 a.m. – 12:30 p.m.



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

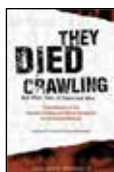
Library, Booked for Lunch is a monthly lunchtime discussion on a historical fiction or nonfiction book. The library will advance order copies for participants to borrow while supplies last. (AP)

Due to COVID-19, Booked for Lunch will meet virtually this fall.



September's Discussion

The League of Wives: The Untold Story of the Women Who Took on the U.S. Government to Bring Their Husbands Home, by Heath Hardage Lee



October's Discussion

They Died Crawling, And Other Tales of Cleveland Woe: True Stories of the Foulest Crimes and Worst Disasters in Cleveland History, by John Stark Bellamy



November's Discussion

Into Thin Air: A Personal Account of the Mt. Everest Disaster, by Jon Krakauer

Hike With a Naturalist

Ages 14 and up (*under 18 must be accompanied by an adult*)

Fee: \$4 nonresidents

Join us once a month for a hike through your parks. We will enjoy seasonal changes and observe wildlife.

Easy Tree ID

Wednesday, September 2

6:00 – 7:45 p.m.

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

Tree ID made easy! We will focus on the more common trees found in the parks and give you some fun facts to help you remember them. (KL)

The Time Trail at Night

Thursday, October 1

6:00 – 7:30 p.m.

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

Explore the time trail and surrounding area as the sun sets. (KL)

Dusk Stroll

Friday, November 6

6:00 – 7:00 p.m.

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

Early darkness isn't going to keep us indoors! Experience a light hike just after sunset. (KL)

The Art of Sprouting

Ages 16 and up

Monday, September 14

6:00 – 7:30 p.m.

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

Fee: \$20 residents, \$24 nonresidents

Registration deadline: Monday, September 7

Fresh nutritious greens for the win! Five days after this class, you can be adding wonderful nutritious greens to your eating plan and enjoy them throughout the fall! We will discuss the nutritional benefits of adding sprouts to your meals. We will also demonstrate the ease of growing sprouts in your own kitchen.

You will have the opportunity to taste several different types of sprouts and learn how to use them in cooking/meal preparation. Class is taught by Patti McCormick, RN, Ph.D., from the Institute of Holistic Leadership. Sprouting jars and lids will be available for purchase, however, you do not need to purchase them to attend. (AD)

Glass Fusing: Wind Chime

Ages 16 and up

Wednesdays, September 16 & 23

6:00 – 8:30 p.m.

*Activity Center Park, Community Room
221 N. Main St.*

Fee: \$69 residents, \$89 nonresidents

Registration deadline: Friday, September 11

During this two-session class, you will create a beautiful wind chime! Choose your own theme and colors. During the first class, we will create all of the glass work and in the second class, we will string it all together. The top portion of the chime is an 8-inch circle. All materials included. (AD)

Participants must be able to attend both sessions. Projects available for pick up one week after class.



Registration closes 48 hours prior to program unless otherwise indicated.

Chat With a Naturalist

Ages 18 and up

10:00 – 11:00 a.m.

Rec West Enrichment Center

965 Miamisburg-Centerville Rd.

OR 6:00 – 7:00 p.m., *Virtual*

Mighty Oaks

Monday, September 21

As our trees prepare for winter, let's chat about the importance of investing in the slow-growing oaks that populate Ohio forests.

Registration is required for the virtual program, but is not required for the in-person program. (KL)

The Eastern Box Turtle

Monday, November 16

Our box turtles may move slowly but they are tough! Learn how they survive in the wild and how to help them stick around for many years to come!

Registration is required for the virtual program, but is not required for the in-person program. (KL)



Clay Fairy Houses

Ages 14 and up

Fridays, September 25 & October 2

7:00 – 8:30 p.m.

Bill Yeck Park, Smith House

2230 E. Centerville Station Rd.

Fee: \$42 residents, \$53 nonresidents

Registration deadline: Friday, September 18

Join Decoy Art Center to make your own unique fairy house out of two pounds of clay! We will spend the second evening painting the fairy houses. They will be fired and available for pick up in approximately one week.

(AD)

Glass Fusing: Winter Birch Trees

New!

Ages 16 and up

Tuesday, November 10

6:00 – 8:30 p.m.

*Activity Center Park, Community Room
221 N. Main St.*

Fee: \$72 residents, \$92 nonresidents

Registration deadline: Wednesday, November 4

During this class, you will create a beautiful winter birch scene on a 10.75" square of glass. This project is a great way to kick off your winter decorating! A metal hanger will be added if you would like for it to be a window decoration! All materials, except a stand, for your project are included. (AD)

ADULT WELLNESS

Strollers in Motion

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

Forest Field Park

2100 E. Centerville Station Rd.

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

Session A

Mondays, August 24 – September 28

(no class September 7)

Session B

Mondays, October 5 – November 2

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, Mandy Cherry. (JH)

The week after each session ends will be used for weather make-up days. Weather cancellations will be posted on the Strollers in Motion Facebook page.

Strollers in Motion Fall/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 September 2020 – May 2021 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)

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



Cardio Combo

Ages 18 and up

7:00 – 8:00 a.m.

Grant Park, Kennard Nature Nook

6588 McEwen Rd.

Fee/session: \$29 residents, \$38 nonresidents

Session A

Tuesdays, September 1 – October 6

Session B

Thursdays, September 3 – October 8

Cardio Combo is an easy to learn high-energy workout, making it perfect for people of all fitness levels. No pressure, no competition, no complicated moves ... just fun! By using a combination of aerobic dance movements, fast and slow rhythms, resistance training, balance and mat work, Cardio Combo classes help you burn calories; improve cardiovascular performance; strengthen core, upper and lower body; and enhance coordination. Taught by experienced dance fitness instructor, Janet Hartsock. Bring water and weights. (JH)

This class will take place outdoors. A video link will be provided for inclement weather days.



A Walk in the Park

Ages 18 and up

Tuesdays & Thursdays, September 1 – November 19

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!

This is a meet-up style program. Staff will join the walks from time to time. There is no registration deadline. Join anytime! (JH)

Date	Park
September 1/3	Forest Field
September 8/10	Iron Horse
September 15/17	Yankee
September 22/24	Oak Grove
September 29/October 1	Holes Creek*
October 6/8	Robert F. Mays
October 13/15	Oak Grove
October 20/22	Schoolhouse
October 27/29	Forest Field
November 3/5	Iron Horse
November 10/12	Yankee
November 17/19	Oak Creek South

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

Trail Trekking

Ages 18 and up

Fee: \$15 nonresidents

Session A

Tuesdays, September 1 – October 20

6:00 – 7:00 p.m.

Session B

Fridays, September 4 – November 20

9:30 – 10:30 a.m.

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. (JH)

Date	Park
September 1/4	Holes Creek*
September 8/11	Robert F. Mays
September 15/18	Oak Grove
September 22/25	Schoolhouse
September 29/October 2	Forest Field
October 6/9	Iron Horse
October 13/16	Yankee
October 20/23	Oak Creek South
October 30	Holes Creek*
November 6	Robert F. Mays
November 13	Oak Grove
November 20	Schoolhouse

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



Registration closes 48 hours prior to program unless otherwise indicated.

Registration is required for all programs unless otherwise indicated.



Hike for Your Health

Ages 18 and up

Wednesdays, September 2 – November 18

9:30 – 10:30 a.m.

Fee: \$15 nonresidents

This program will get your heart rate up and get you moving! Staff and volunteers will lead you on these guided, self-paced hikes. Get to know the parks better and meet new people. All hikes are on natural trails.

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

Date	Park
September 2	Bill Yeck, Rooks Mill
September 9	Forest Field
September 16	Grant, Normandy
September 23	Bill Yeck, Smith House
September 30	Grant, Watts
October 7	Bill Yeck, Rooks Mill
October 14	Forest Field
October 21	Grant, Normandy
October 28	Bill Yeck, Smith House
November 4	Grant, Watts
November 11	Bill Yeck, Rooks Mill
November 18	Forest Field

Trail Running Group

Ages 18 and up

Wednesdays, September 2 – October 14

6:00 – 7:00 p.m.

Up and Running will provide a trail leader as you enjoy running natural trails. This running group is for experienced runners and includes meadows, trails and hills. Meet at the Normandy Entrance (501 Normandy Ridge Rd.) of Grant Park and the Smith Entrance (2230 E. Centerville Station Rd.) of Bill Yeck Park.

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

Date	Park
September 2	Grant
September 9	Bill Yeck
September 16	Grant
September 23	Bill Yeck
September 30	Grant
October 7	Bill Yeck
October 14	Grant

If running group is canceled due to inclement weather, Up and Running will post a notification on social media.

Fitness Fusion: Virtual

Ages 18 and up

Thursdays, September 3 – October 22

(no class September 17 or October 1)

6:00 – 7:00 p.m.

Fee: \$14.50 residents, \$19 nonresidents

The online version of the Fitness Fusion program can be completed in a small at-home space and can be streamed from various devices. You could even take your workout outdoors to the patio, deck or driveway! Replay options are also available.

Fitness 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, August 10, 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.

Fee/session: \$29 residents, \$38 nonresidents

Harvard School of Integrative Medicine tells us the slow meditative movements, deep breathing and relaxation 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

Session A

Saturdays, September 12 – October 17
10:30 – 11:30 a.m.

Session B

Saturdays, September 12 – October 17
11:45 a.m. – 12:45 p.m.

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, September 14 – October 19
5:30 – 6:30 p.m.

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

All Tai Chi classes will be held outdoors. A video link will be provided for inclement weather days.

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, September 12 – October 17
7:45 – 8:45 a.m.

Session B

Saturdays, September 12 – October 17
9:00 – 10:00 a.m.

Session C

Mondays, September 14 – October 19
9:30 – 10:30 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. Class will be held on the deck overlooking the meadow. Please bring a yoga mat and water. (JH)

This class will be held outdoors. A Zoom link will be provided for inclement weather days.

Introduction to Forest Therapy

Ages 18 and up

Saturday, September 26
10:00 – 11:30 a.m.

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

Fee: \$15 residents, \$20 nonresidents

Reduce stress, boost immunity, improve attention and mood, increase energy level, improve sleep and more — all through forest therapy! Certified Nature and Forest Therapy Guide Christina Willis, will lead you through the benefits of immersing yourself in nature. Discussion will include how forest therapy differs from forest bathing and the basics of how to practice both. After a brief presentation, participants will go on a hike to practice new knowledge and improve their connection to nature. (JH)

Eating for Your Immune System

Ages 18 and up

Wednesday, September 30

6:30 – 8:00 p.m.

Activity Center Park, Community Room
221 N. Main St.

Fee: \$5 residents, \$7 nonresidents

The coronavirus has us all thinking more about our immune system these days! How can we improve our immune system so we are ready for the next major threat to our health? Abby Younce, Dietitian at Clem & Thyme Nutrition, will teach us what to eat to optimize our immune system as well as which supplements, if any, are needed. (JH)

Intuitive Eating for the Holidays and Beyond

Ages 18 and up

Tuesday, November 17

6:30 – 8:00 p.m.

Activity Center Park, Community Room
221 N. Main St.

Fee: \$5 residents, \$7 nonresidents

Intuitive eating offers an empowering approach to holiday food choices for both your body and mind, resulting in more enjoyment, less guilt and better health. Learn how to reject the diet mentality while honoring your mental, physical and emotional health. Start now and you'll have a solid foundation as you enter into 2021. Abby Younce, Dietitian at Clem & Thyme Nutrition, will guide you through the process. (JH)



Registration closes 48 hours prior to program unless otherwise indicated.

The Park District is made up of 51 community, nature and neighborhood parks. Visit www.cwpd.org for detailed information and a map to each park.

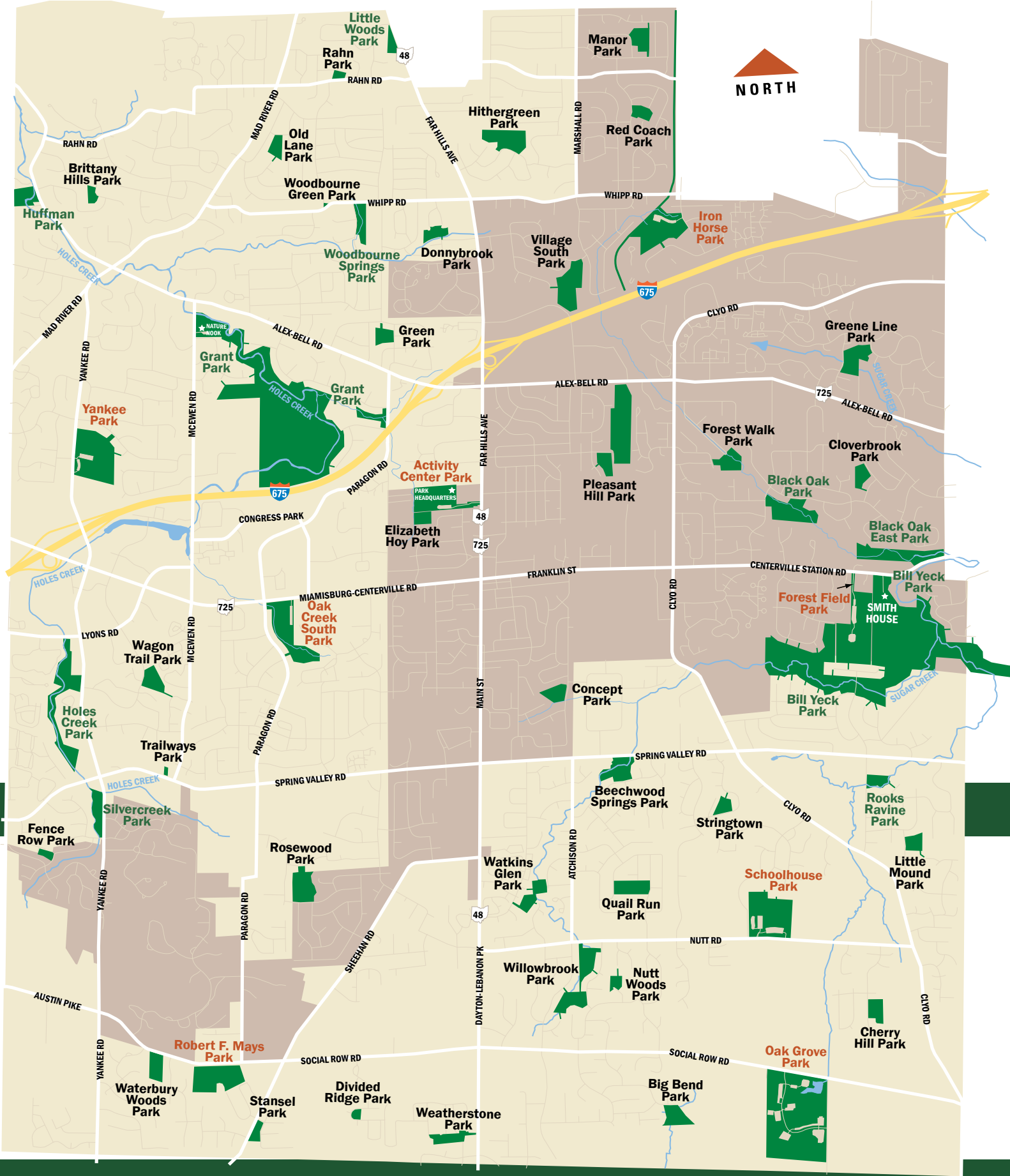
Community Park

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.

24

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 August 10.

Online (first day of registration is online only)

Visit <https://cwpd.recdesk.com> to register. To expedite your registration, create an account prior to 10:00 a.m. on August 10. 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, August 10
at 10:00 a.m.**

**Online Nonresident Registration Begins
Monday, August 17
at 10:00 a.m.**

FALL EVENTS AT-A-GLANCE

SEPTEMBER

Tues, Sept 1	Early Adventures	page #	4
Wed, Sept 2	Booked for Lunch	11	
Wed, Sept 2	Easy Tree ID	11	
Wed, Sept 2	Slackline 101	8	
Wed, Sept 2	Slackline & S'mores	7	
Fri, Sept 4	Last Chance Creek Fun!	8	
Fri, Sept 11	Reading in the Wild	5	
Sat, Sept 12	Fairy and Gnome-O-Rama	4	
Sun, Sept 13	Fairy and Gnome-O-Rama	4	
Sun, Sept 13	An Introduction to Falconry	8	
Mon, Sept 14	Homeschool Nature Club	8	
Mon, Sept 14	The Art of Sprouting	11	
Wed, Sept 16	Glass Fusing: Wind Chime	11	
Sat, Sept 19	Butterfly Survey	8	
Mon, Sept 21	Mighty Oaks	12	
Thurs, Sept 24	Squirrel Science	9	
Fri, Sept 25	Clay Fairy Houses	12	
Sat, Sept 26	Introduction to Forest Therapy	15	
Tues, Sept 29	Ohio Moths	9	
Wed, Sept 30	Eating for Your Immune System	15	

OCTOBER

Thurs, Oct 1	Fall About Archery	page #	9
Thurs, Oct 1	The Time Trail at Night	11	
Sat, Oct 3	Choose Your Adventure Hike	10	
Tues, Oct 6	Early Adventures	4	
Wed, Oct 7	Booked for Lunch	11	
Fri, Oct 9	Reading in the Wild	5	
Sat, Oct 17	Local Animals: Then and Now	10	

NOVEMBER

Mon, Nov 2	Falling Leaves and Cider Hike	10	
Tues, Nov 3	Early Adventures	4	
Wed, Nov 4	Booked for Lunch	11	
Fri, Nov 6	Reading in the Wild	5	
Fri, Nov 6	Capture the Flag & Bonfire	7	
Fri, Nov 6	Dusk Stroll	11	
Tues, Nov 10	Glass Fusing: Winter Birch Trees	12	
Fri, Nov 13	Blacklight Hike	9	
Mon, Nov 16	The Eastern Box Turtle	12	
Tues, Nov 17	Intuitive Eating for the Holidays and Beyond	15	
Sat, Nov 21	Gratitude Scavenger Hunt	10	